

PUT SPRING IN YOUR STEP...



As Spring arrives so does the promise of warmer weather and the chance to get out more. Outdoor events are in full swing and it is the perfect time for some alfresco athletic activities – many of which come with the possibility of a little fundraising. We are awash with such events in our region so whether you fancy taking up a new challenge (or know somebody who does!) or have already signed up to

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take part in a new task please consider tributing your hard work and achievement to a worthy cause. People living with MND in Southampton and Winchester need our help so every penny you raise for our Group will go into assisting them and their families.

Check out these organised events or arrange your own Let us be a part of the fun and help you on your journey!

***ABP Southampton Marathon/Half/10k – 22 April 2018**



Choose from 3 distances or take part in their Mascot and Kids Fun Run! All can be sponsored and the event has the feel of the London Marathon without all the hassle of travelling to the big smoke!

***Portsmouth Velodrome Challenge – 16th June** *(see poster on page 2)*

Although this Event has been organised through the 'South East Hants' Group, you can still ask for your fundraising to be directed towards people in Southampton & Winchester!

***Eastleigh 10k – 17th June**



Ideal for first timers or those looking for a

Warm Up to a bigger Event, The Eastleigh 10k is a wonderful way to cut your teeth on Running Challenges.

***Southampton Big Fun Run – 15th July**



Great for families, this event takes place on Southampton Common and can be walked, skipped or ran. It looks like a hoot!

***Winchester Half – 23rd September**



A later event than all the rest, this run takes in all the scenic routes in and around Winchester – including St. Catherines Hill, although fortunately not up it!



PROFESSOR STEPHEN HAWKING



Everyone at the Southampton & Winchester Group, along with the whole Association was sad to hear about the

passing of Professor Stephen Hawking. Living with a form of MND for over 50 years, Professor Hawking not only did great work in his own fields of science but in creating awareness of the disease even before becoming a patron of MNDA in 2008.

The recent Oscar winning film ‘A Theory of Everything’ - that was based on his life, made a huge impact around the world spreading knowledge of Motor Neurone Disease which in turn helps with early diagnosis and increased funding into research and finding a cure.

Tributes were sent in from all over the globe with our own Secretary, Sue Harding, making a statement, “On behalf of the Southampton and Winchester District Group our condolences to the family of Stephen Hawking. He was such an inspiration to everyone.”

At one point the MNDA official website and phone lines crashed due to the amount of traffic generated by people wanting to leave donations in his memory. Almost a month on from his death and Professor Hawking continues to make a difference to those people living with the condition and for this we thank him and his family even more.

STUDENT SOCIETY

Great things have been happening at the MNDA Society at Southampton University already this year. With the Society’s February Bake Sale raising £78.50 and March’s Bric-a-Brac fundraiser totalling an extra £14.79, the Group is off to a flying start. Thank you to everyone who volunteered and supported these events. It is lovely to hear the Society is doing so well! Keep up the great work, guys!



St. JAMES' JAM!



We hope everyone who attended the ‘Blues Jam’ at St.James Tavern in Winchester on Sunday 25th March had a toe-tapping evening! Thank you to everyone at the bar for organising yet another successful event and adding £274.03 to our Group pot! Volunteers Jane Anderson and Gaby Perrett, who bopped along to the music on the night - along with other fellow volunteers said, “Hats off to St.James Tavern for doing

these charity events. The pub was crowded, loud and everyone incredibly friendly. The musicians were all eager to watch one another play so we saw lots of different players and singers with their unique styles. It was a great way to spend a Sunday evening in Winchester and help support MNDA."

LUCKY IN LOCKSHEATH

Our wonderful Waitrose collections have come up trumps once again. This time in Locksheath, the supermarket handed over a £305 cheque to AV Rosemary Rockett - who accepted their contribution on the Groups behalf. Waitrose has been a wonderful store fundraiser for our charity over the past few months and we appreciate every single shopper who places their token in our box – and campaigns for our inclusion in the running for such a position, so much. Thank you once again to all involved.



THANK YOU!

Thank you to everyone who continues to think of the Association when giving donations to charity – we are so grateful for all of your support. Firstly, thank you to all the guests at Joan Taylor's son, Richard's wedding who gifted

the Group £140 instead of handing the happy couple a wedding present. It was so lovely of you all to think of us so far away in New Zealand. We wish the newlyweds all the very best on their new journey together.

Thank you also to friends and family of Victor William Slater, Edward John Matthews and Esther Eilleen Rhoda Matthews who kindly sent donations in memory of their passing loved one. Such a generous sum will really help us to help those that need it the most.

A CHATTER & A COFFEE!



Did you know that there is a lot of fun being had at our Coffee Mornings at the Hazel Centre every month? With copious amounts of cuppas and cakes, we are proud to hold a charming social event that brings like-minded people together. If you would like to join us for a natter and some light refreshments please stop by on the 3rd Monday every month.... Please consider this an open invitation to all!
Next Meetings;

- 16th April
- 21st May
- 18th June

The Hazel Centre, Countess Mountbatten Hospice. **11:00am-12:30pm** Please see the Poster for more information.

GROUP PRESIDENT



The Southampton & Winchester Group received some fantastic news last month when Professor Karen Morrison was unanimously approved as Group President of the MND Group. We are absolutely delighted to have Professor Karen involved with the S&W Team and know she will continue to inspire and educate us all with her research and findings while she is here.

We hope that Professor Karen will have a chance to meet you all at some point and we look forward to her sharing her time with us in the future

SUMMER SPECIALS...

Looking ahead to the Summer months, we are happy to report we've added some favourite events to our calendar.

