

MORE HELP FOR CARERS

The Southampton & Winchester MND Group was treated to an informative visit from one of the representatives at 'Carers In Southampton'. The organisation is a free service for adults who give unpaid time to look after a family member/friend or neighbour within the Southampton City Council boundaries. Providing help and support, the organisation told us about many schemes and initiatives that carers looking after someone with MND may not know about and be able to subscribe to.

Firstly, if you care for someone within the City Council limits there is now extra funding available to you that you can apply for that is not means tested. That means any carer who looks after someone in Southampton (even if they themselves live in Winchester) is entitled to extra

financial help regardless of the grants/wages or support they currently receive. This is a welcome surprise to us and we urge any carers that fit this description to contact the organisation at enquiries@carersinsouthampton.co.uk or speak to your AV. Secondly, many of you may not know about the 'Carers Card Scheme'. These free ID Cards provide valid identification for those occasions certain businesses require proof of your carer status – while also offering many discounts nationally and locally. With more transport and businesses currently signing up, this scheme looks to continually grow and provide some much needed help for those we treasure the most. Lastly, we were reminded that registering as a carer with your own GP Surgery can also deliver many benefits too. From free jobs to double or priority appointments – if your GP Surgery knows that you are a carer for someone they will be able to make visits easier or tailored to your needs. Just ask at your Doctors reception and they will have a quick form for you to fill out. If you would like to learn about what more the 'Carers In Southampton' offer please visit their website at www.carersinsouthampton.co.uk or feel free to pop along to one of their free lunch socials in Portswood.

IN THIS EDITION

- 02 Improving MND Care.
- 02 Riser / Recliner Chairs
- 02 Cuppa and A Chat!
- 03 Monthly Meetings
- 05 Thank You
- 05 Maiden Marathon
- 06 Southampton Sprint
- 06 40th Birthday Celebrations
- 07 Rose Garden Rendezvous
- 08 Noticeboard

IMPROVING MND CARE



By the time this Newsletter reaches you, most homes will have received the new MND Care Survey. Titled the IMNDC Survey, it is really important that local people complete and return their forms as our experiences and feedback shape everything the Association do. We can make real change and draw focus to the issues we feel need prioritising. Please let us know if you haven't received yours or need help completing the survey.

RISER / RECLINER CHAIRS

Riser/Recliner Chairs are often an invaluable piece of equipment to anyone living with MND. Helping with everything from dressing and eating, these chairs are understandably expensive but in return add to an improved quality of life.

That is why the Association is now providing grants of £750 to families who are in need while also setting up partnerships with manufacturers so that there are no added costs when purchasing your chair and the full grant covers the full cost of the item.

For more information please speak to your OT/AV who will be able to put you forward for the grant.

CUPPA and A CHAT!

If our Monthly Meetings are a little too late in the evening for you, why not attend one of our Coffee Mornings instead?

Held on the third Monday of every month at the Hazel Centre in the Countess Mountbatten Hospice, from 11:00am-12:30pm - we invite people living with MND, their families and carers to pop along for a chat and a cup of something warm and comforting.

Our next Coffee Mornings will be on Monday 15th April and Monday 20th May. Check out the poster for all the details!



MONTHLY MEETINGS

Now fully settled in at our new Monthly Meeting HQ at Oasis Academy Lordshill in Southampton, we welcomed Karen from New Forest Tai Chi last month who gave us a wonderful demonstration on how relaxing exercises can have many therapeutic benefits to people living with and caring for, those that have MND.

Focusing on improving your mind, body and spirit – everyone in attendance at March's Monthly Meeting was left with a feeling of calmness and zen. We're now all strong advocates on the wonders of Tai Chi.

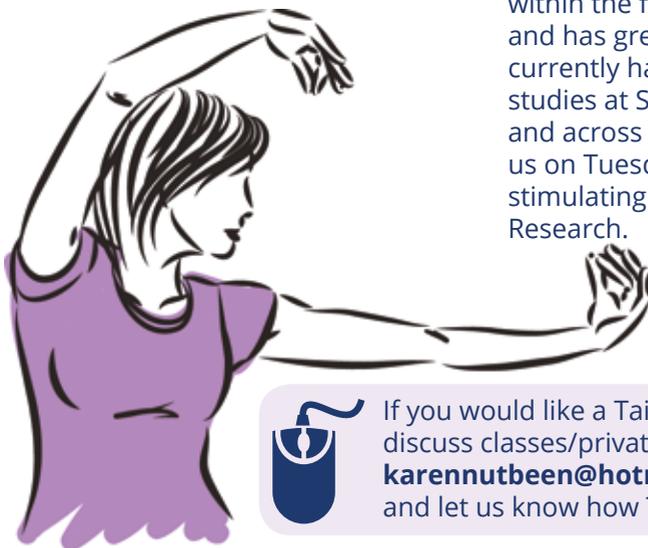
Continuing with our fantastic speakers this year – April's meeting will host Nadine from the MND Care Centre who will be talking about and demonstrating feeding tubes. A subject we know affects lots of MND homes, we welcome everyone to join us on Tuesday 9th April to put their

questions to Nadine and take part in our discussion with the Care Centre professional.

