

## **GLOBAL AWARENESS DAY 21st JUNE 2018!**

This year the Motor Neurone Disease Association has taken steps towards a new process that looks at the best ways to create awareness of the illness and the charity as a whole. Because of this, the decision was made to concentrate on Global Awareness Day on June 21st instead of holding an 'Awareness Month' in 2018.

Although many Groups and Branches will still hold events, National Office will not be running a countrywide campaign as in previous years but we are still encouraging volunteers and supporters to get behind all the other events and campaigns that will incorporate MNDA during this time.

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Volunteers Week kicks off the June campaigns from Friday 1st-Thursday 7th, with their focusing on 'Volunteering For All'.

With seven days of celebrating all those that fundraise, fight and care for loved ones, we'd love to hear from all our volunteers that are involved with MNDA in the Southampton & Winchester area. Drop us a line or send a photo to [sara.alrashed12@gmail.com](mailto:sara.alrashed12@gmail.com) so we can personally say thank you and show everyone how much we value you and all that you do for us!

From June 11th-17th we then turn our specific attention to carers to highlight all the challenges they face and the contribution they make to our communities.

We understand that caring can be both rewarding and demanding so we want to recognise all those that care for someone with MND. If you are an AV visiting someone with MND with an awesome carer please put them in touch with the Newsletter so we can celebrate them, or if you are a carer yourself -contact us too! This year's theme for Carers Week is 'Healthy & Connected' so please connect with us!

If you are also holding your own event this month please do let us know so we

can advertise and support you in the lead up and then rejoice in your achievements afterwards as well. Local funds raised go towards helping local people so please do specify this when raising money online and redirect any JustGiving donations to the Southampton & Winchester Group.



## GDPR

Over the past few weeks you will most likely have been swamped with people and different organisations getting themselves prepared for when the law changes on General Data Protection Regulations (GDPR)

For our part, you would have been contacted by your local AV representing MNDa - ensuring they had the correct information and requirements from you/ your membership.

MNDa has to follow the same rules set out in law so if you have any concerns about data protection please feel free to contact the Group with your queries or requests.

## REWARDS FROM RUNNING!



We were delighted to see so many MNDa Vests sprinting past us at Southampton's ABP Marafun last April. Standing out in their bright blue and orange tops, it was a proud day for us all cheering at the sidelines to see the charity represented and know that through each runner's challenge, people living close by with MND would benefit from their hard work and generous efforts.



Thank you to everyone who took part in either the 10k, Half or Full Marathon races, the families and donators that supported them and a special shout out to Gaby and Frank Perrett for waving them on the route. We really do appreciate all that you do for the Motor Neurone Disease Association.



If you fancy a run about for the charity too, why not join us at the 'Eastleigh 10k' on the 17th June or next month at the 'Southampton Big Fun Run' on the 15th July.

If a leisurely walk is more your cup of tea how about the Beaulieu Walk on Sunday 1st July instead? Contact Fundraiser Lyndsy at [l.j.ambler@live.co.uk](mailto:l.j.ambler@live.co.uk) for all the details. See page 4

## STUDENTS HAVE A BALL...



With the academic year coming to an end, students attending Southampton University who are involved in the MND and Solent Mind Societies held a joint end of year Ball.

Raising money for both charities on the night, the Societies were able to split the funds down the middle and each received just under £100 from ticket sales and donations.

Thank you to everyone who kicked up their heels that night and helped two good causes in the process!



**Rotary**  
Hythe &  
Waterside



# SUNDAY 1ST JULY CHARITY WALK

## RAISE MONEY FOR YOUR CHARITY OR CLUB

Why not enjoy a pleasant walk on forest paths through the private woods of the Beaulieu Estate with Rotary and the CET and raise money for your chosen Charity, Club or Good Cause.

Our family-friendly sponsored walk offers you a rare opportunity to explore an area of Beaulieu normally closed to visitors.

Reception from 1.30pm. Walks start from 2.00pm to 2.30pm

**Full details and registration forms available from the Beaulieu Charity Walk website:**

**[www.walkwithrotary.org.uk](http://www.walkwithrotary.org.uk)**

VARIOUS ROUTES TO  
CHOOSE FROM

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CHILDREN'S  
TREASURE TRAIL

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WALKER  
REGISTRATION  
£5

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FAMILY & GROUP  
REGISTRATION  
£10

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COMPLIMENTARY  
REFRESHMENTS AT  
THE FINISH

## BEAULIEU CHARITY WALK

Organised by the Rotary  
Club of Hythe & Waterside  
and the Countryside  
Education Trust, Beaulieu

[www.walkwithrotary.org.uk](http://www.walkwithrotary.org.uk)

Sunday 1<sup>st</sup> July from 2.00pm

## CHARITY CURRY NIGHT



The Southampton & Winchester Group are pleased to announce that almost £1500 will be added to our money pot thanks to the wonderful work of local student Ela Hartley.