Beginning in July, the Southampton & Winchester Group have once again organised Boat Trips aboard the Alison McGregor – a specially adapted vessel that can hold up to 6 wheelchairs with guests.

Trips are free and one held every month over the Summer. If you are interested in attending one of the voyages below please contact Rosemary Rockett on 023 8089

1842 to reserve your space;

Sunday 8th July

Sunday 12th August

Sunday 2nd September

Rosemary Rockett will also be heading the annual trip to Mottisfont Rose Garden on Wednesday 6th June. Guests are asked to enter the Grounds and then meet outside the Rose Garden at 3:00pm for a picnic.

Please contact Rosemary again 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

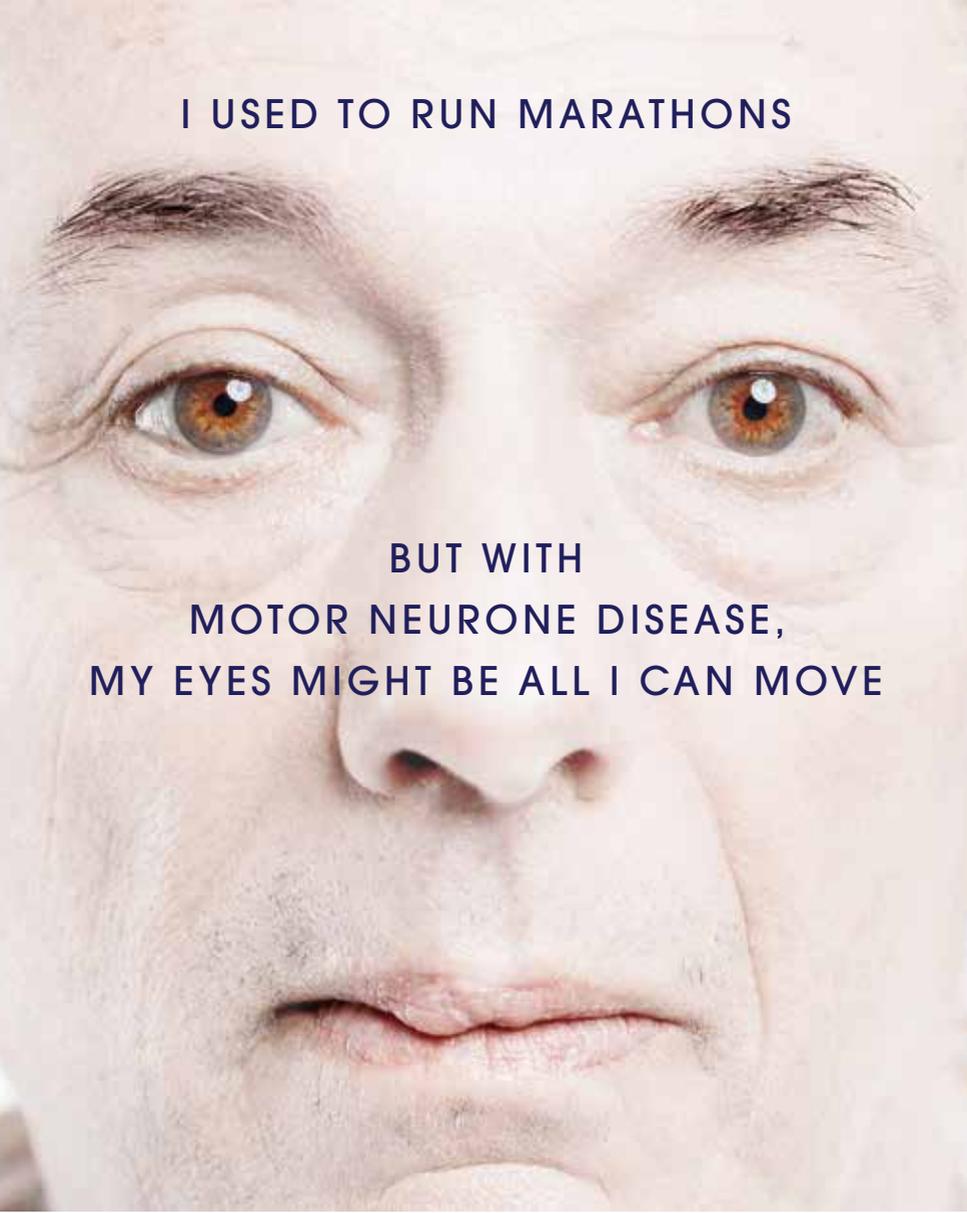
Every 3rd Monday
of the month

For more details or assistance with travel taxi costs
please contact Rosemary Rockett on 02380 891842
or email mrs_rockett@hotmail.com

Motor Neurone Disease Association
PO Box 245
Northampton NN1 2PR
Tel: 01604 250505
www.mndassociation.org

Registered Charity No. 294038





I USED TO RUN MARATHONS

BUT WITH
MOTOR NEURONE DISEASE,
MY EYES MIGHT BE ALL I CAN MOVE

My name is Dave.
See the world through my eyes
at mndeyes.org
[#MyEyesSay](https://twitter.com/MyEyesSay)

mnda
motor neurone disease
association

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
10th April 2018
8th May 2018 (Open Meeting)

Coffee Mornings
 16th Apr & 21st May

Other Events
 Date for the Diary – Winchester Car Boot
 Sale, 30th September 2018

Volunteering Roles
 Group Leader
 Social Media Coordinator
 Coffee Morning Volunteers
 STRONG Campaign

Position	Name	Phone	Email
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



Twitter - @MNDASoton

www.justgiving.com/mndasouthampton

MND Connect – 0808 802 6262 Charity No. 294354