



The magazine of the Southampton & Winchester  
Motor Neurone Disease Association Group

# Southampton & Winchester Group

December 2019



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ANNIVERSARY  
ACHIEVEMENTS**  
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**Designed and Printed by:**

TLC Online: 023 8024 3044

[www.tlc-online.co.uk](http://www.tlc-online.co.uk)



# Christmas Party

## LET THE FESTIVITIES BEGIN!

It's that time of year again – join us in kicking off the festivities at our annual MNDa Christmas Party!

This year we'll be holding the Party at our new home at Oasis Academy Lordshill (Redbridge Lane, Lordshill, Southampton, SO16 8FA) from 2:00pm - 4:00pm on Sunday 8th December!

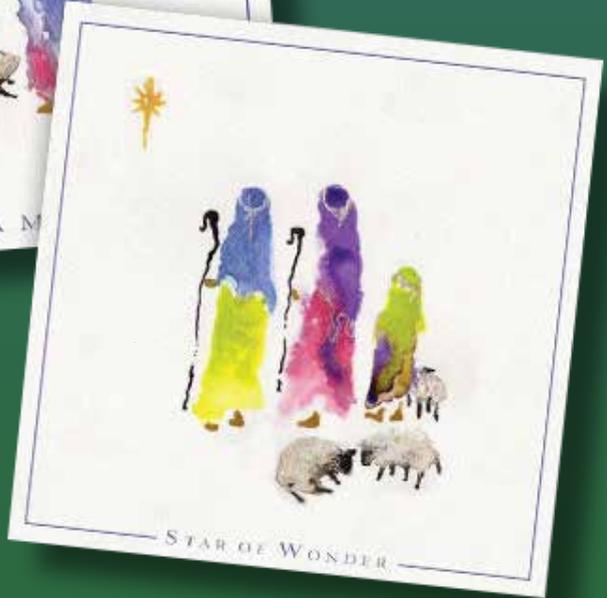
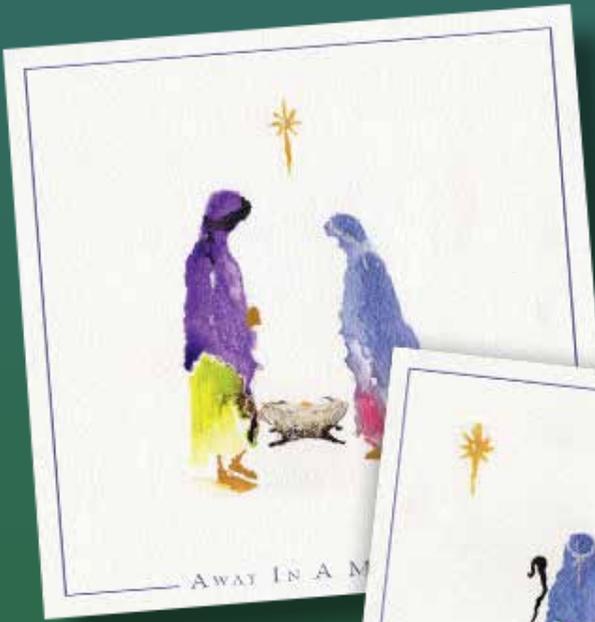
We'll be entertained with music from the 'Jam Tarts' band as well as holding our infamous end of year Raffle.

We'd love for as many of our friends, family, volunteers and supporters to come together for an afternoon of thanks and celebration so please do let us know if you are living with MND and may require help with transport.

With great food and drinks too, we hope it is another un-missable event!

For help with transport, questions and to RSVP, please contact **Rosemary Rockett on 023 8089 1842.**

# TWIN PACK



## CHRISTMAS CARD COUNTDOWN

Speaking of Christmas, now is the time many of us will begin to shop, write and send our Christmas cards to loved ones near and far.

Go a little further this year and do a good deed during this process by purchasing one of our MNDA Charity Christmas Card Packs.

Those being sold at Winchester's Charity Christmas Card Sale in the Tourism Office at Winchester Guildhall

will directly benefit those living with MND in our area, as all proceeds will be collected by the Southampton & Winchester Group.

Be quick and catch them before they sell out, visit the collection Monday - Saturday from 10:00am until the 17th December 2019.

