

## Thanks to Belfairs Golf Club

Our Branch has been the club's charity of the year and its final function in 2017 was a Neil Diamond and Elvis tribute night which was attended by members of the committee and friends.

The club was packed to capacity and provided platters of food and plenty of nibbles.

The performers alternated between the two big stars and generated an atmosphere of fun and good entertainment.

Then in January, the club had a Burns night at which a cheque for £4,345 for the money raised over the year was presented to our Branch chair. The fundraisers were Ian Mudie, men's captain



Our outgoing chair Sue with Elvis!

and Amanda Moir ladies' captain. This will be topped by a generous donation from Morrisons supermarket.

Although his year of captaincy is over, as MND is a charity very close to their hearts Ian and his wife, Liz are going to continue to fundraise for us. Great news!

Sincerest thanks from the Branch to all concerned.

## Welcome Peter and a fond farewell to Sue

This time it's Sue who has left the Branch to care for her Dad. It's hard to evaluate her commitment to her role as chairman while she was with us.

She undertook many challenges, showed great compassion to people living with MND, gave talks to many groups, went to fundraising events, attended meetings and organised fundraising through



the company she worked for. To say we shall miss her is a gross understatement. However, Peter Jamison who has been an active committee member for some time has agreed to take over the role as chairman. We wish him well.

Welcome to our new chairman, Peter Jamison

# Fundraising news

## Jack and the beanstalk

The Branch committee arranged for our people living with MND, spouses and partners to have Christmas lunch at the Cliffs Pavilion followed by a matinee performance of their pantomime, Jack and the Beanstalk.

It was a real fun performance featuring celebrities Stacey Solomon, Bobby Davro and Southender Lee Mead. The combination of singing, laughter, humour and amazing special effects. made it a great pantomime and a fantastic day out. Again, Sandy was the main organiser. Many thanks to her.



### DONATIONS & FUNDRAISING

Donations	
Gillian Trevelyan .....	£30.00
David Watts .....	£14.00
Christine Dartnell .....	£56.00
Charities Trust .....	£100.00
S Loveless & P Mitchel (tin collection).....	£24.00
Derix Pharmacy (tin collection) .....	£31.60
St Aidans Church.....	£100.00
Mrs Peake.....	£40.00

Tribute Funds	
P A Stubbs (G White).....	£30.00

In memoriam	
D E Noble .....	£60.00
M Pidgeon – Alan Pidgeon .....	£188.00
S Bond – Mrs Aston .....	£10.00
Mrs A Sylvester.....	£10.00
Hilary Barry .....	£40.00

Fundraising	
Charity Cricket Match.....	£1,011.06
Wakering Cocktail Crawl .....	£1,101.07
Indian Charity Meal.....	£1,383.00
Sale of Christmas puddings and cards.....	£1,350.00
A Plummer coffee morning.....	£56.00
Canvey Methodist Wives -annual lunch .....	£125.00
S Ball – Indian Charity Meal.....	£ 29.00
Stuart Bingham -Walk to D'Feet.....	£700.00
Gary Purkiss – Walk to D'Feet.....	£60.00
C Springfield – quiz night.....	£100.00

Grateful thanks to all donors and fundraisers

### Thinking of fundraising for MND?

If you'd like to raise funds for MND and help people living with the disease, there is a wealth of resources on the MND Association website.

The organisation produces a wide range of guides on 'How to...' including ideas such as quiz nights, auctions, golf days and raffles.

There is also a searchable list of events to take part in from running and cycling to treks and even parachute jumps!

A free fundraising pack tells you how to get started and how you can get support no matter however ambitious or modest your event is. Visit the website at [www.mndassociation.org/fundraising](http://www.mndassociation.org/fundraising) and get inspired!

### 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

## Optimism in research work

Professor Ammar Al-Chalabi is an MND Association funded researcher and Professor of Neurology and Complex Disease Genetics at King's College London. He is also the Director of our MND Care and Research Centre at King's College Hospital.

He is very optimistic about the future of research as is evident from a very interesting article about him in the latest Thumbprint magazine.

He says, 'I believe we will find a treatment in my lifetime' and again, 'As we more parts of the pathway towards developing MND we can build up a picture

of how and where we need to target the disease. People often ask me are we really making progress? The answer is 'Yes'. The situation 24 years ago is very different to the one today. We are now looking very widely at what could be causing MND in ways that have never been done before. A good example of this is the emerging research into the impact of gut bacteria.'

