

Newcastle Motor Neurone Disease Centre

Newsletter

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Holiday Information Fact Sheet

Now that Christmas is over our thoughts turn to warmer times. Over time here at the Newcastle Motor Neurone Disease Centre we have been given the names and information on various holiday lets both in this country and abroad, who offer good accommodation for those who may have mobility difficulties. There is also a section on insurance companies who cater for people with pre-existing medical conditions. The information has been collated into a fact sheet and if you would like a copy please contact Marian at the MND Centre on (0191) 2823693, or email marian.dent@ncl.ac.uk

Also if there is somewhere that you have tried and enjoyed and would like to share it with us, we would be more than happy to include it on the fact sheet.



Durham & Darlington Support Group

You are invited to join us for coffee & a chat at our regular social event. We meet on the second Thursday each month, 2-4pm.

At: **Brambles Coffee Shop, Poplar Tree Garden Centre, Shincliffe, DH1 2NG**

Dates for the next few meetings are **14 Feb 2019, 14 Mar 2019, 11 Apr 2019, 9 May 2019, and 13 June 2019.**

We hope to see you there. If you need any further info please get in touch. geoffsheldon6899@aol.com

Geoff & Wendy Sheldon



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 which 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





RADAR Toilet Key

The RADAR National Key Scheme provides independent access to locked disabled toilets throughout the country. These toilets are kept locked (to prevent misuse). You need a unique key to gain access.

Keys can be obtained from your local council or from Disability North. They cost £4.99 (approx.) if collected or a small charge is added if they post one out to you. For more details please contact Disability North. Castle Farm Road, Gosforth, Newcastle upon Tyne, NE3 1PH. Tel (0191) 284 0480. For people living south of the Tyne a key can be obtained from either Washington library or Sunderland library for approximately £3.00 per key.



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 it is the 40th Anniversary of the MND Association, let see if we can make it a BIG special event. So get your walking shoes out for Sunday 23rd June 2019.

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, which 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 as the National Trust's 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 sponsorship form. All monies raise on the day will go to the local Branch of the Motor Neurone Disease Association.



Jarkey

Do you have problems opening jars? If so look out for Jarkey. It looks like a brightly coloured bottle opener but works by releasing the vacuum which keeps jars so tightly closed. It is an unassuming yet really useful item and is available on the internet and from Lakeland Limited and is priced at around £4.00. Lakeland also do a wide range of other helpful gadgets to help with opening jars and tins etc.



Items for sale

We have been asked to advertise for sale a Breeze 4 Scooter £750 and Arm Assist 17E092. If you are interested and would like more information please contact Marian at the MND Centre and she will pass on your details.