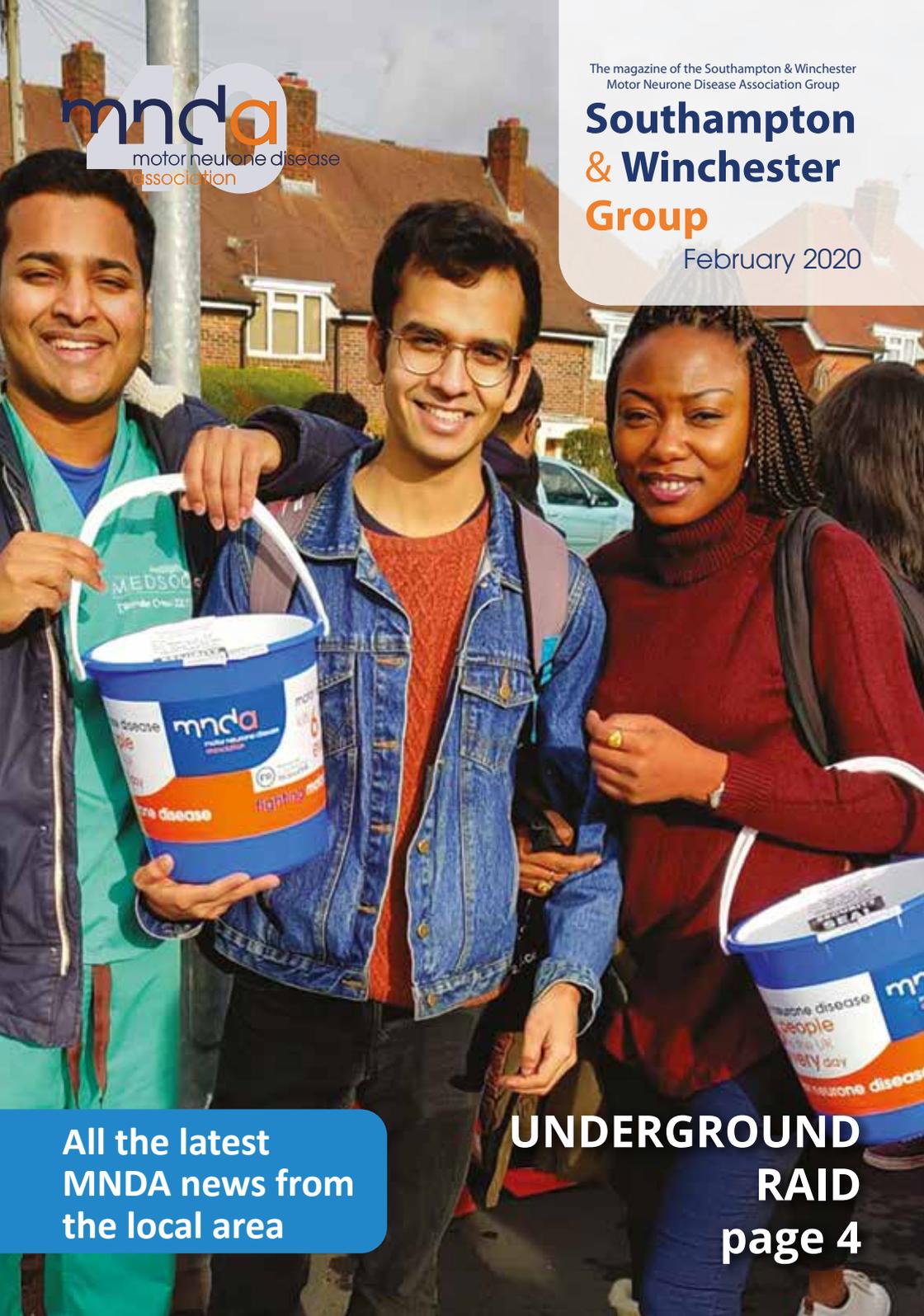




The magazine of the Southampton & Winchester  
Motor Neurone Disease Association Group

# Southampton & Winchester Group

February 2020



All the latest  
MND news from  
the local area

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or feedback about the  
magazine and its content,  
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in touch

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# MND CONFERENCE

The countdown is now on for our spectacular MND Conference taking place at the Southampton General Hospital this month!

Group Leader Adama has been busy putting together an extensive programme for the day that features prestigious figures in research and care.

