



## Events to come



A MND quiz night is being held at The Memorial Hall, High Street Canvey Island **SS8 7AD** at 7:30 on **Friday 14th October** 2022. Entry fee is £5.00 per person and each team can comprise of up to 8 people. Please bring your own drinks and nibbles. All monies raised will go the MND South Essex Branch. There is free parking at the venue and you can also park in surrounding roads if the car park is full. To reserve your place, please contact Sheila Ball on 01268 692230

## Panto & Meal



Covid allowing, we shall resume our Christmas treat of a Christmas lunch followed by a matinee performance of the panto Snow White on **Friday 16th December** at the **Cliffs Pavillion**. There is no charge for anyone living with MND and one companion. We have reserved 40 places, including 8 wheelchair spaces, please reserve your place with Sandy 07742 943472 or [sessexmnd.sel@gmail.com](mailto:sessexmnd.sel@gmail.com).



# CHRISTMAS CARDS & PUDDINGS

## PACKS of 10 cards £2 each

A	Best wishes for Christmas & the New Year
B	Blank
C	Merry Christmas
D	Season's Greetings
E	Merry Christmas and a Happy New Year
F	Hope you have a Merry Christmas

TWIN packs contain 5 of both designs

1A	Kingfisher/Winter Robin (TWIN)
2A	Christmas Nibbles/Keep calm (TWIN)
3E	Christmas Lunch/At the Fireplace (TWIN)
4D	Nativity/ in the Stables (TWIN)
5A	Madona and Child

6A	Shepherds
7A	The Nativity
8A	Journey of the Mag!
9C	Tea for Two
10D	Robin/Partridge Stmap (TWIN)
11A	Christmas Visit
12A	Putting on the Ritz
13A	Trafalgar Square in the Snow
14A	Spirit of Christmas
15D	Make a Wish
16D	Santa's Scooter
17C	Merry Christmas Tree
18F	Penguin

19A	Watching the Brass Band
20F	Merry Chrismas Stag
21A	Frosted Snowdrops
22C	Santa's Scooter
23A	Window Shopping
24E	Winter Floral
25B	Partridge under the Moon
26E	12 Days of Christmas

## MND Christmas Puddings from the Ultimate Plum Pudding Company

2lb Christmas Pudding	£10.00
1lb Christmas Pudding	£5.50
Individual C. Pudding	£2.50

Fundraising Christmas Cards and our wonderful Christmas Puddings are now available to order. Just let Sandy know what you want, but hurry before we sell out! Quote the reference of cards or puddings you want to purchase and the quantities. [sessexmnd.sel@gmail.com](mailto:sessexmnd.sel@gmail.com)



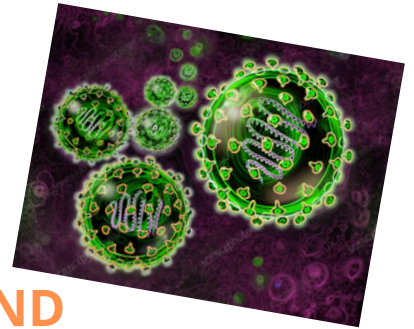


# RESEARCH UPDATE

## EU funding to help prototype vaccine

A grant of around €2.5 million from the European Union aims to help advance a prototype vaccine for people living with MND with the C9orf72 gene. C9orf72

MND causes excessive repeats within the person's DNA which lead to the production of abnormal proteins. Researchers hypothesize that a vaccine could use the body's immune system to induce the production of antibodies against these abnormal proteins and could potentially treat MND. Early testing in animal models have found the vaccine to reduce levels of the abnormal protein. This additional funding will help further testing and research be undertaken.



## Viral Protein implicated in MND

Ancient viruses (retroviruses), such as HERV-K, are thought to have left genetic material in our DNA. It is thought the reactivation of this genetic material could cause MND. HERV-K contains the blueprint to make the HERV-K ENV protein which may be activated in people with MND.

