

MNDA 40th Anniversary Garden Party

Boughton House in Northamptonshire was the venue for the garden party on 21st June to celebrate the 40th Anniversary of MNDA which coincided with MND Global Awareness Day. 250 people were invited to say thank you - volunteers and fundraisers from across the UK and also those living with MND. South Essex Branch were represented by Sandy Lambert, Rowan Harvey & Debbie Darke. The day included a welcome from CEO Sally Light and a presentation by Professor Ammar Al-Chalabi on MND research. He gave a truly memorable presentation with a message that left the attendees wish for a world free of MND is coming a little closer. The day continued with a lovely buffet and our branch members were introduced to the Hawking family including Stephen's wife Jane, and their daughter Lucy. The day finished with the attendees forming a 40 for the official photograph.



SUMMER LUNCH – WAT TYLER PARK

MND South Essex Branch held their annual lunch in June. This year's speaker was Dr. Jemeen Sreedharan who is researching genetic engineering in connection with MND at Kings College London. 40 people attended and enjoyed a buffet lunch. We would like to thank Carers Choices who kindly picked up some of our wheelchair users

AUCTION OF STAMP COLLECTION

Mr Froome donated his late wife's stamp collection to MND South Essex Branch as his wife was diagnosed with MND. The 16 album's contained stamps from Commonwealth countries. The committee decided to take them to Stacey's Auction in Rayleigh – though not all the albums sold £2,377.60 was raised. The remaining albums are being auctioned by Stanley Gibbons this September.

WALK to D'FEET – MAY 2019



Over 200 people took part in this year's Walk to D'Feet for South Essex Branch. Chairman Peter Jamison commented that it was really touching to see families & friends walking for MND. So far the amount raised is over £10,460. Please send in your sponsor money ASAP if you are still collecting.

London Marathon 2019



Trevor Hathorn presented South Essex Branch with a cheque for the amount he raised in sponsorship after completing the 2019 London Marathon in memory of his mum, Dorothy. The branch has received £2,318.32

24hr SNOOKERTHON



During May Peter Ward organized a 24hr Snookerthon at Rayleigh Lanes. He presented South Essex Branch with a cheque for £4,750. Professional snooker player, Stuart Bingham took part as he lost his father-in-law to MND

27th September – Quiz Night

- 7:30pm at Great Waking Primary School, High Street, SS3 0EJ
- Bring your own drinks & nibbles
- £5 per person – max 10 people per table

Contact Alex: 07530 991719 adarke95@hotmail.com.

Contact Dan: 07712 231246 danielhall@talktalk.net.

WYVERN COMMUNITY TRANSPORT

Wyvern offer a variety of reasonably priced transport options to those living in Castle Point or Rochford areas. Membership is free but registration is required. Contact:

Castle Point – 01268 754936

Rochford – 01268 753513



London Marathon 2020

Team Charlie have been selected by MNDA to run the London Marathon next year and have to raise a certain amount before the event. Alex Darke & Dan Hall raised £1,070 at an Indian Night at Café Masala in Thorpe Bay with family & friends. They also hooked up with Clink in Leigh to host their own tasting evening in Great Waking. £833 was raised while family & friends enjoyed 9 tastings of Clinks unique blends followed by cocktails then port & cheese. The evening concluded with singing & dancing! Their next event is a Quiz Night on 27th Sept. Team Charlie are an established group raising many thousands of pounds in memory of Charlie Marden

DONATIONS & FUNDRAISING

	Donations
Gillian Trevelyan	£ 50.00
White Hart (tin collection)	£ 35.36
Hilary Barry	£ 120.00
Hadleigh Floral Group	£ 55.00
Miss P Spendlove	£ 50.00
Eastwood Lions	£ 500.00
Mr Froome (Stamp Collection Auction)	£2,377.60
Mrs G Hudders	£ 10.00
Z B News (tin collection)	£ 43.29
Ann & Peter Peake	£ 20.00
Ruchi Nanda	£ 100.00
EKCO Club (tin collection)	£ 16.28
Golden Lion, Rochford (tin collection)	£ 100.70
PO Hawkwell (tin collection)	£ 68.36
The Castle (tin collection)	£ 70.00
Rainbow Cleaners (tin collection)	£ 72.50
Zen City	£ 30.00
	In Memoriam
D E Noble	£ 80.00
	Tribute Fund
John Scowen (Dinner/Dance)	£1,918.67
	Fundraising
Essex Suffolk Water – various quiz nights	£1,010.00
Hadleigh Castle Rotary Trust – Quiz Night	£ 319.00
Daniel Watts – Silence Speaks	£ 515.00
Sheila Watts – Quiz Night	£ 805.00
John Plummer – Coffee Morning	£ 300.00
Trevor Hathorn – London Marathon	£2,318.32
Leigh Street Collection	£ 175.50
Snookerthon	£4,750.00
Walk to D'Feet 2108	£ 270.00
Walk to D'Feet 2019 – Bucket Collection	£ 851.00
Walk to D'Feet 2019	£9,610.84

Grateful thanks to all donors and fundraisers

MNDA 40th Anniversary

Oxo Tower Wharf, London are hosting a Tea Party on Sunday 6th October as part of MNDA 40th Anniversary which also includes their Art Beyond Limits exhibition at the same location from 2nd-6th Oct – both are free events. Also on 4th & 6th Oct 12:30-13:30 is a research talk by Director of Research Development, Dr Brian Dickie. Book your free place at:
drbriandickietalksmnd.eventbrite.co.uk

Charity Indian Meal

MND South Essex Branch are returning to **Tandoori Parlour, Thundersley on Tuesday 22nd October**. If you would like to join us at this fundraising event then contact Sandy Lambert. If you could donate a raffle prize then please let Sandy know:

01702 305759 or 07742 943472
sessexmnd.sel@gmail.com

Musical Evening in Aid of MNDA

The Gordon Craig Theatre in Stevenage are presenting a West End Gala on Sunday 3rd November at 7pm. Tickets are available from www.gordon-craig.co.uk

During the concert there will be a remembrance section and if you have lost a loved one to MND then they can be included by sending a photo and their name to nell@nellrutherford.com

Christmas Lunch & Matinee Pantomime

This year's Christmas lunch & pantomime will be on Monday 16th December at Cliffs Pavilion, Southend. Please contact Sandy Lambert by 14th October if you would like to attend the lunch and to see the pantomime, or just come to one of the events. Please inform Sandy if you need transport to Cliffs Pavilion.

01702 305759 or 07742 943472
sessexmnd.sel@gmail.com

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

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

Sept 16.....	8-10pm Open Meeting	St Lukes
Sept 27.....	7:30-10:30pm Quiz Night	Great Wakering Primary School
Oct 4.....	2:30-4pm Drop-In	Fairhavens
Oct 6.....	2-4pm MND 40 th Anniversary Tea Party	OXO Tower Wharf, London
Oct 22.....	7:30-10:30pm Indian Charity Meal	Tandoori Parlour, Thundersley
Nov 3.....	7-10:30pm Musical Evening in Aid of MNDA	Gordon Craig Theatre, Stevenage
Nov 5.....	2-3:30pm Drop-In	Thurrock Garden Centre
Nov 18	8-10pm Open Meeting	St Lukes
Dec 6	2:30-4pm Drop-In	Fairhaven
Dec 16.....	Christmas Lunch & Matinee Pantomime	Cliffs Pavilion, Southend

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

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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