

## **Christmas Lunch & Pantomime**

During December MND South Essex hosted two events. The first was Christmas lunch held at Waves in Southend. 40 people attended and the food was delicious. The two waitresses worked very hard but with forty people and only two of them the service was rather protracted.

25 people attended the pantomime at Cliffs Pavilion, Southend. This year's pantomime was Aladdin which included the dance troupe Diversity lead by Ashley Banjo



**[STAMP OUT MND – Used Stamp & Currency Appeal](http://www.stampoutmnd.co.uk)**  
**[www.stampoutmnd.co.uk](http://www.stampoutmnd.co.uk)** are collecting stamps & currency to  
raise funds for MNDA.

The website explains where stamps, etc can be  
sent including free postage.

# FUTURE EVENTS

## MND SOUTH ESSEX BRANCH AGM – SATURDAY 9<sup>TH</sup> MARCH

- This years AGM will be held at 12:30pm in the dining room in the day centre at St Luke's Hospice, Basildon followed by a light lunch. Please inform Debbie Darke if you are planning to attend so that we know how many to cater for – 01702 219913 or [rowananddebbie@btinternet.com](mailto:rowananddebbie@btinternet.com)  
**We are also able to provide transport if it is required**
- From 10am-4pm Hand & Foot massages will be given in the day. room and Flix Films will be giving virtual reality experiences in the dining room. Priority will be given to those living with MND and their carers. Pre-booking is essential so please contact Sandy Lambert – 01702 305759 or [sessexmnd.sel@gmail.com](mailto:sessexmnd.sel@gmail.com)
- Members may put themselves forward to become a committee member - please contact Debbie Darke to register your interest.

## In Memory of John Scowen



Come join us for a night of Dinner and Dancing  
Raising money for the  
Motor Neurone Disease Association

Date: Friday 12 April 2019

Time: 7pm – midnight

Orsett Hall, Prince Charles Ave, RM16 3HS

Dress Code: Black Tie



**Ticket Price: £55**

What your ticket includes: Prosecco on arrival, a three course dinner with half a bottle of wine, live entertainment, opportunity to take part in the raffle and other activities and dancing until midnight!

How to book a ticket:

To book a ticket please contact Sophie via email [sophieuni@hotmail.co.uk](mailto:sophieuni@hotmail.co.uk)

Tables are seated in groups of ten so if you want to sit together please book together by emailing your names and email addresses to Sophie. If you do not book together we cannot guarantee that you will be on the same table.

We look forward to seeing you and raising as much money as we can for families like ours!

Love Jane, Sarah and Sophie XXX

# Future Events & News

## SOUTHEND WALK TO D'FEET

### MND – SUNDAY 19<sup>TH</sup> MAY

MND South Essex Branch are holding their annual sponsored walk on 19<sup>th</sup> May 2019 starting at Leigh-On-Sea and walking along the seafront towards Thorpe Bay distances vary from 1.5 miles to 10 miles

**Please contact Sandy Lambert for registration forms & sponsor forms**

**Or download the forms from**

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

## Chinese Meal – 27<sup>th</sup> March

MND South Essex Branch are holding their next fundraising dinner at Zen City in Hamlet Court Road, Westcliff. The cost is £15 per head.

Please contact Debbie Darke if you want to attend:

01702 219913

[rowananddebbie@btinternet.com](mailto:rowananddebbie@btinternet.com)

## WWW.EASYFUNDRAISING.ORG.UK

Did you know that donations can be made to MND South Essex Branch whilst shopping online via:

[www.easyfundraising.org.uk/causes/mndsthessex](http://www.easyfundraising.org.uk/causes/mndsthessex)

## DONATIONS & FUNDRAISING

### Donations

Gillian Trevelyan.....	£30
Hilary Barry .....	£60
P O Main Rd Hawkwell (tin collection).....	£79.30
Tin Collection.....	£26
Canvey Methodist Wives Club.....	£160