April's Monthly Group Meeting;
Tuesday 9th April 2019 7:00pm-9:00pm at Oasis Academy Lordshill Redbridge Lane (off Romsey Road)



Our May Meeting looks to be just as exciting with Professor Karen Morrison adding to our list of impressive speakers in 2019. Professor Morrison is an inspiring woman who has been researching within the field for numerous years and has great insight into what is currently happening with scientific studies at Southampton University and across the whole country. Join us on Tuesday 14th May for another stimulating conversation on MND Research.



If you would like a Tai Chi taster class or to discuss classes/private tuition please email: karennutbeen@hotmail.co.uk and let us know how Tai Chi is helping you!

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

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Northampton NN1 2PR
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www.mndassociation.org

Registered Charity No 29054



THANK YOU

Thank you for your continued kindness and support. This month's special shout-out must go to the Southampton University Students Union for raising a yummy £31.32 at a campus Bake Sale. All money raised in our region goes back into helping those living with MND in Southampton and Winchester.

Since our last Newsletter we have been able to provide a Recliner Chair, arm support equipment, alternative therapies and a Quality of Life Grant thanks to the donations made to our Group. Thank you one and all!

MAIDEN MARATHON!

Over the years many of you may have met our wonderful volunteer Rosie Perrett at a Group Meeting, fundraising event or Walk To D'Feet. Dedicating herself to our 'fight to find a cure', Rosie currently now operates as an Association Visitor (AV) helping people with MND even more. Now Rosie's son is getting in on the action and fundraising for the Association in memory of his Dad. Taking on the mammoth task of a Marathon for the very first time – Rob Perrett will don the MNDA Vest at Brighton's event on his birthday no less!! Starting at Preston Park on Sunday 14th April, Rob will run the 26.2 miles with his family and friends supporting him along the way.



Rob's goal is to raise £1000 for the charity, so if you are able to help towards his target please visit <https://www.justgiving.com/fundraising/rob-perrett> and pass your good wishes onto him through Rosie next time you see her! Good Luck Rob – we're behind you all the way!

SOUTHAMPTON SPRINT...



Speaking of Marathons, there is still time to fundraise for your local MND Group at the Southampton ABP Marafun. With Full and Half Marathon, 10k and Fun Mile routes that even the kiddies can join in with Southampton's largest community

event on Sunday 5th May is a great way to spread the word and raise funds for a wonderful cause. If you're already signed up and not fundraising for a charity or would like to now join in please get in touch and see how we can help!

40th BIRTHDAY CELEBRATIONS



Our preparations to celebrate 40 years of MND this year are well underway and we thank everyone who has shared their stories with us so far

We'd love to hear from and see photographs from any events you may have been involved in over the

past 4 decades of the Southampton & Winchester Group so that we can share your stories and memories at a special party we are organising in October.

Please send your stories and photos to sara.alrashed12@gmail.com or pass them on to your AV.



ROSE GARDEN RENDEZVOUS

We are delighted to announce the date of our annual trip to Mottisfont Rose Gardens as Thursday 6th June 2019. Meeting at 3:00pm outside the Rose Garden within Mottisfont grounds, the local Group will refund the entrance fee for people living with MND. Carers pushing wheelchairs are given free entrance at the gate.

Please allow yourself enough time to see the Gardens before joining us for Afternoon Tea and keep your fingers crossed for another sunny day!

For more information please contact Rosemary Rockett on 023 8089 1842.



Please send your stories and photos to sara.alrashed12@gmail.com or pass them on to your AV.

NOTICE BOARD

Group/ Open Meetings

(Second Tuesday of each month)
 Oasis Academy Lordshill
 Redbridge Lane (off Romsey Road)
 Southampton SO16 8FA
 7:00pm - 9:00pm

Other Events

ABP Marafun - 5th May
 Afternoon Tea - 6th June

Next Meetings

9th April & 14th May

Coffee Mornings

15th April & 20th May

Volunteering Roles

Group Leader
Association Visitors
Coffee Morning Volunteers

Position	Name	Phone	Email
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Volunteering Development Coordinator	Claire Tuckett	07831 349382	claire.tuckett@mndassociation.org

Designed & Printed by TLC Online 023 8024 3044 webteam@tlc-online.co.uk

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