

Walk to d'Feet 2017

Well, we were optimistic about our walk on May 21 this year BUT once again we were elated by another record breaking turn out on the day. All credit and thanks to Sandy who contacted many people and organised the sponsorship, provided T-shirts and arranged the route as well as car parking etc.

Sue, Sharon and her husband Ed, Peter and Kevin from the committee also worked hard before, during and after the event.

Thanks to Dr Pat, our President, and all the health and social care professionals who walked for us, and all the wonderful families and

supporters of the Branch, many of whom have had first-hand experience of MND who gave up their time so generously.

The amount raised is growing, as more money comes in. The final figure will be included in a future newsletter.



For more photos turn to pages 2 and 3.



Fundraising news



DONATIONS & FUNDRAISING

	Donations
Izzy Lush	£85.00
Betty Nash	£40.00
Z B News	£32.56
Ecko Sports and Social	£28.41
Sandy's Tin	£24.15
Gillian Trevelyan	£20.00

	In memoriam
DE Noble	£40.00
Hilary Barry	£45.00

	Tribute Funds
P A Stubbs	£20.00
Dr Alex Moon	£130.00

	Fundraising
Pinney Talfourd	£5,313.72
Belfairs Methodist Church	£439.86
Walk to D'Feet (bucket collection)	£1,235.31
Walk to D'Feet (sponsorship)	£4,610.64
Snookerathon (bucket collection)	£694.13
David Jamison 12k nuclear race	£655.00

	Gift Aid
Walk to D'Feet	£25.00
12k Nuclear Race	£146.00

Grateful thanks to all donors and fundraisers

The Wakering Cocktail Crawl

Saturday 30th September 2017
at The White Hart, The Exhibition, The Castle and The Anchor

**Buy a wristband for £15.00 and
get signature cocktails for £3.50**

**To purchase wristbands please call either
07976 394550, 07508 334163 or 01702 219913**

**All proceeds from the event will go towards helping
local people living with Motor Neurone Disease.**

Doing good for...

motor neurone disease
association

Please drink responsibly!

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

2017 Walk to d'Feet



**Congratulations
to all our 2017
walkers!**

More fundraising news!

Summer lunch

The summer lunch for our people with MND is now firmly in our diaries as an annual event. This year the event was held again at the Wat Tyler Country park in Pitsea. It's a great venue situated on the ground floor, loads of room to move around and a great disabled loo. We had a lovely buffet put on by the venue and everyone tucked into some healthy salad and cold meats and some not so healthy but oh my delicious trifle and cheeseboard.



It was lovely that Dr Malaspina from Basildon and London Hospital and Dr Pat from Fairhavens took time out of their busy schedule to join us – two very dedicated and lovely people we are proud to have in our 'gang'. Thanks also to Gita our amazing MND nurse who joined us along with Sharon, an OT from Southend Council who has a special interest in MND. It was well attended and as usual we all had a thoroughly enjoyable day.

Snooker night

We had a fantastic time at Rayleigh Lanes pool and snooker hall recently. Peter Ward had kindly organised a 24-hour snookerthon to raise funds for us. He and his friends played snooker for the whole 24 hours, helped along by the occasional beer and raised a whole heap of money in the process! They had professional snooker players and referees that gave up their time to come along and support, play and help to raise the money.

There was also a raffle and an amazing auction together with a band and a magician and the snooker hall put on a great buffet for all those who played and supported. A staggering £8,326.13 was raised. Massive thanks to all those who joined in and supported and a massive thank you to Pete Ward for putting it all together. He was shattered at the end and earned that pint.

Cheque presentation

Leigh Horticultural Society presented us with a cheque for £545.60 in memory of a member who sadly passed away from MND.

Sue, our chairman was presented with a huge cheque in the gardens of the Leigh Baptist church after their annual summer show. It was one of the hottest days of the year and it was delightful to be in the garden.

Events, news and contacts

Change of venue for Curry Night

This year's Curry Night will be at the Tandoori Parlour, 61 Hart Road, Thundersley. The food is delicious, (your committee have tried it) and there are excellent facilities for the disabled. There is also a free car park opposite and there is lots of space.

The Tandoori Parlour can accommodate really large parties so please put Tuesday 17th October in your diaries and talk to your family and friends and see whether you can all enjoy it together.

This year Debbie will be taking over the booking list so please let her know your numbers by 10th October - 01702 219913 or rowananddebbie@btinternet.com

Christmas lunch and pantomime

Following the very positive feedback we had after this event in 2015 the committee has decided to repeat it this year for people living with MND and a spouse or carer.

It will be at the Cliffs Pavilion Southend on December 19th - lunch in the Maritime room and a matinee performance of Jack and the Beanstalk to follow.

Sandy needs to let the Cliffs have numbers by September so if you can come Please let her know as soon as possible tel: 01702 307659 or email sessex.sel@gmail.com

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

September 5.....	2-3.30pm drop-in Thurrock Garden Centre
September 18	8-10pm open meeting St Luke's
October 6	3-4.30pm drop-in Fair Havens
October 17	7.30pm curry night Tandoori Parlour,
November 7	2-3.30pm drop-in Thurrock Garden Centre
November 20	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 Hart Rd Thundersley SS7 3PB

WHO'S WHO IN THE BRANCH

THE COMMITTEE

CHAIR	SUE NASH
VICE CHAIR	SANDY LAMBERT
SECRETARY	SHARON CLARK
TREASURER.....	ROWAN HARVEY
PUBLICITY.....	KEVIN WATTS PETER JAMISON

ASSOCIATION VISITORS:

LERE AKINYEMI
DENISE CALDER
MAURA IRWIN
SANDY LAMBERT

BRANCH CONTACT..... MAURA IRWIN
(01702-478661)

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

MND CONNECT 0808-802 6262

MNDCONNECT@MNDASSOCIATION.ORG

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

WWW.FACEBOOK.COM/MNDASOUTHESSEX

TWITTER: @MNDASSOC