

## WALK to D-FEET MND 2021



This summer we aim to be back with our wonderful Walk to D'Feet along Southend Seafront. We need to make it Covid safe and follow regulations whilst having fun, raising awareness and getting lots of sponsorship. The route will be different to avoid the congested, narrow path by Chalkwell Station.

**Plan A: Sunday, 4th July 10.30 a.m.**, starting from Southchurch Park East, Lifstan Way, SS1 2XE. Walkers will be asked to wear their MND blue T-shirts and to have masks with them, which can be slipped on should there be congestion enroute. Please bring your own water bottles, which can be refilled at the water-stops: Adventure Island, Saltwater Cafe Chalkwell, Lifstan Car Park, Uncle Tom's Cabin and the car park.

- \* There is a 6 mile walk to the west to the Saltwater Cafe by Chalkwell beach and back.
- \* The more ambitious will do the above and then continue to Uncle Tom's Cabin, Shoebury, before returning, walking 10 miles.
- \* Others may choose to go as far as Adventure Island, 2.5 miles, or Rossi's, 4 miles.

A detailed Information Sheet and Registration Form will be emailed to past walkers and will also be available to download from the branch web-site **[www.mndsouthessex.org](http://www.mndsouthessex.org)**

Those without the internet or printers should contact Sandy for hard copy:  
01702 305759 or 07742 943472

The large car park at Southchurch Park East is now £1 an hour but we are hoping that the Council will once again waive the parking charge for our walkers as they have done in previous years.

We will let you know whether we have this dispensation in the STOPPRESS on the web-site.

**PLAN B:** Should changes in the Covid situation make it unwise, or illegal, to have a mass Walk on the 4th July then we would ask our loyal walkers to have their own individual, or family walks throughout the summer, wearing their MND T-shirts and raising sponsorship money.

Whatever you do please wear your T-shirt and post on social media as recognition is key to help beat MND.



This will be the last walk that Sandy organises. We are looking for a volunteer to organise the Walk in future years. Please let us know if you are interested.

## Memorial to those we have lost to MND

We are in negotiations with Basildon Council to have an area in the Wickford Memorial Park dedicated to those we have lost to Motor Neurone Disease. We envisage a dedicated park bench, facing a flowering cherry tree, underplanted with spring, summer and autumn bulbs and forget-me-nots. Families would be able to place small wooden name markers, or metal markers with names and photos. We hope to be able to give full details in the September Newsletter.



## MND Summer Picnic



**Sunday 8th  
August**

We have missed seeing you all at our usual Indian, Chinese and Turkish fundraising meals.

It would be so good to see everyone on **Sunday 8th August, 12.30 onwards.**

Do please come along to the Wat Tyler Country Park Centre in Pitsea and follow the balloons to our field. Bring your own food, drink, seating, sunhats and sunscreen. We will arrange the music and a raffle. The field is enormous so we hope hundreds of you will come and enjoy the afternoon and seeing everyone.

**Plan B** (yes, we should have a contingency plan in case the forecast is for rain all day). The picnic will be on Sunday 15th August instead. If it is to be postponed until the 15th, a notice will be put in the STOPPRESS on the branch website on Friday 6th August.



# Virtual Annual General Meeting

## Report by Kevin Watts

On Saturday 20th March, the South Essex branch held their Annual General Meeting (AGM). This was an unique meeting as it was conducted virtually over zoom. Attendance was good with over 20 people either on their laptops, phone or tablets joining in.

Sue Nash, the branch Chair, led the proceedings with the formal matters of the meeting with a report to highlight what had happened during the most challenging of years with the outbreak of Covid-19. Sue then spoke about the roles that each committee member has responsibility for. Sue also warmly introduced our new president, Dr Stevan Wing and welcomed him to the branch.

Rowan Harvey, the branch treasurer, presented the accounts and was pleased to announce that all financial requests were met and that the branch's bank balance was looking good.

The meeting then voted that the whole committee should continue their posts for another year. Sue thanked them for all their work to help patients and carers with MND.