Studying Event Management at the University of Winchester, Ela decided to make one of her projects a fundraising event for MINDA. Originally from Warminster, Ela organised a special 'Curry Night' and raffle in her hometown and sold enough tickets to host two sittings on the evening.

The event was a huge success with over 90 people in attendance and donations made through a JustGiving Page too. We are very grateful to Ela for choosing MINDA as her chosen charity and she's told us to 'watch this space' as her studies continue and more projects are required on her course. Thank you Ela from everyone at the Southampton & Winchester Group!



## READY, STEADY ... BAKE!



A massive thank you must also go to Donna who raised a yummy £1260 by holding a Bake Sale in her local pub. Donna - who's family has been touched by MND through her sister-in-law, wanted to do everything she could to raise funds and plans to continue doing so through skydives and further Bake Sales later in the year.

We were sad to hear of the passing of Heidi since the event but are proud to see so much good being achieved in her memory. We will continue to fight to find a cure until no-one's family is affected this way.



## THANK YOU'S!

Thank you also to everyone else who has donated to the charity these past few months ....

Winchester Cathedral Gift Shop continues to support MNDA thanks to Jane Anderson kindly keeping a collection tin on the desk for customers to place their loose change in. From November 2017 to Easter 2018, £82.55 was donated from visitors to the tourist attraction.

Thank you to everyone who donated to the charity in memory of Mr Harry Sidney Helyer as well. It is such a thoughtful and touching tribute for loved ones to do this for us and we truly appreciate you thinking of us at this time.

Thank you to you all! With all the fundraising achieved we have been able to provide just under £1500 in equipment loans to people in our area living with MND and that is all thanks to you over the past few months!

## JOIN US FOR COFFEE



With so much happening in the MND World this month, it would be lovely to catch up with you all at this month's Coffee Morning.

Please join us on Monday 18th June at The Hazel Centre, Countess Mountbatten Hospice from 11:00am-12:30pm for this June's get together and every third Monday of the month from then on.

Everyone is welcome to pop in! Please see the Poster for more information.

## PRETTY PICNIC



Another great way to get together this month - the Southampton & Winchester Group have organised a picnic within the Rose Gardens at Mottisfont on Wednesday 6th June.

Home to the National Collection of pre-1900 roses, these flowers are unlike modern species of roses and only bloom once a year. June is the perfect time to witness this phenomenon, so an afternoon spent with MNDA in the National Trusts Rose Garden at Mottisfont really is a sight to behold.

Guests are asked to enter the Grounds and then meet outside the Rose Garden at 3:00pm for a picnic. Please contact Rosemary Rockett on 023 8089 1842 for more information on the event.

## 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

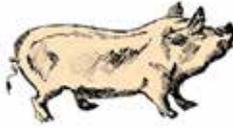
Every 3<sup>rd</sup> Monday  
of the month

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

Motor Neurone Disease Association  
PO Box 346  
Northampton NN1 2FR  
Tel 01604 250505  
[www.mndaassociation.org](http://www.mndaassociation.org)

Registered Charity No. 394384





# The Topsy Pig, Romsey

In Association with

**GRIZZLY RHYS MORGAN**

Presents

# *Grizzly Pig Fest*

In aid of



Saturday, 9<sup>th</sup> June 2018

Live Music 2.30 – 11pm

Rock & Roll, Boogie Woogie, Folk, R&B, Soul, Roots & Blues

**BBQ \* Raffle \* Magician**

Free Entry – Donations Please

45 Latimer Street, Romsey, Hampshire SO51 8DF

## HAVE A SWELL TIME...

Adding to our jam-packed month, renowned local MNDA supporter Ashley Morgan has been busy setting up a fun-filled fundraiser at Romsey pub, The Topsy Pig!

Inspired by her son and his involvement in the band 'Grizzly and the Grasshoppers', together mother and son have come up with a music-fest raising money for MNDA from 2:30pm until close.

Billed as 'The Grizzly Pig Fest', punters will be treated to six different bands and musicians showcasing all different styles of music throughout the day, while a BBQ, raffle and a magician entertain those at the event in between!

Entry into the pub is free with donations to the charity welcome and proceeds from all games and food going towards the Southampton & Winchester Group. Please attend for all or just part of the day and get swept up in the atmosphere of live music and good company. We look forward to seeing you there on Saturday 9th June 2018!

## BON VOYAGE

With so much happening this month and in previous months too, you'd be forgiven for thinking we would be having a quieter summer. However, with our popular Alison McGregor boat trips in high demand every year, we have organised a staggering three voyages this Summer for potential sailors to hop on to.

