



USE YOUR VOICE!

As we enter a new month we see the return of a successful campaign that has helped create awareness and funds for the Motor Neurone Disease Association time after time.

'Silence Speaks' is a poignant crusade that highlights the fact that over 80% of people living with MND experience difficulties communicating.

The campaign is designed to show the challenges of losing all or part of your voice and to encourage participants to find other ways of communicating as those with MND may have to do.

In the past this has involved events such as group and individual 'Sponsored Silences' to Quiz Nights and Silent Parties to fundraise for communication aids and generate awareness of the effects this devastating disease can have.

Use your voice for those that can't and join in our 'Silence Speaks' campaign this month - there are lots of ideas and tools to download online at <https://tinyurl.com/yanmjah6> whether you get involved individually, with a group of friends or as a workplace or organisation!

If you need any help, advice or want to advertise your event please get in touch!

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VOICE BANKING



As October will concentrate on 'Silence Speaks' we are reminded again how lucky our region is to have a Voice Banking Volunteer. With only a handful scattered around the country, we are very grateful to Nicky Duffin, our VBV, who has been working hard to get around to everyone who is interested in recording their own voice for future use on a communicating device.

Having your own voice recorded as a backup can be a great comfort to people living with MND and Nicky is always on hand to offer support and guidance as you begin your voice banking journey. If you or someone you know would like to take advantage of this free opportunity please contact your AV.

HELPING US HELP OTHERS!

Local funds raised will always go towards helping local people if handed directly to us some way. We love updating you all on how much of a difference your generosity makes so please do specify what area you would like your funds to go to when raising money online and redirect any JustGiving donations to the Southampton & Winchester Group so you can be a part of this too!

In just the past few months the S&W Group have been able to provide feeding aids, an access ramp, help with flooring, a refurbished wet room and other necessary equipment thanks to our fundraising pot. It is wonderful that we have been able to help so many families and we hope to be able to continue to do so!

EQUIPMENT STOKEPILE!



Regarding providing necessary equipment, you may remember in our last Newsletter we announced the addition of a new 'Community Aids Fund' that had been established in our region. We are thrilled to report that an awesome stokepile is now being taken care of by our rehab assistant Abigail Bartlett and OT Bryony Wilson from the Southampton Community Neurological Rehabilitation Team. In the photo you will see them along with RDCA Louise Rickenbach standing in front of a cupboard jammed full of equipment purchased thanks to the contributions given to the Southampton & Winchester Group.

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 Rocket on 02380 891842
or email mrs_rockett@hotmail.com

Motor Neurone Disease Association
PO Box 245
Northampton NN1 3PR
Tel: 01604 255505
www.mndaassociation.org

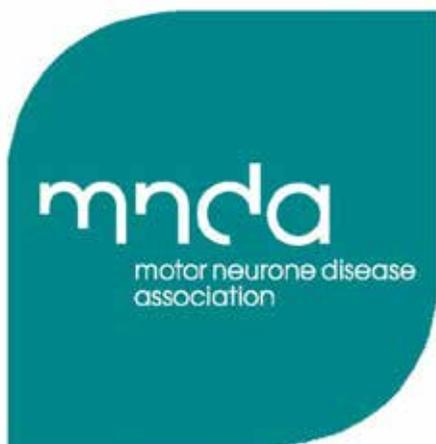
Registered Charity No. 294038



These items have all been carefully chosen to ensure the therapists can assist people with the gadgets that most suit or benefit them. All items are designed to maintain independence with different types of adapted cutlery, kitchen equipment and dressing aids all taking precedence while vigilantly being reviewed and catalogued by Abigail who will report back to the Group and let us know which items can be purchased for individuals who find them useful.

We're so happy to see this initiative take off and be helpful to those with Motor Neurone Disease.

THANK YOU'S ...



Speaking of contributions, we would also like to thank everyone who donated in memory of David Malcolm Humphrey and Donald Stanley Mack for their generous gift at this difficult time.

We would also like to thank the Thornhill Health & Wellbeing Network for inviting MNDA to their meeting and their donation and to the Hound Parochial Church Council congregation for collecting funds for us too.

We also received a small left over sum from the Topsy Pig event in Romsey this past Summer and a collection from Winchester MNDA Volunteer Gaby Perrett's work which will all go towards helping more people in our region. Thank you again all!

