

**Isle of Wight Branch**  
**Issue N° 5 Winter 2003**  
**President Mrs Gloria Minghella**

**STORE COLLECTIONS -  
A GREAT SUCCESS!**

This summer store collections took place at a number of the Island's supermarkets. This is one of the main ways that the Branch works to raise funds to support those with MND, contribute towards research and promote the work of the MNDA. A great effort was made by the team in terms of organisation, recruitment of volunteers and then the hard work of collecting itself. We managed to raise more than in any previous year. Here is what was raised and where:

- Inside this issue:**
- More Committee Member Intros
  - Store Collections
  - Herb Garden Remedies
  - List of available equipment

APRIL	1 day at	B&Q	£449.38
JUNE	2 days at	TESCO'S	£1,354.56
JULY	2 days at	SAFEWAY'S NEWPORT	£932.33
AUGUST	2 days at	SAFEWAY'S LAKE	£777.27
SEPT	2 days at	SAINSBURY'S NEWPORT	£968.37
OCTOBER	2 days at	MARKS & SPENCER	£1,058.53

**GRAND TOTAL £5,540.44**



**Bob Bell** (one of the original members of the Island Branch, **Geraldine Watling** (Chairman) and **Margaret Attrill** (a great support!))

## STORE COLLECTIONS Ctd

### Some **THANKYOU**S:

- A big thank you to Ann Marchant who co-ordinated the veritable “army” of volunteers.
- Thank you to Geraldine for her support and the use of her campervan which provided a good base for people to come and say hello, and also meant tea & coffee was available to the volunteers.
- A huge thank you to everyone that volunteered and came to help with the collecting. Although it was a particularly good summer, for some reason it was frequently quite chilly outside the supermarkets on collection days!!
- And lastly thank you to anyone that supported the collection during their weekly shop!

### USEFUL CONTACTS

**Local Help Line:** 01983 873074

#### **Branch Contact – Committee Secretary**

Tessa Granger : 01983 760305  
The Dairy Barn  
Station Rd, Ningwood

**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

## MORE COMMITTEE INTROS

We like to use the opportunity of the regular newsletters to introduce any new members to the Local MNDA Committee:

### Margaret Hands

My name is Margaret Hands. I am sixty-two years old and a retired teacher.

I was born and educated on the Isle of Wight but left at the age of eighteen to attend college in London. My husband was in the R.A.F. and I followed wherever he was posted. We returned to the Isle of Wight eight and a half years ago when my husband semi-retired. We are now in our twenty third home!

Because I have always been an active, busy person I readily agreed to help with the Island Branch of the MNDA in their magnificent fund raising ventures.

Apart from the fund raising which is interesting and rewarding, I am also the Minute’s secretary for the Island Branch. I enjoy the contribution I make to help combat MND and I would urge anyone with any spare time and energy to join these dedicated people in this cause.

### 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. We are yet to find a **new Chairperson** to take over the role permanently from Geraldine. So if you are interested in joining us, are able to give a few hours to this cause and have enthusiasm and ideas **we would be delighted to hear from you!**



**FIGHTING MOTOR NEURONE DISEASE**

## POST OFFICE FIASCO!

We would like to extend our apologies to anyone that did not receive the Summer Newsletter, or were asked to pay extra postage costs.

An administrative mistake was made by the Post Office we used to send out the last edition of the Newsletter, and we were informed that they could be sent out at the standard rate. Our Committee secretary even questioned this to make sure!

However it turned out that they were too heavy. Therefore recipients were asked to collect the item of post and pay the extra costs.

We did complain to the Post Office and they accepted the mistake was theirs and agreed to recompense the Branch for any further costs that this error had caused (e.g. the postage required to send letters of apology to all Newsletter readers)

**Sorry** for any inconvenience this may have caused.

### UK PREMIER OF COLD MOUNTAIN

Anthony Minghella's latest film, starring Nicole Kidman and Jude Law, will be premiered at the Medina Theatre, Newport, on **Sunday 4<sup>th</sup> January 2004**

For tickets please contact the Medina Theatre

## EQUIPMENT AVAILABLE ON LOAN

The IOW Branch has a range of equipment that can be loaned to people with MND. If you feel any of the items below could be beneficial for you or for a family member/ friend please contact us.

- Riser Recliner Chair
- Paging System
- Kenwood Food Blender
- Magna Doodle Board
- Telephone Amplifier
- Twiddle Hand Exerciser
- Bean Bag Tray
- Sole Mate Foot Massager
- Foot Warmer
- Touch Operated Table Lamp
- Tin Opener
- Non Slip/ Spill Jar/ Bottle Opener
- Button/ Zip Hooks
- Multi Opener
- Small Stool
- No Hands Alarm
- Text Telephone
- Tipping Kettle
- Lightwriter Communication Aid
- Voice Amplifier



**FIGHTING MOTOR NEURONE DISEASE**



## Herb Garden Remedies

What you need to know about .....

### GINGER

An erect perennial herb up to 1 metre high with a thick spreading tuberous rhizome root, which is very pungent. Native to southern Asia, extensively cultivated all over the tropics, Nigeria, the West Indies, India, China, Jamaica and Japan. Most oil is distilled in the UK, China and India.

Essential oil - Extraction is by steam distillation from the unpeeled, dried ground root. A pale yellow, amber or greenish liquid with a warm, fresh, woody-spicy scent. Ginger oil is very potent and must never be applied undiluted to the skin, and to be used in moderation in all treatments.

Ginger has been used as a domestic spice and as a remedy for thousands of years, especially in the East. Fresh ginger is used in China for many complaints including rheumatism, bacterial dysentery, toothache, malaria, and for cold and moist conditions such as excess mucus and diarrhoea. It is best known as a digestive aid.

Massage or compresses, using a low dilution of the essential oil can ease rheumatic pain, as a high concentration will irritate the skin.

For colds, flu and diarrhoea, stomach cramps (whether of digestive or menstrual origin) the most effective use of Ginger is an infusion, or 'tea' made from the fresh root. Cut very thin slivers from the Ginger root, and simmer them for about ten minutes, using about six thin slices from a root of average thickness, to each cupful of water. With a little honey this makes a very pleasant winter drink which is used in traditional Chinese medicine as a preventative against winter ailments. It quells nausea, and can be a great help with both travel sickness and the 'morning sickness' of pregnancy. A single drop can be added to a massage blend for arthritis, rheumatism, muscular pain and fatigue.

Dr Jean Valnet records that women in Senegal weave belts of pounded Ginger root to revive their husbands' flagging sexual prowess, but this may not be a fashion that European men would take to enthusiastically!

By Patricia Davis – Aromatherapy an A-Z

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



**FIGHTING MOTOR NEURONE DISEASE**

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



**FIGHTING MOTOR NEURONE DISEASE**