

## HAPPY NEW YEAR



Thank you once again for all your support last year, we hope you all had a joyous festive season and are now looking ahead to bright and wonderful things in the months to come.

We hope to cross paths with many of you again this year whether it be at our Group Meetings, Coffee Mornings or events and we look forward to making new friends too as we continue in our fight for a cure. We all know that it is a case of 'when' not 'if' now and it is this that drives us every year.

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However, as we wave goodbye to one year we must also wave goodbye to two of our volunteers. A new year often means a new start so with Liana (Group Leader) and Fariyah (Social Media Coordinator) on to pastures new, we now have 2 exciting opportunities to be involved with the Southampton & Winchester Group. If you have your heart set on a new challenge this year please take a look at the specifications below and get in touch if you or someone you know fits the role and would love the chance to join our team of valued volunteers!

### Group Leader:

#### Specification -

- Plan, prepare for and facilitate group meetings
- Ensure appropriate decisions are made in a timely way when required
- Support Group volunteers in planning and coordinating group activities
- Ensure Group volunteers are aware of and follow the Association's policies and procedures
- Induct and mentor new volunteers
- Work in partnership with staff to recruit new volunteers
- Act as an ambassador for the Association and as a host at Group events

### Skills required;

Relevant experience, Leadership, good communication and interpersonal skills.

## Social Media Coordinator –

### Specification -

- Planning and scheduling social media content
- Researching, creating and uploading relevant material, e.g. videos, photos
- Identifying key influencers and organisations to interact with on social media
- Replying to comments and messages

### Skills required:

Social media experience/knowledge,  
Ability to write clear/accurate copy,  
creative thinking, enthusiasm to grow our  
social media presence.

For more information  
please contact the Group.

## NEW YEARS RESOLUTIONS



If your New Years Resolution is to get more involved/volunteer/raise money for a charity then we'd love to hear from you! We have a wealth of events, challenges and tasks all looking for the right people to take them on - so we would love to help you achieve your target. Tell us a bit about yourself and let us match you to your ideal goal. We can arrange everything from runs and cycles to far-flung treks or bitesize volunteering helping to make teas and

coffees or lending your own skills in other ways.



Make 2018 the year you made a difference..... you won't regret it!  
Contact Lyndsy at [l.j.ambler@live.co.uk](mailto:l.j.ambler@live.co.uk) for more information!



## CHARITY AT CHRISTMAS!



It was lovely to see so many of our MND Families, supporters and volunteers at the end of last year at all our organised events. We kicked off our festive fundraising in November with our presence at the Winchester Charity Christmas Card Sale. With Gaby Perretts guidance, volunteers

assisted shoppers with their purchases on Saturday 18th November and then left MNDA Cards available to buy right up until the week before Christmas.

During this time the store saw hundreds of people purchase packs of cards from all different charities resulting in 454 MNDA cards sold and £344.74 raised in total. This is a great amount in times where sending cards is decreasing and a welcome boost in funds at this time of year. Thank you to everyone who volunteered their time to help at the store or purchased MNDA Christmas Cards this year.

A massive thank you once again to Gaby for arranging all the logistics for the event – we are so grateful for all her hard work every year!



In the lead up to Christmas, the Southampton & Winchester MNDA Group were fortunate enough to once again be granted a day in the Charity Chalet at the Winchester Christmas Market. Through generous donations of handmade gifts, food items and a toy collection by Liberty Pride Cheerleaders, the event raised a great £469.64 for people living with MND in our area. It was a very dark and cold day often scattered with showers so we once again thank all our volunteers for sparing the time for a 'shift' and enabling the charity to once again fundraise for our wonderful cause.



Thank you also to everyone who donated, bought items and supported us on the day ..... we couldn't have done this without you and our Wonder-women Gaby and Jane, who once again secured our spot and liaised with everyone involved to ensure it was a fantastic event!

