MND Association

Southampton & Winchester Group

February 2026 Issue

NEW LOOK

These Boots Were Made For Fundraising!

All the latest MNDA news from the Local Area

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

Motor Neurones New Look

By now many of you would have seen the new rebrand the Motor Neurone Disease Association unveiled this month.

With a new logo, new colour scheme and all round new-look, National Office are taking strong steps to improve awareness and create a bigger identity to push more collaborations and a bolder approach.

The Association said, "More than 5,500 people shared their thoughts about us: people affected by MND, supporters, volunteers and people who didn't know us at all yet.

We listened. And we heard our old brand was holding us back, like driving with the handbrake on.

To reach our goals,finding life-changing treatments through research, giving everyone with MND choice and control, and influencing positive change, we need a brand that matches our ambition.

We have a new set of values rooted in what you need from us and driving everything we do.
A brand alone won't get us to a cure, but it will help us to go further, faster. Because for the six people who will be diagnosed with MND today - and every day - and for the families who love them, every day matters."

That begins with local changes too - our bi-monthly magazine now gets a smart new design, you'll see local volunteers wearing our new bright t-shirts and the communications that come to you - whether that be through email or snail-mail, will all feature the new logo.

We hope you will help us embrace this change and create more awareness of MND by sharing our new look online and with friends and family.

Let us know any feedback by contacting Dawn Pond at dawn.pond@mndassociation.org

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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

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3 Cheers for Christmas

Thank you to everyone who attended our annual Christmas Party at Calmore Community Centre on Saturday 6th December 2025!

Once again the gathering was a great success and lots of fun was had by all

Our resident DJ's filled the hall with festive tunes as supporters, volunteers and MND families tucked into delicious sweet treats and savoury snacks, while the youngest (and young-at-heart) got stuck into snowmen making and winning all the Raffle prizes!

The event is always such a highlight on our calendar each year and we are so happy that you all enjoy the afternoon too!

Here's to another fantastic Christmas Party later this year!


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Happy New Year

Although this is our first issue this year, we know many local people living with MND, their families and carers - and all our volunteers would have attended and been part of regional events already.

With our Monthly Group Meetings and Coffee Mornings already in full swing, we are delighted to report our gatherings have started 2026 just as they left off in 2025 - despite the very poor weather we have had to put up with so far this year

Our Monthly Meetings are prepared for such things in the Winter as we now continue our get-together online.

This month we are pleased to be hosting Dr Brian Dickie who is Chief Scientist at MND and who will be able to enlighten us on all the latest research and developments - as well as answering all our questions.

Please do join us by Zoom on Tuesday 10th February from 7:00pm to be a part of the discussion. Get in touch if you would like the link!

If that is a little too late for you, please feel free to join us at AFC Totton, Snows Stadium, Salisbury Road, SO40 2RW on the third Monday of every month to get all the tea (hot and the gossip kind) that you may have missed and catch up with old and new friends - at our Coffee Morning.

Everyone is welcome and transport can be provided for people living with MND.

For more details please see our 'Noticeboard'

Shout Out For Otterbourne

Just a little reminder that we now have a lovely Group Meeting a little closer to our Winchester locals at Otterbourne Village Hall!

Established at the end of last year, we hope the Group will grow in strength and become just as valuable to local people living with Motor Neurone Disease as our other regional events.

Taking place on the fourth Tuesday of every month, organiser Pauline Rachman would like to extend a warm welcome to all who have attended before or would like to this year.

Please contact Pauline for more details at pauline.rachman@mndassociation.org

Weavers Winning Ways

Our wonderful local AV, Margaret Weaver, is once again treading the tiles and fundraising for the charity in 2026.

After raising almost a thousand pounds for the local Group to help support people living with MND in our area last year, Margaret has put on her thinking cap and laced up her boots to challenge herself to a 100 mile sponsored walk.

Hoping to complete the challenge in January, sadly Margaret has had to roll over her mission to this month due to heavy rain but the wet weather won't dampen her spirit and focus on fundraising.

Margaret says, "Thank you to everyone who supported me in 2025 to raise £976.44.
It means so much to be able to help people in our area with MND and see the difference we can make. If you can, I would love your support in any form this year because I won't stop until we find a cure!"

For more information on all Margaret's good work check out her Just Giving page here: https://www.justgiving.com/page/margaret-weaver-8?utm_medium=FR&utm_source=EM

Thank You's

A big Howdy and Yee-Ha to the very talented ladies from Testvale Squares - a neighbourhood square dancing group who presented the Southampton & Winchester MNDA Group with a cheque for £400, after some great fundraising last year!

It was wonderful to meet you all and discover your troop - as well as hearing all about another fundraising Hoe Down that is being arranged for September 2026!

Thank you for your kindness and please keep us posted on your event later this year!

Another big thank you goes to last issue's contributor Jim Davis who astounded us all with his mesmerising photos of space after sharing with us his love for astronomy and photography.

We were chuffed to receive another photo of Jim with his photo on the cover of our last issue and to see MND is no longer a barrier to his brilliant hobby!

We hope you had a fantastic Jumbulance trip Jim and look forward to seeing many more photos from your SeeStar 50!

Unlock The Door Campaign

MNDA's new 'Unlock the Door' campaign was set up in response to the current broken system surrounding housing adaptations.

