

Southampton & District Branch

June 2010

Issue No. 4

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DIARY DATES

Coffee Morning Dates

St Mark's Church, Archers Road,
 Southampton, SO15 2LU

11—12.30pm

- June 17th
- July 29th
- September 2nd

Monthly Branch Meetings

The Hexagon Centre,
 Suffolk Close, Chandler's Ford,
 Eastleigh, SO53 3GZ

7.00pm—9.00pm

- June 8th
- July 13th
- August 10th
- September 14th

Speakers

- | | | |
|-----------|---|--|
| June | - | Maureen & David
Talk & Photographs
on their visit to India |
| July | - | No Speaker |
| August | - | No Speaker |
| September | - | Kate Gooding from
MND Connect |

Message From The Chair

Welcome to the June edition of our Newsletter.

I cannot really think where to start as the time seems to be moving on so quickly and so much has happened. Firstly, I hop you are all enjoying the start of our Summer. Our 2010 AGM has happened for another year and hopefully those who attended found this a useful event. Various events have been taking place throughout our region and we are so grateful to all those who are holding fundraising events for the Southampton Branch. There are many more events planned for the remainder of the year and we will of course keep you informed of these.

I have recently attended a Chairperson's workshop held for branches across our region. This I found extremely useful and met with many other colleagues. It is always interesting to discover how branch meetings are run in other areas and also to find out what other types of meetings take place to support people with MND and their families.

I have completed the Brighton Marathon. I will just give you a brief resume of the run, as I do not want to go on about running too much. My weekend in Brighton started on Friday 16th April. I travelled to Brighton by train which was great, no parking or driving worries, only a marathon to worry about. It was nic exploring Brighton on the Saturday, the day before the marathon. The only downfall was the weather—it was so warm. On the Sunday—Marathon Day—my first thoughts for the day were "Oh no—it was too hot". It really was a hot day, the weather had suddenly changed and for runners, not for the better. The first half of the marathon was practically all uphill. At the 13 mile mark we came down towards the sea front, we then ran along the seafront and out towards Shoreham Power Station, this part of the run was described as the road to Hell and yes it was Hell, very hot, and very long. Anyway, after that we headed back towards to seafront again and with Brighton Pier in the distance I knew the finish wa sgetting close. Yes, I did finish and enjoyed the event in a strange sort of way. Will I do another road marathon—probably not, though I never say never. I still have my run in Morocco to do and probably the Clarendon off road marathon in October, that is from Salisbury to Winchester cross country.



Sue and one of her running partners reflecting the days event on Brighton Beach

FOUR GO TO THE PALACE—Rosemary has written a piece about this, so I will not mention any more—hopefully it will keep you interested in the newsletter and read on.

One other thing, we are desparately short of helpers for events and do have one or two vacancies on our committee, including a vacancy for a secretary. It would be fantastic if someone would be able to fill any of these roles, please have a think about it, or should you know anyone who might be interested please point them in the direction of the committee.

Well that is it from me. Looking forward to seeing you all at Branch meetings/coffee mornings.

Sue

VISIT TO St JAMES PALACE **(30th Year of the Motor Neurone Disease Association)**

Earlier this year Sue and I were honored to take part in the MND 30th Anniversary Celebrations, and we were invited to visit St James Palace to meet Princess Ann

We were able to take a guest each so Sue invited Jean, one of our A/V and I took Maria our Vice Chair.

The weather was very kind to us and we all enjoyed the coach trip to London Victoria, then a quick taxi ride and we were at the palace

After showing our passports and other identification we were shown into two splendid reception rooms, very ornate but unfortunately not many places to sit. Wine and soft drinks were plentiful, also lots of fancy nibbles

We met up with many friends from National Office and other branches and as usual it was good talking to them all.



The Princess joined us around 2pm and spent about an hour talking to chosen groups, mainly patients but also people who had contributed through the year, one in particular was our very own branch member Pat Swadling who was also accompanied by his wife Margaret.

