

CHRISTMAS CELEBRATIONS

Here at the Southampton & Winchester Group, we would like to take this opportunity to thank you all for your support this year. As 2017 draws to a close we once again realise how fortunate we are in this corner of the world to have so many kind and generous people and organisations that truly help us in our fight against MND!

See page 9
 for full details



Many of you should have now received your invitations to our Christmas Party on Sunday 3rd December at Colden Common Community Centre but we include it here

once again to reiterate how grateful we are to you for backing us this year and how we hope you will allow us to thank you personally on the day.

Please do RSVP to Lyndsy at l.j.ambler@live.co.uk and join us from 3pm-5pm in celebration. If you live with MND and struggle with transport please do let us know so that we can arrange this for you on the Association. We would love to see all our volunteers, supporters, carers and families at the Party and we look forward to kicking off the festive season with you all! MND Christmas Party
 Colden Common Community Centre
 St. Vigor Way – SO21 1UU
 Sunday 3rd December 2017
 3:00pm-5:00pm
 Featuring; Braishfield Ukuele Music Society, Raffle, Food & Drink!

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WINCHESTER CHRISTMAS MARKET

To end our year's fundraising, the Southampton & Winchester MND Group have been awarded space in one of the Chalet's at Winchester Christmas Market on Sunday 17th December. We are absolutely delighted to be included in the day's collection of boutiques and hope that you will be able to visit us at some point during the day. The Winchester Christmas Market is a wonderfully festive experience and offers lots to see, do and

buy for the savvy Christmas shopper so we will have an array of toys, treats and homemade goods to sell and raise funds for MNDA.

We will be situated in the Charity Chalet on the end row by the Cathedral from 10:00am until evening. We hope our MNDA bright blue and orange will draw you and other customers over and the day is a huge success.

If you have any items that you feel would be ideal for our Chalet please contact Gaby at theperretts@talktalk.net to arrange delivery.

CHARITY CHRISTMAS CARDS



Just to remind everyone too – MNDA Christmas Cards are still available from Winchester Tourist Information Office (within the Guildhall) if you would like to support the charity in other ways this Christmas.

A wide selection is available from the shop or online at <https://shop.mndassociation.org>.

org if you are unable to make it into Winchester.

Our volunteers did a fantastic job manning the shop on Saturday 18th November, stocking shelves and assisting buyers with their purchases to ensure everyone found what they were looking for.

Thank you so much to Gaby Perrett for once again organising MNDA's part in the event and arranging everyone's shifts. It was lovely to see all our volunteers pulling together to help the local Group and we are grateful for your support too!

BUN FIGHT BAKE SALE!

Earlier in November, the newly established MNDA Society at Southampton University held a Bake Sale to raise more funds for the charity too. Known as a 'Bun-Fight' the stall proved to be a hit with all the students the first time so the Society decided to increase the number of cakes on sale and this time raised even more money too.

Group Leader Liana (who set up the Society along with Group Twitter-master, Fariyah) reported back that £142.43 was collected and lots of interest in MNDA gained too. The Society is currently expanding and establishing roles with students so more events are able to take place and support the main Group too. Lots of luck to the Society – we can't wait to work with you in the future and see what you achieve.



QUIZ NIGHT!

Speaking of the MNDA Society at Southampton University – one of the student's first major events will be a special Quiz Night held at Wild Lime, 136 Portswood Rd, Southampton SO17 2NH on Thursday 7th December from 6:30pm. The Quiz Night is open to everyone and at only £2 per entry on the night there really is no excuse not to pop along and test your wits!

All money raised will go to the Southampton & Winchester Group so this will be another great fundraiser for MNDA before the end of 2017.

SOMBRE TIME FOR SILENCE SPEAKS



Back in our October Newsletter we reported on MNDA's up and coming Silence Speaks campaign and how the whole Association would be getting involved on the 6th October. Along with the national campaign, locally MNDA Groups did their part in creating awareness of the disease and

how hard it is to communicate without a voice - something many people with MND experience. At the Southampton & Winchester Monthly Meeting we took a few moments to imagine ourselves in such a position and how difficult it would be to connect with people in our community if this form of communication was taken away from us.

More than just a National Sponsored Silence the campaign forces you to challenge your ideas of communication with the Association seeing an increase in visits to their website and general interest growth during this time. Thank you to everyone who took part and created awareness for this devastating disease.



