

Isle of Wight Branch

Issue N° 8 Summer 2005

President Mrs Gloria Minghella

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Support group for people living with MND and their Carers



The IOW Branch was keen to organize informal get-togethers for people on the Island living with MND and their carers. The aim was to provide support to one another either just by meeting up or using the opportunity to talk to others going through similar experiences.

Our first coffee morning was organized by Geraldine Watling and Ann Marchant, our Association Visitors and took place on 13th September 2004. They have continued to hold approximately every four to six weeks, at the Riverside Centre in Newport, and are felt to be of real benefit to those who attend. Ann explains: "We meet for an informal chat with a cup of tea or coffee, home made cakes and a raffle. So far it has been very successful. People find meeting others with similar problems takes away the feeling of isolation and they gain strength from each other." If you are presently living with MND, caring for someone with MND, a past carer, or affected by it in any way and would like to come along please ring Geraldine on 873074 or Ann on 564909 for the date of the next meeting. You would be very welcome.



ROUND UP OF FUNDRAISING EVENTS

It has been sometime since our last Newsletter so here are the details of Fundraising events over the last year:

Quiz Night at St Mary's Hospital Social Club

St Mary's Hospital Social Club regularly holds events including Quiz nights. On the 7th October 2004 the IOW Branch was very kindly chosen to receive any profits raised at the evening's quiz. The MNDA Branch Committee put forward two teams to join in the fun and thoroughly enjoyed themselves. They managed to do reasonably well and felt they had not disgraced themselves with their quiz results!

*The Branch was presented with £235.00.



Halloween Party

Saturday 30 October 2004

A Halloween party was hosted by the Culver Lodge Hotel in Sandown. IOW MNDA Branch committee members Helen and Michael Spencer organised the event in conjunction with the Culver Lodge hotel. All the stops were pulled out with regards to spooky decorations, glasses of Witches' Brew punch on arrival, a buffet, disco, a raffle and prizes awarded for best fancy dress.

Many thanks to the Management and staff at the Culver Lodge!

*£376 was raised and much fun had!!

Presentation from the Belvedere Hotel

The Belvedere Hotel in Sandown had been collecting on behalf of MNDA over 2004. They had placed a large bottle on their bar and customers and visitors had been dropping their small (and not so small!) change into the bottle. By November 2004 the bottle was full so the IOW Branch was invited to come and help count up the contents. A small team and a couple of hours was needed to get through the huge pile of coins - but the task was completed! Many thanks once again to the Management, Staff and Customers of the Belvedere Hotel!!

*The grand total was added up and found to be £623!!!

Swimarathon



The Swimarathon Team

Back row: Carrie Attrill, Nicola Ogg, Rob Abel, Hayley Edwards
Front row: Lucy Abel, Hannah Devereux

On 5th March 2005 a Swimathon was organized by the Lions Club of Sandown and Shanklin to raise money for MNDA IOW Branch, Sandown & Shanklin Junior Life Guards Training Unit and Saturday Night Club with Disabilities. We had a team of six swimmers who were sponsored to swim as many lengths possible, in a relay, for one hour. This proved harder than we had expected but we managed 100 lengths! On the 14 May we were presented with a cheque for £1500 – many thanks to the Lions Club, everyone who helped organize the day and of course all the swimmers!

Barton Manor Fairs throughout Summer 2005



Barton Manor is hosting fairs once again during the summer and autumn months of 2005. The Branch has had a stall at each of the fairs so far which we have used as an opportunity to raise funds and awareness. We sold MNDA cards, wrapping paper, wristbands, pens and badges and ran our usual "Pot of Gold" competition.

*Total raised to come in next Newsletter!

Walk the Wight

This annual event continues to grow ever more popular with every year.

Once again it proved an opportunity to raise funds and awareness of MND. This year we were represented by Tess Granger who did a grand job and raised £270 in sponsorship.



Darts Weekend

The Culver Lodge Hotel in Sandown hosted a darts weekend, which started on 1st July. They held a number of raffles throughout the weekend and presented us with a cheque for £500!

Many thanks go to the Culver Lodge Team for their ongoing support.