Professor Colin Blakemore gave a speech on behalf of MND and then introduced Princess Ann who gave a very interesting, off the cuff, talk for about ten minutes.

When we left the palace we decided to take a walk back to the coach station which took us down the Mall and past Buckingham Palace. The flower bed opposite was full of wallflowers and the smell was wonderful.



After having a welcome meal it was back on the coach and a good trip back home.

A lovely day was had by all.

Rosemary Rockett

MND AWARENESS DISPLAY

Through out June you can see an awareness for MND window display at St Mary's Chapel & the Garden of Remembrance in Chesil Street, Winchester.



Each year Gaby Perrett kindly does our MND displays in Winchester and we would like to thank her for doing the display again this year.

Making people aware of MND is an important part of what we do.

HAMPSHIRE NEUROLOGICAL ALLIANCE CONFERENCE **Wednesday 30th June 2010**

On June 30th 2010 the Hampshire Neurological Alliance is holding their Annual Conference. Its being held at the Alton Maltings Centre, Alton

Several of our Branch group attended last year and found it very informative and most interesting.

Blue Badge holders get priority parking, but it is wise to book as soon as possible if you wish to attend.

Admission is free to all with MND patients and their carers.

Registration forms will be available at the Branch meeting or if you are unable to attend the meeting then you can just phone Rosemary and she will send you a form.

GOING ON HOLIDAY?

If you are thinking of going on holiday well this may help you as HELP THE HOSPICE produces a great range of information including *Flying Home* or *On Holiday*. You can find details of all publications at:
www.helpthehospices.org.uk/our-services/publications/publications-catalogue/



1st, 2nd & 3rd July 2010 **East of England Showground** **Peterborough PE2 6XE**

Open 10am daily Free Admission & Parking

Be inspired - new ideas for YOUR independent lifestyle

Feel the experience - test drive vehicles, wheelchairs, powerchairs and scooters, plus a wealth of ideas for home, leisure and much more

Meet the experts - advice, information and free seminars to answer your questions.

Join in - sports, demonstrations and activities for all the family

To register for your **FREE** tickets visit www.mobilityroadshow.co.uk or call 0845 241 0390

COULD BE A BRILLIANT AND INFORMATIVE DAY OUT

FUNDRAISING

St JAMES's CHURCH **WOMEN'S WEDNESDAY GROUP**

These lovely Ladies held **three** events for us this year a Table Top Sale in March, A Coffee Morning In April and the latest fundraising event was a Cream Tea in May where Sue, Rosemary, Maria and I all enjoyed tea and scones with clotted cream and jam also a variety of other cakes, which just had to be tried!

I have enjoyed going along to all three events and raising awareness of MND. They are a very friendly group of people.

We have been invited to their meeting on the 23rd June to be presented with a cheque.

We would like to thank them all for their hard work and for choosing us as their charity.



WELL DONE TO JANE & CLAIRE FOR COMPLETING THE LONDON MARATHON

After four months training four days a week up hills, through snow, getting lost and getting injuries, the day of the London Marathon finally dawned and we felt as ready as we were every going to be.

Luckily for us the lovely sunshine of the previous week disappeared making it much more comfortable for running. We crossed the start line at 9.59.55 and slowly made our way through the crowds of runners all embarking on an amazing journey. En route the crowds were fantastic, we passed a whole gang of pirates, a man singing karaoke from his balcony (badly) and ran past Richard Branson and Princes Beatrice. Our families were racing around London to strategic places to cheer us on and they waved and shouted as we passed them, before heading off to the next place. We saw lots of runners wearing bright blue MNDA vests and we shouted hello as we passed them. When we got to the MNDA supporters station between Mile 21 and Mile 22 we received an enormous cheer which was a huge morale boost.

Every step of the way was brilliant and thoroughly enjoyable, we never found that wall everyone talks about and although it was nice to stop at 26 miles, we could have gone on if necessary.

We crossed the finish line 4.08.04 hrs after we started, were given our medals and headed off to Trafalgar Square to the MNDA reception.

