

Newcastle Motor Neurone Disease Centre

Newsletter

Issue 76

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Lifespan: small charity, big support



Some of you may already have heard of Lifespan and some of you may already have benefitted from our services, but for those of you who haven't, let me tell you about who we are and what we do.

We're a small local charity, providing a range of services to people with serious illness and to the family members who care for them. We offer **complementary therapies** (including massage, Reiki and hypnotherapy), **counselling** (a chance to talk), **advice on nutrition** (all about healthy eating), **art work** (a chance to be creative), **befriending** (someone to keep you company), and **bereavement support** (some help at a very difficult time).

For nearly 10 years, we have worked alongside the MND Centre in Newcastle, providing these services to people with motor neurone disease and we are currently in year four of a 5-year grant from the Big Lottery to help us to do this.

Patients and their families are usually referred to us by the specialist nurses at the MND Centre and we then visit people at home (or in hospital, hospice or care home) to offer what we do. This means that even if patients are unable to leave the house, they can still receive our support.

In addition to this, a Lifespan therapist offers short shoulder and neck massages to both patients and their carers at the monthly MND Support Group at Marie Curie. Lifespan team members also contribute to the programme of talks and events at the Support Group, providing relaxation sessions and workshops, for example on nutrition for people with MND, and hypnotherapy. Anyone attending in January, would have had the chance to learn about

essential oils with interesting smells at Linden's aromatherapy workshop!

We try to keep the MND Centre well supplied with our leaflets, so that all newly-diagnosed patients will have information about us. If you feel you would benefit from our services, please have a word with your MND Specialist Nurse and she can contact us. If you would simply like to know more about us, either ask at the MND Centre or contact us directly by ringing us on 01434 673777, emailing us at info@lifespanteam.org.uk or check out our website (it's a bit old, but we're getting a much better new one soon!) at www.lifespanteam.org.uk.

Linden Tinsley
Lifespan



Sunderland MND Patient/Carer Support Group

The Sunderland support group 2016 dates are:

**17 Feb, 16 Mar, 20 Apr, 18 May, 15 Jun, 20 Jul,
17 Aug, 21 Sept, 19 Oct, 16 Nov, 21 Dec**

This is a social group giving patients, their families and friends a chance to meet up to make new friends and have a chat. There are refreshments on offer. Session will be held at:

Sunderland Central Library, Fawcett Street, Sunderland, SR1 1RE
(lift accessible)

For further information please contact:

Chris Noble, Volunteer Development Co-ordinator – 03453 751845

Jenny James, MNDA Regional Care & Development Advisor - 03453 751820



Patient/Carer Drop-in Sessions

On the first Friday of every month we hold a drop-in afternoon at the Marie Curie Centre, Marie Curie Drive, Newcastle upon Tyne, NE4 6SS. These sessions run from 1pm to 3:30pm and are a chance for patients and carers to meet other patients and carers for a chat over tea/coffee in a lovely relaxing setting. There are complimentary therapies for those who wish to enjoy a relaxing head and shoulder massage. We also run a programme of talks and activities over the year.

Members of the MND team are present. If you have any problems or concerns you wish to discuss there are private consultation rooms available for this purpose.

For further information please ring Marian at the MND Centre on 0191 2826393



Sponsored Walk in Aid of Motor Neurone Disease

*WALK TO D'FEET is a Trademark of The ALS Association and is used with permission. All rights reserved

It's that time again to start thinking of our annual Walk to d'feet to raise money and awareness of motor neurone disease. This year as MND awareness month is June I thought it would be fitting to have

our walk during June. So get your walking shoes out for Sunday 12th June 2016.

Again this will be from the Tyneside Riverside Country Park at Newburn along the Wylam Wagon Way to Wylam and back! It is a 5 mile walk and the weather will be kind to us again this year! The walk is wheelchair friendly and dog friendly. It is a very pleasant walk (even in the rain!) with no hills hiding around the corner! As we walk along the wagon way we pass George Stephenson's birth place. A small white stone railway cottage, which has been refurbished to reflect domestic living in 1781, the year Stephenson was born. The cottage also has another claim to fame for being the National Trusts smallest property in Northumbria.

If you are interested in joining in please contact Marian at the MND Centre on (0191) 282 3693 or email marian.dent@hotmail.co.uk and I can forward you an information sheet and sponsor form. All monies raise on the day will go to the local Branch of the Motor Neurone Disease Association.

Also later this year we are hoping to organise a second Walk to d'feet in the Northumberland area. As soon as I have more information I will let you all know.



MND Association Patient Forum

The MND Association have a patient forum on their website. This is a forum for people affected by motor neurone disease to share experiences and support each other with the challenges of living with the disease. The web address is:

<http://forum.mndassociation.org>