MND Association

Southampton & Winchester Group

April 2026 Issue

Sinfield In Southampton

All the latest MNDA news from the Local Area

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

MND Association

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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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Back to Face-2-Face

This month sees the return of our face-2-face Monthly Group Meetings at Oasis Academy Lordshill.

Held on the second Tuesday of every month until the clocks go back again, the gathering is a chance to catch up, get clued up and fill up on all the refreshments provided during the Meeting.

We welcome people living with MND to this fully accessible building, their family, friends and carers - along with health professionals, volunteers and supporters.

New and returning faces share equal billing and no month is ever the same.

Don't believe us? Just pop along to one of the dates below to hear from our special speakers too.....

Tuesday 14th April - Princess Royal Trust for Carers

Tuesday 12th May - Lisa Ross - Dietician
Please take a look at our Noticeboard for more details on page 11.

ABP Southampton Marathon Volunteers

Calling all MNDA supporters - we need you!

Once again, the Southampton & Winchester MNDA Group has been given a prime 'cheering position' at the ABP Southampton Marathon on Sunday 3rd May 2026 - and we need volunteers to take on a 'shift' to help us get £250 donated to the charity!

If we are able to cheer on runners as they take on the route, ABP have promised to return the love and contribute financially to the Group.

So if you fancy helping a good cause, taking a seat - or standing for an hour or two, on what is Southampton's most joyful day - then please do get in touch!

Shifts begin at 9:00am and go on until 2:00pm but you can stay for as long as you are able!

Sinfield in Southampton

It is hard to ignore the achievements of Kevin Sinfield, on and off the Rugby pitch, but for the MND Community he has become a hero.

Firstly, running seven marathons in seven days to raise over £2 million for the charity after his fellow teammate and friend Rob Burrows was diagnosed with

The Prince of Wales (third right) meets Jackson Burrow (far left), Maya Burrow (second left), Macy Burrow, Lindsey Burrow, Rob Burrow, Kevin Sinfield (second right) and his wife Jayne Sinfield (right) during a visit to Headingley Stadium, Leeds, to congratulate and award Rob Burrow and Kevin Sinfield a Commander of the Order of the British Empire (CBE), for their efforts to raise awareness of Motor Neurone Disease.

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Motor Neurone Disease - and then subsequently taking on four more challenges to shine a spotlight on the illness and raise even more vital funds for the Association - and everyone we help.

Kevin Sinfield and his challenges have really pushed MND to the forefront of the public's mind and we have all watched in awe as he relentlessly took on one after the other.

So it is with great delight that we announce that Kevin Sinfield will be holding 'An Evening With ...' at Southampton's own Central Hall on Thursday 14th May. Tickets begin at £35 depending on seating.

If you'd like to hear more from the man himself and all about this year's challenge, tickets can be purchased at https://centralhall.org.uk/

Coffee and a Chat

We love seeing all the photos of our Coffee Support Mornings at AFC Totton and can't wait to see more in the coming months....

If you haven't visited yet, please do join us on the third Monday of every month at Snows Stadium, Salisbury Road, SO40 2RW for coffee and a catch up.

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

For more details please see our 'Noticeboard' on page 11.

AFC Totton Collection

Speaking of AFC Totton's Snows Stadium - the club have very kindly chosen the Motor Neurone Disease Association as their chosen charity and will be holding a Bucket Collection at the Ground on Saturday 11th April 2026.

If you are able to support this event in any way - whether that be to hold a bucket and collect donations or contribute to the bucket itself, please do pop along from 2:30pm.

Thank you in advance .... we can't wait to hear all about the event!

Thank You's

We were recently made aware that the Freemantle and Shirley Amateur Theatre Society chose the MND Association as their chosen charity of the year too!

Organising performances and events throughout 2025, the group were able to raise over one thousand pounds and donated it to the charity at the beginning of the year.

We want to say a huge thank you to everyone involved in the Society for working so hard on these events and to everyone who attended and supported them throughout the year so that they could make a very generous contribution to MNDA.

Great work guys and thank you once again!

Bouyant Boat Trips

The clocks have moved forward and the sun has started to shine so that only means one thing... it's time to reserve your space on one of our Alison McGregor trips, this year!

We know you love our sailings just as much as us so please do reserve your place early to avoid disappointment. This year voyages will be setting off on

Sunday 7th June and Saturday 18th July - with another planned for August closer to the time. All journey's will dock and return to Hythe Marina but each trip will take its own course according to the tide, solent traffic and weather conditions of the day.

