



SILENCE SPEAKS THIS OCTOBER!

This month is another busy time for the Association creating awareness through the Silence Speaks campaign. Officially kicking off on Friday 6th October, volunteers and staff up and down the country will be hosting sponsored events encouraging the public to take part in the campaign that demonstrates how hard it is to communicate without a voice. For many people living with MND this can become a reality as the disease affects so many different parts of your body and varies from person to person too. Particularly poignant this year with our

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Awareness Month Campaigns focusing on this aspect of MND and the recent passing of Charlie Fletcher who appeared in these posters – this year's Silence Speaks events are likely to hit home even more.

The Southampton & Winchester Group will be doing their nod to Silence Speaks at the Monthly Group Meeting on Tuesday 10th October and are inviting everyone to join us in trying to imagine how difficult it is to connect in society when your voice has been taken away.

If you have an MND T-Shirt we would love to grab a photo during this time so please do come dressed to represent if you can, too!

If you are unable to join us between 7:00pm-9:00pm on that date but would still like to be involved in the campaign you can find more information on organising your own event or being a part of another at www.mndassociation.org/get-involved/fundraising/doyourownthing/silence-speaks/

dedicated MNDA volunteer Jean Block's careful planning and scouting skills, the Southampton & Winchester Group have had the pleasure of hearing from organisations such as Lions International, local food banks and Trading Standards in recent months – and last month we were overjoyed to welcome the Head of National Care at MNDA.

Following on from a really informative evening we would like to bring to attention a few key points that were highlighted in the Meeting and pass them on to all our supporters;

1 – With over 522 wheelchairs loaned out to people living with MND last year, the association are always really keen to ensure they are reaching everyone who needs their help. Any problems you may experience should always be reported and National Office encourages you to leave feedback so the charity can continue to grow and improve. Please contact your AV or us at the Southampton & Winchester Group so that we can pass your queries and suggestions along.

2 – The MNDA website has a wealth of resources you are able to download or print at <https://www.mndassociation.org/about-mnd/information-resources/> from everything such as speech & communication support - <https://www.mndassociation.org/wp-content/uploads/07c-speech-and-communication-support.pdf> to voice banking - <https://www.mndassociation.org/wp-content/uploads/07D-Voice-banking.pdf> - as well as information and support for carers and family members, you can find real detailed and valuable information to help you whenever you may need it.

At November's Group Meeting we continue our education and host researcher Karen Morrison who will be telling us all about her job looking into MND and her current findings. Please feel free to join us on **Tuesday 14th November from 7:00pm-9:00pm at this free event** as Karen discusses her work and answers any questions we may have. We hope the evening will be insightful to all those living with MND, carers and volunteers and we welcome you all for another great night with the Group.

Find us at The Bradbury Centre, Rose Road Association, Southampton, SO16 5NA.

APPLAUSE FOR OUR AV!



Speaking of our wonderful Jean, for those that missed it – Jean Block was awarded a '10 years of Service' certificate during the Summer for all her hard work as an Association Visitor (AV) in our region. AV's are an invaluable role within the charity and we know over those 10 years Jean would have helped so many

people in our area. We are so proud of Jean and appreciate all that she does for the Association. We are so pleased her dedication was recognised and everyone at the Southampton & Winchester Group is honoured to call her one of our own. Well done Jean – and thank you so very, very much for all you do!

CATCH UP OVER COFFEE

Along with our Group Meetings we also hold Coffee Mornings at the Hazel Centre (please see poster for information) every third Monday of the Month.

A great chance to socialise and gather for a good cup of tea and cake, **our next two Coffee Morning events will be held on Monday 16th October and Monday 20th November from 11:00am-12:30pm.** This free event is open to anyone and transport costs can be covered for those people living with MND.

There are always lots of people on hand to chat to and you can also pick up a few helpful tips while you are there too! Carer Marie recently let us into a handy gem, “I found that using the support frame designed for going around the toilet as an extra support around the house is ideal for many difficult tasks. As it is designed for the bathroom carers might not realise its potential for other uses though.

