

## Christmas carol success

**O**n 6 December last year The Queens Theatre staged a carol concert sponsored by Pinney Talfourd as part of their year's fundraising for Motor Neurone Disease Association.

The event was a complete sell-out and a huge success. Staff from Pinney Talfourd provided extra items of interest many linked to MND and were available to guide people in, and help in many ways.

The Dawn Singers from Hornchurch were excellent and we had audience participation and input from solo singers. The compere was most efficient and very entertaining.



Tunefully seasonal: The Dawn Singers

Mr Philip Cockram, Pinney Talfourd senior partner, spoke about the firm's commitment to MND and determination to raise funds for us, and Sue, our Chairman, legal executive, who works there, gave an informative synopsis of the effects of MND and how the Branch can give support to affected families.

There was a raffle with many prizes donated by local businesses and, again, Pinney Talfourd staff ran it with great humour and aplomb.

Mince pies tea and coffee were provided.

The amount raised (£1,600) was divided between our Branch and the theatre, which is a registered charity.

## Christmas lunch



Alan and Jean

Also towards the end of last year, people living with MND, spouses and carers were welcomed to Wat Tyler Country Park restaurant for a Christmas lunch on 8 December.

This was a good opportunity for people to meet others from other parts of the Branch area.

Sue writes: 'The settings were lovely and with heaps of parking, a clean and comfortable disabled loo there was nothing to moan

about. Moan? Us? Never! The food was lovely, the jokes in the crackers as corny as ever and we went away with big grins and full bellies.'

This may be a good time to put in your diary this year's date which will be on 19 December at the Cliffs Pavilion, Southend and will comprise lunch and pantomime. More details nearer the time.



Jerry and Jill

# Fundraising news

## Musical quiz fun



A musical memories quiz afternoon was held just before Christmas for the elderly clients of Pinney Talford and a hilarious time was had by all. £200 was raised just in that afternoon.

Thanks to Pinney Talford for all the hard work they are putting in to make us their charity of the year.

## Walk to d'Feet

Our annual sponsored walk is our biggest fundraiser. Last year we surpassed all our previous totals. Can we do another 'surpass' this year?

The walk starts in Old Leigh behind the station and continues along the seafront for 5 miles then back to Leigh, totalling 10 miles.

Any distance within that is acceptable (none too small) according to ability.

For sponsor forms, t-shirts etc. contact Sandy on 01702-305759.

## Belfairs Golf Club tees off for MND

It's great news that our Branch has been chosen as their charity of the year.

Many events have been planned and we look forward to the coming months.



## DONATIONS & FUNDRAISING

### Donations

Canvey Island Methodist wives club .....	£100.00
Gas Fellowship club (Southend).....	£1,000.00
Gillian Trevelyan .....	£20.00
Grange Club (tin collection) .....	£137.93
ZB News.....	£21.13
Ecko Sports and Social Club .....	£34.51
Eleanor Rolls – reindeer food.....	£47.10

### Tribute Funds

Dr Alex Moon .....	£285.00
P A Stubbs .....	£20.00

### In memoriam

Hilary Barry .....	£40.00
D Noble .....	£40.00
Co-op – Charlie Marden.....	£1,422.00
Lily Hutchinson – Charlie Marden.....	£50.00
A Passmore – Charlie Marden .....	£100.00
Ann Peake – Mary & Bill Pocock.....	£30.00
F Cribb & sons – Graham White.....	£888.11
F P Guiver – John William Scarle .....	£185.00
M Welland – Douglas Welland .....	£230.00

### Fundraising

Sale of Christmas cards and puddings.....	£531.00
Gift Aid .....	£206.25

Grateful thanks to all donors and fundraisers

## 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

# News from National Office

## Serving up new food and drink resource

A new resource and cookbook for people living with MND is being launched by the Association. It has been created in response to feedback from people living with MND and their carers.

The resulting guide will feature lots of photos, quotes and anecdotes, with a little humour along the way.

Kaye Stevens, Care Information Manager was delighted with the results.

'We've had lots of feedback and recipes from people with MND and their carers. The results were candid, revealing and full of good humour. We are incredibly

grateful to all the participants, and of course to Northampton College for acting as our hosts.'

Celebrity chefs, Prue Leith, Levi Roots and Dan Doherty have also donated recipes for the guide, along with featured dishes from experts and people with or affected by MND.