If you haven't been on board before, you're in for a treat as the Southampton & Winchester MNDA Group provide free passage aboard the specially equipped vessel 'The Alison McGregor'.

With enough space for six wheelchair users and their guests, the wonderful crew provide a highly knowledgeable crossing, hand out refreshments - and on occasion, even let you drive the boat!

For more information - or to book your place, please contact Jean Block at jean.block@mndassociation.org

Four Funds

With the shake up to branding at MNDA HQ, National Office have been looking at other aspects of the charity that can be improved too and have settled on consolidating the previously available grants into four separate funds.

This change was encouraged by feedback from people living with MND and their families and we hope it will make it easier to access certain funds that you need.

With the changes made, the Association has also increased the yearly entitlement to £4,000 so it may be worth revisiting the financial aid pages of the website to ensure you are receiving your full total.

Each fund is now clearly labelled as to if it is means-tested or not, but if you have any issues please do ask your AV or get in contact with the Association.

Check out the four funds at mndassociation.org

Help From The Hoedown

Howdy! Grab a partner (or two) and join us on Saturday 26th September 2026 for the Testvale Squares Line-Dancing Hoedown - in aid of the Southampton & Winchester MNDA Group.

After recently raising £400 for local people living with MND, the troupe are back again to fundraise for the charity.

So kick up your heels and purchase a ticket for this rootin' - tootin' night out for a good cause... we'll see you there!

TESTVALE SQUARES

Hoedown Fundraiser

BARN DANCING | LINE DANCING | SQUARE DANCING

AGE 16 YEARS AND ABOVE

26TH SEPT · 7:30PM – 10PM

THREE SCORE CLUB · TOTTON · SO40 3PS

£10

RAFFLE · REFRESHMENTS

This is a Ticketed Event
with all proceeds going to
The Motor Neurone Disease Association

MND Association

UNABLE TO ATTEND? MAKE A DONATION ON
JustGiving®

SEARCH FOR
TESTVALE SQUARES
OR
SCAN THE QR CODE

02380 364 505 (CAROL) · 07808 048 154 (SHEILA)

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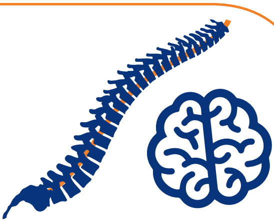
Motor neurone disease kills a third of people within a year and more than half within two years of diagnosis.

MND is a fatal, rapidly progressing disease that **affects the brain and spinal cord.**



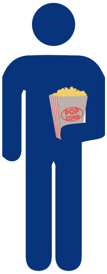
MND attacks the nerves that control movement so muscles no longer work. It **does not usually affect the senses** such as sight, sound, feeling etc.

MND can leave people locked in a failing body, **unable to move, talk and eventually breathe.**

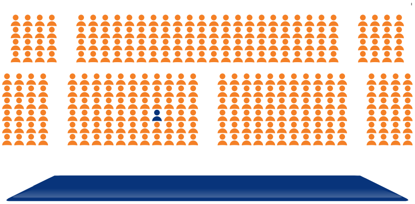
Around **50%** of people with MND experience some form of cognitive change while living with the disease. This can affect their thinking or behaviour.

The percentage rises to around **80%** for people who are in the advanced stages of the disease.

MND affects people **from all backgrounds.**



A person's lifetime risk of developing MND is around 1 in 300. That's one person in an average size cinema screen.



It affects more than **5,000 adults** in the UK at any one time.

x6
every day

Six people are diagnosed every day. More than 5,000 people are fighting MND at various stages of the disease. **Six people die each and every day.**

MND - there is no cure.

The MND Association focuses on improving access to care, research and campaigning for those people living with or affected by MND in England, Wales and Northern Ireland.

For further information or support please contact our helpline:

mndconnect
0808 8026262
mndconnect@mndassociation.org

MND Association
Francis Crick House
6 Summerhouse Road, Moulton Park
Northampton NN3 6BJ

Telephone: 01604 250505
Email: enquiries@mndassociation.org
www.mndassociation.org

Registered Charity no. 294354

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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.**

For support and further information:

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

CP/09/15

Notice Board

Monthly Meetings:
Second Tuesday of every month - 7:00pm-9:00pm

Face-2-Face From April 2026 -
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.
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

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**

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