I use it for transfers from both bath chair and armchair into wheelchair and for supporting Peter while standing up to pull on and off clothing.

All of these things are very difficult to do without help from this aid and I know I would not manage without this frame as I now use it all the time.”

SOUTH EAST REGIONAL CONFERENCE

On Saturday 24th September MNDA held the South East Regional Conference in London. Two members of the Southampton & Winchester Group took the journey up to the big smoke to hear all the latest news on research and campaigning from some of the Association’s leading figures.

The Conference was extremely well covered with supporters able to follow online with regular social media updates and videos and a Live Stream channel available on the official MNDA website.

Group Leader Liana said, “We both enjoyed the day very much. For me personally, I very much enjoyed the research talk. Dr Patani and Dr Dickie spoke about the science background of MND and current research, including human stem cells. I found it fascinating that experimentally they could take human skin cells and regrow these into human motor neurones. Using both a healthy patient and a person living with MND they can then look at the different motor neurones to try and work out the cause of MND, and therefore how we could treat the disease. This was so informative and interesting and was definitely my favourite part of the day.”

Group member Fariyah, who helps to run the @MNDASoton Twitter page was also letting us into the conversation throughout the day with her regular posts, she said, “I also really enjoyed hearing about all the research being done on MND, as well as the experiences of different people living

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.mndassociation.org

Registered Charity No. 294038



with and affected by MND. It was a great opportunity to update our knowledge and discover what different branches/ groups are up to as well!”

If this has sparked your interest in the Conference and you want to know more about the topics discussed on the day please visit <https://livestream.com/eventstreamingcompany/mnda> for a playback of the Conference or alternatively visit one of the Southampton & Winchester Group’s social media pages for a bite-sized version of all the area’s the Conference focused on.



LOTS OF LOLLY AT LONGSTOCK!



Thank you to everyone who volunteered and visited us at Longstock Park Water Gardens in Leckford, Stockbridge this past August.

Owned by John Lewis, the Southampton & Winchester Group were very kindly given permission to collect entrance fees from the public that could then be donated to the charity. These collections led to a great £219.48 being donated with John Lewis partners - Waitrose, donating a further £500 to our cause.

We thank everyone for travelling so far and lending us their time that Sunday and send a special thank you to our lovely volunteers who campaigned for MND to be a chosen charity on the day and organised all arrangements on the approach of the event and during the day itself. Thank you ladies – your hard work certainly paid off!

BEAUTIFUL BOAT TRIPS!



We have organised several trips aboard the Alison McGregor boat this year and are pleased to report that every journey has been a success. With good weather and company, the specially designed vessel has ferried local people living with MND, their carers and family members up and down the Solent on numerous dates this Summer.



Taking in the sights and making new friends has been a particular highlight among the sailors and we hope to continue the fun next year too.

Thank you to everyone who took part in the trips and sent in photos – we have loved seeing everyone enjoy the boat trips!



THANK YOU'S

It is always hard when a loved one passes away so we want to send a special thank you for all the kind donations the Group receives in tribute or memory of a friend or family member who had Motor Neurone Disease.

All money we receive is spent in the Southampton & Winchester area to help families and individuals when they need it the most so you truly are aiding us in making a difference to those people living with MND.

This month we would like to extend that thanks to everyone who donated in memory of Margaret Cook and a number of anonymous contributions we received too. Thank you once again for thinking of the charity.

COLLECTION BOXES



Our National Office has recently made us aware of an increase in the theft of our MNDA Collection tins/tubes nationally. To ensure that doesn't happen to us locally too, National Office will replace any boxes, tins or tubes that are currently static within the community. If you know of such a collection that is sitting on a shop or pub counter or in any other place where it is not CHAINED down – please do get in touch with the Group and we will pass these details on so they can receive a new collection tin.

Collection boxes are a wonderfully easy way for MNDA to raise funds as people often have spare change weighing them down that they are happy to donate to a charity. Over time these small amounts can amass to a great donation that in turn can help many people in our area. Such a small thought can really make a big difference.

If you know of an ideal location for one of these new collection boxes please also get in touch and we'll send one there too!