Keynote speakers include Professor Brian Dickie, Director of MND Research & Development - giving us an insight into the latest advances and practises; Dr Smita Jain, highlighting the benefits of healing from the inside out - and Professor Karen Morrison, former Dean of Medicine at Southampton University and now at Queen's Belfast - who will be reflecting on the past 29 years of clinical trials and genetics and where that leads us now.

The Conference promises to be jam-packed with insightful and informative teachings with talks also featuring Dr Richard Sloan, Dr Kathy Kendall, Cathryn Pinto and people living with MND.

Running from 9:30am-5:00pm on Saturday 22nd February, the event is fully accessible and will finish with a workshop and Raffle to help fundraise for all those living with the disease.

The Conference is free to all members of the Motor Neurone Disease Association so we're asking anyone interested in attending to please RSVP to Adama at [adama\\_musa@yahoo.com](mailto:adama_musa@yahoo.com) to reserve your place - and for AV's to pass this on to anyone who may not see this Magazine.

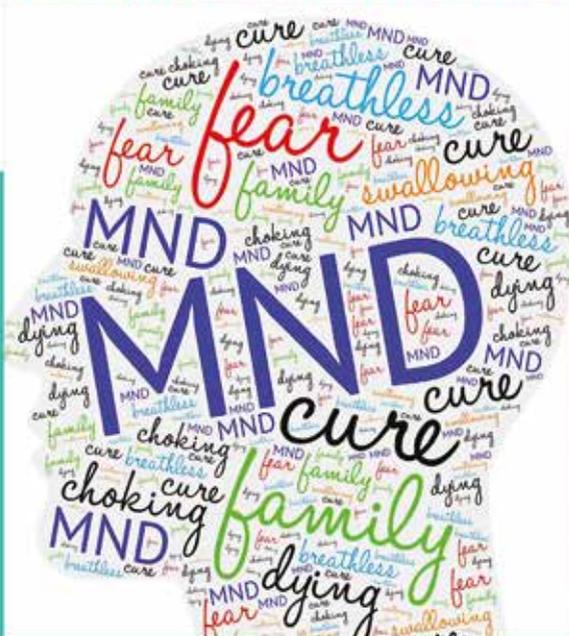
Interested students and medical professionals will be charged £25/£45 respectively with the added bonus of this Conference awarding 6 CPD points. For more information on purchasing your ticket please see the poster below.

# Motor Neurone Disease Association MedSoc Southampton Conference 2020

**CPD**

The CPD Certification Service

**mnda**  
motor neurone disease  
association



**"You've got motor neurone disease  
- there's nothing more we can do ..."**

**- the biopsychosocial aspects of a progressive disease**

**Sat 22nd Feb 2020 09.30 - 17.00 hrs**

**Lecture theatres 1&2, South Academic Block  
Southampton General Hospital, Tremona Rd, SO16 6YD**

**Tickets: Professionals £45, Students £25**



<https://facebook.com/events433622614002944>

<https://bit.ly/2QZGtBn>

**6 CPD POINTS**



## UNDERGROUND RAID

With Adama leading them, our hardworking MedSoc Group have also been hitting the pavement raising money for the local Group. Travelling all the way to London before Christmas, students journeyed underground for the annual Tube Raid that sees commuters donating loose change on platforms and carriages across the underground network.

The Southampton & Winchester Group would like to say a huge thank you to all those involved as almost £300 was raised on the outing.

Thank you for all you are doing for our Group and continue to do this year!



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

# FESTIVE FUN!



What a festive feast our annual Christmas Party was! Thank you to everyone who organised, contributed or attended the event last December as we waved goodbye to 2019 and showed our gratitude to the hard work and dedication our supporters had put into the Group over the past 12 months.

To kick off the festivities we were treated to a live performance from the 'Jam Tarts' - a ukulele band who sang Christmas hymns and popular songs from the decade, while we caught up with all our friends and enjoyed the buffet.

We ended the afternoon with a special thank you to our own Tricia Churchill who has had many roles within the association and been a

wonderful support to numerous families since becoming an AV, but who is now taking a well-deserved rest and retiring from the position.

We are all so grateful for all the time Tricia has given the Group over the years and will miss her input and kindness.

The event was then rounded off with our now infamous end of year raffle, with lots of superb prizes being given out - totaling in another £139 being raised for local people living with MND.

Thank you once again to everyone who volunteered and supported the Southampton & Winchester Group last year....

We hope to see you again in 2020!