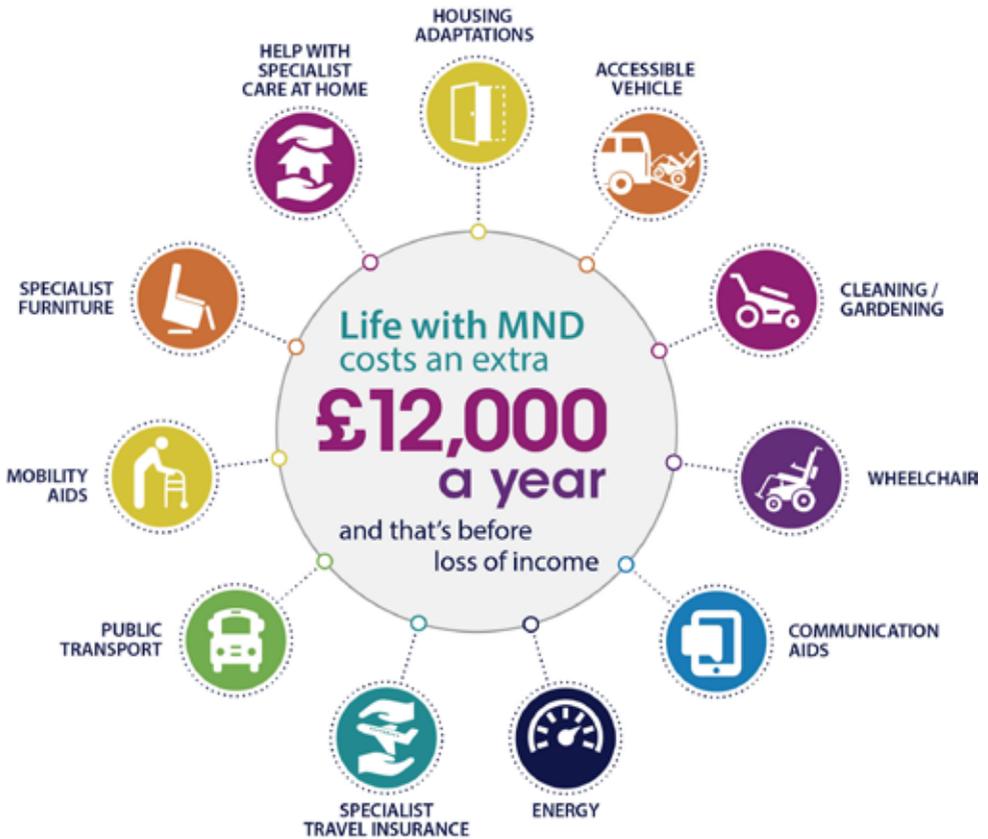
VOICE BANKING!

Following on from the campaign, another exciting opportunity has come up in our area concentrating on helping those people wishing to bank their voice for the future.

Eighty percent of people living with MND will experience speech difficulties that may lead them to use communication aids. Voice Banking is a method that can take words and phrases from your own speech to make a synthetic voice that sounds like your own which can then be used at a later date.

This new volunteering role will involve the setting up of equipment so that people living with MND are able to take part in this process. The project is only being piloted in certain areas so we are very excited to be at the forefront of this new technology.

If you are interested in this role or in taking part in Voice Banking please contact Louise Rickenbach on 0345 3751831



**Life with MND is tough enough without
being pushed into financial hardship**

Join the campaign www.mndassociation.org/mndcosts

MND COSTS CAMPAIGN

We may talk about fundraising a lot but when we are confronted with the latest statistics from National Office, it is hard to apologise for wanting more resources to support people living with MND. Recent figures show that 8 in 10 people find themselves financially worse off because of the disease, many people are not aware of the types of financial support available to them and families are finding it overwhelmingly complex to apply for

benefits and support for any children they may have. Living with MND costs an extra £12,000 a year – a staggering sum for any individual to face. Here at the Association we are campaigning for this to change and force the end of financial hardships for MND families. Please join our fight at <https://www.mndassociation.org/mnd-costs>

WEBSITE IS LIVE!!

