

## HERTFORDSHIRE PSP & CBD SUPPORT /FRIENDSHIP GROUP

The next meeting of the Hertfordshire PSP/CBD Support & Friendship group will be held on:-

**DATE:-** Saturday, 13<sup>th</sup> April 2019    **TIME:-** from 2.15pm to 3.45pm

**VENUE:-** the Parish Centre, The Park, Redbourn AL3 7LR

**GUEST AT THIS MEETING:-**



# PSP/

We look forward to welcoming **Kelly Birch from PSPA** to this meeting. Kelly works as Community Fundraiser and she is keen to visit groups such as ours to meet you, the people she supports and those who, in your various ways, support PSPA. She will be explaining her role and what it involves. Kelly is looking forward very much to meeting us and this sentiment is reciprocated.

### DONATIONS



On the subject of donations I'm delighted to tell you that PSPA has recently received a very generous donation of £5.492 from the Northwood and Pinner Liberal Synagogue. This donation has come about through Michael Leaver who, with his much loved late wife, Gwen, were "founder members" of our Hertfordshire group which started in 2014 and Michael still regularly attends.

Also, on the subject of donations, I was surprised and pleased this week when some friends asked me for the address to send a donation they wish to make to PSPA. A number of us have been invited to the Golden Wedding Anniversary celebration of some friends /ex-colleagues and we have been told by the couple that they wish for our "presence and not presents" so these particular guests had decided to make a donation to charity in lieu of the present they would otherwise have given. I was seriously chuffed that they have chosen PSPA for their donation! So...sometimes the awareness raising efforts can pay off in most unexpected ways!!

For the past few Christmases my friends and I have given each other small, token presents on the grounds that we've already got too much "stuff" anyway and donated what we otherwise would have spent on gifts to PSPA and specifically to my late husband's Tribute Fund. It's amazing how it mounts up over the years and it's now a tradition for us. I commend this idea to you ....and think of all the agonising it saves you over what to give those friends who "already have everything".



In my local library I recently came across quite a substantial publication entitled "Hertfordshire Care Services Directory, the essential guide to choosing and paying for care and support". It looked as if it was there for the taking so..... I took it .....and nothing dramatic such as warning security bleeps or a frisk search ensued so I guess helping myself to a copy must have been permitted and I'm not a marked woman when I next set foot in Harpenden Library.

I'm sure many of you already have a copy but if not I recommend it as it contains an exhaustive range of useful information and suggested links to follow up such as Care Providers, Support from the Council, Services for Carers, Paying for Care, Specialist Services and a comprehensive list on Care Homes in the county....and much more. Many of you will probably already be familiar with this document and or the services & information it lists but for those who are not I recommend you obtain a copy.

### ROGER'S REPORT



Roger Bowley, a very busy and committed member of the group, has not only been carrying out his role as one of PSPA's Education Volunteers, but has also been taking part in the recent 5K for PSPA fundraising campaign which he reports on as follows:

*"I did the distance on a circuit of 3.2 miles walking (definitely not running) round the Black Park near Wexham, which is quite close to Stoke Poges of Gray's Elegy poem fame. The Park is called black because the pine trees are reputed to have a black hue, but I could not see that! It runs for part of the walk alongside the Pinewood film studios before reaching the tranquil lake and the not so tranquil café. All in all, it was a very pleasant way to produce money by sponsorship for the PSP Association"* We congratulate Roger who, when not raising money, has also been raising awareness of PSP and CBD

by speaking about these at care homes and other places, such as, last week to an audience of 30 at a hospice at Reading and this week to an audience of 20 social workers, OTs and physiotherapists at Wokingham. We look forward to hearing more about his informative and valuable work, which of course is voluntary, for PSPA at future meetings

### HERTFORDSHIRE NEUROLOGICAL SERVICE/ NEUROLOGICAL NAVIGATOR

As some of you will already be aware, Laura Wrangles, the Neurological Navigator has gone on maternity leave until 2020 so during her absence her role will be carried out by Paul Riseley. I have tried to contact him, so far unsuccessfully, but will keep trying.

### LONDON MARATHON 2019

### VOLUNTEERS INVITED (NO, NOT TO RUN!)



It's little more than 3 weeks now until the London Marathon on Sunday 28 April and this is just a reminder that the PSPA would welcome volunteers. There are various options for helping either during the race or afterwards when you can join the PSPA team at the reception building overlooking The Mall where we meet runners' families and dispense congratulations, refreshments and TLC to the weary runners as they come in.



It's a great day, very enjoyable and rewarding and you get to meet all your favourite PSPA staff! You can register your offer to help by phoning the PSPA Helpline 0300 0110 122 or emailing [helpline@pspassociation.org.uk](mailto:helpline@pspassociation.org.uk)

### FUTURE DATES FOR YOUR DIARY



#### Future 2019 Meeting Dates: -

Please put these dates in your diary but there is always the possibility of a change having to be made at short notice so **always go by the date indicated in the newsletter that precedes each meeting**

18<sup>th</sup> May, 15<sup>th</sup> June, 20<sup>th</sup> July,

No meeting in August

7<sup>th</sup> September, 12<sup>th</sup> October, 16<sup>th</sup> November, 14<sup>th</sup> December

### AND FINALLY



**1. Please let me know by email or phone if you intend to come to the 13<sup>th</sup> April meeting.**

An early reply is helpful but you can leave it until the morning of the meeting if necessary. I know how difficult making caring and other arrangements can be.

***(I can promise you the meeting will be a Breakfast-free, er, I mean, a Brexit-free zone!)***

The main reason for asking you to let me know in advance is for your benefit. If, for any reason, a meeting has to be cancelled at short notice I know ***who to contact to save anyone making a futile journey.*** I know how difficult it can be for some of you to get there at the best of time; I don't want your efforts to be wasted. This is also the reason for the next request.....

**2. Remember to check your email and/or voice mail before you leave home in case of any late changes or cancellation.**



**3. Setting up the hall.** Any help with setting up the tables etc. would be most welcome! I'm currently having physiotherapy for my creaky back and would like to avoid heaving those tables around. Please let me know if you can get to the meeting a little earlier to help.

Best regards

Maureen

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