



## GREAT SUMMER of FUNDRAISING



On the 4th of August **Peter Ward** organised a **24hr charity snooker, pool and darts Marathon** with 22 wonderful players giving their time staying awake and playing their chosen sport through the night. It finished on the Saturday with a DJ, live band, a raffle and an auction.

An astonishing **£20,000** was raised and split between 3 great charities of which we are one.



**Maldon Constitutional Club, (MCC)**, organised various functions including a Fun Quiz Night, with a Hamper to raffle, hand-made Teddy Bear and, tickets were purchased by members to guess the bear's name. A donation box was placed on the bar in which members kindly put loose change and even some notes!

**Barry Chatfield**, MCC Chairman, whose son lives with MND, has an internet sales company and he asked his suppliers if they were willing to make donations, which they generously did.

**Gary Havard**, MCC vice president, is a member of the masons and he asked his lodge if they would be willing to make a donation, which they kindly did. A fantastic grand total of **£3,050.00** was raised for our branch.



**Chloe Edwards** from Rayleigh, whose Dad Tony died of MND, nominated our branch to receive a **£1,000** donation from **John Lewis's Community Matters** programme at the Chelmsford branch where she works.



Big thanks to **Rayleigh Lions club** who donated **£1000** to help us fund the pantomime tickets.

All these donations really help us to support folks living locally with MND and contribute to research.



**Molly** and **Claire Fox** are doing a **skydive** on 7th September raising money for us. [Molly Fox is fundraising for Motor Neurone Disease Association \(justgiving.com\)](http://www.justgiving.com)



We've also just received over **£2000** from **Westcliff High School for Boys**. They nominated us as their charity of the year and the pupils have been raising money throughout the last academic year.

## NEW EVENTS

### Restaurant Night

Great night out at Chinese restaurant **Zen City**, Hamlet Court Road, Southend on **Wednesday 1st November**  
3 course meal, £20 pp. Raffle prizes.  
If you're interested, please contact Debbie  
[rowananddebbie@btinternet.com](mailto:rowananddebbie@btinternet.com)



### Eastwood Lions' Quiz night

**Sheila Ball** is organising a Quiz night on **Friday 13th October at 7:30pm** at the Memorial Hall, High street, Canvey Island.  
Teams of 8 - £5 per head.  
A raffle will be held.



### Christmas Panto

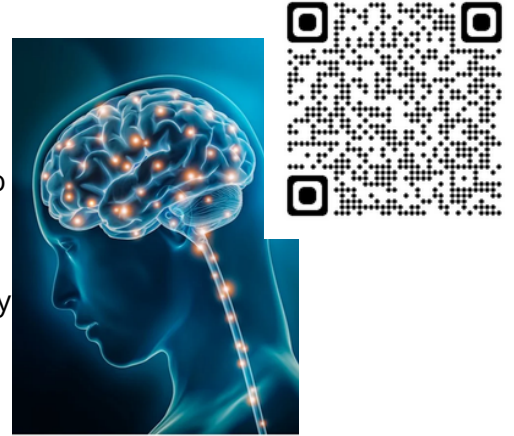
The Cliffs Pavillion will present Peter Pan with Judge Rinder and Joe Pasquale this Christmas. We have already secured some seats for the matinee on **Wednesday 13th December** which we would like to give to people living with MND and their carers in our area. We have 16 places and 2 wheelchair spaces left. Please make yourself known if you're interested and contact Pat  
[sessexmnd.pya@gmail.com](mailto:sessexmnd.pya@gmail.com)



# Research Update

## Replacement Motor Neurones could restore muscle function in MND

Researchers from University College London have been able to use replacement motor neurones in mice with nerve injuries. These replacement motor neurones can then be activated by light and improve muscle function. Researchers found that the replacement motor neurones needed regular activation with the light to help start to improve muscle function. This research suggests that damaged motor neurones can be bypassed, and muscles can be activated by using replacement motor neurones. The researchers state there are still many challenges to overcome before this approach could be used in people with MND, including whether attaching the replacement motor neurones would work with human motor neurones.



## Additional results for CNM-Au8 arm

Clene Nanomedicine has announced additional results from the HEALEY Platform trial. A statistically significant reduction of a marker of nerve damage, called neurofilament light chain (NfL), was observed for those who received 24-weeks of treatment with CNM-Au8 compared to placebo. The reduction in NfL may indicate a possible reduction in nerve damage. However, comparisons to baseline levels (at the start of the trial) of NfL have not been reported. Previous results from the CNM-Au8 trials have also highlighted a potential survival benefit for those taking the drug compared to placebo. Further analysis of NfL, other biomarkers and long-term survival are underway.

## MEET UP?

### South East Region

### Carers' Coffee and Chat

Evenings: Last Wednesday of the month via Zoom 6.30pm.

27th September/25th October/29th November/ 27th December/ 31st January

Daytime: 1st Tuesday of the month via Zoom 11am

3rd October/ 7th November/

5th December/ 2nd January

Please contact Justine for details  
justine.cox@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.

15th September/20th October/ 17th November /

15th December/ 19th January

Please contact Justine for details  
justine.cox@mndassociation.org

## Meeting Dates

Drop in meetings 2-4pm

The hospices kindly let us use their lovely rooms for our get togethers. Chat and make friends. We will supply the food and drinks.

**Fair Havens Hospice**

**St Luke's Hospice**

Friday 6th October - Fair Havens

Saturday 4th November - St Luke's

Friday 1st December - Fair Havens

Please contact Pat for  
more information

sessexmnd.pya@gmail.com

## South East Region Peer Support Group

3rd Tuesday of the month via Zoom 11am.

19th September/17th October/ 21st November/

19th December /16th January

Please contact Justine for details  
justine.cox@mndassociation.org



## Christmas Cards and Puddings

Christmas cards £2 a pack of 10

Christmas Puddings, Small £2.50, Medium £6.50, Large £11

Please contact Michelle for purchase mich.shabi@gmail.com



**Pat Ahlquist**

Branch Contact

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**Justine Cox**

Area Support coordinator

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## 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

**Gill Gibson** : committee

**Barry Mizen** : web master/committee

### Association Visitors

**Pat Ahlquist** : branch contact

**Gill Gibson**

**Barry Mizen**

**Area Support Coordinator**

**Justine Cox**