



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

Southampton & Winchester Group

October 2019



All the latest
MNDa news from
the local area

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MARATHON
HEROES**
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If you have any comments or feedback about the magazine and its content, please do not hesitate to get in touch

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40TH ANNIVERSARY MONTH



This October marks 40 years from the very first Motor Neurone Disease Association Group Meeting.

That first Meeting set in motion what today is a nationwide organisation and has led to great advances in research and care.

While we celebrate all that has been achieved in this time, we are also acutely aware of how much still needs to be accomplished to succeed in our goal of a 'world free of MND'.

To highlight our cause Groups across the country are coming together to mark the occasion with the Southampton & Winchester Group holding a series of special 40th Anniversary events that we hope you will be able to attend;

Sunday 6th October

7:00pm – Super Selfie Light Up!

On the official date of the first ever MND Meeting, Southampton Guildhall will be lighting up their building in MND's blue and orange to bring awareness of the disease to the city for 24 hours.

By shining a light that night we hope to bring the disease to the forefront and spread our message a little further.

To help us do this we've organised a 'Super Selfie' in front of the Guildhall steps that local press will cover to bring more exposure to the charity and those living with MND.



We'd love as many people to be in the photograph as possible so please join us wearing your MNDA T-shirts / jumpers and colours at 7:00pm for the big shot! Guildhall Square (Above Bar St, Southampton SO14 7DU) is a lovely area full of cafes and restaurants so even if the weather is a little chilly we'll be able to warm ourselves up afterwards!

**Tuesday 8th October
from 7:00pm-8:30pm
40th Anniversary Party!**

The following Tuesday the Southampton & Winchester Group is hosting a fun party at Oasis Academy Lordshill, to thank everyone for their support since the Group was established.

The local Group has achieved many milestones over the years and been able to help every single person and family who has had MND change

their lives – and it is all thanks to our wonderful supporters, volunteers and families.

Reminisce with us from 7:00pm and enjoy a selection of nibbles and drinks, as well as a great raffle and speech from Regional Delivery Manager Rosie Harris.

40th Anniversary Party
Oasis Academy
Lordshill
Redbridge Lane
Southampton,
SO16 8FA



GENERAL HOSPITAL HOT SPOT



Following our own 40th Anniversary commemorations, our MNDa Society at Southampton University's MedSoc has secured a prime spot at Southampton General Hospital on Friday 11th October to create awareness of the disease.

Setting up a stall at the main entrance, members of the Group will welcome visitors to the hospital over for a chat and a peek of the wonderful cakes on offer.

Although not an official fundraising event, donations are always welcome in return for something sweet.

Pop along and say hi from 9:30am -5:00pm and help us spread the word on MNDa!



CHOIRISTERS FOR CHARITY

To round off our 40th celebrations, Winchester Cathedral have kindly offered their support at the regular Sunday Choral Evensong held at 3:30pm on the 20th October.

The special service is open to everyone and will start with a unique speech and prayers for MNDa's fight, before Winchester Cathedral's choristers and lay clerks begin.

The Dean welcome's MNDa T-shirts at the service to create more awareness and will join the group for photographs outside the Cathedral after.

If you would like to join us for this one-off service please RSVP to Jane Anderson at jane.anderson@tiscali.co.uk and state any disability access you may require so we can arrange this for you too.

HALF MARATHON HEROES



Royal Parks Foundation Half Marathon

One local family has another reason to be looking forward to October when three members take on the Royal Parks Half Marathon Challenge on behalf of the Motor Neurone Disease Association.

Since Anne Richardson was diagnosed in April, she and her family have been overwhelmed with the support they have received from the local Group and wanted to raise more funds to help even more.

Anne says, "I have already had so much support from the MNDA.... I am participating in the Mirocals trial, have participated in a MNDA funded research project at the University of Southampton, am

fortunate enough to have an AV and I have banked my voice thanks to the voice banking volunteer.

I also have an appointment to get a riser/recliner chair with the support of the MNDA – and have received lots of literature and advice from the website which I refer to often."

With that in mind Anne's two son's Alexander and Will along with Will's girlfriend Sam Whitty signed up for the over 13 mile route through

Hyde Park, Green Park, St James's Park and Kensington Gardens to really push themselves and create awareness.

The whole family are hoping to come out

in support but would love to get even more donations if they can.

Will says, "I have seen first hand the brilliant work that the MNDA is doing and what a difference donations make to those and their families living with the disease.

