

## YOU ARE INVITED...

We hope that by now many of you have 'Saved The Date' and have received your invitations to our annual Christmas Party - once again being held at Colden Common Community Centre between 2:00pm-4:00pm on Sunday 2nd December.

We have placed an extra invite with this Newsletter so you are able to spread the word of the event as we would like as many of our MNDA families, carers, volunteers and supporters to attend - as possible.

This really is our chance to say thank you to you all for your continued dedication to our fight so please join us in an afternoon of good food and entertainment.

We are especially looking forward to kicking off the festive season with the

local choir who will be singing all your Christmas favourites - and in taking part in the infamous end of year raffle.

Guests are kindly asked to RSVP to Rosemary Rockett on 023 8089 1842 by the end of November.

We look forward to seeing you at the party on Sunday 2nd December!

**See page two for more information.**

## CHARITY CHRISTMAS CARDS



Over the next few weeks MNDA Christmas Cards will be sold at Winchester's great 'Charity Christmas Card Sale' inside the Tourist Information Office at Winchester Guildhall.

## IN THIS EDITION

- 3 THANK YOU'S
- 3 COFFEE MORNINGS
- 5 BIG NEWS!!
- 5 WILTSHIRE FARM FOODS
- 6 FLU JABS!
- 6 RESEARCH OPPORTUNITY



Southampton & Winchester MND Group invite you to our

# Christmas PARTY

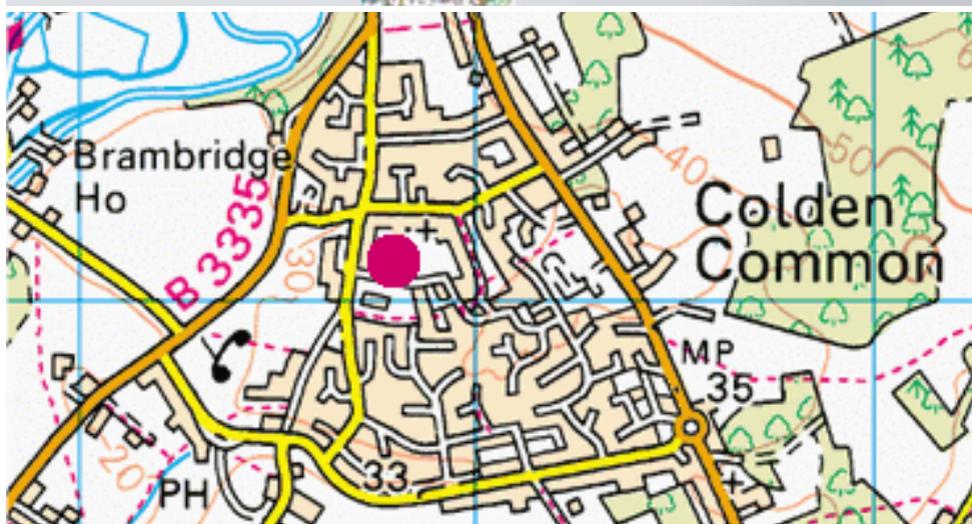
SUNDAY 2ND DECEMBER 2PM-4PM

Colden Common Community Centre  
St Viger Way  
Hampshire SO21 1UU



Kindly RSVP to  
Rosemary Rickett - 023 1091 1142

The poster features a festive design with blue pine branches at the top, a large blue snowflake, and a large blue Christmas bauble on the right. The text is in a mix of blue and black fonts, with 'Christmas PARTY' being the most prominent.



MNDA hope to be just as successful as last year in raising funds and creating awareness of the disease and of our Association.

Shoppers are encouraged to browse the selection from 10:00am-4:45pm Monday through to Saturday up until the 18th December with MNDA volunteers taking the reigns of the shop on Saturday 24th November and Saturday 1st December.... so please stop by and say hi!

You can also support the charity this Christmas-time through the MNDA online shop. With an abundance of cards and gifts to choose from we're sure you'll find something for everyone this yuletide and feel good while doing so!