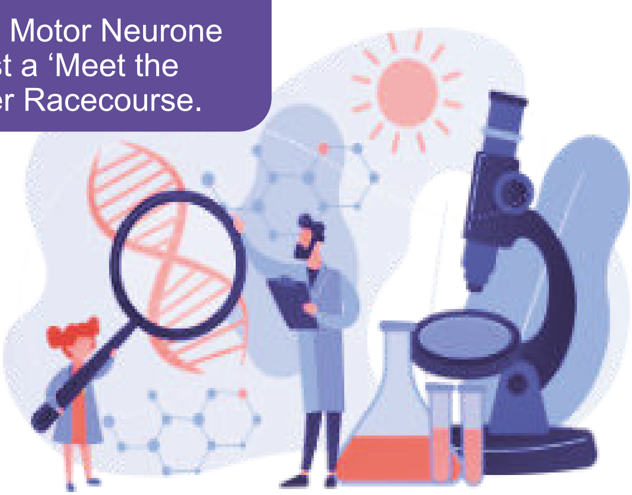
We know too well that the Disabled Facilities Grant (DFG) scheme often fails people with MND - along with the whole application process being difficult to navigate and too slow for people with an MND diagnosis.

People living with MND should not be forced to live in an unsafe environment or in conditions unsuitable to their needs.

We know there needs to be a huge change in the system to deliver a faster and fairer grants process so please join us by showing your support here: https://www.mndassociation.org/unlockthedoor

Meet The Researchers

On Thursday 5th March, the Motor Neurone Disease Association will host a 'Meet the Researchers' event at Exeter Racecourse.



Those in attendance will hear from guest speakers including MND researchers, Trustee Marc Barlow, Head of Research Nick Cole and Research Information Co-ordinator Libby Moody, whose PhD was funded thanks to a generous legacy gift.

Places are limited and will be allocated on a first-come, first-served basis with online registration closing on Friday 20 February 2026.

For more information, please contact legacies@mndassociation.org.

Mobility Scooter Hire In Nature

With many of us crossing our fingers for better weather as Spring approaches, our thoughts naturally turn to hopefully enjoying the outdoors.

We don't want anyone's love of nature to be hindered by living with MND so we're sharing a list of nature spaces in Hampshire where people can either hire for a low cost - or no cost at all! off road mobility scooters.

An ideal vehicle to explore the local area, these off-road mobility scooters mean people living with MND can get out and enjoy more areas, days out and in some cases - holiday destinations!

For more information take a look at nature-spaces-in-hampshire-mobility-aids-for-hire.pdf.

You can also find it by going to the Mental Wellbeing Hampshire Nature page Feel serene in the green | Health and social care | Hampshire County Council under the 'Be Active and Explore Somewhere New' tab.

https://www.hants.gov.uk/socialcareandhealth/publichealth/mentalwellbeinghampshire/natureandmentalwellbeing/feelsereneinthegreen motor neurone disease association

What is motor neurone disease (MND)?

Motor neurone disease (MND) is a progressive, life-shortening condition that affects the motor neurones in the brain and spinal cord.

As motor neurones become damaged, the muscles they control weaken and begin to waste away. This can affect how a person walks, talks, eats, drinks and breathes.

However, not all symptoms necessarily happen to everyone and it is unlikely they will all develop at the same time, or in any specific order.

Although there is currently no cure for MND, symptoms can be managed to help improve quality of life.

MND can cause:

- **weakness and increasing loss of movement in limbs**
- **twitching and rippling sensations under the skin**
- **muscle tightness, cramping and pain**
- **problems with breathing and fatigue**
- **difficulties with speech, swallowing and saliva**
- **problems with thinking, understanding, learning and emotions.**

For support and further information:

MND Connect 0808 802 6262 | **www.mndassociation.org**

Registered charity no 294354

CP/09/15

Notice Board

Monthly Meetings:
Second Tuesday of every month - 7:00pm - 9:00pm **NOW ONLINE!**

Face-2-Face
Spring 2026
Oasis Academy Lordshill
Redbridge Lane (off Romsey Road)
Southampton
S016 8FA
Online - Please get in touch for the link.

Coffee Mornings Third Monday of every month.
AFC Totton
Snows Stadium
Salisbury Road
Totton

Volunteering Roles

Group Contact: Dawn Pond:	dawn.pond@mndassociation.org
Southampton Care Centre:	southamptonmndcarecentre@uhs.nhs.uk
Wheelchair Enquiries:	please contact MND Connect

Your Contact:

Magazine Editor
Sara Al-Rashed
E: sara.alrashed12@gmail.com

Fundraising:

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.

Group Websites:
W: https://www.mndassociation.org/support-and-information/local-support/branches/southampton-and-winchester-group
W: justgiving.com/mndasouthampton
Facebook: facebook.com/mndsouthampton
Twitter X: @MNDASoton
MND Connect T: 0808 802 6262
Registered Charity No. 294354

Scan Me

motor neurone disease
association

MND care centres and networks

The MND Association provides funding towards MND care centres and networks across England, Wales and Northern Ireland. These are centres of excellence that bring together internationally recognised expertise in the diagnosis and symptom management of motor neurone disease (MND).

MND care centres and networks are committed to person-centred care. They coordinate the care of people with MND, involving a range of different professionals and community services. They also conduct research into MND and improving care.

Locate your nearest care centre or network at **www.mndassociation.org/carecentres**

Care centres and networks:

- **develop expertise in the management and treatment of MND including, for example, nutritional and respiratory support**
- **conduct groundbreaking research into care management, and world-class clinical trials and biomedical research**
- **provide a resource for health and social care professionals – through information, education and sharing good practice about MND.**

Registered charity no 294354

For support and further information:

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