

## **BRANCH NEWS**

### **Changes to the Support Team**

**Pat Ahlquist** – we are delighted that she has agreed to become an **Association Visitor (AV)** Many of you will have known Dr Pat as the Palliative Care Consultant at Fairhavens & Southend Hospital. She retired from that role in November and will shortly be joining Sandy Lambert & Liane Iles as an AV in South Essex. She will be a great asset.

**Carmen Brown** – following reorganization at National Office, Liz Pybus left her role as Regional Care & Development Adviser to work in her local hospice. We welcome Carmen to the new role of **Area Support Coordinator (ASC)**. Her role is to support volunteer teams across Essex & Hertfordshire. To that end she is setting up virtual Zoom meetings for us during this difficult Covid times.

**Sarah Frankish** – our apologies to those of you who have been trying to contact our co-ordinator, Sarah. She returned to her native New Zealand before lockdown. We do not know whether she will be returning. Until she returns, or a replacement is appointed, **Andrea Stennett** has agreed to give the branch some cover on a part-time basis. Andrea can be contacted at [a.stennett@nhs.net](mailto:a.stennett@nhs.net) MND Connect can also be contacted on 0808 802 6262

### **Changes to Drop-In Meetings**

Due to Covid we have had to cancel our usual drop-in meetings at Fairhavens, Thurrock Garden Centre, and St Lukes/ and the new venue at the White House in Thundersley. We are piloting virtual Zoom meetings via the internet so that you can make a drink & sit in the comfort of your own home and enjoy some company. Whilst not everyone has internet access it is hoped that enough of you will join us to make an interesting afternoon. We have set two dates for these trials:

**Friday 7th August – drop-in between 2:30-4pm**

**Tuesday 1st Sept – drop-in between 2:30-4pm**

If you would like to join us please contact Sandy at [sessexmnd.sel@gmail.com](mailto:sessexmnd.sel@gmail.com) and she will send you a link to the meeting.

### **Changes to Support During Lockdown**

Volunteers during lockdown were asked to take on an additional role to telephone those living with MND once a month. We wanted to ensure that they were supported including receiving shopping & medication. We were able to obtain supermarket delivery slots and coordinated distanced practical support. We will continue with this support if it is required

# FUNDRAISING NEWS

## WALK TO D'FEET 2020

Covid-19 meant that this year the South Essex Branch Walk to D'Feet had to be cancelled. However, it did not stop some of our supporters organising their own, socially distancing, walk to raise much needed funds. If you would like to organise your own walk then please contact [sessexmnd.walk@gmail.com](mailto:sessexmnd.walk@gmail.com) and we will be happy to provide t-shirts, sponsor forms, route maps or even choose your own route.



Details of Walk to D'Feet 2021 will be released later this year.

## Making Masks



Many thanks to Ana-Marie Colvill & Julia Glover for making masks for hospitals & carers. Thank you to everyone who donated material, elastic & cotton reels. They have raised over £530 including a donation from Chancery Lawyers.

## Belfairs Church Coffee Morning

Belfairs Church Coffee Morning raising funds for MND South Essex Branch



## Dinner Dance

Alex and Dan hosted an ORANGE and BLUE in HONOUR of You Dinner and Dance for their grandad, Charlie Marden. Everyone had a fantastic night and the event raised £1,854.02.



During these difficult times please donate at our Covid-19 Just Giving page

[justgiving.com/mndsouthessexcovid-19appeal](https://justgiving.com/mndsouthessexcovid-19appeal)



## DONATIONS & FUNDRAISING FOR June 2020

Donations and Fund Raising	
Belfairs Coffee Morning	£300.00
Ballards Golf Club	£1,733.00
Anna Colvill	£530.00
Louisa Colvill	£255.00
In Memoriam	£90.25
David Watts	£99.00
Tin Collections	£64.09
Gillian Trevelyan	£10.00
Bank Interest	£5.81

Grateful thanks to all donors and fundraisers

## Donation



£500 was donated by Compcro Fire Systems, a company based in Worcester, who are clients of Joe Reilly. Rowan Harvey from MND South Essex Branch met with Joe, his wife Alison and daughter and son-in-law last week, where Joe presented us with a cheque. Huge thanks to Compcro for their donation.

## Open Meeting - New Format is a Success!

In January we trialled a new style Open Meeting at a new venue, The White House in Benfleet. The style was a social event where friends & family were welcome. It was well attended with savoury & sweet refreshments and the odd glass of wine were available! The opinion was that it was a huge success. "The venue was perfect and it was lovely to see everyone that attended having a chat whilst enjoying listening to 'Electric Bill' play some wonderful back ground music" The format will be repeated once it is safe to do so.



Condolences to the family of Jerry Gibson from MND South Essex Branch. Jerry and his wife, Gill, will be remembered by the support they gave to the branch, and through the fundraising efforts of their friends.

## Support After Loss

Essex Wide: Support after Loss-virtual peer support group for bereaved carers.

**Monday 10<sup>th</sup> August - 11:00am-12:30**

Carmen Brown is hosting a ZOOM meeting for bereaved carers who looked after a loved one with MND in Essex. This group will provide the opportunity for you to socialise & connect with others who are also coping with loss.

This will very much offer a light touch approach to supporting carers through their grief

For some people, particularly those who are recently bereaved, attending a virtual group may be too much too soon.

For further information, to have an informal chat or for joining details, please contact Carmen Brown  
[carmen.brown@mndassociation.org](mailto:carmen.brown@mndassociation.org)

## 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)
- Grant Flashman for printing and folding our newsletter



### **Xmas Puds & Cards**

Contact Sandy if you want to order puds &/or cards for delivery by mid-November.

2lb Pud - £10

1lb Pud - £5

Individual - £2

## Newsletter

Please inform Sandy Lambert if you are happy to receive an electronic copy of our regular newsletter

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

### Peabody Trust

Peabody Trust provides care, support & advice to help access services & benefits

0800 28 888 83

[peabody.org.uk/essex](http://peabody.org.uk/essex)

## Dates for your Diary

Aug 7 .....	2:30-4pm Drop-In
	ZOOM Meeting
Aug 10.....	11am-12:30 Support after Loss
	ZOOM Meeting
Sept 1.....	2:30-4pm Drop-In
	ZOOM Meeting

For details of the ZOOM Meetings contact Sandy Lambert  
[sessexmnd.sel@gmail.com](mailto:sessexmnd.sel@gmail.com)

### Useful MND Contacts

Benefits Advice .....[mndassociation.org/benefits](http://mndassociation.org/benefits)  
0808 801 0620

Support .....[mndassociation.org/mndconnect](http://mndassociation.org/mndconnect)  
0808 802 6262..

Information .....[mndassociation.org/information](http://mndassociation.org/information)

Financial Grants .....[mndassociation.org/grants](http://mndassociation.org/grants)

Local Support .....[mndassociation.org/branches](http://mndassociation.org/branches)

### **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 Visitor	Sandy Lambert Liane Iles Pat Ahlquist
Area Support Coordinator	Carmen Brown

Facebook: MND Association South Essex Branch

Twitter: @mndasessex

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

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