We are also pleased to announce that the Southampton & Winchester Group now have their very own MNDa website. Pages at www.mndsoton-winch.org.uk are designed to work alongside the national website but give more local and focused information to people living in our region. The website is now live so please feel free to visit and take a browse and let us know what you think. Some pages are still in development but we are open to all ideas and know that we will now need a dedicated volunteer who will be able to spare a few minutes each week to maintaining the look and content of the site. If you know anyone that would be interested in this great webmaster role please contact Liana at liana.barkwill@hotmail.co.uk for more information. Our social media pages will continue to stay open as well – please visit us at [@MNDASoton](https://www.facebook.com/mnndsouthampton)

THANK YOU'S

Thank you to everyone who has donated to the local Group over the past few months. Big or small, all your contributions really make a difference to the work we do and the help we provide to those people living with MND in the Southampton & Winchester area. We are all extremely grateful. Special thanks goes to everyone who contributed to the £416.02 bundle that was donated at Stephen Street's 60th Birthday, to those who donated in memory of Michael Soper and the kind collections that came in from Reiki sessions and in memory of loved ones.



COLLECTION BOXES

Thank you to everyone who has been in touch to either change their Collection Box or hand in a full tin.

As previously mentioned a few months ago, National Office made us aware of an increase in theft of MNDa Collection tins/tubes/boxes that were static. To combat this supporters were encouraged to hand in any boxes in the community that were not chained down in exchange for a new more secure version.

We are glad to see this happening but if you know of a box or tin still needing to be swapped over please get in touch so that we can ensure all our MNDa fundraising is safe. A big thank you to Jane Anderson for submitting £63 from Winchester Cathedral's shop Collection Box, to Joan Taylor for passing on a Collection Box housing £16.26 and to 'The Flower Shop' in Chandlers Ford for collecting a further £64.02. Every penny really does count so if you know of an ideal location for one of our Collection Boxes please let us know by getting in touch with our fundraiser Lyndsy at l.j.ambler@live.co.uk

LONDON TO BRIGHTON FOR LYNN

Lynn Ashby's family and friends have been fundraising up a storm lately and their hard work looks set to continue into 2018 with Lynn's partner and carer Teresa taking on the London to Brighton Cycle Challenge. With a bionic knee and having had a hip replacement, Teresa says the 55 mile journey will be no easy task but nothing compared to the physical and mental challenges Lynn is currently enduring.

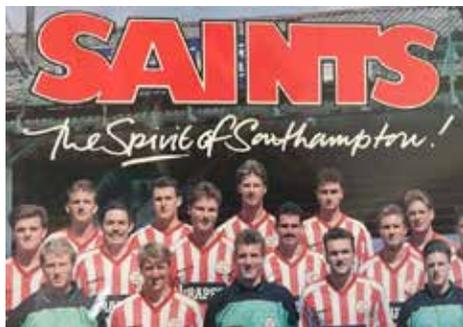
Standing at just over £700 at last check, Teresa's Just Giving page <https://www.justgiving.com/fundraising/telteresamay> hopes to raise £5000 so that the money can be split 50/50 between National Office and our local Group. Teresa says, "I feel I want to give something back to this underfunded charity that has been a lifeline of support, advice, guidance and information to Lynn and I both as sufferer and carer.

I want your donations to support MNDA (locally and nationwide), people who need support with equipment and to much needed research into this terminally progressive disease. Please dig deep - I know it's next year but I need you to keep me motivated and focused on my challenge."

Lots of luck Teresa, we're cheering you on!



SUPPORT FOR A SAINT



The strength families show through difficult times often astounds us and we are always amazed at their courage and commitment to giving something back. Former Saints Footballer, Andy Rowland's family are doing just that with setting their sights on raising £10,000!

Headed by Andy's wife Marion, the family hope to organise many events in and around Southampton to help them reach their target. Visit <https://www.justgiving.com/AndymarionRowland> to support their collection and find out more about Andy.

mnda
motor neurone disease
association



ROAD TRIP FOR ROSIE

It is lovely to hear members of our Group liaising with other local MNDA Groups so when AV Rosie Perrett mentioned to us that she had taken part in Oxford's Walk To D'Feet with her family we felt it only right to share her photos and thoughts on the day. Rosie said she and her family had a wonderful day and really enjoyed meeting everyone. If you have taken part in an event locally or nationally for MNDA please get in touch so we can share your story too.



ABSEIL AWARD

A few months ago we reported on Margaret Wotton's brave abseil down the Spinnaker Tower at Gunwharf Quay's in Portsmouth. Together with her son Chris, the family managed to raise a wonderful sum for the local Group and Margaret has just been sent her certificate of completion now. Well done once again Margaret and Chris!



