

Southampton & District Branch

April 2010

Issue No. 3

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Message From The Chair

First of all, may I wish you all a Happy Easter. Let us hope that the weather improves for the Bank Holiday weekend.

At our Branch meeting on the 9th March we had the pleasure of David Hanson, from National Office, Dr Carol Davis (Consultant, Countess Mountbatten), Claire Erridge (Care Centre Co-ordinator, Southampton) and Annemieka Fox (Regional Care Development Adviser).

David talked about the Campaign Launch for Specialist Palliative Care for People with MND in the Southampton and district area and talked about how you can help them. He did say that people with MND will be receiving a letter very shortly explaining more about this campaign and how you can become involved. Dr Carol Davis talked to us about the Specialist Palliative Care available in the Southampton area. If you would like a bit more information please contact a member of the committee or your association visitor and they will be able to put you in touch with the correct person who can help you.

My apologies that this is very short, but I will have more to say next month as I will report back to you on the Brighton Marathon which I am running on the 18th April. There will also be a report on the AGM which is taking place on Tuesday 6th April.

Best wishes.

Sue

DIARY DATES

Coffee Morning Dates

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

11—12.30pm

- April 29th
- June 17th
- July 29th

Monthly Branch Meetings

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

7.00pm—9.00pm

- April 6th— Branch AGM
- May 11th
- June 8th

Speakers

- April - Trudi Evans—
Fundraising Events
During 2009
- May - Speaker to be arranged
- June - Maureen & David
Talk & Photographs
on their visit to India

Coffee Mornings at St Marks Church

Our coffee mornings on the 18th February and the 25th March were very successful. On both occasions we had between 15-20 visitors which was fantastic. We would like to thank Angela, who is a friend of Jean and Andrew Axson for bringing to the coffee morning her lovely, tasty walnut cup cakes.

It is wonderful for us as a Branch to see so many people at our coffee mornings as it makes everything that we do so worth while. We feel that this meeting is a great first step for many, to be introduced to our organisation, as it has always got a lovely relaxed atmosphere, and hopefully at the end of the meeting you know that you are not alone.

People with MND, their carers and past carers are all welcome

Rosemary

Louise's Story in Becoming an Association Visitor

My name is Louise and I have had an exciting experience this year, training to be an Association Visitor, or AV, for the MND. It all started in September when I was looking at the MND website, and followed up the links to volunteering

I had always been interested in MND from a professional point of view, and some people may have met me as a Community Physiotherapist. I came into contact with many people with all sorts of life changing conditions, but for some reason I always felt humbled and rewarded by looking after families affected by MND.

As a Physiotherapist, I had come to realise the enormous help that the association gives, by liaising with the health staff and providing equipment for people, but I had not really been aware of the growing band of association visitors that help to support families affected by MND.

So I pressed the send button making an enquiry about becoming an AV.

I very quickly had an information pack from the association, explaining more about the role and an application form. Soon after this, I was invited for an interview with Annemieka (Regional Care Development Adviser) and Lucy (The Volunteer Coordinator). This sounds quite scary, but if I said that it was at my house, and that I was actually wearing slippers, you would see that it was quite an informal, albeit searching hour.

The association funds about five courses a year in various parts of the country. I am doing my course in London at a conference centre near Euston station. The course consists of one day, then a two day over-nighter and then another day following six weeks of experiential learning. Again this sounds challenging and in a way, it is. The award winning course covers many skills that are needed to be an AV.

The first day is about general introductions to each other, and how the association is set up. An experienced AV came and talked about some of the things she does and answered a battery of questions from us. By the end of the day we all had a much better idea of what the role entailed being a befriender and helping to 'signpost' people to where they can get help. At any point you can drop out of the course, if you feel that it is not for you.

The residential two days were very enjoyable. The eighteen on our course had all started to get to know each other. We came from a wide variety of backgrounds. Some closely affected by the disease, some with a Health and Social Care background, and some, just wanting to help others.

We covered Communication and Listening Skills, Loss and Bereavement, and Confidentiality as some of the subjects. The sessions were fun and involved role play. We were looked after superbly by the hotel with a sociable evening.

The next stage is to identify some learning needs in preparation for the last day. I am looking forward to meeting the team again to see how we have all got on.

