



Walk to D'feet 2026



It was Sophie's first run at organising our 2026 **Walk to D'feet**, dedicated to Sandy Lambert (1947-2026), and this was again a roaring success which raised an amazing **£10,682** to help people living with MND in our community. Thanks to all who came on their own or with their families and pets to walk under the Southend sun on Sunday 10th May and raise so much money!





Meet Up?

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.

Friday - Fair Havens 7th August
 Saturday St Luke's 5th September
 Friday - Fair Havens 2nd October
 Saturday St Luke's 7th November
 Friday - Fair Havens 4th December

Please contact Pat for more information
patricia.ahlquist@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.
 17th July / 21st August / 18th September
 16th October / 20th November / 18th December
 Please contact Pat or MND Connect



Other groups available on MNDA website.
 Please scan above QR code.

South East Region

Carers' Coffee and Chat

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

29th July / 26th August / 30th September
 28th October / 26th November / 30th December

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

4th August / 1st September / 6th October
 3rd November / 1st December / 5th January

Please contact Pat or MND Connect

South East Region

Peer Support Group

3rd Tuesday of the month via Zoom 11am.

21st July / 18th August / 15th September
 20th October / 17th November / 15th December

Please contact Pat or MND Connect

Veteran's Group

4th Wednesday of the month via Zoom 2.30pm.

22nd July / 26th August / 23rd September
 28th October / 25th November / 23rd December

Please contact Dawn Pond for details
dawn.pond@mndassociation.org

New Events

Quiz night

Friday 14th August, Integrated Patient and Carers Experience Partnership group in Thurrock organises a quiz evening raising money for MND and stroke.

Quiz night

Save the date for this fun evening organised by **Sheila Ball** in Canvey Island, **Friday 13th November**
Details to follow in next Newsletter.



Cricket match

This year's **Rankins v Golden Lion charity cricket match** in aid of the MND Association will be held on **Sunday 6th September**.

The match starts at **1.30pm** at **Rankins Cricket Ground**, Stambridge Road, opposite The Cherry Tree pub. All are welcome to come and support the teams raising money for our branch in memory of **Jerry Gibson** and **Ruchi Nanda**.

Essex County Bowling Club

We are very grateful to **Margaret**, the current president of Essex County Bowling Club, who is making us her charity of the year. To start this off, she has invited the Charity Bowls team Dennyside to a fund-raising match at the club on **Monday 27th July, from 2pm to 4.30pm**. Everybody is welcome to go and support them. All money raised will come to our branch.

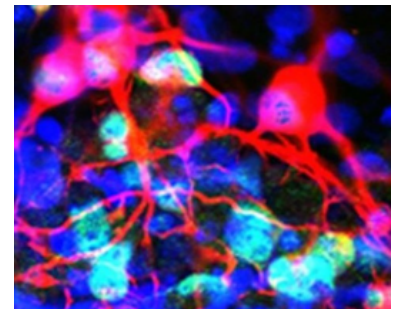
Fresubin Backpack

One of our members has a Fresubin backpack they would like to give away. These are really useful for holidays if one is taking along liquid feed with a pump and tubing. Everything stores neatly away and you can use the backpack instead of a stand. Let Pat Ahlquist know if you are interested.

Research Update

New research sheds light on the body's nerve repair system

A new study, led by the UK Dementia Research Institute (UK DRI) at University College London, and Kings College London, has found out more about how a natural substance in the body, called Brain Derived Neurotrophic Factor (BDNF), is involved in repairing axons (also known as nerve fibres). Researchers have known for a long time that BDNF supports the health and survival of brain cells, but it has not been clear how it does this. The researchers used stem cells to grow motor neurones in the laboratory to investigate how BDNF supports the survival and repair of axons in damaged cells.



The researchers found that BDNF activates multiple different repair pathways in the brain cells at the same time, coordinating the body's built in repair systems to work together. The study suggests that BDNF switches on genes that are important for repair. This controls proteins that help to rebuild the cell's structure and guide axons to grow back properly. Through this study, the researchers discovered how BDNF sends the signals to activate these repair pathways. Uncovering how BDNF switches on these repair pathways could lead to future research into drugs that target these switches and activate the repair pathways in neurones.



Essex County Bowling Club

The club ran another two wonderful events to raise money for our branch. First, was a charity event in memory of **Charlie Raffaelli** which raised **£350**.

Then the annual **Mark Wilson Pairs** attracted competitors from all over the country. With entry fees and a fantastic raffle organised by **Natasha**, this raised an amazing **£3,872** for our branch.

Lee Chaplin also donated an additional **£2,265** IMO Mark Wilson.



Southend Wheelers

On Easter Monday, on behalf of the club, **Carol Cartwright** presented a cheque of **£1,647** to Debbie and Rowan who were representing our branch.



Bunting

Many thanks to **Jean Clark**, who has made us some wonderful bunting in the new brand colours. Look out for it at an event near you soon!



Southend Lions

Tayf Yildizeli and **Nigel Folkard** presented our branch with a cheque of **£300** their Southend Lions club raised for us.

NEWSLETTER

With the cost of postage these days and the time consuming effort of mailing the Newsletter we would like to move to sending it by email as much as we can.

However, we fully understand that some people might still prefer the printed version and we shall keep it going for them.

Please let us know by phone or email if you do want to receive a printed Newsletter.

patricia.ahlquist@mndassociation.org 07383 568 585

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

Marianne Morgan: committee

Kevin Watts : X/committee

Gill Gibson : committee

Barry Mizen : web master/committee

Sophie Bell: Walk to D'feet

Association Visitors

Pat Ahlquist : branch contact

Gill Gibson

Barry Mizen

Community Support Coordinator

Chloe Rich



Connect

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mndconnect@mndassociation.org



@MNDsessex



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