<https://tinyurl.com/y6vpzyy9>

## Charity Christmas Cards

more than 50 Charities!  
on sale at:

**The Charity Christmas Card Shop**  
Tourist Information Centre.  
Winchester Guildhall  
**25th October to  
18th December 2018**

**Monday-Saturday 10 AM to 4:45 PM**

**All Proceeds To Charity**

## THANK YOU'S!

A massive thank you to everyone who has sent in donations to the local Group this year – every contribution is appreciated and goes to help those in need in Southampton & Winchester. This month we wish to chiefly thank shoppers passing through Winchester

Cathedral Gift Shop for offering loose change to their counter collection box. Everyone's pennies added up to a wonderful £70 that will now be put to good use in our area.

Thank you also to Joan Taylor's generous cheque after the sale of the Silverwood Geranium and again to Joan, Gaby, Frank, Rosie, Alan, Jane, Rosemary, Maria, Sam, and Luke for organising, selling and volunteering at the Winchester Car Boot Sale where £974.83 was raised! Great job guys!

## COFFEE MORNINGS



It has been lovely getting to know everyone who has passed through our doors at the Hazel Centre Coffee Mornings, this year!

The Countess Mountbatten Hospice is an ideal location to get together, catch up and mingle with like-minded people and we hope to continue this well into 2019 too.

Join us on the third Monday of every month from 11:00am-12:30pm for a cuppa and conversation – check out the poster for all the details!

## Motor Neurone Disease Association Southampton & Winchester Group



### Coffee Mornings

#### Place

The Hazel Centre  
Countess Mountbatten Hospice  
West End  
Southampton  
SO30 3JB

#### Time

11am to 12.30pm

#### Date

Every 3<sup>rd</sup> Monday  
of the month

For more details or assistance with travel taxi costs  
please contact Rosemary Rocket on 02380 891842  
or email [mrs\\_rockett@hotmail.com](mailto:mrs_rockett@hotmail.com)

Motor Neurone Disease Association  
PO Box 746  
Northampton NN1 2PR  
Tel: 01604 250505  
[www.mndassociation.org](http://www.mndassociation.org)

Registered Charity No 29654



## BIG NEWS!!

The New Year brings a fresh new start to the Southampton and Winchester MNDA Monthly Group Meetings. From January 2019, the Group's official 'home' will now be Oasis Academy Lordshill – a 5 minute journey from our previous location.

Our new Meeting Room is housed in a state of the art new build, with the latest technology and disability access as well as lots of links to public transport and a short distance from motorway exits.

At a fraction of the price to hire, we are also delighted to be saving more money and hope that everyone visiting us next year will agree that we have been given a wonderful upgrade.



However, we are aware that this may cause some confusion when joining us for the first meeting so if you need any help with directions or transport, please do contact us to see how we can help.

Our first Monthly meeting will be on Tuesday 8th January and will continue on the second Tuesday of every month from 7:00pm-9:00pm at:

**Oasis Academy Lordshill**  
**Redbridge Lane (off Romsey Road)**  
**Southampton SO16 8FA**

We hope to see you there!

## WILTSHIRE FARM FOODS

# WILTSHIRE

EST. **FARM** 1991

## FOODS

At our last Monthly Meeting we were treated to a demonstration and tasting of Wiltshire Farm Foods. A representative of the local branch visited us with information and samples concentrating on soft, mashable and pureed meals.

Eating can often be an issue for many people living with MND and often those that live and/ or care for people with MND can find their eating habits affected too. Wiltshire Farm Foods showed us how they have made these specialised meals more appealing and the research that has gone into supplying nutritious, fuss free food that is adaptable and suitable for a variety of needs. The whole Group was impressed with the efficiency and selection provided by the company and can vouch that all the meals sampled from their catalogue looked, smelled and tasted delicious. We were all particularly impressed with how the pureed meals are presented – a replica of the chosen product moulded as it would appear if cooked solid.

We know how Wiltshire Farm Foods are often a lifeline service to those that find it difficult to cook or need meals made to special requirements - so if

any of our supporters are interested in more information please get in touch with your AV or the Group. The charity has been given free tasters and discounted offers on first orders so please let us know if we can help you in any way.

