

mnda

motor neurone disease
association

The magazine of the Southampton & Winchester
Motor Neurone Disease Association Group

**Southampton
& Winchester
Group**

February 2024



All the latest
MNDa news from
the local area

**Christmas
Party 2023**
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HAPPY NEW YEAR Everyone!

We hope you all had a restful festive break and we look forward to seeing you at one of our get-togethers or events in 2024!

We must begin the year by saying a huge thank you to everyone who attended, helped out and offered their services at our last event - our annual Christmas Party in December.

We had a fantastic turn out and it was lovely to meet face -to-face for the first time with a lot of people and to meet all your families and friends too.

The bash was a huge success, with tables of festive food (many hand- made especially for the occasion) and stacks of prizes handed out to all our very worthy raffle winners - resulting in a fabulous £330 being raised.

It was a wonderful way to end the year and we look forward to doing it all again this December!

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If you have any comments or feedback about the magazine and its content, please do not hesitate to get in touch

Designed and Printed by:

TLC Online: 023 8024 3044
www.tlc-online.co.uk



MARGARET SMASHES HER TARGET


Back in December, we shared how local AV Margaret Weaver decided to celebrate her 80th Birthday by raising money for MNDA.

A keen walker, Margaret put her best foot forward and took up the challenge of walking 80 miles – a mile for every year of her life.

We are now delighted to report that Margaret has smashed her initial

target of raising £500 and is now closer to reaching double that amount.

Margaret says, "My walks have taken me down many country lanes and chatting to a few people - one who even gave me a £5.00 donation. I enjoy walking and always want to help the local group and all the MND people they support so thank you to everyone who has helped me do this."

JustGiving  Margaret's total currently stands at £870 on JustGiving but if you would like to help her with the final push, please check out her page here - <http://tinyurl.com/4weasfyd>



Thank You



We would also like to say a massive thank you to everyone else who has raised money for the local Group over Christmas, especially to Lisa Le Ray who ran 5k on Christmas Day in memory of her Mum Christine Wendy Le Ray.

Christine's favourite time of year was Christmas and after passing away with Motor Neurone Disease 14 years ago, Lisa thought it would be a fitting tribute to don a Santa Suit in tribute to her Mum.

Thank you Lisa for thinking of us and everyone who is currently living with MND.

Her generous friends and family donated £400 to her Just Giving page and we are so proud of what you have achieved.

Thank you very much!

Please note: All money raised for MND goes to the Association but only funds specified for the Southampton & Winchester Group will directly support local people in our region.

We are so appreciative of any contributions but if you would like to direct your fundraising locally please stipulate the Southampton & Winchester Group on all cheques and JustGiving donations.

COST OF LIVING SUPPORT FUND

Have you applied for the 'Cost of Living Support' Fund?

Set up last year, the one-off payment can be used to cover the cost of household bills and grocery shopping.

If you are living with MND and struggling financially, a £350 injection of cash could be vital to your household so please do consider submitting an application as this is not included in your £3,000 grant limit over 12 months so will not affect your application of other grants.



Please find the link here - <https://www.mndassociation.org/support-and-information/health-and-social-care-services/benefits-financial-support-and-cost-of-living>



TAKE OVER MND IN JANUARY

In January, the Motor Neurone Disease Association kick started the year with a campaign called #TakeOverMND

Encouraging people to think of the charity as they set their resolutions and plans for the year is a great way to create awareness and help people organise fundraising events for the rest of 2024.

The Association also shared stories and ideas on all their social media



channels under the hashtag and asked people to share those pieces with their own friends and followers online.

As we enter into February its not too late to start or continue the campaign.

We have many events locally and nationally that you can be apart of, help out at or fundraise for and our own social media pages can be shared and reposted too.

Please visit;
Facebook: [facebook.com/mndsouthampton](https://www.facebook.com/mndsouthampton) | **Twitter:** @MNDASoton
Or contact dawn.pond@mndassociation.org for more information on our events and volunteering.

