

Isle of Wight Branch NEWSLETTER

Summer 2008

**MOTOR
NEURONE
DISEASE
ASSOCIATION**



ANTHONY MINGHELLA – Islander

The sudden death of Anthony Minghella, the island's most distinguished son, has left the IW MNDA bereft of its most influential patron and ambassador. The proceeds from island premieres of his films have been used to give support and help to those suffering from this disease, as well as research into finding a cure. Anthony's work for the charity will not be forgotten and the IW MNDA will continue to work for those suffering from this life threatening disease, inspired by the example he has given.

WALK THE WIGHT (FLAT WALK)



A team of 9 members of the Isle of Wight Branch of the Motor Neurone Disease

Association courageously completed the 8 Mile Flat Walk on Sunday 18th of May 2008 to raise funds for the Earl Mountbatten Hospice. Other members bravely walked 23 miles and 26 miles respectively - well done Lucy and Alison.

ALBANY MASONIC LODGE



£511 was raised at the Albany Masonic lodge Ladies Festival at their Gala Dinner held at the Farringford Hotel on the 17th November 2007 in aid of MND.

A cheque was presented on behalf of the Albany Lodge by First Lady Julie Morgan and James Morgan, WM, on 3rd December 2007. Thank you for your support.

THE ROADSIDE INN NETTLESTONE.

On 16th January 2008 a cheque for £3000 was presented to members of the Committee of the local branch of the MND Association. We thank all the customers who have very kindly donated money to the 'Bottle on the Bar'



FIGHTING MOTOR NEURONE DISEASE

NORMANDY BEACHES

In July 2005 Roger Griffiths was diagnosed with Motor Neurone Disease. He was determined to make the most of the time he had left, and planned to walk the beaches of Normandy as this was something he had always wanted to do. In October of that year Roger and three friends set off to do just that. They took four days to walk the 60 miles taking in the beaches and war memorials along the way.

In October 2007 Roger's wife, Linda decided she would like to visit the beaches for herself. It seemed fitting that she should go at the same time of year as Roger. His good friend Peter Tautz, who accompanied him the first time, said he would like to do it again and his wife, daughter and son-in-law were also keen to go as well. It was decided to undertake the whole walk again, but Linda didn't feel she could manage all of it and arranged to meet the others for the last leg of the walk from Oustreham to Pegasus Bridge.

Good friends Dave and Nan said they would like to join Linda on the trip. Dave had been the driver on Roger's first visit. Dave drove along part of the route they had originally taken and met up with Peter and his family in evening. The next day after visiting the Bayeux Tapestry the party met at Oustreham and walked along the canal to Pegasus Bridge.

Linda found this very meaningful to be walking where Roger had walked and even more so when they reached the Café at the Bridge and found Roger's entry in the Visitors Book - it was exactly two years to the day, 19th October. It was also poignant that 18th October was the first anniversary of his funeral.

The whole experience was very moving and the timing of everything very significant.

Following in Roger's footsteps only confirmed what Linda already knew - that he had great courage and determination to take on such a challenge whilst suffering the effects of Motor Neurone Disease.

NEW GUIDE TO RIGHTS & BENEFITS

CARERS UK has just produced 'Looking After Someone' – a guide to carers' rights and benefits 2007/8. The guide sets out what rights carers have and how they can get financial help, practical help and help with combining work and caring. Individual copies can be downloaded from www.carersuk.org

HERB GARDEN REMEDY

NEROLI (also known as Orange Blossom)

Small evergreen citrus tree growing to a height of 3 - 4 ft. It has ovate, slender pointed leaves on spiny branches, and has clusters of fragrant white flowers 1" across. Produces sour oranges and Seville oranges. Native to Eastern Asia, also grown in Italy, France, and North Africa. Main oil producing countries are France and Tunisia.

The oil is obtained from the flowers by the enfleurage method and sometimes steam distillation. The liquid is thick and deep brown in colour when it ages, starting pale yellow with a delicate floral and tenacious aroma with a basic citrus note. Yield: it takes 6 tonnes of orange blossom to produce 1 kg of oil, which makes this one of the most expensive oils. Blends well with almost any other floral oil and especially Rose and Jasmine for ultimate luxury. Once it has been suitably diluted as a massage oil, bath oil or in skin creams etc it is one of the most hauntingly beautiful of all those used in aromatherapy.

Safety Data

The number one oil for stress and shock. Anti-depressant, antiseptic, anti-spasmodic, aphrodisiac, gentle sedative.

Herbal/Folk tradition

It takes its name from that of an Italian princess who used it as her favourite perfume. Reputed to have aphrodisiac qualities. The traditional use of orange blossom in bridal wreaths and head-dresses arose from the property of the perfume. A very expensive and beautiful perfume widely used in commercial perfumery. Mostly used for treating nervous and stress conditions, and valuable for insomnia. Also valuable in skin care, having the special property of stimulating the growth of healthy cells. One of the physical actions of Neroli is to relieve spasm in the smooth muscle, especially that of the intestines. It is extremely helpful in chronic diarrhoea, especially where this arises from nervous tension.

General effect - Ultra relaxing.

FRESHWATER LADIES BOWLS MATCH

On Sunday 30th March, Freshwater Short Mat Bowls Club held their Annual Charity Match in The Memorial Hall at Freshwater. Twelve teams from across the Island played in aid of The Motor Neurone Disease Association, Isle of Wight Branch. The winning team came from Freshwater and the runners up from Newport Victoria. The amount raised on the day was £360 which included a donation from Freshwater and Totland Parish Council. The cheque was presented by Maureen Lazell to Heather Humby Chairman of the MND Association, Ann Marchant Treasurer, Maureen Martinez, and Wendy Farley.

OPEN DAY AT THE CREMATORIUM

The Isle of Wight Crematorium held another Open Day on Sunday 22nd June followed by

a Memorial Service. MND Association Committee Members were on hand serving refreshments and home made cakes with all the proceeds from donations going to the Isle of Wight Branch. The sum of £88.44 was raised on the day.

SPONSORED SILENCE



Committee Members Doreen Gant and Jennie Lewis (*pictured above*) amazed everyone by holding a sponsored 2 hour silence in aid of the MND Association, IOW Branch. The idea was to raise the awareness of motor neurone disease and also highlight the plight of many sufferers who quite often lose the ability to speak, even though their mind is still very active. The event took place at Newport Library on the 18th June between 12 noon – 2.00 pm watched over by Library staff and an independent adjudicator Mr Nick Gooch. A total sum of £300 was raised for the charity.

MADAME BUTTERFLY

Friday 29th February, back by popular demand the Isle of Wight Branch of the MND Association and its supporters were able to enjoy another splendid performance of Puccini's opera Madame Butterfly at the London Coliseum. The trip was organised by the Association's President of the Isle of Wight Branch, Mrs Gloria Minghella MBE.

DATES FOR YOUR DAIRY

Store Collections

Friday 25th/ Saturday 26th July
Friday 15th/ Saturday 16th August
Friday 12th/ Saturday 13th Sept

Fund Raising Events

Barton Manor	
Sunday 21 st	Fashion & Beauty
September	
Sunday 12 th	Christmas Fayre
October	

National Office
Annual Conference and
AGM Saturday 20th September 2008
at Barcelo Daventry Hotel,
Northamptonshire

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National Helpline:

0845 7626262

Email:

helpline@mndassociation.org

Morrisons, Newport
Morrisons, Lake

Website:

www.mndassociation.org

Local IOW Website:

www.mndiw.org.uk

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*Providing support and
information
for people with MND and
their carers*

