

## An AGM like virtually no other!

It was an AGM with a difference when we held this annual Branch event in March. Peter writes about the experiences:

'We sky dived, skied, swam with dolphins, travelled round the world and watched the Northern Lights. When it got too much there were soothing and relaxing massages.

'Nearly all of us were able to enjoy the virtual reality experiences that had been arranged and there was laughter, shouts of fun and yes, tears. All of this was supplemented with ever flowing teas and coffee and with posh biscuits and cake.

'We even had a little spare time to hold the meeting and enjoy the M&S buffet. (Other buffet providers are available).

'There's a lovely video posted on Youtube by the virtual reality provider on the day, Leon of Flix Films, who was amazing. You can see it at <https://www.youtube.com/watch?v=qoYgpVHsexl>



A whole new experience of the AGM!

### Walk to d'Feet

Don't miss out on our fundraising event of the year. This year's walk will be on 20 May and we look forward to meeting again faithful friends of the Branch and their families and getting to know new ones.

For registration and sponsor information contact Debbie Tel: 01702-219913 or email [rowananddebbie@btinternet.com](mailto:rowananddebbie@btinternet.com)



Gift aid can be claimed by all tax payers and is worth an extra 25% on money donated. It is essential that those who pay tax state their name as on their passports or tax forms – no abbreviations – also their home addresses, not places of work or company names.

### Important news about your data

After May 25 2018, because of new Data Protection regulations people who are not members of the Association will have to let us know if they still wish to receive the newsletter.

This can be by letter to Maura at 9 St Clements Drive SS9 3BJ or email [maura@mndsouthessex.org](mailto:maura@mndsouthessex.org) or by text or WhatsApp on 07940-618658.

# Fundraising news ...

## The Big Half

On Sunday 4 March, Bradley Marden and Mitch Siggers ran in the first ever BIG HALF. They ran for 'Team Charlie' in memory of Bradley's Grandad, Charlie Marden.

The Big Half is a half marathon, which is 13.1 miles and started at Tower Bridge and finished in Greenwich, we watched the boys pass through the boroughs of Southwark, Tower Hamlets, Lewisham and Greenwich.

Mitch completed the run in 1:57:25 and Brad in 2:07:50 both good times, but not quite fast enough to catch Mo Farah who won the race in 1:01:40.

However most importantly, the boys' raised £857.00 for MND!



Mitch and Brad running for MND – thanks both!

## DONATIONS & FUNDRAISING

### Donations

Gillian Trevelyan .....	£20.00
Sandy Lambert.....	£250.00
Denise Calder.....	£20.00
PO Main Rd Hawkwell tin.....	£67.70
ESW tin.....	£31.00
Dorothy & Ted Jones .....	£5.00
Mrs P Bailey (Canvey Wives).....	£10.00
Ecko Sports & Social tin .....	£25.83
Golden Lion tin .....	£102.20

### Tribute Funds

P A Stubbs .....	£20.00
Dr Alex Moon .....	£100.00

### In memoriam

Hilary Barry.....	£80.00
D E Noble.....	£40.00
Dorothy Hathorn.....	£1,620.00
William Clark.....	£160.00
John Brown .....	£493.19

### Fundraising

Walk to D'Feet.....	£147.00
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Grateful thanks to all donors and fundraisers

## Dressing up for Team Charlie

Some of Team Charlie are doing the Triathlon and started their fundraising for MND and Parkinson's disease by holding an 80s night. There were prizes for the best fancy dress. A sweepstake was also arranged to predict the outcome of the last Anthony Joshua fight. Other events will be held in to raise further funds for both these worthy causes.



## 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

## ... and more fundraising news

### Lewis runs the London marathon

On Sunday 22 April, Lewis Banks ran the London marathon. He too ran for MND and ran for his grandad, Charlie Marden. Before the event, Lewis said:

My grandad was such an active man; watching him battle this devastating illness was so hard for me and my family, but together we are determined to remember the good times and do all we can to try and help other people with MND. Running the London Marathon is going to be hard for me, but nothing compared to what my grandad went through.

Lewis ran the Marathon in 6:26:30 and has raised £3,202.60 for the fight against MND.



An amazing achievement – well done Lewis!

### Summer lunch with a special guest

This will be held at 12.15pm on Saturday 21 July at Wat Tyler Country Park Pitsea.

This will be free for people with MND, a spouse or carer and healthcare professionals. Other friends and family are also very welcome to come by paying for their lunch.

Special guest is MNDA Director of Research, Dr Brian Dickie who will give a talk after lunch about the latest developments in research.

Dr Dickie is a talented speaker who can present complicated scientific and medical terms in an entertaining and easily-understood manner.

Numbers are limited so it is important to let Sandy know if you wish to attend by the end of June. Tel 01702-305759 or send an email to [sessexmnd.sel@gmail.com](mailto:sessexmnd.sel@gmail.com)



Dr Brian Dickie, guest at this year's summer lunch

### Record breaking at Zen City!

We held our annual Charity Chinese meal at Zen City on Tuesday 17th April and the demand was such that we took over the whole restaurant. There were 121 revellers who between them raised a massive £1,495, which again was the most money we have raised at a charity meal. A very big thank you from the Branch Committee to all those that came along to support us.



Thank you to everyone who came to Zen city and helped us to raise our highest total for a charity meal!

# Events, 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

## Dates for your diary

<b>May 20</b> .....	<b>Walk to d'Feet</b>
May 21 .....	8–10pm open meeting St Luke's
June 1 .....	2.30–4pm drop-in Fair Havens
July 3 .....	2–3.30pm drop-in Thurrock Garden Centre
August 3 .....	2.30–4pm drop-in Fair Havens
September 4 .....	2–3.30pm drop-in Thurrock Garden Centre
September 17 .....	8–10pm open meeting St Luke's
October 5 .....	2.30–4pm drop-in Fair Havens
October 16 .....	7.20pm curry night Tandoori Parlour, Thundersley
November 6 .....	2–3.30pm drop-in Thurrock Garden Centre
November 19 .....	8–10pm open meeting St Luke's

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

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

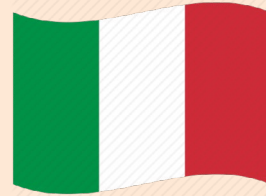
Thurrock Garden Centre  
South Ockendon RM15 6DU

Tandoori Parlour  
61–63 Hart Road, Thundersley SS7 3PB

## Looking for a venue

We are looking to host an Italian night in August and are currently trying to find a suitably priced and located Italian restaurant.

Please keep an eye out for more information on this event on Facebook and our other social media channels because places may be limited. Italian restaurants in this area are not so roomy as our Chinese and Indian venues!



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

## WHO'S WHO IN THE BRANCH

### THE COMMITTEE

CHAIR .....	PETER JAMISON
VICE CHAIR .....	SANDY LAMBERT
TREASURER .....	ROWAN HARVEY
SECRETARY .....	DEBBIE DARKE
PUBLICITY .....	KEVIN WATTS

### ASSOCIATION VISITORS:

MAURA IRWIN  
SANDY LAMBERT

BRANCH CONTACT .....

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

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7.00 PM – 10.30 PM  
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TWITTER: @MNDASSOC