

Walk to d'Feet 2016

In this issue we celebrate our wonderful Walk to d'Feet walkers.

On Sunday May 15 a huge group of friends and supporters assembled in Old Leigh for our annual walk.

The number of people exceeded all previous groups and it was quite a sight to see them all depart after Sue's welcome and encouragement.

The weather was perfect if perhaps a little too hot for those walking.

There was a great atmosphere of fun and togetherness from the many families and young people who took part.

Our President Dr Pat and some of our health professionals took part

To all who gave up a very precious Sunday – many after a busy working week and other commitments we are very grateful.

As the sponsor money is coming in the latest total for the amount we have raised is a colossal £27,633.11 and with more sponsor money to come in we hope to surpass our record from 2009 of £29,245. Could we exceed £30,000?!

Again, well done to all walkers, supporters and donors and thanks to all especially to Sandy the organiser.



For more photos turn to pages 2 and 3.



Fundraising news



DONATIONS & FUNDRAISING

	Donations
Ann Broom	£325.00
S Smith	£830.00
G Trevelyn	£50.00
Derix Pharmacy	£70.80
P A Stubbs	£20.00
Anonymous donation	£100.00
ZB news	£52.40
A J Sylvester	£20.00
David Watts	£10.30
Benfleet Yacht Club	£70.00
MB Electrical	£78.58
Barbara Tyler	£10.00
Harrison Butchers	£22.88
In memoriam	
David Noble S/O	£40.00
Hilary Barry	£45.00
Tribute Funds	
Dr Moon	£120.00
John Scowen	£157.87
TF Moon	£1,024.70
T McGregor	£131.20
Fundraising	
Chinese Meal	£800.50
Gift Aid	£168.75
Westcliff Women's Institute	£1,460.58
Walk to d'Feet	£27,633.11

Grateful thanks to all donors and fundraisers

Membership

Looking through the latest Thumbprint, the Association magazine It strikes me what a pity it is that everyone interested in MND doesn't receive a copy. It is a source of information on Research, articles on people's achievements, amazing photographs and inspirational stories.

People living with MND receive this magazine free when they are known to the National Association.

Telephone 01604 611855 or email membership@mndassociation.org

Other supporters can become members for £12 per year

Not only is this excellent value, but increased membership gives the Association a stronger voice in campaigning, influencing and lobbying.

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

2016 Walk to d'Feet



Congratulations!

Congratulations to all our 2016 walkers. Your incredible efforts could see us break our 2009 fundraising record!

News from National Office

Milestones, awards & funding decisions in MND research

In early April our biomedical research advisory panel (BRAP) considered 23 research grant applications. The panel includes leading MND researchers from across the UK and Europe, each of whom brings a slightly different specialism to the table. Two members of our panel have been celebrating significant achievements in recent weeks.

Firstly, Professor Al-Chalabi received the very prestigious Sheila Essey award at the annual American Academy of Neurology conference in April. This award recognises Prof Al-Chalabi's contribution to our growing understanding of the complex causes of MND.

"I feel very honoured to have been selected for this award. It is a wonderful acknowledgement of the work the present and past members of my team have done in MND

research" said Prof Al-Chalabi.

Dr Janine Kirby a researcher in genetics at Sheffield Institute of Translational Neuroscience, recently marked 20 years of working in MND research. After 20 years I'm still working in this area because it's incredibly challenging and interesting research, with the opportunity to work with great colleagues and collaborators across the world," Dr Kirby said.

Read more on the research blog www.mndresearch.wordpress.com

Research info sheets: recently updated sheets include; **Inherited MND and genetic testing** (sheet B part 1 and 2) and sheet F **Stem cells and MND**.

Information sheets

We are delighted to announce the launch of our revised information sheets:

Travel and transport (12C); Planning a holiday (12D); Sex and relationships: information for people living with MND (13A); Sex and relationships: information for partners of people with MND (13B)

You can download information sheets from our website www.mndassociation.org/publications

This will provide you with the latest version of each sheets at all times. External change means amendments can be frequent so we recommend you download when you need this content rather than keeping stock of PDFs on your computer.

For hard copies contact our Care Admin team by calling 01604-611812 or by emailing careadmin@mndassociation.org

If people living with or affected by MND wish to order direct they can contact the MND Connect helpline. The team provides support and directions to further assistance. Telephone: 0808 802 6262 or email mndconnect@mndassociation.org

Events, news and contacts

Summer lunch

The Branch hosted a summer lunch at Watt Tyler Park on June 24 for people living with MND, a partner or carer, and health professionals.

Sally Light, Association Chief Executive, our Branch President, Dr Pat Ahlquist, Dr Malaspina, neurologist, his assistant nurses, Natasha and Georgina, Gitana MND adviser from Bart's and the Royal London Hospital, who works with Dr Radanovich and Dr Malaspina, and other health professionals all attended.

Natasha brought her one-week old baby who was a source of great delight to all.

There was a good representation of people living with MND from all parts of the Branch many of whom knew some of the health professionals from hospital visits and clinics.

An excellent lunch was enjoyed by all with opportunities to chat and renew acquaintances.



Dr Pat talks to the Branch

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

Dates for your diary

August 5.....	2.30–4pm drop-in Fair Havens
September 6.....	2–3.30pm drop-in Thurrock Garden Centre
September 10	National AGM and conference Radisson Blu Hotel, East Midlands Airport
September 19	8–10pm open meeting, St Luke's
October 7	2.30–4pm drop-in Fair Havens
October 18.....	Curry night 7pm* Maharaja Restaurant, Benfleet
November 1.....	2–3.30pm drop-in Thurrock Garden Centre
November 21.....	8–10pm open meeting St Luke's
December 2.....	2.30–4pm drop-in Fair Havens

(* Bring all your friends and family to our curry night. Let Sandy or Maura know if you can come.)

Venues

Fair Havens Day Room
Stuart House, Second Avenue
Westcliff-on-Sea SS0 8HX

St Luke's Hospice Day Room
Nethermayne, Basildon SS16 5NJ

Thurrock Garden Centre
South Ockendon RM15 6DU

WHO'S WHO IN THE BRANCH

THE COMMITTEE

CHAIR

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MON – FRI. 9.00 AM – 5.00 PM AND
7.00 PM – 10.30 PM

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TWITTER: @MNDASSOC