Having run a few half marathons before, I can safely say with only weeks to go I have never been so unprepared so any donations at all no matter how big or small will really help me get through my training."

To follow all three runners progress and to donate please visit their Just Giving websites .

**Good luck guys!
You can do it!**

Alexander Richardson



<http://tiny.cc/lat8cz>

Will Richardson



<http://tiny.cc/mct8cz>

Samantha Whitty



<http://tiny.cc/pit8cz>



DIAMOND STUDY

Thank you to everyone who joined us at our last meeting with speaker Rose Evill from the DiaMoND Study.

It was a very informative evening, with Rose detailing the process and schedule of her study and how much they hope to help people living with MND with its completion.

Working beside Sally Wheelwright, Rose hopes to give people living with MND solid and precise information when considering acquiring a gastrostomy tube.

The Study has discovered that there is a lot of misleading information and gaps in knowledge surrounding the procedure involved - and with feeding tubes themselves, so with the DiaMoND Study research they hope to produce a concise decision aid that future people with MND could use.

If you would like more details on the study or to be a part of their research please contact diamond@soton.ac.uk and follow their progress on Twitter @DiamondStudy



FUTURE MEETINGS

As the year draws to its end our MNDa Group gets even busier. From our 40th Anniversary celebrations to all our Christmas charity events, our Meetings will take a break from speakers and now focus on looking ahead.

You can still join us at our Monthly get-together on Tuesday 12th November though - or at our first meeting of 2020 on Tuesday 14th January, as we replace our monthly meeting in December for the annual Christmas Party.

**Meetings are always 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.

You're welcome anytime.

FANCY A CUPPA?

Our door is always open at the Hazel Centre in the Countess Mountbatten Hospice. Pull up a chair and come have a chat with us at one of our remaining Coffee Mornings, this year we'd love to see you!

A free event running every month, our Coffee Mornings welcome people living with MND, their family and carers as well as professionals in the field too. Pop along on either 21st October, 18th November or 16th December, from 11:00am -12:30pm with no need to RSVP.

Check out the poster for more details!



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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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PANGEA LIFE

A massive thank you to Pangea Life who nominated MNDA as their chosen charity at the Meridian Corporate Finance Ltd company Golf Day.

An impressive £500 was raised and donated to the local Group in tribute of an employee's neighbour who is living with MND.

Gratefully accepted by Rosemary Rockett and Jean Block, the event was able to help many charities and we are so thankful that this amount will go to help those in need in the Southampton and Winchester area.



Thank you

We are always so grateful to anyone and everyone who thinks of us.

Thank you for your kindness – we know that everyone we help thanks to your generosity is extremely grateful and appreciates all the support we receive.

This month we would like to especially thank everyone who donated in memory of John Alexander Brian Leask and to the Ancient Order of Foresters for their separate donation too.



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Volunteer in your local community

Do you enjoy listening?

Would you like to learn how to provide support to people affected by MND in your local area? To find out more phone: 0345 6044 150 or email: volunteering@mndassociation.org

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SHELTER

CHRISTMAS CARD SALE

We can't believe that the festive season is almost upon us once again and that we are already arranging our Christmas events!

This year our annual presence at the Winchester Charity Christmas Card Sale starts early with our local Group taking charge of the pickings on Saturday 26th October.

A great date for anyone looking to purchase their cards before the big Yuletide rush or needing to send to loved ones abroad our Motor Neurone Disease Association volunteers will help you with all your needs.

If that's a little too early for you, the Southampton & Winchester Group volunteers will also be 'manning the shop' on Saturday 23rd November.

Regardless of which day you visit, MNDA cards will line the shelves throughout the whole store's run.

All sales from our charity cards go directly to the local group to help people living with the disease in our region.

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 - Tuesday 12th November

Coffee Mornings - Monday 21st October & Monday 18th November

Other Events:

Super Selfie light Up: 6th October

40th Anniversary Party: 8th October

MedSoc Cake Awareness: 11th October

Choral Evensong: 20th October

Charity Christmas Card Sale: 26th October, 23rd November

Volunteering Roles -

Group Fundraiser

Coffee Morning Volunteers

YOUR CONTACTS

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W: justgiving.com/mndasouthampton

Facebook: facebook.com/mndsouthampton

Twitter: @MNDASoton

MND Connect **T:** 0808 802 6262

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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

Phone: 0345 6044 150



MND Association



@mndvolunteering

www.mndassociation.org

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