

Fundraising successes

We have heard of so many great fundraising events that have been held over the past few months. This summer edition of the newsletter showcases the wide range of different ways that our supporters, volunteers and friends of the Branch have taken time out to raise money for us. Of course our flagship event is Walk to d'Feet and this year on 21 May we had beautiful weather (perhaps even a little too hot!) for our 299 walkers, who remained undaunted as we followed the route along Southend Seafront from Leigh to the Halfway House. Our sea of blue t-shirts complemented the bright blue sky as we strolled along in the sunshine with walkers

covering a variety of distances on the route, up to a limit of 10 miles.

Thanks to all who did the walk, sponsored the walkers or who support the Branch in other ways. Sponsorship money is still coming in and we are also waiting for the Gift Aid so we don't yet have a final total but we hoping to reach £20,000!

We've got more great stories and photographs inside from the variety of events that have been happening over the last few months.

Special thanks to the supporters who come back year after year and we also welcome those who have become new friends of the Branch.



This newsletter

Sadly, this will be the last edition of our Branch newsletter as, due to family circumstances, we are unable to continue its production.

If you are interested in helping with this and are able to get involved with the newsletter please contact the Branch on 01702-478661.

Fundraising news ...

Muddy Waters!

June was MND awareness month and Lewis Banks got muddy in memory of his beloved Grandad. Together with four of his colleagues, Lewis from Essex & Suffolk Water took part in the world famous Maldon Mud Race on Sunday 10th June.

The team 'Muddy Waters' ran to raise money for Motor Neurone Disease in memory of his Grandad and colleague Charlie Marden who also worked for the company based in East Hanningfield 164 people took part in the event. Lewis finished 163rd after getting stuck in the mud! All eyes were on him as he crossed the finish line, but with a great big smile he said, 'Hopefully it'll raise more awareness for MND.'

Essex & Suffolk Water donated £250 to the team.



DONATIONS & FUNDRAISING

	Donations
Gillian Trevelyan	£30.00
Hilary Barry	£100.00
Anne Watts	£40.00
Rainbow Cleaners (tin collection)	£39.76
Belle Fabrics (tin collection)	£31.28
John Rugg	£20.00
Mrs Plummer	£10.00
A Gambling – drop in meeting.....	£50.00
P O Main Rd Hawkwell (tin collection)	£55.00
M B Services (tin collection).....	£88.60
C Dartnell (tin collection)	£50.00
Sheila Ball & L Enwright.....	£100.00
Summer Lunch Donations	£215.00
Peter & Ann Peake	£20.00
Rucci Nanda	£100.00
The Anchor PH (tin collection).....	£52.00
ESW Hanningfield (tin collection).....	£28.58
	Tribute Funds
P A Stubbs	£20.00
Dr Alex Moon	£100.00
	In memoriam
D E Noble	£40.00
	Fundraising
S Bardrick Zen City.....	£10.00
Belfairs Methodist Church coffee morning	£515.00
Sweyne Park School sponsored silence	£27.00
Sweyne Park School cake sale.....	£62.50
Morrisons Foundation.....	£1,440.00
Walk to D'Feet	£11,859.36

Grateful thanks to all donors and fundraisers

Thank you

Team Charlie continued their fundraising for MND and Parkinson's Disease by holding a Quiz Night in Great Wakering.

Members of this phenomenal fundraising team are taking part in the London Triathlon and raised £730.50!

Chairman Pete Jamison's team were the winners with 96 points beating the 11 other teams to overall glory!



Well done to Pete and the Magnificent Seven

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

... and more fundraising news

Summer lunch with a special guest

Our fabulous annual summer lunch, took place on Saturday, 21 July at Wat Tyler Country Park in Pitsea. We enjoyed a lovely buffet of salads and cold meats followed by trifle, cakes and a choice of cheeses from the cheeseboard.

We were joined by Dr. Pat from Fairhavens and Gita our MND Care Co-ordinator, along with health care professionals, Sharon Davids, Georgina Butts and Ozlem Yildiz and Kezia Allen both from Research.

MNDA Director of Research, Dr Brian Dickie gave an interesting and informative talk after lunch about the latest developments in research and how this has moved on over the past 21 years. He explained how 92 research grants have been funded to look at understanding the causes of MND. Genetic research is decoding blood samples and this work has been greatly boosted by support from two Dutch businessmen. The project has now reached 19 countries and 6 new genes have been found. In 2020 new projects will be funded.

This was a very enjoyable afternoon with opportunities to catch up with old acquaintances and meet new people. The montage of photographs from the afternoon below give a flavour of the occasion.

We look forward to our Christmas lunch at the same venue!



Events, news and contacts

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

Research information sheets get a make-over

Two of the Association's research information sheets have been updated:

- **Information sheet H: Accessing unapproved drugs.** This sheet explains the process behind approving drugs and what are the options to access drugs that have not yet been approved.
- **Information sheet K: Statins.** This is an updated version of our old information sheet, which we decided to publish again based on the recent statins review and many enquiries we have been receiving.

Holidays in Cornwall for people living with MND

We have had two of our couples holidaying in Cornwall this summer

Brian and Sheila Ball went to Falmouth travelling by train and taxi. They stayed in St Michael's hotel and after an initial hiccup when there was a problem with access the staff couldn't have done more to ensure their comfort. Rooms were well-equipped for disabled people and help and assistance available. Food was excellent and they had a lovely sea view from their room. They also got out and about to enjoy some of Falmouth's attractions.

Jerry and Gill Gibson also visited Cornwall. Gill has written about their experience and you can read this on the Branch website.

mndconnect
0808 8026262
mndconnect@mndassociation.org

Dates for your diary

September 4..... 2-3.30pm drop-in
Thurrock Garden Centre

September 17..... 8-10pm open meeting
St Luke's

October 5..... 2.30-4pm drop-in
Fair Havens

October 16..... 7.20pm curry night
Tandoori Parlour, Thundersley

November 6..... 2-3.30pm drop-in
Thurrock Garden Centre

November 19..... 8-10pm open meeting
St Luke's

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

Tandoori Parlour
61-63 Hart Road, Thundersley SS7 3PB

WHO'S WHO IN THE BRANCH

THE COMMITTEE

CHAIR..... PETER JAMISON
VICE CHAIR..... SANDY LAMBERT
TREASURER..... ROWAN HARVEY
SECRETARY..... DEBBIE DARKE
PUBLICITY..... KEVIN WATTS
COMMITTEE MEMBER..... LIANE ILES

ASSOCIATION VISITOR:

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MON – FRI. 9.00 AM – 5.00 PM AND

7.00 PM – 10.30 PM

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