

Southend Walk to d'feet MND

Sunday 19th May 2019 is the date for this year's **Walk to d'feet**. Set your own challenge from 1.5 miles- 10 miles. The sponsored walk takes place from the sea wall behind Leigh-On-Sea station to the Toby Carvery at Thorpe Bay, and back. The route is wheelchair friendly. As an incentive delicious cake is available at the end of the walk! Since 2005 Southend has raised over £200k please help us to raise more funds to support local people living with MND. Registration information can be found at www.mndsouthessex.org or call Sandy Lambert on 01702 305759



Summer Lunch – Saturday 15th June 2019

You are invited to join us for the South Essex Branch MND Summer Lunch at Wat Tyler in Pitsea. It is free of charge for those living with MND and a companion, and for the health care professionals who treat them. Our Speaker this year will be Dr Jemeen Sreedharan, he sees patients in the MND clinic at King's College Hospital which allows him to combine his clinical role with his research interests.

Unfortunately, the Noble Room is unavailable this year due to a fire so we will be in the **Carstairs Room in the Green Centre**, 200 yards before the Wat Tyler Centre. Although the room is rather "corporate", it has adequate parking and good wheelchair facilities. The menu has been chosen so that most items on the buffet are easy to swallow. Please let us know any special dietary requirements if you are planning to attend.

Pre-booking is essential – please contact Sandy Lambert sessexmnd.sel@gmail.com , 01702 305759 or 07742 943472

AGM – 9TH March 2019



South Essex Branch's AGM was held at St Luke's Hospice and was attended by over 20 people – those living with MND, their carers & members of the committee. Peter Jamison, Chairman & Rowan Harvey, Treasurer gave their annual reports at the day-long event. It also included free massage and an opportunity to experience activities via virtual reality including snowboarding & swimming with dolphins. A light lunch was provided. Many thanks to Leon from Flix Films and the brilliant masseuses, Carol & Kathy

Chinese Meal – 27TH March



Over £1,420 was raised at Zen City, Westcliff when 125 people supported MND South Essex Branch. As well as delicious Chinese food there were 21 raffle prizes – many thanks for the kind donation and to the staff at Zen City.

Dinner/Dance – 12TH April



110 people came to the fundraiser organized in memory of John Scowen by his daughter, Sophie at Orsett Hall. £3,126 was raised which included auctioning a signed England cricket bat and a raffle.

Ladies Golf Captain Charity of the Year



Ballards Gore Golf Club Ladies Captain, Ann Dutton hosted a "Drive Off" in April to launch her support of MND South Essex Branch for a year. This event raised £888 and many more are planned over the year including a nominated bunker with a £1 penalty. Ann explained the reason she chose us was because her friend Gerry Gibson is living with MND

10th/11th May – 24hr Charity Event

Rayleigh Lanes Sports Bar (SS6 7EJ) is the venue for a 24 hour sponsored event for snooker, pool & darts.

MND South Essex Branch is one of the charities that will benefit from this event in memory of Terry Shabi.

It starts at 8pm on Friday 10th May and the event includes guest appearances throughout the night, live entertainment for the finishing party and a raffle.

Contact Peter Ward for more information:
07734 216969 peter2612@icloud.com

11th May – Quiz Night

7pm at War Memorial Hall, High Street, Canvey SS8 7RB

Bring your own drinks & nibbles – prizes galore in the raffle.

£5 per person - 8-10 people per table. All proceeds to MND South Essex Branch

Contact Sheila: 01268 692230

Do You Have a Caring Role For Someone at Home?

Carers living in Essex can get funding for respite care/additional support to make their lives easier, computer training, adult education..... An **Essex Carers** initiative is aimed at improving the lives of people that give up their time to care for a loved one, partner, relation or friend. The innovated project funded by the National Lottery & European Social Fund is designed to help carers develop new skills, gain training & qualifications, and become more confident. Carers need to be either unemployed or economically inactive, and produce photographic ID together with proof that they have the right to work in the UK.

For more information contact:
Frazer.clark@4sx.org.uk 07549 293762
www.essexcarers.co.uk

DONATIONS & FUNDRAISING

Donations

| | |
|---|--------|
| Gillian Trevelyan..... | £20 |
| Lee Bennett (tin collection)..... | £33.90 |
| Harry Burridge's 80 th Birthday..... | £312 |
| Hadleigh Lions Club..... | £1,000 |
| Benfleet Motor Boat & Yacht Club..... | £84.60 |
| Panto Tickets Donations..... | £250 |
| Xmas Meal Contributions..... | £98 |
| Sue Nash..... | £10 |
| Sale of Knitware..... | £29 |
| Anchor Pub (tin collection)..... | £39.70 |
| St Aidan's Church..... | £25 |
| Benfleet Rotary Club..... | £250 |
| Alan Clark..... | £500 |
| Estuary Club Leigh..... | £126 |
| Christine Dartnell..... | £51 |

In Memoriam

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| D E Noble | £60 |
| In Memory of Hayley Collyer | £500 |
| In Memory of MG | £130 |

Fundraising

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| Chinese Charity Meal | £1,443,10 |
| Sale of Xmas cards & Puddings | £5 |

Grateful thanks to
all donors and fundraisers

STAMP OUT MND

Used Stamp & Currency Appeal

www.stampoutmnd.co.uk are collecting stamps & currency to raise funds for MNDA. The website explains where stamps, etc can be sent.

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

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
- 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

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| 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 |
| June 7 | 2:30-4pm Drop-In | Fairhavens |
| June 15 | Summer Lunch | Wat Tyler |
| July 2 | 2-3:30pm Drop-In | Thurrock Garden Centre |
| July 15 | 8-10pm Open Meeting | St Lukes |
| August 2 | 2:30-4pm Drop-In | Fairhaven |

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

The Carstairs Room, The Green Centre, Wat Tyler Park, Pitsea Hall Lane SS16 4UH

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

Regional Care & Development Adviser Liz Pybus

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