

Isle of Wight Branch

Issue N° 7 Autumn 2004

President Mrs Gloria Minghella

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New Chairman for Island Branch

The Island Branch of the MND Association had been looking for some time for a new Chairman, after our last Chairman Edwin Jones retired in March 2003. Geraldine Watling, an Association Visitor has done an excellent job of fulfilling this role whilst the search was on for a permanent Chairman.

The search is now over!

Heather Humby has kindly agreed to take over the Chairmanship of the Branch. Heather introduces herself below:



“ My name is Heather Humby, and following my term of office as Chairman of the Isle of Wight Council, I was delighted to accept the invitation to become the Chairman of the Isle of Wight Branch of the Motor Neurone Disease Association.

Although new to the work of the MND Association I am learning fast and have been impressed by the work undertaken by the dedicated committee.

During my Chairmanship I will do all I can to help with the fundraising activities of the Branch, which are so vital to support people living with MND, and also fund research into a cure.

If you feel you could help in the work of the MND Association, please do contact our Secretary (see Useful Contacts for details)”.

New Chairman Continued -

Heather has now attended several of the Committee meetings and has been busy getting "up to speed" with the good work done by the MND Association and the IOW branch in particular. She has also encouraged several friends to join the Committee.

Many thanks go to Geraldine for doing such a great job over the last year and representing the Branch so well whilst a new Chairman was recruited...

.... And welcome to Heather, June, Mike and Helen!

Summer Fundraising – another successful season!

2004 has proved to be another fantastic year in terms of fund raising. The Branch Committee and our team of Island Volunteers have been busy raising awareness, and funds, at a number of Isle of Wight events and Venues.

STORE COLLECTIONS

As with previous summers, Store Collections took place at a number of the Island's supermarkets. This is one of the main ways that the Branch raises funds to support those with MND, contribute towards research, and promote the work of the MNDA.

Thank you to all members of the public who kindly made donations. As well as being an excellent source of fundraising, Store Collections also provide the opportunity for people to approach the MND Association for advice, information and support.

Here is what has been raised so far, and where:

SAFEWAY'S
NEWPORT £941.00

SAINSBURY'S
NEWPORT £790.70

MARK'S & SPENCER £1,101.56

BARTON MANOR SUMMER FAIRS

The Branch had a stall at each of the Fairs held at Barton Manor over the summer. Each Fair had a different theme e.g. Country Fair, Jazz, Antiques and 4th of July. On our stall we sold cards, wrapping paper and bric-a-brac. We also ran a "Pot of Gold" competition where one lucky entrant won half the contents of the "pot" collected (lots of pound coins!) at the end of the day.

In total we raised £475



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BAR-B-Q AT CULVER LODGE HOTEL

Mike and Helen Spencer have recently joined the IOW Branch Committee. They, fortunately for us, have quickly put their excellent fundraising skills to good use. Their first event was a Bar-B-Q hosted by Culver Lodge Hotel in Sandown. The day was highly successful and raised a grand total of £1000!!

WALK THE WIGHT

The annual Walk the Wight event took place on Sunday 16th May 2004. It was the biggest Walk the Wight ever organised, with over 3000 people taking part. Walkers could decide on walking either the first part from Bembridge Airfield to Carisbrooke Castle, or the second stint from the Castle to the Needles park at Alum Bay, or for those brave and fit enough they could tackle the whole breadth of the Island – a total of 26miles!! The event is organised to raise funds for the Earl Mountbatten Hospice although a small team walked to raise money for MNDA.

We had a beautiful warm, sunny day, which was a vast improvement on the previous year that was wet, cold and foggy!



ANTIQUES FAIR

An Antiques Fair was held at Northwood House, Cowes on Sunday, 17 October with all proceeds going to the MND Association. Sisters, Jennie Lewis and Doreen Gant put in an enormous amount of hard work to make the day most successful and enjoyable. Many thanks to all those others who helped in any way. **£880.00** was raised.

Further details of the day will follow in the next Newsletter.

BRANCH WEBSITE

We are pleased to announce that our Branch has it's own website. The website is now complete and awaiting its formal "seal of approval" from the MND Association's National Office.

It contains much useful information. For example:

- Role of the IOW Branch
- How to get Help
- Equipment Available
- Contact Information
- News on activities that have taken place and those planned for the future
- Links to the National Website

Lucy Abel developed the content and Steve Kimpton of Wordpool Design constructed the website. Wordpool Design are a web design company based in Cowes.

We would like to take this opportunity to thank Steve and Diana Kimpton for their generosity in offering to set up the site. Without their technological know-how the website would never have got off the ground.... Thank you!!

If you would like to visit the website the address is: www.mndiw.org.uk



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USEFUL CONTACTS

Local Help Line: 01983 873074

Branch Contact – Committee Secretary

Tessa Granger: 01983 752182
Briar Well
Moons Hill, Freshwater
PO40 9RP

National Help Line: 08457 626262

Weekdays 9.00am to 5.00pm, 7.00pm
to 10.30pm
Saturday & Sunday: 10.00am to
6.00pm

MNDA Regional Care Advisor –

Jean Covington : 01722 782742



Herb Garden Remedies

ROSE- rose damascena/centifolia

Herbaceous shrub densely covered with thorns on the stems; single elliptical finely serrated leaves; beautiful large, many petalled flowers; pink and red; very fragrant. Grows 3 - 6ft in height. Originated in Persia and gradually introduced to other countries. Morocco is the largest producer of the oil.

Essential oil -The oil is extracted from the rose petals by effleurage. The liquid is dark yellow to deep brownish colour and has a warm floral spicy aroma. Yield: it takes 2000kg of rose petals to produce 1-kg oil. This makes it one of the most expensive oils, but only a very small amount is needed for each treatment.

It is suitable for delicate and fragile types of people. The general effect is relaxing and soothing.

It is the least toxic essence so it's safe for children. Excellent oil for purification on both physical and emotional levels.

The rose was probably the first flower, from which an essential oil was distilled, in 10th century Persia. The Rose has long been renowned as an aphrodisiac and the Romans used to scatter rose petals on the bridal bed; hence the custom of throwing paper rose petals at weddings.

Rose oil is often thought of as the Queen among essential oils, it is used in preference to all other oils in treating disorders of the female reproductive system, in gynaecological and menstrual problems. It is not surprising that Rose, with its 'feminine' qualities, has a powerful effect on the uterus. It is a gentle but potent anti-depressant with beneficial effects on a mental and emotional level. For women who have irregularities of the menstrual cycle; who are tense, depressed or sad, or suffering post natal depression, these are areas where oil of Rose is supremely valuable. Also valuable in skin care. It can be used for all skin types, but it is especially valuable for dry, sensitive or ageing skins.

COME AND JOIN US!

We are always keen to hear from anyone that may like to either join the Island MNDA Branch Committee and/ or help with fund raising such as next year's Store Collections. So if you are interested in joining us we **would be delighted to hear from you!**

Registered Office: Motor Neurone Disease Association, David Niven House, 10-15 Notre Dame Mews,
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The Thumbs Up sign represents David Niven's last defiant gesture. It remains our symbol of hope.