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## 7th ANNUAL GENERAL MEETING

The 7th AGM took place on Tuesday 25 March 2003 at the Riverside Center, Newport. It was one of the Island Branch's most successful AGM's ever with a fantastic turnout.

The formalities were completed swiftly, led for the last time by Edwin Jones who stepped down as Chairman. He handed over this role, temporarily, to Geraldine Watling. Unfortunately more "Goodbyes" were to follow as it was announced that Committee Members Liz and Keith Garood would be moving to the Mainland soon. The Branch's President Gloria Minghella expressed her thanks and made presentations to Edwin, his wife Shirley, Liz and Keith.

After the formalities we were treated to an enjoyable and amusing talk by Ray Allen, the writer of "Some Mother's Do 'Ave 'Em". He explained that rather like his most famous character, Frank Spencer, things do

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President Mrs Gloria Minghella

hilarious consequences. A main theme in his talk was finding the humor in life, even when things go wrong.

Thank you to everyone that attended and helped to make the evening such a success. We look forward to seeing you all, and more, next year.

## GOODBYE AND THANK YOU TO THE CHAIRMAN

From Geraldine Watling, temporary Chairperson

A nurse at the Hospice (Liz Garood) and spouses, relatives and friends of people with MND started the Island Branch of the MND Association seven years ago.

Edwin and Shirley Jones had become close friends of a couple Bob and Joan Bell and when Joan was diagnosed with MND became a great support to them. Edwin offered to drive Bob to the inaugural meeting of the Island branch MND Association as just a driver, by the end of the meeting he became Vice Chairman!

As with all Edwin and Shirley do they offered their ideas and enthusiasm to the branch for fund raising etc. and

when three years ago the first Chairman stepped down, Edwin took his place. He has numerous contacts and ideas and has worked hard helping with MND awareness on the Island and enabling funds to be raised and to be spent on patients and on Research. Two things in particular stand out in my mind:

- 1) "One night in April" a memorial concert to the Titanic organized by Edwin at Ryde Town Hall with a Cornish Male Voice Choir/ Newchurch Male Voice Choir. It was hard work but a great success!
- 2) The use of Edwin and Shirley's Campervan at our successful store collection days, where Shirley provided refreshments and Edwin encouraged our collectors to come in for a chat and a warm-up.

We shall miss both Edwin and Shirley for their love, care, and support and wish them well in new ventures.

We need a new Chairman who can bring **enthusiasm, ideas and contacts** to the Island Branch. If you feel you could offer the time we would be very glad to hear from you.

## MORE COMMITTEE INTROS

As there were several "Goodbyes" made to Committee Members at the AGM and the numbers making up the Committee were dwindling, a request for new Members was made at the end of the AGM. Lucy Abel offered to join the committee. We are still looking for more people to join us so please give us a ring if you can offer some time and enthusiasm.

### Lucy Abel (Committee Member)

I am a Speech and Language Therapist who works with adults with acquired disorders that may affect communication and/ or eating and drinking. Throughout my career I have met and worked with many people diagnosed with MND.

I moved to the Isle of Wight, just over a year ago, to take up a post based at St Mary's Hospital. One of my first duties when I started the post was to attend the 2002 MND Association's AGM, which gave me an opportunity to meet the Island Branch Committee members and become aware of the wonderful work they do.

Now fully settled into my new job and life on the Island I felt that it would be extremely rewarding to become more involved in the local MND Association Branch. I have established contacts with many healthcare professionals e.g. medics, nursing staff, social workers, therapists and representatives of Voluntary Organizations and have a good idea of what services are available to people with MND on the Island. I hope to bring this perspective to the committee.