# CHRISTMAS CARD COUNT-UP

Thank you also to everyone who volunteered at the Winchester Charity Christmas Card Sale that ran from October-December 2019. Two dates were given to the Southampton & Winchester Group to fill with volunteers and we are so grateful to all those that were able to give up their time to help with a shift in the shop.

Chief organiser Gaby Perrett says, "We sold a total of 441 packs of cards at the Tourist Information Office over our entire run, with our most popular card - 'At the Manger & Following the Star' (featured in our last Magazine) selling 100 packs alone. A further £60 then came from old stock so that makes the total raised to £1824.00.

Many thanks to Sara, Rosie, Nicky, Margaret, Jean and Frank for helping to sell cards and to everyone who supported us."

This is a joyous amount to receive from this event as we find fewer people sending cards during this traditional time.

We know a lot of effort and time goes into arranging this event throughout the year so we'd also like to say a very special thank you to Gaby - we couldn't do this without you!



## CHECK OUT COLLECTION

A big well done to Rosie Perrett and her team of volunteers at Sainsbury's Supermarket at Badgers Farm, Winchester, before Christmas.

Thanks to their collection at the store, another £298.81 was raised for the local Group.

We would like to thank everyone who visited the supermarket

that day and donated and those who stood for hours greeting the public and representing MNDA for such a good cause.

Thank you everyone..... and thank you Rosie!

**Sainsbury's**

# Thank you

We also don't want to forget to thank everyone else who has contributed to the Southampton & Winchester Group's fundraising pot the past few months with their own events and collections.

Special thanks to personal donations from Mrs JB Lynton and Mrs Claire Branford and to

Mrs PG Hickman for the donation from the Knitting Group.

A big thanks to everyone who contributed to the Winchester Cathedral Gift Shop collection over Christmas too as another £62 was raised in loose change.

We are also pleased to report that our own Monthly Raffle at our Group Meetings raised £181.00 over the whole year proving that every little really does help.

Thank you again!

## MONTHLY MEETINGS

As reported in our last Newsletter we have some exciting speakers arranged for our Monthly Group meetings this year.

Starting the ball rolling in January we were visited by Appletree Careline who demonstrated all the services they provide in our region.



Spanning from the New Forest up to Romsey, past Southampton and out to Winchester, Appletree Careline are specialists in personal and community security, fire and carbon monoxide alarms and Fall Detectors.

All these services can be useful to individuals and families living with MND – especially the Fall Detectors

that use unique technology to gage when someone has fallen, allowing emergency services and loved ones to reach vulnerable people asap. For more information please contact 023 8028 5523 to see how they can help you. More information and a special goodie bag can also be found at our next Coffee Morning on the 17th February at the Hazel Centre (please see next article)

This month we will be taken back to the Falklands War with a special talk on Tuesday 11th February - and then we'll be joined by an Occupational Therapist speaker on the 10th March.

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.

# COFFEE SUPPORT MORNINGS

Our 2020 Coffee Mornings held at the Hazel Centre at Countess Mountbatten Hospice are now in full swing! Held on the third Monday of every month, these free social events welcome people living with MND, their family and carers as well as care/medical professionals too.

Join us for a cuppa and a chat on the 17th February (Appletree Careline goodie bags will be handed out) and the 16th March from 11:00am-12:30pm.

Check out the poster for more details!



**mnda**  
motor neurone disease  
association



## 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

Registered charity no. 294354  
Created in RightMarket 30/4/2019 - 11:06:14 AM





## VOICE BANKING

Did you know that you can apply for Voice Bank funding? Some people with MND may find that over time the disease affects muscles in the throat, mouth and tongue.

This can limit communication and sadly for many people they find that it is too late for them to preserve their voice for speaking aids.

Being pro-active before any weakness presents itself is a

great way of taking control and allowing yourself as many options as possible.

In our region Nicky Duffin will guide you through the process and be on hand to help you as you begin banking your voice.

For more information please contact Nicky at [nicoladuffinmnd@gmail.com](mailto:nicoladuffinmnd@gmail.com) or speak to your AV.

## 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** - 11th February & 10th March

**Coffee Mornings** - 17th February & 16th March

**Other Events** -

**MND Conference** - 22nd February

**Volunteering Roles** -

Group Fundraiser

Coffee Morning Volunteers

## YOUR CONTACTS

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**W:** mndsoton-winch.org.uk

**W:** justgiving.com/mndasouthampton

**Facebook:** facebook.com/mndsouthampton

**Twitter:** @MNDASoton

MND Connect **T:** 0808 802 6262

Registered Charity No. 294354

## 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.