## CHRISTMAS PARTY!



Lots of fun was also had at our annual MND Christmas Party on Sunday 3rd

December. Taking place in Colden Common's Community Centre for the first time, we were also joined by the Braishfield Ukulele Musical Society (BUMS) who serenaded us as we tucked into all the colourful party food, shared stories with friends we hadn't seen in a while and pulled the odd cracker!

It was a lovely afternoon and we are so pleased that we were able to thank those that have helped and supported us in 2017.

We also raised £153.20 through our 'End of Year Raffle' too so it rounded off the year brilliantly!

Thank you Sophie for arranging such a fun event and to everyone who took part and donated on the day. The Association really values your support.



## REMEMBERING ANN

Everyone at the Group was upset to hear of the passing of Ann Hobbs last year. A member of our Group for some time and involved in many of our events, Ann had many friends within the volunteering and AV Team and will be remembered fondly. Ann's grand daughter, Sophie, has said that Ann always looked forward to attending Group events so the family wanted to raise money in her memory to go towards brightening up someone else's day.

With the help of Sophie's office at LSL Property Services, the family were able to raise £260 in a Christmas Extravaganza that involved everyone arriving at the office in Christmas jumpers, enjoying slow-cooker hot chocolate with a toppings station and a buffet filled with treats including mince pies, turkey/stuffing and cranberry rolls. The day ended with a round of 'Christmas Lucky Squares', a tombola and raffle.

It sounds like everyone at LSL had a wonderful time and are already looking forward to a repeat event at Christmas this year!

## SOUTHAMPTON SOCIETY

Outside from the Southampton & Winchester Group, MNDA also have a Society at Southampton University where students have been busy creating awareness and fundraising for the charity. On Thursday 7th December, the Society upped the ante and organised a special Quiz Night at a local bar. Charging just £2 per entry, the Society was able to raise £26 on the night and spread the MNDA word even further.

Following on from this success the Society has planned another two events to start the year as they mean to go on .....

Firstly, on Friday 9th February student volunteers will be holding a Bake Sale on University grounds between the hours of 9:00am-4:30pm and then the following month on Friday 9th March they will transform the space into a Bric-a-Brac Sale to try and raise even more funds for the Group.

Both events are open to the public and items can be donated to their cause

by contacting Liana at Liana.barkwill@hotmail.co.uk

Good luck to all involved – we love seeing this Society grow and develop!

**THANK YOU  
TO YOU ALL!**



We are delighted to still have been receiving money for our fundraising pot over the Christmas and New Year period. Thank you to everyone for thinking of us and the families we help. Your donations will go so far and really are appreciated.... Firstly, thank you once again to everyone who visits Winchester Cathedral's shop and donates to our collection tin. Between the months of September and December 2017, £56 was raised in just loose change! Thank you also to Westgate School in Winchester for their donation of £193.28 and to St. Matthews Church for your generous contribution.

As always, we are also grateful to everyone who makes a contribution to the Association in memory of a loved one. Thank you to both Claire Branford's family and Ann Hobbs family for your generous amounts.



## **MND COSTS CAMPAIGN**

In our last Newsletter we told you about a new Campaign the Association had launched called 'MND Costs'. According to recent findings, 8 in 10 people with MND find themselves financially struggling because of the disease as related costs add an extra £12,000 per year to each household – even without factoring in the cost of lost earnings.

The survey has also found that MND families with children find it especially difficult economically and now find it overwhelmingly complex to find and apply for any benefits to help them in their situation. On top of this, when all families are able to work their way through the benefit system minefield they are then subjected to stressful and upsetting reassessments.

