



GREAT DAY FOR OUR WALK



On Sunday 14th May our 10 mile walk to d'feet MND was a huge success this year with over 130 walkers. The Worshipful The Mayor of Southend-on-Sea Stephen Habermel and Anna Firth MP for Southend West were there to encourage our walkers.

It was a wonderful day with lots of smiling happy people with their families, friends, children and even pets. The sun was shining and the day was just perfect.

Time now to collect these sponsorship monies and keep an eye out for next year's walk to d'feet date and information.

Thank you to everyone for your continued support

You can still give money
to our JustGiving page
(see QR code)



A Big
THANK
you!



NEW EVENTS

Snooker Marathon

Great event to be held in Rayleigh on 4th and 5th August in support of 3 charities of which our branch is one.

There will be a finale with a live band, food and raffle.

Contact Peter on 07734 216 969 for sponsorship forms

Christmas Panto

The Cliffs Pavillion will present Peter Pan with Judge Rinder and Joe Pasquale this Christmas.

We have already secured some seats for the matinee on Wednesday 13th December that we would like to offer to people living with MND and their carers in our area. Please make yourself known if you're interested and contact Debbie

rowananddebbie@btinternet.com



VR Headset

Dave Kowalski has MND and came on the walk to D'feet with his wife Grace and son Elliott. Dave and Elliott wanted something they could do together and we were able to offer them a virtual reality space experience that has been developed in conjunction with Challenging MND and Hadleigh Rotary club.

If you also would like to have a chance to use this set please ask your AV or Pat
sessexmnd.pya@gmail.com



MEET UP?

South East Region Carers' Coffee and Chat

Evenings: Last Wednesday of the month via Zoom 6.30pm.

28th June/ 26th July/

30th August/27th September/25th October

Daytime: 1st Tuesday of the month via Zoom 11am

4th July/1st August/5th September/3rd October

Please contact Justine for details

justine.cox@mndassociation.org



Recently Diagnosed Group

3rd Friday of the month via Zoom 2pm.

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

16th June/ 21st July

18th August/15th September/20th October

Please contact Justine for details

justine.cox@mndassociation.org



CONTACT PETER ON 07734 216969 FOR A SPONSOR FORM
AND START RAISING MONEY FOR:

mnda
MOTOR NEURONE DISEASE
ASSOCIATION
MOTOR NEURONE DISEASE
(SOUTH ESSEX BRANCH)

AARON LEWIS
FOUNDATION
THE AARON LEWIS FOUNDATION

THE BRAIN
TUMOUR
CHARITY
THE BRAIN TUMOUR CHARITY

Meeting Dates

Drop in meetings 2-4pm

The hospices kindly let us use their lovely rooms for our get togethers. Chat and make friends. We will supply the food and drinks.

Fair Havens Hospice

St Luke's Hospice

Saturday 1st July - St Luke's

Friday 4th August - Fair Havens

Saturday 2nd September - St Luke's

Friday 6th October - Fair Havens

Please contact Pat for
more information

sessexmnd.pya@gmail.com

South East Region Peer Support Group

3rd Tuesday of the month via Zoom 11am.

20th June/ 18th July/

15th August/19th September/17th October

Please contact Justine for details

justine.cox@mndassociation.org

Unwavering Support

Along the years Pat Condon (86) and his daughter Terri Bates have raised an incredible amount of money for our branch through birthday or Christmas funds. Recently Pat has raised £340 in doing his own walk. We are extremely grateful for such a commitment to help support people living with MND in South Essex.



Insight needed from carers to develop new communication device



This study seeks to develop a non-invasive communication tool for people with MND and other neuro-disabilities. The EarSwitch sensor is located in the person's ear and is similar to an earbud. An electronic sensor is positioned in either ear canal and monitors for small voluntary movements of the eardrum, sending these signals to software on a computer, phone or compatible assistive device.

This project is looking at how we can develop the EarSwitch into a useful device. To do this, insight is needed from carers and users to help make the EarSwitch the best device it can be. The researchers are recruiting people who can give some insight on the design of the control box and the clip for the EarSwitch with a focus on look, usability, interaction and design to ensure the most robust and flexible device is made available for future use.

Pat Ahlquist

Branch Contact
sessexmnd.pya@gmail.com
07383 568 585

Justine Cox

Area Support coordinator
justine.cox@mndassociation.org

www.mndsouthessex.org

mndconnect
0808 802 6262
mndconnect@mndassociation.org



@MNDsessex



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WHO'S WHO in your BRANCH

Stevan Wing: President

Philippe Udrzal: Chair/committee

Pat Ahlquist : Vice Chair/committee

Rowan Harvey : Treasurer/committee

Debbie Darke : Secretary/committee

Lisa Gallagher : fb/ committee

Marianne Morgan: committee

Kevin Watts : Twitter/committee

Michelle Bingham : Walk to D'feet/committee

Gill Gibson : committee

Barry Mizen : web master/committee

Association Visitors

Pat Ahlquist : branch contact

Gill Gibson

Barry Mizen

Area Support Coordinator

Justine Cox