



Huntington's Disease Association, Sussex Branch – Newsletter

January 2014

Dear Members,

Happy New Year! We hope you all had a lovely Christmas and New Year.

2014 is looking very exciting with lots of events planned and we look forward to a great year for fundraising. Some of our committee members and friends of the branch are running the Brighton Marathon this year with proceeds going to the HDA – Go to the fundraising box below to find out how to sponsor the team.

In addition to monthly meetings we will also be arranging some weekend get-togethers. Details will be in the monthly newsletters, so keep an eye out!

The annual **Youth Conference** is being held on the 15th – 16th March in Telford. It is aimed for people aged between 18–35(ish) to get together and meet other people who also have HD in their family. If you are interested in going please go to www.hda.org.uk/events/179 and download a booking form. Costs are £45pp including meals and an overnight stay. This year our very own secretary, Sue Cross will be speaking at the event – please show her your support and encouragement.

Please be aware that meetings will continue to be held on the LAST WEDNESDAY of the month this year.

Meetings and Events – 2014

Meetings are held at Cliffe Parish Hall, Cliffe High Street, Lewes, East Sussex, BN7 2AH unless otherwise stated. They are the last Wednesday of the month, starting at 7:30pm

Wednesday 29th January – Meeting – Alternative Therapies – Outside providers will be attending for members to enjoy reiki, tai chi and much more as well as our usual tea, coffee and chat.

February 26th February – Meeting – Organising Finances – A talk on organising power of attorney and ensuring your finances are in order.

15th – 16th March – Youth Conference – Young Adults Weekend – Decisions, Dilemmas and Discussions, Holiday Inn, Telford International Centre, St Quentin Gate, Telford, TF3 4EH

Wednesday 26th March – Meeting – Easter Treats – An informal meeting with Easter eggs, hot crossed buns, tea and a chat.

Saturday 29th March – Coffee Morning – Enjoy a chat over cake and a coffee from 10:00 – 12:30 am

Wednesday 30th April – Meeting – Branch AGM: Come to elect your committee members and officers and find out about our fundraising and how our finances have supported members of the branch in the past year.

For professional support contact Regional Care Adviser Fiona Sturrock on 01580 212276 or write c/o HDA, Suite 24, Liverpool Science Park, Innovation Centre 1, 131 Mount Pleasant, Liverpool L3 5TF

Fundraising for the Sussex Branch and HDA

Thank you to everyone for all of the fantastic fundraising and donations in 2013

This year, our committee members, Anthony Jarman, Joe Parris and our secretary, Sally Newman are running the Brighton half-marathon and Brighton marathon on Sunday 16th February and Sunday 6th April respectively. Please come down to Madeira Drive to support the team, or sponsor them at: <http://uk.virginmoneygiving.com/team/hdmarathon> a sponsorship form will also be available at meetings early this year.

Additionally, our secretary, Sue Cross and branch member, Wayne Vallance are bravely doing a sky-dive in aid of the HDA on 18th May. If you would like to sponsor them please visit: www.justgiving.com/skydiveforHD

If you are considering participating in or organising an event to raise money for the HDA, Head Office have a fundraising information pack which provides useful hints and tips on how to go about raising funds to support the HDA. If you would like a copy of the pack, please contact the Event Support Co-ordinator, Hannah Longworth, on 0151 331 5445 or email events@hda.org.uk

You can also download the fundraising pack from the national website www.hda.org.uk

Useful websites

www.hda.org.uk – the charity's website which includes information of forthcoming events, fundraising opportunities and ideas, HD facts and much more!

www.hdbuzz.net – a fantastic website which details relevant research and developments in a non-jargon, easy to read and understand format – all written by professionals working within the field of HD.

www.hdyo.org - a dedicated young person's website with jargon-free information and support

General Information

If you need to contact Head Office, please email info@hda.org.uk or phone 0151 331 5444.

Welfare Grants are available through the Branch. Initial enquiries should be through Fiona Sturrock (Regional Care Adviser) on 01580 212276.

We are always glad of donated items for our Monthly Branch Raffle.

Visit our branch website www.hdasussexbranch.org.uk or the National website www.hda.org.uk

If you need further information please contact our Secretaries as follows:

Sue: 07881 811995 or Sally: 07515 870119 or email sussexsecretary@gmail.com

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