NEW AGE FOR THE NEWSLETTER

Here at the Southampton & Winchester Group we are always very keen to keep on top of our finances and make any savings where possible so we are able to help even more people.

One way we have been cutting costs recently is by sending out more E-Newsletters rather than hard copies. As more and more people chose to have this Newsletter sent to them by email our costs for printing and posting the Newsletter out to people's work or home addresses has fallen. We would like to continue this trend where possible so if you would like to now receive your copy of the Newsletter to your email address please do write to Sara Al-Rashed at sara.alrashed12@gmail.com stating your name, current address we send the Newsletter to and the new email address you would now like it to be sent to. We will then update our records and ensure this takes place in time for the December Newsletter.

Please note that we are still very happy to send our Newsletter out in paper form – this is just a new cost effective,

environmentally friendly way we can also reach our supporters.

Thank you for always being there for us so we can be there for those that need us the most!



COMING THIS CHRISTMAS

As the festive season rapidly approaches, the Southampton & Winchester Group are delighted to announce the date of 3 annual events that will once again be held this year.

Our first Christmas event will take place on Saturday 18th November at the Tourist Information Office at Winchester Guildhall. From 9:30am-4:30pm you will find volunteers from the Southampton & Winchester Group representing MND in the big charity Christmas card sale. Stocking shelves and helping shoppers with their purchases, MND hope to have another successful year raising much needed funds through the official Christmas cards of the charity. Please stop by and pick up a few packs so when you send well wishes to your loved

ones this year you're also helping those most in need too.

If you are also able to volunteer a few hours helping at the event please do let us know. We can always need a few extra pair of hands.

Our second event takes place on Sunday 3rd December and is designed to be a celebration of you! We love to thank all our volunteers, supporters and families living with MND, every year at a fun party and we invite you once again to this fun afternoon.

This year the location of the party has moved to Colden Common so please keep your eyes peeled for the official invites that will display all the information you need to know about the day! We promise an afternoon of entertainment and merriment and hope as many of you as possible will be able to join us. Invitations will be sent out closer to the date.

Lastly, our annual presence at the Winchester Christmas Market will this year take place on Sunday 17th December. Armed with our charity chalet, we hope to once again stock it full of goodies appealing to the Christmas shoppers and raise even more funds for local people living with MND.

Join us, shop or donate – every little really does help. We look forward to seeing you over the festive period!

Imagine an hour... a day...
a week without speech

Sign up today to our fundraising
Event *Silence Speaks*
and take part in **October**

- Stop talking
- Choose your way to communicate
- Raise vital funds

**SILENCE
SPEAKS** 

LOSE
YOUR VOICE
TO HELP OTHERS
BE HEARD

For more information
please request our
Silence Speaks
fundraising pack at
www.mndassociation.org/silencespeaks or
call 01604 611860.

Lose your voice • Help people affected by motor neurone disease TODAY



Phoebe
Hounsome,
and her
mum Allison.

We have a Schools/Youth Group pack for teachers/leaders with lots of ideas and useful resources. Order your pack TODAY to involve young people in Silence Speaks.

 Cut around to use as a frame
for your selfie!



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I'm staying silent for #SilenceSpeaks





LOSE
YOUR VOICE
TO HELP OTHERS
BE HEARD

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Registered Charity no. 294354

Nominate a friend to SHUT UP!
Or write some useful phrases here, cut them out
and stick them to pencils, straws, or lolly sticks.

I nominate...

to stay silent for...

mnda
motor neurone disease
association



LOSE
YOUR VOICE
TO HELP OTHERS
BE HEARD

Registered Charity no. 294354

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 October 2017
 14th November 2017

Other Events
Christmas Card Sale
 18th November
Christmas Party
 3rd December
Winchester Christmas Market
 17th December

Volunteering Roles
 Association Visitors (AV's)
 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 |
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Group Websites
www.mndassociation.org/southampton
www.facebook.com/mndsouthampton
 Twitter - @MNDASoton
www.justgiving.com/mndasouthampton

MND Connect – 0808 802 6262
 Charity No. 294354