### Tribute Funds

Dr Alex Moon .....	£220
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### In Memoriam

D E Noble .....	£60
In Memory of Janet Caines .....	£298
In Memory of Mrs Smith .....	£90
In Memory of K Battersby .....	£20
In Memory of RC .....	£1,079
In Memory of MW .....	£1,670
In Memory of PP .....	£130

### Fundraising

Indian Charity Meal .....	£1,715
Sale of Xmas cards & Puddings .....	£1,276.50
Walk to D'Feet .....	£230

Grateful thanks to  
all donors and fundraisers

## HOW IS YOUR FUNDRAISING USED?

During 2018 the MND South Essex Branch provided funds to those living with MND for a variety of reasons. These included:

**bathroom alterations; stair lift installations & rentals; quality of life grants as well as carers & young persons grants. Specialised equipment for home use, holistic treatments.** The funds were also used for our summer & Christmas lunches, and for tickets to the pantomime.

**Please contact Sandy Lambert so that she can explain the process for receiving practical support in a timely manner.**

# Dates, News and Contacts

## ACKNOWLEDGEMENTS

- The health and social care professionals who work with our people with MND
- The many donors and supporters of the Branch
- Mike Searle, for our website [www.mndsouthessex.org](http://www.mndsouthessex.org)
- St Luke's and Fair Havens hospices for their continuing care and hospitality
- Grant Flashman for printing and folding our newsletter

## Aims of the Association

- To provide care and support for people living with MND
- To promote scientific research and provide funding to specialists seeking to find treatments and ultimately a cure for this disease
- To speak on behalf of people with MND, demanding the best possible standards of care and campaigning locally and nationally
- To increase awareness of this disease

## Dates for your Diary

February 8 .....	2.30-4pm Drop in Fair Havens
March 5.....	2-3:30pm Drop-In Thurrock Garden Centre
March 9.....	12:30pm AGM St Luke's
March 9.....	10am-4pm Open Day St Luke's
March 27.....	7.30pm Chinese Night ZEN City, Westcliff
April 5.....	2.30pm-4pm Drop in Fair Havens
May 7 .....	2-3:30pm Drop-In Thurrock Garden Centre
May 19.....	Walk to D'Feet Leigh to Thorpe Bay
May 20.....	8-10pm Open Meeting St Lukes

Fair Havens Day Room  
Stuart House, Second Avenue  
Westcliff-on-Sea SS0 8HZ

St Luke's Hospice Day Room  
Nethermayne, Basildon SS16 5NJ

Thurrock Garden Centre  
South Ockendon RM15 6DU  
ZEN City  
123 Hamlet Court Road, Westcliff SS0 7EW

## WHO'S WHO IN THE BRANCH

### THE COMMITTEE

CHAIR.....	PETER JAMISON
VICE CHAIR .....	SANDY LAMBERT
TREASURER.....	ROWAN HARVEY
SECRETARY .....	DEBBIE DARKE
PUBLICITY.....	KEVIN WATTS
COMMUNICATIONS.....	LISA GALLAGHER
COMMITTEE MEMBER.....	LIANE ILES
COMMITTEE MEMBER.....	SUSAN NASH

### ASSOCIATION VISITORS:

SANDY LAMBERT  
LIANE ILES

REGIONAL CARE &  
DEVELOPMENT ADVISER ..... LIZ PYBUS

FACEBOOK: MND SOUTH ESSEX BRANCH

TWITTER: @MNDASESSEX

[WWW.MNDSOUTHESSEX.ORG](http://WWW.MNDSOUTHESSEX.ORG)

CONTACT NUMBER: 07835 509648

EMAIL: [SESSEXMND.SEL@GMAIL.COM](mailto:SESSEXMND.SEL@GMAIL.COM)

**mndconnect**  
**0808 8026262**  
[mndconnect@mndassociation.org](mailto:mndconnect@mndassociation.org)