MY MND, MY NEEDS' SURVEY

National Office are always looking to better understand the needs and experiences of people living with MND and from time to time ask that anyone diagnosed with the disease share their thoughts and troubles so that the Association can prioritise and focus on what really matters to you.

This year MNDA have launched the



'My MND, My Needs' survey and are asking for as many people to complete the form as possible.

Please help us to help you by following the link here <http://tinyurl.com/3re4nure>



BUNNY HOP

We are delighted to share that a wonderful event is being held this Easter in aid of Motor Neurone Disease.

Join local band 'Rock The Joint' for a 'Bunny Hop' at AFC Totton on Saturday 30th March from 6:30pm until late!

For tickets and more information please see the included poster or call 07783 666 384

IN AID OF MNDA CHARITY

BUNNY HOP

MUSIC BY

ROCK THE JOINT

ARRIVAL DRINKS
3 COURSE DINNER AND WINE
TOMBOLA
FUN AND DANCING

TICKETS
£49PP / TABLE OF 12 £550

AFCTOTTON, SALISBURY ROAD

07783666384

SATURDAY
30 MAR
6.30PM TILL LATE

MESSAGE IN A BOTTLE

Do you know about 'Message In a Bottle'?



This wonderful tool allows people with important medical needs to keep vital health information in one contained place should it need to be found quickly in an emergency.

All emergency services have reported that 'Message in a Bottle' is extremely helpful should they need to access your home while you are incapacitated.

The idea is simple, pick up one of these free small bottles from your local Health Centre, Chemist or Doctor's Surgery, fill in the contained form and then place the bottle in the inside door of your fridge.

Peel off and apply the green sticker (also contained in the bottle) on the front of your fridge door to alert emergency services that you own a 'Message In a Bottle' and leave it there should anyone ever need it.



PERSONAL ALARMS

Have you ever considered a personal alarm?

Providing peace of mind and reassurance, a personal alarm can be worn in many forms such as in a watch or necklace and will alert your loved ones and authorities if you are involved in an accident while at home or outside.

The technology used in personal alarms can detect even minor falls and trips and will ping a specialised organisation who can call an ambulance to your location immediately, even if you are unconscious or unable to vocalise you need help.

Personal alarms are also a great tool in building and maintaining your independence. For more information please visit:

<https://www.ageuk.org.uk/products/mobility-and-independence-at-home/personal-alarms/>



NOTICE BOARD

NoticeBoard –

**Monthly Meetings - Second Tuesday of every month - 7:00pm-9:00pm –
Now online!**

In Person - Oasis Academy Lordshill
Redbridge Lane (off Romsey Road)
Southampton
SO16 8FA

Online – Please get in touch for the link.

Coffee Mornings – Third Monday of every month

Volunteering Roles –

Please contact **Dawn Pond** dawn.pond@mndassociation.org

Southampton Care Centre uhs.southamptonmndcarecentre@nhs.net

Wheelchair Queries Ann Buchanan – 01604 611694
wheelchairqueries@mndassociation.org

YOUR CONTACTS

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Fundraising:

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Group Websites:

W: <https://www.mndassociation.org/support-and-information/local-support/branches/southampton-and-winchester-group>

W: [justgiving.com/mndasouthampton](https://www.justgiving.com/mndasouthampton)

Facebook: [facebook.com/mndsouthampton](https://www.facebook.com/mndsouthampton)

Twitter: @MNDASoton

MND Connect T: 0808 802 6262

Registered Charity No. 294354





MND Coffee Morning
Hilliers Garden Centre

3rd Monday of Each Month 11:00 -13:00

Time to talk

Time to Meet others

Opportunity to look around a lovely garden Centre.

Hilliers Garden Centre, Botley
SO30 2EZ

www.mndassociation.org

MND Association Francis Crick House, 6 Summerhouse Road, Northampton,
NN3 6BJ| Registered charity no. 294354|Created in RightMarket - 14/2/2022 - 12:37:15



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