FIGHTING MOTOR NEURONE DISEASE

OTHER NEWS

New Committee Member

We would like to offer a warm welcome to our new Branch Secretary Maureen Martinez. Maureen joined us recently and has very kindly agreed to take on the responsibilities of Secretary. She has quickly become one of the team, joining in with Fundraising activities and offering extremely useful IT advice to those less experienced (and gifted!) in this area. Maureen can be contacted via her email address – see Useful Contacts below.

Madame Butterfly Trip

The IOW Branch President Mrs Gloria Minghella has planned a very special night out for opera lovers. Her son acclaimed film director Anthony Minghella makes his opera debut this winter with a production of *Madame Butterfly*. Anthony on the production:

"Madam Butterfly is a perfectly judged piece, heartbreaking and full of emotional authenticity, and one that appeals to the heart and the head. Associate director Carolyn Choa, has produced and choreographed opera, while conductor David Parry, a close friend, is responsible for nurturing my love of the art form. Michael Levine is an extraordinary director in his own right, bringing invaluable experience to the project. Collectively, we've always admired the austerity of Japanese staging and how incredible precision is used to achieve great beauty. "

Gloria has planned a trip that

includes early afternoon coach and ferry travel from the Isle of Wight, Dress Circle seats and supper in London with Anthony.

Tickets are £105 per person. Some extra tickets have been released due to high demand so do book quickly.

Register now on:

opera@minghella.com, call on 01983 617396 or visit the website www.minghellaexclusives.co.uk.



FIGHTING MOTOR NEURONE DISEASE

Dates for Your Diary

- Sunday 2 October – Barton Manor Fair
- Sunday 16 October - Antique Fair at Northwood House
- Friday 25 November – Trip to London to see Anthony Minghella's production of Madam Butterfly



Herb Garden Remedies

CHAMOMILE OR CAMOMILE

Perennial easily grown plant, grows to 6-9" with bright green feathery leaves and white daisy like flowers with a solid conical golden yellow centre. The whole plant is strongly aromatic.

Grows freely in the British Isles but is also found in the whole of Europe, South America and many other countries. The oil is mainly produced in England, Belgium and Germany.

Safety data

Non-irritating, non-allergic, can be used for treating children (well diluted) Low toxicity.

Herbal/Folk tradition

The Egyptians dedicated chamomile to the sun and worshipped it above all other herbs for its healing properties. Greek physicians prescribed it for fevers and female disorders.

The dried leaves are used in pot pourri, and in herb pillows to cure insomnia.

The most important actions of Chamomile are soothing, calming and anti-inflammatory, due to the presence in the oil of azulene.

Chamomile tea is one of the most widespread herbal remedies in popular use for relief of stomach upsets, cystitis, and children's ailments or just as a refreshing drink.

The oil is used to treat many complaints such as skin disorders especially where the skin is very sensitive, red or dry, and is used in the treatment of allergies. Any condition where there is inflammation present, whether internal or external, urinary infections, inflamed joints.

Chamomile can be used in massage for muscular pain, and for inflamed joints in such conditions as arthritis. It is very effective in treating sprains, inflamed tendons, and swollen painful joints in bursitis (housemaid's knee for example), always remembering that injuries and swellings must NOT be massaged, but a cold compress applied.

compresses of Chamomile applied to the lower abdomen. A few drops of essential oil in a warm bath will also help. The tea taken daily is also a good preventive measure against bladder or kidney stones.

Chamomile has a profoundly calming effect on the emotional level, sedative, calming to the nervous system, and anti-depressant.

It can be used in hot compresses on boils, abscess, infected cuts, etc. Also regulates the digestive system, helps insomnia, tension and menopausal problems. Chamomile is also an analgesic and disinfectant, especially of the urinary tract. For all urinary infections such as cystitis, copious amounts of Chamomile tea should be taken and massage or

The properties and uses of Chamomile often overlap with those of Lavender, and if you decide whether to use Lavender or Chamomile in any particular situation, it may be useful to remember that Chamomile is generally better for dull aches and pains, while Lavender may be better for a pain that is sharp and piercing. Chamomile is one of the gentler oils and is particularly suitable for treating children, but must be well diluted. Chamomile tea sweetened with honey, calming, especially just before bedtime.

AROMATHERAPY

An A to Z

By Patricia Davis

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!**

USEFUL CONTACTS

Local Help Line: 01983 873074

Branch Contact – Committee Secretary

Maureen Martinez
mam_nfm@yahoo.co.uk

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

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.