## Saturday 10 March–AGM and fun day

Please put the date in your diary for our annual general meeting and fun day. This year it will be held on Saturday 10 March.

We will be holding our AGM at 12.30pm in the dining room in the day centre at St. Luke's Hospice followed by a light lunch. Please let us know if you will be attending so we know for how many to cater.

From 10am to 4pm Flix Films will be giving virtual reality experiences in the dining room. Hand and foot massages will be given in the day room. Priority will be given to those living with MND and their carers. Pre-booking is essential so that good use is made for the entire time.

(E-mail: sessexmnd.sel@gmail.com Telephone: 01702-305759 Text: 07742-943472)

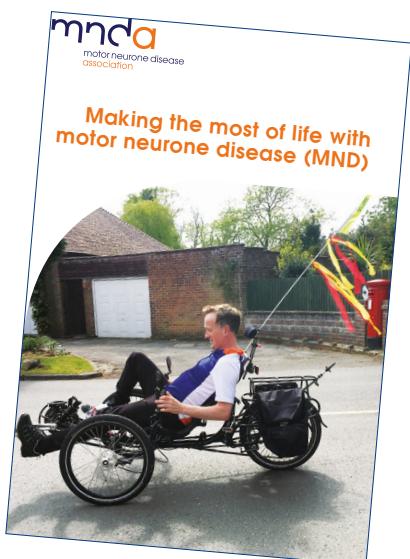
Members may put themselves forward for the committee which involves being nominated and seconded. If you are a member of the Association and feel you can help in this way for a nomination form and further details please contact Debbie tel: 01702-219913 or email: rowananddebbie@btinternet.com

## Making the most of life with MND

This is a new booklet developed in response to requests for information about maintaining interests if diagnosed with MND. People with MND wanted to know how to continue doing things they enjoy for as long as possible. The booklet explores ways to adapt, including guidance on how and where to find support if needed. Images and quotes from people with MND and carers share ideas and inspiration from real experiences to help maintain quality of life. The booklet received positive feedback from experts at review:

"it is really well written, positive resource. There are excellent links to further support and I really like the use of personal experiences throughout." – Helen Copsey, Care Network co-ordinator, Norfolk and Norwich MND Care Network.

You can download the booklet by selecting the option for Guides at [www.mndassociation.org/careinfo](http://www.mndassociation.org/careinfo) or order printed copies from our Care Admin team.



# Events, news and contacts

## Dates for your diary

March 6.....	2-3.30pm drop-in Thurrock Garden Centre
<b>March 10.....</b>	<b>10-4pm virtual reality experience, reflexology, massage with AGM at 12.30pm St Luke's Day Room</b>
April 13 .....	2.30-4pm drop-in Fair Havens
April 17.....	Chinese evening Zen City, Westcliff
May 1 .....	2-3.30pm drop-in Thurrock Garden Centre
<b>May 20 .....</b>	<b>Walk to d'Feet</b>
May 21.....	8-10pm open meeting St Luke's
June 1 .....	2.30-4pm drop-in Fair Havens
July 3.....	2-3.30pm drop-in Thurrock Garden Centre
August 3.....	2.30-4pm drop-in Fair Havens
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
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

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

### 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.mndssouthessex.org](http://www.mndssouthessex.org)
- St Luke's and Fair Havens hospices for their continuing care and hospitality
- Grant Flashman for printing and folding our newsletter

### Walk to d'Feet

This year's walk will be on 20 May and we look forward to meeting again faithful friends of the Branch and their families and getting to know new ones.

For registration and sponsor information contact Debbie Tel: 01702-219913 or email [rowananddebbie@btinternet.com](mailto:rowananddebbie@btinternet.com)

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

### WHO'S WHO IN THE BRANCH

#### THE COMMITTEE

<b>CHAIR .....</b>	<b>PETER JAMISON</b>
<b>VICE CHAIR .....</b>	<b>SANDY LAMBERT</b>
<b>TREASURER.....</b>	<b>ROWAN HARVEY</b>
<b>SECRETARY .....</b>	<b>DEBBIE DARKE</b>
<b>PUBLICITY.....</b>	<b>KEVIN WATTS</b>

#### ASSOCIATION VISITORS:

**MAURA IRWIN**  
**SANDY LAMBERT**

**BRANCH CONTACT .....** **MAURA IRWIN**  
**(01702-478661)**  
**MAURA@MNDSOUTHESSEX.ORG**

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

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