With the first journey on the Solent setting sail on Sunday 8th July, this specially adapted vessel that can hold up to 6 wheelchairs with guests, will then repeat trips on Sunday 12th August and Sunday

2nd September. Trips are free but please reserve a space by contacting Rosemary Rockett on 023 8089 1842

## WHAT AN ACHIEVEMENT



Speaking of Rosemary Rockett, we were all thrilled at the May Monthly Group Meeting when Louise Rickenbach awarded our superstar AV with a certificate and gift for 25 years of service in volunteering for MNDA.

This is a wonderfully selfless achievement and everyone at the Group agrees that we would be lost without Rosemary's input, guidance and support. Rosemary is a treasure to our Group and the countless families she helps in her role as AV. Over the years Rosemary has campaigned, fundraised and fought for MNDA tirelessly and continues to do so day after day. On behalf of everyone associated with the Group for the past 25 years, thank you Rosemary - we are so very grateful and lucky to have you be a part of the Southampton & Winchester Group.

## VOICE BANKING

While also at the May Monthly Group Meeting we were treated to a talk from Nicky Duffin who is the Voice Banking volunteer for our region. Nicky explained to the Group what Voice Banking is and how it can help people with MND who are concerned about losing their own voice and would wish to preserve the sound so they can maintain their own 'voice identity' should speaking ever become an issue at a later time.

As Nicky is only one of a handful of volunteers placed around the country, we are very lucky to have her in our region and it is a great opportunity for those with MND - should they need it.

Nicky explained that candidates for the programme need to record 1600 phrases in total but after the first 10 phrases the recording is sent off to America for them to check and begin the process of 'banking your voice'. Once complete, your voice can be used on numerous devices and apps. If this is something you or someone you are close to would be interested in, please contact your Speech & Language Therapist and Louise Rickenbach on 03453751831 for more information.

## GROUP MEETINGS

Thanks to Jean Block, we have the pleasure of many insightful and interesting talks from Speakers from local and national organisations at our Group Meetings. Monthly meetings are open to everyone so please join us next week for representatives from Remap the custom disability equipment making organisation on Tuesday 12th June and every second Tuesday of the month after that. We also have MND co-ordinators Claire and Nadine

from Southampton Care Centre at the General Hospital speaking in July so our Summer Meetings will be fascinating. Please feel free to come along from 7:00pm-9:00pm at The Rose Road Bradbury Centre, Aldermoor Road, Southampton SO16 5NA.

## MUSIC NIGHT

Continuing the success of previous year's events, Aaron Vincent is once again opening the doors of the Talking Heads music venue in Southampton to MNDA for one night only.

This year talented musicians will play from 6:00pm on Saturday 14th July with tickets priced at £5 per person and going to the Southampton & Winchester Group. Past nights have been a blast and raised a great deal for the charity so please check out the poster and pop the date in your diary.

## CARRIERS FOR CAUSES

If you are planning on holding an event on behalf of MNDA and a 'One Stop' Shop is within 2 miles did you know that the store could boost your fundraising? As part of their 'Carriers for Causes' initiative, local projects can receive a contribution from the selling of 5p bags within the store.

Grants of up to £2000 are available for local causes that benefit the community and improve lives – see if your event qualifies at <https://www.groundwork.org.uk/carriers-for-causes-guide-uk>



AARON VINCENT AND THE TALKING HEADS  
ARE PROUD TO PRESENT  
IN ASSOCIATION WITH  
MOTOR NEURONE DISEASE ASSOCIATION:

**BIFROST  
KATIE LOUISE BALL  
MIDLIFE CRISIS**

SATURDAY 14TH JULY 2018  
6.30PM TILL CLOSE  
£5 ENTRY ON THE DOOR

ALL PROCEEDS WILL GO TO THE MND  
FOR MORE TICKET INFORMATION VISIT  
[THETALKINGHEADS.CO.UK](http://thetalkingheads.co.uk)  
16-22 POLYGON, SOUTHAMPTON



## NOTICE BOARD

### Group/ Open Meetings

(Second Tuesday of each month)

The Rose Road Association  
Bradbury Centre  
Aldermoor Road  
Southampton  
SO16 5NA 7:00pm-9:00pm

### Next Meetings

12th June 2018  
10th July 2018

### Coffee Mornings

18th June & 16th July

### Other Events

Mottisfont Rose Garden Picnic – 6th June  
Grizzly Pig Fest – 9th June  
Talking Heads Music Night – 14th July  
Winchester Car Boot Sale - 30th Sept

### Volunteering Roles

Group Leader  
Association Visitors  
Social Media Coordinator  
Coffee Morning Volunteers

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