To address this we are now campaigning to force an end to financial hardships for MND families with Rae-Martin Smith, the MNDA Campaigns Manager who will be joining us at our February Group Meeting on Tuesday 13th February at the Rose Road Centre, Alder Moor Road, Southampton, SO16 5NA From 7:00pm-9:00pm. Everyone is welcome to join our fight – please come along to our Meeting or pledge your support at <https://www.mndassociation.org/mnd-costs>

## SUPERMARKET SPENDERS

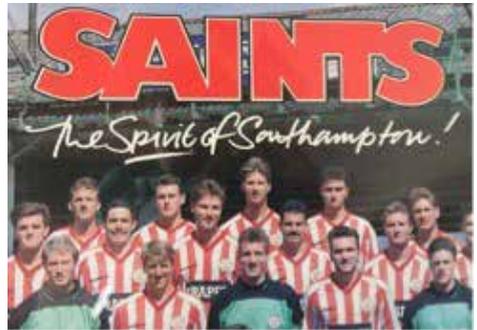


Seeing in the new year, we started 2018 with a great little fundraiser at Badger Farm Sainsbury's in Winchester on Sunday 14th January.

Collecting kind donations from food shoppers in the foyer all day, the volunteer team came away with £320.90 for their efforts.

These type of events are often long and hard on the feet so we are extremely grateful to each and every person that was able to hold a bucket for us at some point in the day. Thank you also to Gaby for organising another wonderful fundraiser and to everyone who contributed to our cause on the day. You're all stars!

## ANDY ROWLAND TRIBUTE



You may remember from our December Newsletter an article featuring details on a memorial fund in honour of former Saints player, Andy Rowland – who passed away from MND last year. Due to Andy's involvement in professional football the PFA have helped support Andy's family financially so along with friends and old colleagues they have banded together to also help the memorial fund reach its target of £10,000 for the charity.

Andy's friend Paul Balsom tells us, "The last time I met with Andy in May, we spoke football for five hours non-stop. Andy's speech was weak and faltering, yet his passion for football and his stubborn determination made this possible. Football is so important in so many ways for so many people and for Andy it was his escape from reality.

Research to understand MND/ALS is vital and Andy's former club Southampton FC are kindly having a collection for Motor Neurone Disease as a tribute to his life. In addition, there is also a Justgiving page set up for those wishing to pledge funds to the cause too!

We're aiming to raise £10,000 in memory of much loved Andy Rowland for the Motor Neurone Disease Association

Any donation, small or large, goes a long way in helping fund important research into MND/ALS."



You can now see Paul Balsom's tribute to Andy Rowland on the PFA website -

<https://thepfa.com/thepfa/latestnews/article/2018/1/2/a-tribute-to-andy-rowland-1965-2017>

Good luck to everyone fighting to make a difference and thank you to all who have donated so far.

## AND ALL THAT JAZZ .....



We were thrilled to hear that the St.James Tavern will be holding their popular 'Blue's Jam' again this year and are hoping to donate all proceeds of the March event to the local MNDA Group. Loved by both musicians and punters, the evening sees individuals and groups pay to take to the stage and play their hearts out for charity. Running from 4:00pm-8:00pm on Sunday

25th March, everyone is welcome to either play or just come along to the St.James Tavern in Romsey Road, Winchester, SO22 5BE, to enjoy the music and atmosphere. We hope to see a few familiar faces on the night and look forward to creating more awareness of MND to the crowds in the pub.

**mnda**  
motor neurone disease  
association

# COFFEE MORNING

**EVERY 3RD  
MONDAY OF  
THE MONTH**

**LOCATION:  
HAZEL CENTRE,  
COUNTESS MOUNTBATTEN HOSPICE,  
WEST END,  
SOUTHAMPTON,  
SO30 3JB**

To RSVP and for help with travel and costs please contact Rosemary Burdett on 02380311942 or via email at [www.mnda.org.uk/charity](http://www.mnda.org.uk/charity)

## 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

Tuesday 13th February 2018  
 Tuesday 13th March 2018  
 (Speaker Stephen from Guide Dogs)

### Coffee Mornings

Monday 19th February &  
 Monday 19th March

### Other Events

Society Bake Sale – 9th February  
 Society Bric-a-Brac Sale - 9th March  
 Blue's Jam – 25th March

### Volunteering Roles

Group Leader  
 Social Media Coordinator  
 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

<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