# 40TH ANNIVERSARY ACHIEVEMENTS

When the Motor Neurone Disease Association first started over 40 years ago – the small group of founding members never dreamed the charity would be such a success.

When the organisation announced a month long series of events to commemorate our achievements and bring more awareness of the disease to help even more people, here at the Southampton & Winchester Group we wanted to show our thanks to all those that had contributed over the years too!

Thank you to everyone who attended, volunteered and supported our varied events in October .... Each and every single one was a huge success, with National Office sharing many of our ideas and achievements countrywide. It was great to see everyone come together for our cause;



## **Super Selfie Light Up:**

The 6th October was the official date of the first ever MNDA Meeting. To mark this occasion the Southampton & Winchester Group lit up Southampton Guildhall in MNDA's blue and orange for 24 hours.

To bring more awareness of the disease to the city – Liberty Pride Cheerleaders, supporters and volunteers from the region gathered outside the building for a 'Super Selfie' to spread our message a little further.

Thank you to everyone who made the trip into town and stood proudly on the steps with us!





On Friday 11th October, the students set up shop in the busy entrance of Southampton General Hospital and tempted visitors over with an array of delightful sweet treats for a tiny donation to MND.

A huge thank you to everyone involved in the organisation of the event – especially Adama, all the volunteers and cake contributors. Almost £350 was raised and it is all thanks to you!

### **40th Anniversary Party:**

Instead of our usual Monthly Meeting, the S&W Group held a wonderful Anniversary Party in its place on Tuesday 8th October.

The party was a smash with those in attendance being treated to lots of drinks and dishes from around the world, a memory board of our events across the region and speeches from RDCA Louise Rickenbach and Professor Karen Morrison. We finished the evening cutting and tucking into a special anniversary cake and rounded off the fun with a large raffle that raised £90!



### **Choristers at the Cathedral:**

Ending our 40th celebrations, volunteer Jane Anderson kindly asked Winchester Cathedral to offer their support at the last Sunday Choral Evensong in October.



### **Student Cake Sale:**

Our wonderful student supporters at Southampton University's MedSoc put their heads together to help out too.

The special service welcomed everyone with a poignant speech and prayer for MND and followed with Winchester Cathedral's choristers singing into the afternoon.

The Dean then held photographs after the service, helping to create more awareness for the disease with those in attendance and the wider Winchester community.

Thank you once again Jane for such a wonderful thought. The afternoon was a triumph!

**You can find all 40th Anniversary coverage under the hashtag #MND40!**



## RICHARDSON'S ROYAL PARK RUN

October was also a special month for the Richardson family who had three members running in the Royal Parks Half Marathon for MND - in support of Mum, Anne Richardson.

As we reported in our October issue, brothers Alexander and Will – along with girlfriend Sam, were all preparing for the challenge after Anne was grateful for all the support the local Group provided.

We are extremely happy to announce all three completed the course, Anne says, " I am so proud of them! I made it to the race to see everyone and it was amazing to witness so much support for MND. The team were lovely and we thank everyone who has supported us."

Together with gift aid all three runners amounted over £5000 in fundraising, with cake sales and JustGiving donations adding to their hefty sum. Huge congratulations to Alexander, Will and Sam on such an amazing feat – we are all proud of you!



Please send your stories and photos to [sara.alrashed12@gmail.com](mailto:sara.alrashed12@gmail.com) or pass them on to your AV.

# BRASS BAND BEATLES

We were delighted to discover the New Forest Brass Band was also holding a fundraising event in October to help MNDA.

Dedicating their '50 Years of the Beatles' music evening to the charity, the New Forest Brass Band and Training Band performed hits from the iconic foursome raising money for the local Group all night.

Everyone in attendance said it was an impressive show that had them tapping away to fan favourites.

We wish to thank everyone involved and who attended the event as a massive £750 was donated to the Group.

Thank you for thinking of us and those that we help!



## 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)

NEW FOREST BRASS

AND

TRAINING BAND



WE ARE JOINED BY SINGERS

*Ann & David Turner*

JOIN US FOR A SPECIAL EVENING CELEBRATING 50 YEARS OF  
THE BEATLES CLASSIC ALBUM 'ABBEY ROAD' & MORE

# THE BEATLES

*We also celebrate...*

*Last Night OF THE Proms!*

# Thank you

Thank you to everyone who has also made separate donations to the Southampton & Winchester Group these past few weeks too.

