

Southampton & District Branch

February 2010

Issue No. 1

HAPPY NEW YEAR TO ALL BRANCH MEMBERS

Message From The Chair

The committee of the Southampton Branch would like to wish you a belated Happy New Year. What a start to the year with all the snow and ice. We do apologise for having to cancel the last Branch meeting, but felt that it was the most sensible thing to do with the awful weather and road conditions. We hope that 2010 will be a very good year for the Southampton Branch, we are busily making plans for the year and we very much hope to be able to put on some enjoyable events. We hope that over the coming months you will be able to attend our Branch meetings at the Hexagon Centre and will be able to sample all the facilities this holds for us. We really feel that moving to the new venue will give Southampton the opportunity to offer the very best support to all of you, whether you are the person living with MND, carer, relative or friend. Our coffee mornings held at St Mark's Church in Archer's Road, Southampton will continue throughout 2010 and continues to give those who attend the support and companionship valued by so many. We also aim this year to provide you with regular newsletters informing you what is going on in your area and other items which we will be of interest and help to you.

On a personal note, I do have quite a busy year ahead, I am continuing my running events in aid of MND during 2010. I am running in the very first Brighton Marathon (26.2 miles) on the 18th April and then will be undertaking another 100k running challenge organised by the National Office, this time in Morocco in November.

Hopefully we will see many of you at our next Branch meeting on the 9th February 2010. We are hoping that we will be able to show you more of the Hexagon Centre on that night and you may be able to encourage friends to come along with you.

Best wishes

Sue

DIARY DATES

Coffee Mornings Dates

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

11—12.30pm

- February 18th
- March 25th
- April 29th

Monthly Branch Meetings

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

7.00pm—9.00pm

- February 9th
- March 9th
- April 6th— Branch AGM

Speakers

February - Evening to chat and to have a look around our new venue

March - Talk by the Campaign Team for Specialist Palliative Care for People with MND

April - Branch AGM (Speaker to be arranged)

Christmas Party

Our Christmas Party at the new Hexagon Centre venue was a great success with 34 people attending. The Committee decided to try a new format for entertainment this year by including some light hearted games. Our guests were a little unsure at first but once the games were in full swing everybody joined in and had a really good time.



A special thank you to all the Committee and members for all their hard work putting on such a lovely spread again this year.

Rosemary Rockett



At the end of the evening we had lovely feedback from the guests, with regards to the games that we played, and how they had enjoyed the evening. For us on the Committee this is what makes it all worth while.

IMPORTANT NOTICE

CHANGE OF DATE
AGM Branch Meeting

The April Branch meeting which is our AGM will be held on the 1st Tuesday of the month which is TUESDAY 6th APRIL 7.00 - 9.00pm at our new Venue the Hexagon Centre

Our Coffee Morning 21st January

On the 21st January we had another very enjoyable coffee morning. It is surprising the interesting and varied subjects that are discussed around the table, all having a laugh or being more serious depending on the subject. If anyone needs a more private chat, this is easily arranged and we can break up into small groups.

Some of our usual members were unfortunately missing this month due to holidays but we welcomed three new carers to our coffee morning. We hope they enjoyed the session and we look forward to seeing them at our next one which is on February 18th.

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

Rosemary

MND Association Campaign Launch for Specialist Palliative Care for People with MND

The MND Association will soon launch their campaign to obtain access to specialist palliative care for people with MND living in Southampton and district area. People with MND will shortly receive a letter explaining more about this campaign and how you can become involved in it. In addition, the campaigns team and Dr Carol Davis (Consultant, Countess Mountbatten House) will attend the open meeting on **Tuesday 9th March 2010** to provide further information and answer any questions you may have. We look forward to seeing you there.

Annemieka Fox
RCDA South Central Region

FUNDRAISING

Christmas Card Sales 2009

Once again the Charity Christmas Card sellers were busy at the Guildhall Winchester. Over 50 different charities were represented including the MNDA. The Southampton Branch was manning the sale on Saturday 7th November with 2 different shifts and the customers were coming steadily all day.

The shop was open from 26th October until 16th December and 623 packs of MND Christmas cards were sold. That's a lot of awareness? Well done and thank you to all the helpers who gave their time.

Gaby Perrett

Shared Lives Christmas Disco 2009

For my day job I am a Shared Lives Manager (used to be called Adult Placement) for Hampshire County Council, working with carers and their service users with disabilities mainly Learning, Mental Health and Older people. After holding a very successful Summer Disco for scheme members and users which raised over £600 for the Arctic Challenge, my colleague Debbie and I decided to have a Christmas do as well, with the proceeds of the Raffle and Auction coming to MND Southampton Branch.



This was a very successful night not just because we raised nearly £300 for MND (Soton branch) but because of the lovely interaction between all our people, which gives you great job satisfaction.

Trudi Evans

Arctic Challenge Update

As many of you will know it was my intention to complete the Arctic Challenge for a second time this February. Maria and I raised the majority of the money together, with me finding the last £672 from a disco arranged with a work colleague. £4,156. Has been sent to National Office.

Unfortunately I struggled to regain fitness after my heart attack and other pressures, I was asked to get a new doctors certificate to confirm I was fit enough for the trip, he took the decision out of my hands and said No. Obviously I was very disappointed, when I say I am doing something I commit fully especially when it is for a cause so close to my heart.

I actually feel ok about it now as a huge pressure has been lifted from me. After the cold spell we had here I know it is the right decision for my health.

There is no doubt that I will do some sort of challenge again in the future but not for a while. However I am still committed to fundraising for the branch. Thank you to all who have supported Maria and myself during our fundraising for the Arctic Challenge.

Trudi Evans

Forthcoming Events for 2010

For this year we are going to hopefully improve on our fundraising efforts of last year, it is our plan to have another go at the Walk in the park to Music, held at Romsey War Memorial Park, date to be confirmed but this will be in June. This will incorporate Walk 2 d'feat, Music from the bandstand, and stalls selling plants, books and bric a brac etc. If we get good weather then bring a picnic and enjoy good company and music.

I have had a phone call from Peter, from the Good Companions pub in Eastleigh, saying they are going to have an entertainments night hopefully in March, details to follow.

Brockenhurst Golf Club Captain has made us his Charity for the Year. St James Road Methodist Church, Women's Wednesday Group have also chosen us for their charity of the year and will be holding a Table top Sale in March for which we have booked a table, and 2 other events through the year, I will give you full details after my meeting with the group in February.

We will be holding our Walk 2 d'feat 2 round the pubs in the forest in August as this proved very popular last year and raised over £1000.

Unfortunately we only made the reserve list for the Car Boot sale in Winchester.

I am also working on some store collections and some grant applications.

If anyone has any ideas for events please let me know if I can be of assistance.

Trudi Evans

Useful Equipment Available at our Southampton Branch

As a branch we have acquired some small items which can assist you and help you cope with your everyday living during your journey with MND such as:

Cutlery,	Beakers,
Plates,	Seat cushions,
Bed/Chair Riser Blocks	Portable Swivel Car Seat

Many of the items you may require are usually available through your Statutory Service but if for any reason you are required to buy such items then please check with Rosemary Rockett to see if we have them in store.

Stair Lift Available

One of our members is offering a stair lift which they no longer require. It is their wish that it helps another MND patient.

For further information please contact Rosemary Rockett

Branch Contacts

Sue Stone	Chairman	02380 867659 / 07855212058	sooz27@hotmail.co.uk
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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

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

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FIGHTING MOTOR NEURONE DISEASE

Registered Charity No 294354