Researchers have now found, in cell models, that treating neurones with HERV-K ENV led to a reduction in overall neurone count and the surviving neurones were damaged. The researchers also found that treatment with an antibody, known as GN-K01, which is designed to bind to HERV-K ENV, helped to prevent the toxic effects in cell models.



## MEET UP?

### Meeting Dates

**Places need to be booked in advance with Sandy**  
**Fair Havens Hospice drop in meetings 2-4pm**  
**and NEW! St Luke's Hospice meetings 2-4pm**

Friday 7th October- Fair Havens  
Saturday 5th November - St Luke's  
Friday 2nd December- Fair Havens  
Saturday 7th January - St Luke's  
Please contact Sandy for  
more information  
sessexmnd.sel@gmail.com



### South East Region

### Carers' Coffee and Chat

Evenings: Last Wednesday of the month via Zoom 6.30pm.  
28th September/ 26th October/ 23rd November  
Daytime: 1st Tuesday of the month via Zoom 11am  
5th October/ 1st November / 6th December  
Please contact Carmen for details  
carmen.brown@mndassociation.org

### Recently Diagnosed Group

3rd Friday of the month via Zoom 2pm.  
Allows all affected people to ask any question and  
find out about available support.  
16th September/ 21st October / 18th November  
Please contact Carmen for details  
carmen.brown@mndassociation.org

### South East Region Peer Support Group

3rd Tuesday of the month via Zoom 11am.  
20th September/ 18th October / 15th November  
Please contact Carmen for details  
carmen.brown@mndassociation.org



## MND Memorial Garden

We're still working on our reflection garden in Wickford Memorial Park and we know many of you have expressed an interest to remember a loved one this way.

However it would be much appreciated if you could formally send an email to Sandy highlighting your desire to take part.

[sessexmnd.sel@gmail.com](mailto:sessexmnd.sel@gmail.com)



Summer Blues Evening featuring Bare Wire at **the Swan**, Horndon-on-the-Hill on Saturday 3rd September raised a fantastic £1,800. This was a great night!

### Sandy Lambert

[sessexmnd.sel@gmail.com](mailto:sessexmnd.sel@gmail.com)  
07742 943472 / 01702 305759

### Pat Ahlquist

[sessexmnd.pya@gmail.com](mailto:sessexmnd.pya@gmail.com)  
07383 568 585

### Carmen Brown

Area Support coordinator  
[carmen.brown@mndassociation.org](mailto:carmen.brown@mndassociation.org)  
01604 800 659

[www.mndsouthessex.org](http://www.mndsouthessex.org)

**mndconnect**  
**0808 802 6262**  
[mndconnect@mndassociation.org](mailto:mndconnect@mndassociation.org)



**@MNDsessex**



**@MNDsessex**

**Funding for the benches**



Our heroic Sandy did actually follow suit with her tandem skydive on 27th May to finance the benches for our MND Memorial Garden.

She has raised **£1,121**, including gift aid, so far!

In her own words : " I'VE DONE IT!! Friday 27th was a beautiful day and we jumped out at 12,000ft. We fell for 6,000ft, (over a mile), before Steve pull the cord to open our parachute. It was a wonderful experience .....now what shall I do next?! ".



You can still support her on following link or QR code  
[www.justgiving.com/fundraising/sandysskydive](http://www.justgiving.com/fundraising/sandysskydive)

## WHO'S WHO in your BRANCH

**Stevan Wing**: President

**Philippe Udrzal**: Chair/committee

**Pat Ahlquist** : Vice Chair/committee

**Rowan Harvey** : Treasurer/committee

**Debbie Darke** : Secretary/committee

**Lisa Gallagher** : Fb/ committee

**Marianne Morgan**: committee

**Kevin Watts** : Twitter/committee

**Michelle Bingham** : Walk to D'feet/committee

**Amy Coombes** : Insta /committee

**Gill Gibson** : committee

### Association Visitors

**Sandy Lambert** : branch contact

**Pat Ahlquist**

**Gill Gibson**

**Area Support Coordinator**

**Carmen Brown**