The highlight of the morning though was the presentation given by Dr Brian Dickie, the Director of Research Development from National Office. Dr Dickie, who has worked for the Association for 21 years, continued to give us hope with a presentation, which included information about research projects, and how the Association were working positively with other stakeholders. He stated that research was progressing well. Dr Dickie took questions from those at the meeting.

The meeting finished with everyone feeling positive about the future of the South Essex branch of the Motor Neurone Disease Association and looking forward to the next 12 months.



## Meeting Dates

Friday, 4th June, 2.30 to 4pm. Zoom or at Fairhavens, SS2 6PR

Tuesday, 6th July, 2.30 to 4pm. Zoom or Thurrock Garden Centre, RM15 6DU

Friday, 6th August, 2.30 to 4pm. Zoom or at Fairhavens, SS2 6PR

Tuesday, 7th September, 2.30 to 4pm. Zoom or Thurrock Garden Centre RM15 6DU

Please contact Sandy to take part  
[sessexmnd.sel@gmail.com](mailto:sessexmnd.sel@gmail.com)

## Recently Diagnosed Group

Once a month via Zoom.

Allows all affected people to ask any question and find out about available support.

Please contact Carmen for details  
[carmen.brown@mndassociation.org](mailto:carmen.brown@mndassociation.org)



## Support after Loss Group

Share your experience with others in a similar position.

Every 6 weeks on a Thursday at 6 pm

Next dates are 27th May, 8th July, 19th August

Please contact Carmen for details  
[carmen.brown@mndassociation.org](mailto:carmen.brown@mndassociation.org)

## Forum update

This is an online community for people affected by MND. We currently have over 1000 members who use the forum to share experiences and support one another through their journey with MND.  
<https://forum.mndassociation.org>

## Carers' Coffee and Chat

An Essex and East London Carers Group to get advice and gain peer support last wednesday of each month 6.30-7.30. Next one is 26th May.

We are looking for facilitators to lead this group.

Please contact Carmen for details  
[carmen.brown@mndassociation.org](mailto:carmen.brown@mndassociation.org)

## New President

We are delighted to announce that **Dr Stevan Wing, Consultant Neurologist** has accepted the invitation to be president of our South Essex branch. His experience with the patients and intricate knowledge of this disease will be a great asset.

## New Text to Donate

Easier to collect funds with our NEW text service  
Text **MND4SESSEX** to **70085** to donate £5 directly to the South Essex Branch.  
To donate more, add the amount at end of text  
£20=MND4SESSEX20

## Newsletter

This printed newsletter is an abbreviated version of a dynamic Newsletter that can be sent by email.

If you would like to receive this full version please let Debbie know :

rowananddebbie@btinternet.com

Both newsletters will be available to view on our website: [www.mndsouthessex.org](http://www.mndsouthessex.org)

## Your Contacts

### Sandy Lambert

sessexmnd.sel@gmail.com  
07742 943472 01702 305759

### Carmen Brown

Area Support coordinator  
carmen.brown@mndassociation.org  
01604 800659

**mndconnect**  
**0808 802 6262**  
[mndconnect@mndassociation.org](mailto:mndconnect@mndassociation.org)



@mndasessex



**MNDA South Essex Branch**

## Badges Available

The Branch had iron-on embroidered badges made and these have been seen on the televised snooker matches worn by Stuart Bingham and his professional snooker playing friends to raise awareness of MND. If you would like one to go on your fleece or jacket contact Sandy.

They are £4 each, including postage.

Quantity discounts available.



## Equipment Available

Over the bed/chair table



Doorline Bridge 10cm high threshold ramp



Mattress Raiser

Customised stand to hold  
ipad or computer

Wheelchair



Please contact Sandy if interested.

## WHO'S WHO in your BRANCH

**Stevan Wing:** President

**Sue Nash :** Chair

**Sandy Lambert :** Branch Contact &  
Vice Chair

**Rowan Harvey :** Treasurer

**Debbie Darke :** Secretary

**Kevin Watts**

**Lisa Gallagher :** Digital Communication

**Pat Ahlquist**

**Marianne Morgan**

**Philippe Udrzal :** Newsletter

## Association Visitors

**Sandy Lambert**

**Pat Ahlquist**

**Liane Iles**

**Area Support Coordinator**  
**Carmen Brown**