The sandwiches, tea and most of all the leg massage was very welcome and it made a great meeting point for our husbands and children who were very proud of us.

In total Claire and I raised over £6000 for MNDA, half from the Brides and Bridesmaids Ball we organised in March and the other half from the generous sponsorship of our friends and family. The whole experience is one that I, and I think Claire, will remember for the rest of our lives.



THE GOOD COMPANIONS PUB, EASTLEIGH

The Good Companions Public House in Eastleigh have arranged two fundraising events this year, as previously mentioned.

Their first event was on the 31st May which was May Bank Holiday Monday. The event was a Motor Bike Show, with entertainment from Arrows Karaoke, Peter having sponges thrown at him in the Stocks. Elvis entertainment in the evening, with an outside bar and catering.

Sue and I went along to add our support for the excellent work Peter is doing with the help of his wife Zara and friends. Before the main event they have already made £600.

By the time Sue and I left around 3pm the pub was extremely busy and obviously in for a good night.

A couple of photo's for you, I think this Harley Davidson really suits me!!



Their next event is an Entertainment's Evening on Thursday 3rd June with an auction and raffle, also at the Good Companion Pub.

Forthcoming Events for 2010



Ashley Morgan, who you may have seen in the Thumb Print, does talks all over the country is coming to this event and speaking on behalf of MNDA. She is an inspiration to us all

FUN DAY AT THE TESTWOOD PUB, Salisbury Road Totton SATURDAY 17TH JULY 1pm TILL LATE

The event has been organised by Family and Friends in memory of Trevor Nesbit.

Just some of the fun activities of the day is - Bouncy Castle, Face Painting, Mummy Wrap, Fire Engine and many more.

It would be good if you could support the day as an incredible amount of work is put in to achieving such a day.



10 MILE PUB WALK SATURDAY 8TH AUGUST

Last year we organised a 10 Mile Pub Walk which proved to be very successful, as it raised over £1000 but most of all it was GREAT FUN!

We have decided to do this event again this year but of course we will need your support for this event to be a success.

If you feel you would like to join us in our walk and you want a Sponsor Form or more information then just ask one of our committee members at the Branch meetings / Coffee mornings. If you are unable to make those meetings then just call any of us and we will give you more information and will send you sponsor forms in the post.

Below is a photograph of us all just starting out. We didn't look that fresh at the end!!



THE MND ASSOCIATION 2010 RAFFLE IS NOW OPEN

The first MND Association-wide raffle last year raised nearly £135,000 for care support services and research projects - almost £18,000 of which was raised solely by branches and groups.

Here at the Southampton Branch we have now received our first allocation of raffle tickets, and with your help, are looking forward to the 2010 raffle being a great fundraising success for us.

We rely entirely on voluntary donations, so please do buy and sell as many tickets as possible, **sending all ticket stubs and funds directly to us at the Southampton Branch.**

The closing date for raffle entries is Wednesday 20 October 2010 and the winners will be drawn on Friday 29 October 2010 - so there is plenty of time for us, with your help, to maximize this fundraising opportunity for people living with MND in Southampton.

Please see below the fantastic prizes on offer for the price of a **£1** ticket:

1st prize choice:



Holiday of a lifetime
Or £4,000 cash

2nd prize choice:



Flat Screen HD TV or
£500 cash

3rd prize choice:



Patio Furniture or
£250 cash

Runners-up prizes: 22 Roberts Radios



Taking part in the 2010 raffle gives you the chance of winning one of 25 great prizes, totalling more than £5,000. As well as helping us raise much needed funds for the Southampton area, while increasing awareness of MND and the work of the Association.

For more information, raffle rules etc, please log onto our Branch website: <http://www.mndsouthampton.org>

OR ring or speak to any of our Branch Members.

Branch Contacts

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Peter Farren	Committee Member		

Branch Website: <http://www.mndsouthampton.org>

Donations to: Nalin Shukla, Treasurer, 5 Maytree Road, Chandlers Ford, SO53 5RT



FIGHTING MOTOR NEURONE DISEASE

Registered Charity No 294354