Louise Ricanbarc

FUNDRAISING

St James Road Methodist Church, Women's Wednesday Group have chosen us as their chosen charity for this year and March saw the first of the Women's Wednesday Group's fundraising events for our branch. A Table Top sale was held at St James Methodist Church, Shirley on 6th March, they sold 16 tables including one, which was manned by Rosemary, Maria and myself. We made £32.50 profit. The ladies will be giving us the all monies after their final event, a Cream Tea on May 15th.

Their next event at the St James Road Methodist Church is a Coffee Morning on Saturday 24th April from 10am, so why not pop along and support them.

Trudi

Forthcoming Events for 2010

Just to remind you that some of our members have been doing some gruelling training for the following two big events for MND. I am sure you would like to join us in wishing them all the very best of luck.

BRIGHTON MARATHON SUNDAY 18th April 2010

<http://www.justgiving.com/Susan-Stone-Run-in-Morocco>

LONDON MARATHON RUN SUNDAY 25th April 2010

<http://www.justgiving.com/JaneandClaire2010>

Fundraising and Awareness Event



**Romsey War Memorial Park
12th June
1.30—4.30 pm**

The committee have decided to hold this event again this year, we learnt a lot from our first attempt last year and hopefully can make this event more successful in 2010.

We will have bands playing on the bandstand, stalls selling bric a brac, plants, books, jigsaws. If you have a craft and would like to buy a

table at the event, a few will be available for £5. We will also have an awareness table and the MND raffle tickets for sale.

Walk 2 d'feat 1 will also take place here a gentle and wheelchair friendly walk around the park whilst listening to the music.

A Balloon Release will also take place again this year and you can write your loving thoughts on a card and send it off to your loved one.

Please help us to make this a success, support us and bring your families along too, bring a picnic and make an afternoon of it, hopefully with the sun shining on us.

Offers of help nearer the time will be gratefully accepted. Our green fingered members may like to sow a few extra seeds for our plant stall!

Walk 2 d'feat 2 Round the Pubs in the Forest

This proved to be very a popular walk last year as we raised over £1000, which was brilliant. We would like to do this again this year in the month of August.

More information will be given nearer the time.

Bike Ride for MND

One of our friends of the Branch called **Steve Hards** did a bike ride in aid of MND a couple of years ago and has decided to take up this challenge again.

More information on his challenge will be publicised shortly
<http://www.justgiving.com/Steve-Hards>

IF ANYONE HAS ANY IDEAS FOR FUTURE EVENTS, PLEASE LET ME KNOW

Trudi

IMPORTANT NOTICE

AGM Branch Meeting Tuesday 6th April 2010

**The AGM Branch meeting will
be taking place at the
Hexagon Centre**

**The meeting is from
7.00pm—9.00 pm**

**Refreshments will be
provided as normal**

So What is MND Anyway?



Launch of a New Information Booklet For Young People 'So what is MND anyway'

If you have young children or grandchildren, this new publication aims to inform and support young people affected by MND from the point of someone's diagnosis and throughout their journey. It also includes a range of quotes from young people who have been affected by MND.

Sharon Schillerstrom, the Care Information Development Manager says: "we are indebted to all the young people affected by MND who supported the development of this new publication by contributing constructive comments and suggestions.

"Their input has enabled us to develop a resource that is not only informative, but also offers reassurance to young people that there is no right or wrong way to feel, which is crucial when someone close to them has MND.

"We hope this new resource will enable young people and adults affected by

MND to communicate with one another at the times it really matters"

'So what is MND anyway' can be downloaded from National Office website at www.mndassociation.org/life-withmnd/gettingmoreinformation/publications/publications.html or if you do not have a computer please request a copy from MND Connect

Branch Contacts

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

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

MND Association Contacts

Regional Care Development Adviser, South Central Region - Annemieke Fox - 0845 375 1831, annemieke.fox@mndassociation.org

National Office - 01604 250505, enquiries@mndassociation.org

MND Connect - 08457 626262, mndconnect@mndassociation.org

MND Association website - www.mndassociation.org

Registered Office: Motor Neurone Disease Association,
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NN1 2BG



FIGHTING MOTOR NEURONE DISEASE

Registered Charity No 294354