Every penny we receive is spent aiding individuals and families living with the disease locally.

We receive requests for help with everything from transport, specialised equipment and treatment.

The money we spend really makes a difference to those people's lives and we couldn't do it without your kindness and generosity. Thank you!

This month we would like to especially thank; family and

friends who donated in memory of Dr F Haslam at Martyr Worthy thanksgiving church service, Terry and Ruth Golding for their Showday donation and everyone at Rose Window Freemasonry for your collection too.

We would also like to thank everyone who donates to the Winchester Cathedral Gift Shop collection box and Joan Taylor for another wonderful donation from the proceeds of the 'silverwood' geranium.

# A CUPPA & A CHAT

Pull up a chair and chat away with us at our last Coffee Morning this year – we'd love to see you!

Our Support Coffee Mornings held at the Hazel Centre at Countess Mountbatten Hospice are free events that run every month. We welcome people living with MND, their family and carers as well as care/medical professionals too.

Join us on the 16th December from 11:00am-12:30pm or at one of our many Coffee Mornings next year. 2020's events will begin on Monday 20th January and every third Monday of the month thereafter. We look forward to welcoming you!.

Check out the poster for more details!



**Southampton & Winchester Group**

# **MND Coffee Mornings**

Open to anyone living with or affected by Motor Neurone Disease. All welcome.

Join us at Countess Mountbatten Hospice on the third monday of the month from 11am -12.30pm. For more details please call Rosemary on 02380 891842

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## MONTHLY MEETINGS

With us now fully settled in at Oasis Academy in Lordshill, Southampton, we hope to hold another wonderful year of Monthly meetings in 2020.

Looking ahead we have some extraordinary speakers planned for the coming months with a representative from Appletree Careline beginning the new year at our January Meeting on Tuesday 14th.

We'd love to see even more faces around our table in 2020 so please do feel free to drop in.

Meetings will continue to be held at Oasis Academy, Lordshill, Southampton, SO16 8FA, from 7:00pm - 9:00pm and is fully accessible for all types of wheelchairs and disabilities with modern toilet facilities to suit all needs.



## MND MEDSOC CONFERENCE

Our brilliant Group Leader Adama, together with MedSoc students at Southampton University, have put together a unique MND Conference to increase awareness of the disease amongst medical students and healthcare professionals.

The Conference aims to highlight the biophysical factors that affect people living with MND, spread a wider knowledge to those that will enter the medical and care professions in the future and who come into contact with other neurological degenerative diseases now.

A full day of events have been organised with speakers Dr Richard Sloan, Dr Brian Dickie and Professor Karen Morrison all headlining the bill.

Proceeds from ticket sales will be donated to the local Group and we all can't wait to attend the event at Southampton General Hospital on Saturday 22nd February 2020.



For more information and to buy tickets please visit <https://www.tickettailor.com/events/southamptonmedsoc/324836#>

## NOTICE BOARD

Monthly Meetings (Second Tuesday of each month)  
Oasis Academy Lordshill, Redbridge Lane (off Romsey Road)  
Southampton SO16 8FA **7:00pm-9:00pm**

**Next Meetings** – 14th January & 11th February  
**Coffee Mornings** – 16th December & 20th January

### Other Events:

**Charity Christmas Card Sale** Now -17th December  
**Christmas Party** – 8th December  
**Sainsbury's Badgers Farm Collection** – 16th December

### Volunteering Roles –

Group Fundraiser  
Coffee Morning Volunteers

## YOUR CONTACTS

### Group Contact /

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**W:** justgiving.com/mndasouthampton

**Facebook:** facebook.com/mndsouthampton

**Twitter:** @MNDASoton

MND Connect **T:** 0808 802 6262

Registered Charity No. 294354



Do you enjoy listening to people?

**Volunteer**

## Help someone in your local area

Are you a warm and caring person? Want to help in your community? We are seeking volunteers to join our friendly local team giving support to individuals and families affected by Motor Neurone Disease.

You could train to be a Visitor, help at local get togethers or champion the needs of people affected by MND. You'll be helping to make a real difference.

### To find out more

**Email: [volunteering@mndassociation.org](mailto:volunteering@mndassociation.org)**

**Phone: 0345 6044 150**



MND Association



@mndvolunteering

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

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