

## Waking's Great Cocktail Crawl!

**O**n Saturday 30 September Waking landlords all joined together with Team Charlie to raise funds and awareness for MND. Debbie Darke has written about this fabulous event and shares the experience for us on behalf of Team Charlie.

'The evening was overwhelming and far exceeded all our expectations. Wristbands were sold to raise funds for MND. People were given a t-shirt to wear on the evening to help raise awareness. We sold 236 wristbands and Waking did us proud.

We have four pubs in our village, The White Hart, Exhibition, Castle and Anchor. Each one had their signature cocktail for MND that they sold at a reduced rate to wearers of wristbands. They all put on entertainment and games for the event. Each pub was decorated with balloons and banners and our village was awash with the MND colours of blue and orange with so many people in their t-shirts. The community spirit in our village was fantastic to see and we thank every single person who supported us in this event.

We started at 2.30pm, where one of our pubs provided family fun and games for the youngsters with a bouncy castle, games and a colouring competition. We then set off to our next stop for dinner and drinks with family and friends and that is how we spent the rest of the evening backwards and forwards between the venues.

All the venues were rammed. At certain times, you couldn't move. One landlord told us after that it was his second best night in 33 years as a publican.

We had two friends that kindly offered to pick family and friends up from the station and take them back again at the end of the evening for a donation which made £88.00. With raffles and other donations on the night we made a grand total of £5,275!

My niece Amy also put together a fundraising evening in The Old School, Great Waking two weeks before ours where she raised £1,100 by organising a quiz with side stalls, raffle and a reading of a short play that she had written about living with MND.

In March next year, two of my nephews, Bradley and Mitch are running the Big Half for MND and in April, another nephew Lewis is running the London Marathon for MND.

All this is done in memory of Charlie Marden, our husband, dad, grandad and we hope that the money we have raised and will continue to raise will go a little way to help other families that are living with MND.'



# Fundraising news

## Table sale

Sally, one of our lovely supporters has a wonderful selection of scarves, bags and jewellery at exceptionally reasonable prices. Once a year she sells from home and all proceeds are donated to MND south Essex.

This year's sale is taking place on Saturday 25 November from 2pm onwards. The house is on the corner of Pall Mall and Leigham Court Drive. There will be balloons and banners and lots of laughter. Get some early Christmas shopping done or buy something blingy for the quiz night later that evening

## Belfairs Golf Club

Belfairs golf club has kindly chosen us as their charity of the year and we were very excited to see an Elvis and Neil Diamond tribute night taking place on the 18th November.

We were going to promote this event but unfortunately it sold out in a matter of days. Thank you to all those involved in what looks to be an amazing night.

## DONATIONS & FUNDRAISING

### Donations

Gillian Trevelyan .....	£20.00
PO Main Rd Hawkwell (tin collection) .....	£52.90
Ecko Sports & Social (tin collection).....	£9.27
Exhibition PH .....	£32.75
Harrison Butchers (tin collection) .....	£25.38
ZB News (tin collection) .....	£19.52

### Tribute Funds

Dr Alex Moon .....	£100.00
PA Stubbs (tribute to G White) .....	£20.00

### In Memoriam Donations

Mrs S McGregor .....	£50.00
D E Noble.....	£40.00
F P Guiver-Ann Ashton .....	£398.34
Stibbards & Sons - Peter Denny .....	£583.00
Hilary Barry .....	£40.00
Philip Lush .....	£692.72

### Fundraising

Walk to D'Feet .....	£3,533.52
Lucie & Gabriella Coath bake sale.....	£37.00
Amanda Noir Nightrider cycle.....	£1,230.00

### Gift Aid

Nuclear walk.....	£116.31
Walk to D'Feet .....	£147.50

Grateful thanks to all donors and fundraisers

## Our wonderful walkers

We'd really like to thank all the teams and individuals who raised funds for Southend Walk to d'Feet 2017. These included teams walking as a tribute to the following people:

Murray Coath, John Colvil, Margaret Cox, Brenda Delventhal, Tania Denny, Ken Eagland, Tony Edwards, Marina Gale, Linda Jamison, Jean Lucas, Phillip Lush, Charlie Mardon, Andrew McAlister, Terry Shabi, Karen Smith, Beverley Storey and Laurie Turner

The participants included: Belfairs Golf Club, Team Gibson, Team Lambert, M Roberts & Co., Us Lot, D & S Wallis, Dr Pat Alhquist, L Cutmore, Adam Hughes, J Sharman, H & P Smith, R Widdicombe, Gitana Zvaitaite.