### USEFUL CONTACTS

**MNDA Regional Care Advisor:**  
Jean Covington - 01722 782742

**National Help line:** 08457 626262  
Weekdays 9.00am to 5.00pm; 7.00pm to 10.30pm  
Saturday & Sunday 10.00am to 6.00pm

**Local Help line:** 01983 873074

## DATES FOR YOUR DIARY

**Friday 4 July and Saturday 5 July 2003** - STORE COLLECTION AT SAFEWAY'S, NEWPORT

**Friday 1 August and Saturday 2 August 2003** - STORE COLLECTION AT SAFEWAY'S, LAKE

**Friday 5 September and Saturday 6 September 2003** - STORE COLLECTION AT SAINSBURY'S, NEWPORT

**Friday 10 October and Saturday 11 October 2003** - STORE COLLECTION AT MARKS AND SPENCER'S, NEWPORT

**Saturday 22 November 2003** - HOSPICE CHRISTMAS FAYRE

## STORE COLLECTIONS

Volunteers have again kindly agreed to take part in store collections over the Island this year. (Please see Diary Dates for details). The hard work of such Volunteers and the generosity of the general public can make a real difference to people living with MND. For example:

- ÿ Awareness of MND is heightened
- ÿ Funds are raised that help support research into finding a cure for the disease
- ÿ Funds are raised for the provision

of essential pieces of equipment such as communication aids, riser recliner chairs, kitchen aids and many more. Also for alterations to the person's home, hiring of equipment where necessary e.g. for special beds, financial help for equipment like stair lifts, remote controls for TV, curtains etc. Some of the equipment is expensive, such as a Lightwriter that can enable someone to communicate effectively again costs in the region of £2000.

If you, or anyone you know would be able to help us with our Store collections **PLEASE** let us know.



### ***What you need to know about .....*** **PEPPERMINT**

Peppermint (menu piperita) is distilled from the leaves of the plant. There are 25 species of mint and it is one of the most used essences - it is used in the manufacture of medicines,

confectionery, toothpaste and even cigarettes, to name just a few uses.

Legend tells us how Mentha, a nymph pursued by Hades, was trampled into the ground by Hades' jealous wife. Hades was very upset by this and transformed Mentha into the herb. The Romans used to crown themselves with peppermint wreaths during feasts (supposedly for its detoxifying effect) and the ancient Egyptians, Chinese and Indians appreciated its medicinal qualities.

*Warning: It is an oil to avoid if you are pregnant or have sensitive skin. It is very strong so you only need one drop and if you inhale it - keep your eyes shut tight! Some people are particularly sensitive to Peppermint and find only a drop will burn them.*

It is useful for muscular aches and pains, sore feet, headache, indigestion, colds and flu, but is most widely known for its help with all types of digestive problems. Peppermint has been found to help with irritable bowel syndrome. One drop mixed in carrier oil (grape seed or almond oil) and gently massaged into the abdomen will help relieve IBS, indigestion, flatulence and sickness.

In the 1960s the Japanese did a number of tests with Peppermint oil and found that if it was inhaled it worked on the digestive system quicker and more effectively than if it had been taken in a capsule.

It will ward off a migraine and if you use 1-2 drops of peppermint with 2-3 of lavender in a bowl of hot water and inhale, the lavender lifts the headache and the peppermint calms the sickness. You can follow this up by using the

water as a compress on the head and neck.

Use peppermint:

- As a spray in your car. Add 4-5 drops of rosemary and 2-3 of peppermint in 120 mls of water. Spray the car when you get in to keep you alert on the journey.
  - A drop on some tissue will help travel sickness - especially good for children but make sure they keep it away from their eyes.
  - Add just 1-2 drops to some hot water and inhale to help relieve:
    - Sinus headaches
    - Bronchitis
    - Colds and congestion
    - Sinus
    - Sickness
  - For aching feet - add 1-2 drops to a bowl of warm water as with rosemary this is wonderful for tired, aching feet.
  - A drop on a tissue helps with anger or hysteria! Clears your head and is a good stimulant
- By Ann Kirkpatrick MICHT.

Registered Office: Motor Neurone Disease Association,  
David Niven House, 10-15 Notre Dame Mews,  
Northampton, NN1 2BG, Telephone: 01604 250505,  
Registered charity number: 294354

The Thumbs Up sign represents David Niven's last defiant gesture. It remains our symbol of hope.