

## Thank you

Dear All

I would like to thank all our readers for the support given to our Branch and the MND Association this year. In doing this I would like you to join us on **Wednesday 23rd November 2011 at Christ Church in Chineham at 7.30pm.**

This gives the Branch Committee an opportunity to thank you and have a light buffet supper together.

We will have some Association Christmas cards for sale on this evening.

I have recently attended the National AGM and was impressed by the number families living with MND who attended from across the UK and Northern Ireland

The MND Association is having to review how its money is spent as the demands are increasing and for this purpose I will be attending the 'Closing the Gap' discussion session in November and will report back after this meeting.

I hope I shall be meeting with many of you on November 23rd and for those we don't see, I wish you a Happy Christmas and a peaceful New Year.

Thank you Coral

## Lucy Godwin

### Speech and Language Therapist

I recently attended an excellent 2 day training course run by the Oxford MND Centre. The course was entitled 'MND Practical Management' and covered a range of topics including eating and drinking, respiratory issues and continuing care.

The presentations around eating and drinking were particularly useful for my role as a Speech and Language Therapist. One part that I found particularly enlightening was watching a video of a PEG (percutaneous endoscopic gastrostomy) placement; something I have described many times but not had the opportunity to see for myself.

One of the presentations focused on the nutrition clinic that had recently been set up by the Oxford MND Centre. The clinic aims to provide information around enteral (tube) feeding with all the relevant professionals (consultant neurologist, enteral nurse specialist, dietitian, speech and language therapist) available to answer any questions. It was interesting to hear about this process, and the benefits it had for their patients; most notably how helpful it was to have all the professionals and information available in one place.

The course was a fantastic opportunity to network with other health and social care professionals. It was valuable to gain a better understanding of their roles in the management of MND. It also highlighted the importance of professionals working together to maximize communication and provide the very best patient care; something that I have definitely tried to apply to my own practice since attending the course.

Lucy Godwin

## Could you support someone with MND and become a visitor?

As you are probably aware, a diagnosis of Motor Neurone Disease can be a frightening and isolating experience. Sometimes all that people need is a friendly face and a listening ear to make a real difference to their lives.

We need people like you to help make that difference. We are currently seeking people to volunteer as Association Visitors (AVs). Association visitors play a vital, valued and unique role in helping us to ensure people with MND and their families receive the support and services they require. Becoming a visitor can be a rewarding, enriching experience. Those who train as visitors come from all walks of life, and all backgrounds. You don't need personal experience of MND - just the desire to make a difference.

As an AV you will work as part of a close-knit local team, offering a vital link between people with MND, their local group or branch and other sources of support.

In return for your time, you'll make some wonderful new friends and receive free training, which has won national recognition!

For more information on how you can become an AV please contact our Volunteer Development Coordinator, Lucy Etheridge on 01452 781035 or [lucy.etheridge@mndassociation.org](mailto:lucy.etheridge@mndassociation.org)

## New! Multi-Disciplinary MND Clinic

Thursday 8th September saw the first multi-disciplinary MND clinic at St Michael's hospice in Basingstoke. This clinic is for people living with MND and their carers in the North Hampshire area who are in the St Michael's catchment area.

People with MND will be given the opportunity to have a scheduled appointment with Dr Jane Bywater (consultant in palliative medicine) and Clare Erridge (MND Care Centre Co-ordinator, Wessex Neurology Centre) and, on alternate months, Dr Kinton (consultant neurologist).

The clinic will also offer people the opportunity to see physiotherapists and occupational therapists, a social worker and staff from the hospice at home service, as well as our own Association Visitors.

The clinic is the brainwave of Dr Bywater, and is still developing, but we hope that it will eventually become a 'one stop shop' where you can either make an appointment or 'drop in' for information, advice and support, possibly enabling you to cut down on the number of appointments you have with health and social care professionals.

Dates for the clinic for the rest of the year are:

Thursday 10 November 2 - 5pm,  
Thursday 8 December 2 - 5pm.

They will continue to be held on the second Thursday of every month in 2012.

To book an appointment or find out more information, please contact Dr Bywater's secretary, Julia Langham on 01256 848840 or [Julia.Langham@stmichaelshospice.org.uk](mailto:Julia.Langham@stmichaelshospice.org.uk).

We would also appreciate your comments or feedback about the clinic and how we could improve it.

Annemieke Fox

Regional Care Development Adviser for Hampshire, Dorset, Isle of Wight and Channel Isles.

0845 3751831

[Annemieke.fox@mndassociation.org](mailto:Annemieke.fox@mndassociation.org)

## Volunteer Recruitment Software

Karen Ovenden, Branch Volunteer and Director of recruitment software company Hireserve, is delighted to announce that her company has donated its recruitment software, iCams, to the Association to improve volunteer recruitment via its website, enabling prospective volunteers to find out about current volunteering opportunities nationwide and apply online.. Claire Ayling, Volunteer Liaison Co-ordinator at the MNDA said: "Since iCams has been implemented we have had a good number of prospective volunteers applying through our website. The registering process is now straight-forward, user friendly and most importantly engaging. We look forward to utilising iCams to build our volunteer database and assist us in ensuring the application process is just the start of a volunteer's long involvement with the association."

Hireserve has been working with the Claire and her team for some months to ensure the new volunteer portal on the MNDA website meets their needs and engages with prospective volunteers. Karen said, "I know from personal experience how vital volunteers are to people living with MND. The work of all volunteers is of huge benefit and makes a real difference but the support, care and dedication provided by much needed Association Visitors is quite extraordinary both to people with MND but also their carers and families. I am so pleased we can help the Association in this way."