COFFEE & SUPPORT



We would love to thank all our volunteers and supporters personally so why not pop along to one of our Coffee Mornings soon! We would love for you to join us on either Monday 15th October or Monday 19th November and get to know the Group at The Hazel Centre, Countess Mountbatten Hospice from 11:00am-12:30pm. There's always a hot drink and warm welcome waiting! **Please see the Poster for more information on page 3.**

MONTHLY MEETINGS

Our Group also meets once a month to discuss important topics and concerns facing people living with MND in the Southampton & Winchester area – and to hear from other local organisations and speakers that contribute to our community.

This month we will be visited by the Mission to Seaman who will be explaining about their work and asking for warm men's clothing to help their cause. Please do feel free to join us and contribute to their clothing collection if you can. At November's Meeting Wiltshire Farm Foods will stop by with samples of their menu and show us just how fundamental they can be in people's day to day lives. Please join us on either Tuesday 9th October or Tuesday 13th November from 7:00pm-9:00pm at The Rose Road Bradbury Centre, Aldermoor Road, Southampton SO16 5NA. There will be no December Monthly Meeting due to our annual Christmas Party

CHRISTMAS PARTY!



We would like to take this moment to invite you all to our 2018 Christmas Party held at Colden Common Community Centre once again.

From 2:00pm-4:00pm on Sunday 2nd December we plan on entertaining our guests with the local choir, filling their bellies full with treats and drink and delighting them all with lots of Christmas spirit as we thank you all for all your support over the past year.

At this point it is hard to imagine that the year has just skipped by so quickly but we would like to have you all 'Save The Date' until our official invites hit your inboxes.

Please feel welcome to bring your families and carers – we will be asking for RSVP's closer to the time!

PREPARING FOR CHRISTMAS ...



Looking ahead to Christmas has us thinking of our wonderful 'Charity Christmas Card Sale' that we have become a part of in Winchester.

Taking place from the 25th October to 18th December this year, the shop will be open in the Tourist Information Office from 10:00am-4:45pm Monday through to Saturday.

MNDA will have a great selection of Christmas cards there for you to choose from so please do stop by and pick up a pack. All proceeds go straight to our charity.

AMAZING ACHIEVEMENT!



On Sunday 16th September avid MNDA Supporter Teresa took part in the gruelling London to Brighton Cycle Challenge.

As partner and carer of Lynn who is living with MND, Teresa has always felt strongly about giving back to what they both see as an underfunded charity that is a lifeline of support, advice, guidance and information. Agreeing and taking on the task was no mean feat as Teresa herself faced her own

health challenge not so long ago having had a stem cell knee transplant but she was determined to see the trial through inspired by Lynn's courage, bravery and sense of humour in the face of living with this disease.

Armed with a Just Giving Account <https://tinyurl.com/ybsyhxyh> and the backing of family and friends, Tersea completed the cycle in an amazing 5 hours and 50 minutes - raising a current total of £7295.00 over the 56 miles!

This is such a staggering amount and remarkable achievement we wanted to send a big hearty well done to Teresa and thank her and Lynn from the bottom of our hearts for supporting the Association. Well done Teresa - what a wonderwoman you are!



What is motor neurone disease (MND)?

Motor neurone disease (MND) is a progressive, life-shortening condition that affects the motor neurones in the brain and spinal cord.

As motor neurones become damaged, the muscles they control weaken and begin to waste away. This can affect how a person walks, talks, eats, drinks and breathes.

However, not all symptoms necessarily happen to everyone and it is unlikely they will all develop at the same time, or in any specific order.

Although there is currently no cure for MND, symptoms can be managed to help improve quality of life.



MND can cause:

- weakness and increasing loss of movement in limbs
- twitching and rippling sensations under the skin
- muscle tightness, cramping and pain
- problems with breathing and fatigue
- difficulties with speech, swallowing and saliva
- problems with thinking, understanding, learning and emotions.

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 October &
 13th November

Coffee Mornings
 5th October & 19th November

Other Events

Christmas Card Sale

25th October -18th December

Christmas Party

2nd December

Volunteering Roles

Group Leader
 Association Visitors
 Coffee Morning Volunteers

Position	Name	Phone	Email
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