MONTHLY MEETINGS

In November we were treated to a truly inspiring Speaker at our Monthly Group Meeting. Karen Morrison who has vast experience and knowledge working within MND research and who is now part of Southampton University's medical teaching programme – as well as being based at Southampton General Hospital, took us through the discoveries and advancements in her career as well as her hopes for medical research in the future. Everyone in attendance agreed on how informative the evening was and gave us all a real insight into what is currently going on behind the scenes when it comes to finding a cure for MND.

Thank you so much to Karen for giving us her time and allowing us a small glimpse of all the hard work she and her teams have been doing.

We know January's Speaker will be just as educational as we welcome Viv from the Honey Pot Charity to our Monthly Group Meeting. As well as time with the Speaker we will also be discussing the year ahead, reflecting on 2017 and holding our now infamous raffle.

Please join us on Tuesday 9th January from 7:00pm-9:00pm at The Bradbury Centre, Rose Road Association, Southampton, SO16 5NA.

FEELING KEEN IN 2018?

For our first event in 2018, the Southampton & Winchester Group will be collecting for the charity at Badger Farm Sainsbury's in Winchester on Sunday 14th January.

Holding court in the foyer between 10:00am-4:00pm we hope lots of generous shoppers will stop by and spare a bit of loose change to help our cause.

If you are able to dedicate a few hours to help collect on this day please contact Gaby at theperretts@talktalk.net to set up a 'shift' time and start your year off with a kind act.

MND Association can help with transportation costs
for people with MND

mnda

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LOCATION:
COLDEN COMMON COMMUNITY
CENTRE,
ST VIGOR WAY,
COLDEN COMMON,
HAMPSHIRE,
SO21 1UU

PLEASE R.S.V.P TO LYNSDY ON:
l.j.ambler@live.co.uk

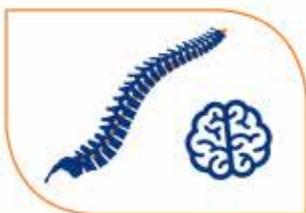
SUNDAY
3RD
DECEMBER
3-5PM

An illustration of several people in winter clothing, including hats and scarves, in various colors like blue, green, and red. They appear to be in a social setting, possibly a party, with some people looking towards the camera and others looking away. The style is simple and colorful.

ALL
WELCOME TO
OUR
CHRISTMAS
PARTY!!!

**Motor neurone disease
kills a third of
people within
a year and
more than
half within
two years of
diagnosis.**

MND is a fatal, rapidly progressing disease that **affects the brain and spinal cord.**



MND attacks the nerves that control movement so muscles no longer work. **It does not usually affect the senses** such as sight, sound, feeling etc.



MND can leave people locked in a failing body, **unable to move, talk, swallow and eventually breathe.**

Over 80% of people with MND will have communication difficulties, including for some, **a complete loss of voice.**



Around **35%** experience mild cognitive change causing difficulties with planning, decision-making and language.

A further **15%** of people show signs of a form of dementia resulting in more pronounced behavioural change.

MND affects people **from all communities.**





A person's lifetime risk of developing MND is around 1 in 300. That's one person in an average size cinema screen.



It affects up to **5,000 adults** in the UK at any one time.



Six people are diagnosed every day. Up to 5,000 people are fighting MND at various stages of the disease. **Six people die each and every day.**

MND - there is no cure.

We are the only national charity in England, Wales and Northern Ireland focused on MND care, research and campaigning.

Should you need any information or support please contact our MND Connect helpline.

mndconnect
0808 802 6262
mndconnect@mndassociation.org



Registered with
**FUNDRAISING
REGULATOR**

MND Association

PO Box 246 Northampton NN1 2PR
Telephone: 01604 250505
Email: enquiries@mndassociation.org
www.mndassociation.org

Registered Charity no. 294354

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

9TH January 2018

13th February 2018

Other Events

Christmas Party – 3rd Dec

Quiz Night – 7th Dec

Winchester Christmas Market – 17th Dec

Sainsbury's Collection – 7th Jan

Volunteering Roles

Voice Banking Support

Webmaster

Coffee Morning Volunteers

STRONG Campaign

Position	Name	Phone	Email
Chair	Liana		Liana.barkwill@hotmail.co.uk
Secretary	Sue Harding	023 8089 2435	sue.harding09@btinternet.com
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

www.mndassociation.org/southampton

www.facebook.com/mndsouthampton

Twitter - @MNDASoton

www.justgiving.com/mndasouthampton

MND Connect – 0808 802 6262

Charity No. 294354