To pre-order a copy of the new guide please contact our helpline 0808 802 6262 or email: [mndconnect@mndassociation.org](mailto:mndconnect@mndassociation.org) You can also download publications at [www.mndassociation.org/publications](http://www.mndassociation.org/publications)

## Marathon couple

This is Laura and Clark Summers who are running the London Marathon on 23 April. Laura says: 'I'm Laura, age 40, from Chelmsford. I'm running the London Marathon 2017 through a golden bond charity place for Motor Neurone Disease Association. My husband, Clark, age 43, is also running the London Marathon and raising money for MNDA – he got a place through the ballot. We shan't be running it together as he's a faster runner than I am but I will look forward to seeing him at the end!

'We lost my beautiful Mum – mother-in-law, and my best friend on Christmas Day 2012 to this horrible disease. We both miss her incredibly and wanted to do a major fundraiser to support the charity and help sufferers and their families, just like ours.'



## The Ultimate Everleys

Thanks to the hard work done by Valerie Munchin a very enjoyable and successful night was held at Hadleigh Conservative Club.

The music was excellent and the atmosphere infectious.

Money raised totalled £1,480 for MND research at St Mary's Hospital which a friend of Valerie attends.

## Welcome to the Branch

A very warm welcome to Peter Jamison who has joined the committee. He will be a great asset to the Branch and has agreed to help us in all sorts of ways to raise both money and awareness for MND. He is a good friend of Rowan our treasurer and sadly has his own connection to MND.

He has attended two committee meetings and two open meetings so far, shares the chocolate biscuits at committee meetings and is good-humoured, passionate and enthusiastic about helping us. Welcome on board Peter!

## Formal Notification of South Essex AGM and call for nominations for the committee

Our AGM will again be in the Salvation Army building in Hadleigh on 15 March at 8pm. You are all cordially invited to attend.

Members may put themselves forward for the committee which involves being nominated and seconded. If you feel you can help in this way, please email Maura for a nomination form and further details.

Our guest speaker will be Chris James from National office who is Director of External Affairs. He will talk about the NICE guidelines and update us about the work of the Association and so forth.

As usual we will be providing light refreshments. Do come along and hear what the South Essex Branch is up to.

# Events, news and contacts

## Dates for your diary

March 7.....	2-3.30pm drop-in Thurrock Garden Centre
<b>March 15.....</b>	<b>AGM</b>
April 7.....	2.30-4pm drop-in Fair Havens
April 25.....	Chinese evening Zen City, Westcliff
May 2.....	2-3.30pm drop-in Thurrock Garden Centre
May 15.....	8-10pm open meeting St Luke's
<b>May 21.....</b>	<b>Walk to d'Feet</b>
June 2.....	2.30-4pm drop-in Fair Havens
June 28.....	12-3pm summer lunch Wat Tyler Centre, Pitsea
July 4th.....	2-3.30pm drop-in Thurrock Garden Centre
July 17.....	8-10pm open meeting St Luke's
March 7.....	2-3.30pm drop-in Fair Havens
September 5.....	2-3.30pm drop-in Thurrock Garden Centre
September 18.....	8-10pm open meeting St Luke's
October 6.....	2.30-4pm drop-in Fair Havens
October 17.....	7.20pm curry night Maharaja Benfleet
November 7.....	2-3.30pm drop-in Thurrock Garden Centre
November 20.....	8-10pm open meeting St Luke's
December 19.....	Christmas lunch and pantomime

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

### 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

### Come to Zen again!

On 25 April we hope you will be able to join us for an evening of excellent Chinese food and service at Zen City, Hamlet Court Road, Westcliff-on Sea.

Please let Sandy know by 10 April if you can come. Call her on 01702-305759.

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

### WHO'S WHO IN THE BRANCH

#### THE COMMITTEE

**CHAIR.....SUE NASH**  
**VICE CHAIR..... SANDY LAMBERT**  
**SECRETARY..... SHARON CLARK**  
**TREASURER..... ROWAN HARVEY**  
**PUBLICITY.....KEVIN WATTS**  
**PETER JAMISON**

#### ASSOCIATION VISITORS:

**LERE AKINYEMI**  
**DENISE CALDER**  
**MAURA IRWIN**  
**SANDY LAMBERT**

**BRANCH CONTACT..... MAURA IRWIN**  
**(01702-478661)**

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

**MND CONNECT 0808-802 6262**  
**MNDCONNECT@MNDASSOCIATION.ORG**  
**MON - FRI. 9.00 AM - 5.00 PM AND**  
**7.00 PM - 10.30 PM**  
**WWW.FACEBOOK.COM/MNDASOUTHESSEX**  
**TWITTER: @MNDASSOC**