## 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 the Branch

## Changes to our Branch volunteers

We've had a number of changes to our committee recently. Firstly Sharon has resigned as Branch secretary which is a sad loss. She has promised that she and Ed will continue to help events such as the Walk to D'feet. We wish her and her family well and thank her for the time she gave to the Branch in so many ways.

We are also sorry to learn that Den has decided to give up her Association Visitor role. She has been an amazing visitor showing empathy, compassion and kindness to people living with MND. In company she is a great conversationalist with a sense of fun and good humour. To say we shall miss her is an understatement.

There is some good news: David, who has been very active in fundraising and supporting projects at National Office, has now turned his attention to our Branch and applied to be an Association Visitor. He came to our last meeting at Thurrock and our curry night and was most interesting company. We hope many of you will meet him soon at our future meetings and functions.

However, as we have so many people living with MND in our Branch it would be wonderful to have another visitor. Please get in touch if you think you could fulfil this role.

## Christmas goods

The branch (Sandy) has a wide selection of MND Christmas cards for sale at £3.00 for a pack of 10.

We also have delicious Christmas puddings made by the Ultimate Plum Pudding Company – suppliers to Fortnum & Mason. Prices are as follows:

Individual puddings £ 1.90; 1lb puddings £5.00; 2lb puddings £10.00; 1lb gluten free £5.20.

Contact Sandy if you are interested on 01702-305759, text 07742-943472 or email [sessexmnd.sel@gmail.com](mailto:sessexmnd.sel@gmail.com)



## Howzat!

The end of summer saw a fabulous cricket match between Old Southendonians and Southchurchians v the Golden Lion pub in Rochford. The sun shone, then it rained, then the sun shone and so it went on.

The cricket was great despite most of us not understanding the rules! The ladies in the kitchen put on a fabulous spread and the barbecue did a great trade in burgers and sausages and sold out very quickly.

The raffle was quite fantastic and it was lovely to see so many local businesses donating free meals, services, drinks etc. Thanks also to the landlord of the Golden Lion who donated a whole barrel of beer. I hear there were a few sore heads the next morning!

We were over the moon to be told that a remarkable £1,011 had been raised that afternoon. Many thanks to everyone involved.

## Bereavement support group

New Steps is the name the members of the bereavement group based at Rayleigh Baptist Church has decided for themselves. The group has already arranged outings, lunches and a Christmas dinner.

There will be hand out leaflets available soon.

## Let's get quizzzy

We have a quiz night coming up soon organised by one of our stalwarts, Sheila. The quiz is on Saturday 25th November at 7pm (for a 7.30pm start) at St Nicholas church hall Long Road Canvey. Bring your own drinks and nibbles. Entry is just £5 per person. It's sure to be a great night. Please contact Sheila on 01268-692230 to book your table.

# Events, news and contacts

## Benefits line

National office have launched a benefits advice line for people with or affected by MND. It's a free to call number 0808-801 0620. Alternatively go to the web page at [www.mndassociation.org/benefitsadvice](http://www.mndassociation.org/benefitsadvice)

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

## Your thoughts on curry night

Our recent curry night at our new venue, the Tandoori Parlour in Thundersley was a huge success with more attendees and a record-breaking profit of more than £1,400.

We would welcome your feedback on whether you prefer this or our previous venue, the Maharajah Benfleet.

## 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

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

Wat Tyler Centre  
Pitsea SS16 4UH

## WHO'S WHO IN THE BRANCH

### THE COMMITTEE

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

### ASSOCIATION VISITORS:

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**