If you would like to find out more please visit <http://www.hireserve.com/news/00117-mnda-volunteer-recruitment-now-online-icams> or to see the new volunteer website visit <http://www.hireserve.com/news/00117-mnda-volunteer-recruitment-now-online-icams>

Karen Ovenden

## Branch Street Collections

Help with street collections is  
urgently needed!

Can you spare us a couple hours of your time  
to assist us with our street collections?

Our collections are a major source of income  
for the Branch.

Volunteers can opt to do an early morning  
stint or late afternoon causing minimum  
disruption to their day.

In particular help is needed on November 19  
for the collection at Festival Place Basingstoke.

To volunteer contact  
Coral Smith on 01256 763243 or  
[coral.r.smith@btinternet.com](mailto:coral.r.smith@btinternet.com)

# Captain's Day 3 September 2011

## Hurtmore Golf Club

As Captain of HMGC it was my choice as to which charity would be supported by certain events throughout the year. My first choice was MND Association North East Hants Branch, since my brother lost his fight against the disease 17 years.

Captain's Day started well with warm weather and no rain forecast and continued for the whole day. Our theme for the day was Doctors, Nurses and Patients and many joined in the fun by dressing up. Our golfers started their rounds from the 1st & 10th tee positions and in between was the half way refreshment tent manned by Coral Smith and Linda Ingham who arrived at the golf course by 9.30 am.

It was great to see them both again after such a long time and my wife Pauline was also there helping to sell raffle tickets. We were all able to have a tea/coffee and a catch up before I set them to work, i.e. Offer the golfers a nice cold soft drinks and a calorie busting chocolate bar after they had completed the 1st nine holes.

One of our golf members Trevor recently undertook a marathon 72 holes in one day to raise funds for his charity The British Heart Foundation. With the support of many people signing the donations book Trevor raised £702.40. He was so thankful for all the support he got throughout the day, starting at 07.30 and finishing at 17.15, he gave the Men's Captain & the Ladies Captain £100 each for their respective charities. Not only was this a big surprise for us both, the timing was perfect as I asked Trevor to present the £100 directly to Coral. Who accepted the donation with her own thanks on behalf of the branch.

In the afternoon Val and Linda manned the putting competition, which really helped because the lady who was due to do it was unable to attend. Val and Linda sat



Lady Captain Liza Gane  
Golf professional and Club manager Maxine Burton and Sid Plummer

by the putting green enjoying the afternoon sun, Val noticed I was dismantling the tent and was good enough to come over and help to pack it all away. It was very much appreciated as I was beginning to wilt ... so much to do on Captain's Day.

As a small reward I took both ladies on one of our golf buggies for a short trip around part of the course.

The Club Professional, the Ladies Captain and myself (Men's Captain) would like to express our thanks

to Coral, Linda and Val for helping to make our Captain's Day run smoothly. In closing I would like you to know that all monies raised at various events throughout the year April 2011 – April 2012 will be presented at the end of Captaincy.

Today's raffle & putting competition raised £396.00 plus £100 donated from Trevor.

My thanks and best wishes go to you all.

Sid Plummer

Winner of tournament for Captains Day Jonny White



## Diary

### November 2011

Wednesday 23 November  
Open meeting  
7.30pm - 10.00pm  
Christ Church Chineham  
Shaflesbury Room  
Basingstoke  
RG24 8LT

This meeting is to thank all our supporters during the year and we will have a light buffet supper.

RSVP - for catering -  
coral.r.smith@  
btinternet.com

### February 2012

Saturday 25 February 2012  
Branch Quiz Night  
7.30pm  
Elvetham Heath Community Centre  
Elvetham Heath  
Fleet  
GU51 1HA

Tickets £12.00  
Includes a Fish or Chicken  
& Chip Supper  
(vegetarian alternative available)  
& Licensed Bar & Raffle

Tickets from Karen  
01252 620627  
karen@hireserve.com

### April 2012

18 April 2012  
AGM and SIG meeting  
12.30pm - 3.00pm  
Christ Church Chineham  
Shaflesbury Room  
Basingstoke  
RG24 8LT

Speaker Dr Brian Dickie, Director of  
Research MND Association

### June

Wednesday 13 June 2012  
Sunday 17 June 2012

Open Garden  
Turrill House  
Southington  
Overton  
RG25 3DA

## Contact

### MND connect

08457 626262  
mndconnect@  
mndassociation.org

### Branch Contact number

We use a mobile number as the branch contact number.

In response to any calls received on the mobile number we will call back as soon as possible.

Any one who has speech difficulties will be able to text a message.

07798 891223

### Branch Contact

Linda Ingham  
07798 891223  
linda\_ingham@hotmail.co.uk

### Branch Chair

Coral Smith  
7 Oak Hanger close  
Hook  
Hants  
RG27 9QA

01256 763243

coral.r.smith@  
btinternet.com

### Branch Public Relations

Karen Ovenden  
karen@hireserve.com

### Branch Newsletter Editor

Steve Steele  
21 Bardsley drive  
Farnham  
Surrey  
GU9 8UQ

01252 821400  
07766 914063

stevejohnsteele@hotmail.com

## Association Visitor Co-ordinator

Linda Ingham  
07798 891223  
linda\_ingham@hotmail.co.uk

## Volunteer Development Co-ordinator (South West)

Lucy Etheridge  
0845 3751839  
lucy.etheridge@  
mndassociation.org

## Regional Care Development Adviser

Annemieke Fox  
0845 3751831  
annemieke.fox@  
mndassociation.org

## Regional Fundraiser

Sarah Hampton  
01825 601 802  
07918 745 243  
sarah.hampton@  
mndassociation.org



**Next issue due in March 2012**  
Please have your contribution in  
by the second week of February