## FLU JABS!



Did you know that if you are living with MND or live and care for someone who does then you are entitled to a free Flu Jab?

Winter bugs can be nasty and easily spread and those with a weaker immune system can find themselves more likely to catch flu and are then in danger of complications. Be prepared and speak to your GP about your options to protect yourself and those you love and care about.

## RESEARCH OPPORTUNITY



A team of researchers, led by Consultant Neurologist Dr Christopher Kipps, who are based at University Hospital Southampton would like to invite local MND members to take part in an online survey exploring care needs in people with MND.

The Neuro LTC study is sponsored by University Hospital Southampton and is supported by the National Institute for Health Research (NIHR), Collaborations for Leadership in Applied Health Research and Care (CLAHRC) Wessex and has also been approved by an independent National Research Ethics Committee.

The study aims to identify and better understand the factors and events that influence the care needs of people with long term neurological conditions such as MND, MS, Parkinson's, Huntington's and Epilepsy. It will identify the factors that predict levels of care and the events that can lead to an increase in care either at home or with an admission to hospital. It will also identify the impact of fatigue for people with MND. The long term objective of the project is to help to better match available resources to individuals' care needs.

The research team are currently looking for people living with MND, people caring for someone with MND, or people who have been caregivers in the past - to take part in a short online survey which takes about 15-20 minutes. People with MND are invited to fill in a separate survey on fatigue that will take another 15 minutes. Paper forms are available if preferred.

To take part or look at more information on the survey please follow this link- <https://www.isurvey.soton.ac.uk/25611>

## What is motor neurone disease (MND)?

**Motor neurone disease (MND) is a progressive, life-shortening condition that affects the motor neurones in the brain and spinal cord.**

As motor neurones become damaged, the muscles they control weaken and begin to waste away. This can affect how a person walks, talks, eats, drinks and breathes.

However, not all symptoms necessarily happen to everyone and it is unlikely they will all develop at the same time, or in any specific order.

Although there is currently no cure for MND, symptoms can be managed to help improve quality of life.



MND can cause:

- weakness and increasing loss of movement in limbs
- twitching and rippling sensations under the skin
- muscle tightness, cramping and pain
- problems with breathing and fatigue
- difficulties with speech, swallowing and saliva
- problems with thinking, understanding, learning and emotions.

For support and further information:

**MND Connect 0808 802 6262**

**[www.mndassociation.org](http://www.mndassociation.org)**

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## NOTICE BOARD

### Group/ Open Meetings

(Second Tuesday of each month)

Oasis Academy Lordshill  
Redbridge Lane (off Romsey Road)  
Southampton  
SO16 8FA 7:00pm-9:00pm

### Next Meetings

8th January & 12th February 2019

### Coffee Mornings

21st Jan & 18th Feb 2019

### Other Events

#### Christmas Party

2nd December

#### Christmas Card Sale

25th October -18th December

### Volunteering Roles

Group Leader

Association Visitors

Coffee Morning Volunteers

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Position	Name	Phone	Email
Group Contact/AV Co-ordinator	Rosemary Rockett	023 8089 1842	mrs_rockett@hotmail.com
Group Fundraiser	Lyndsy Ambler		l.j.ambler@live.co.uk
Banker of Donations	Rosie Perrett		rosie.perrett@googlemail.com
Newsletter Editor	Sara Al-Rashed		sara.alrashed12@gmail.com
RDCA	Louise Rickenbach	03453751831	louise.rickenbach@mndassociation.org
Regional Fundraiser	Pamela Fry	07918 652201	pamela.fry@mndassociation.org
Volunteering Development Coordinator	Claire Tuckett	07831 349382	claire.tuckett@mndassociation.org

### Group Websites

<http://mndsoton-winch.org.uk>



[www.facebook.com/mndsouthampton](http://www.facebook.com/mndsouthampton)



Twitter - @MNDASoton

[www.justgiving.com/mndasouthampton](http://www.justgiving.com/mndasouthampton)

MND Connect – 0808 802 6262 Charity No. 294354