



As spring turns into summer, (we hope!!) we look forward to our summer events. We are very excited to be working with the fire and rescue service who will be fundraising for us by doing a rope climb and abseil. Thank you for all your support and we hope many of you will attend the events, you will see in this newsletter and our coffee mornings.



I would like to pass on my thanks to the Colchester Group for sponsoring my recent day out and to Anne for putting my name forward.

My son stepped in and provided the care that allowed me to visit Chatham Dockyard knowing that her needs were catered for.

Stephen Hackett.



MNDA London Roadshow Event

Colchester team go to MND London Regional Roadshow

Four of the Colchester and NE Essex MNDA volunteers were pleased to attend this Roadshow along with our Area Support co-ordinator Justine Cox, at the Holiday Inn in Regents Park,



London. On Monday the 20th of May, the strategy of the Association was outlined by Tania Curry CEO. She was proud to announce we achieved £38 million raised income of which £20 million has been allotted to research. Nick Cole, head of research, outlined the work achieved so far. There have been 2800 research papers, looking at various ways to help towards the cause and cure for this life-threatening disease, which affects 5000 people in the UK at any one time. It seems that there is no specific cause, and it appears to be a combination of genetics, lifestyle and environment. The Association were pleased to report £3 million was given for fundraising and research by groups and branches

Our group attending the show, consisted of Linda Moorcroft, Maggie Cooper with Paul and Jeanette Joynson. Paul had been asked to do a presentation about his “Mingoe” poem books, under the heading “Creativity”, as just one small part of the groups amazing fundraising efforts.



His chat bought quite a few laughs after reading part of a Mingoe (Covid) story and finished up by reading the complete story of how the Mingoes met our late Queen which had good applause.



The roadshow gave lots of information about the current situation with research for the elusive MND cure, along with several other interesting facts and figures about the Association.



As the show finished, it wasn't expected, but several guests asked Paul and Jeanette to buy copies of the Mingoe book, we lost control of the numbers but each book took £5 and a total of £95.

It felt like an honour to be invited as a team to this event and we all came away better informed and proud to be part of such a worthwhile organisation. Exhausted but exhilarated.



motor neurone disease
association



Colchester and N E Essex Group Walk to D'Feet MND 2024

11am Sunday 28th July 2024

We're back for 2024!

Join us as we raise money by walking to D'Feet MND.

A return walk between Frinton and Walton, Essex.

Meet at Beach Hut 116, Golf Club end, Frinton-on-sea.

Please contact Maggie Cooper for more information

Email: maggiecooper2000@yahoo.co.uk

Tel: 07710 758509

 [@mndacolchester](https://www.facebook.com/mndacolchester)

 [@mndacolchester](https://twitter.com/mndacolchester)

www.mndassociation.org

MND Association Francis Crick House, 6 Summerhouse Road, Northampton,
NN3 6BJ, [Registered charity no. 294354]

Coffee Morning



Fillpot Garden Centre



Pauline with her daughter & new grandson Riley at our Barn Plant Garden Centre

Hilltop Garden Centre

Colchester & N E Essex

The Lion, East Bergholt Sponsored Events for 2024

Friday 12th July Tapas Night 7 pm - 11 pm

We are holding our 2nd Tapas Evening.
The tickets are £30:00 each. We are
holding this event in the lovely Marquee
again.



Hoping that you will be able to join us on
the night. The tickets must be purchased
from the Lion directly on 01206 803406.

"Designed by vectorpocket / Freepik"

Coffee Morning

An illustration of a white coffee cup with a red rim on a saucer, with steam rising from it. Next to the cup are two round cookies.

**Hilltop Garden Centre 11th June 10.30am Weeley
CO16 9DA**

**Fillpot Garden Centre 16th July 10.30am Boxted
CO4 5RB**

**Barnplant Garden Centre 20th August 10.30am Copford
CO3 8ND**

**Hilltop Garden Centre 24th September 10.30am Weeley
CO16 9DA**



SEASONS

By

Joan Webster



As cold winter days they now start to ease
Soon we will see new leaves on the trees
As spring now approaches and flowers will bloom
The sun will come out we hope very soon
Lawns to be cut, the grass is so green
Weeds to dig up and patios to clean
Dark days replaced by warm summer nights
And wake up to mornings so light and so bright
The birds are all singing high up in the trees
And they fly through the air with grace and with ease
Families enjoying some quality time
Eating al fresco with food and some wine
Children are playing and having some fun
Enjoying the garden in the warm summer sun



Rope Challenge

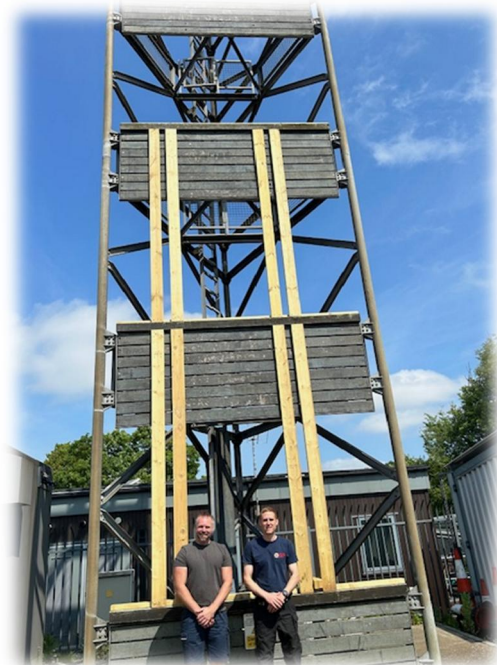
On Tuesday 18th June a team of Colchester fire & rescue firemen will climb & abseil down their training tower for the equivalent of the 3 peaks challenge. It means ascending over 310 times in 12 hours. They are raising money for our group because of the support given to one of the team's father who had MND.

We are so very grateful to them for taking on this amazing challenge for us and wish them every success.

If you wish to donate you can do so through our just giving page.

www.justgiving.com/page/mnda2024

or visit our Facebook page.



On Friday 14th June we will be having a table at Morrisons supermarket, Centenary Way, Clacton for awareness & donations for our Colchester & N.E. Essex group. We will be there from 10am until 4pm. If anybody is willing to do a short slot helping to man the table please contact Linda on 07969760757



Thank You!

Funding Raising



Greenstead Green, agricultural club
On 10th of April for Greenstead Green agricultural club presented us with a cheque for £1000, which were the proceeds from the year of fundraising

Terri and Diane hosted a quiz night at their pub, The New Bell Inn, in Harwich. Thanks to them both for a great evening raising £185 for our local group.



Jane supported her sister in law as she completed the Rob Burrows marathon.
Well done to all!

Sandra, the knitting lady

We thank Sandra again for selling her beautiful listed items at Coastlands community centre



Thank You!

We held our first “Awareness Breakfast “ on Saturday 23rd March 2024 at the Lion East Bergholt from 9 am- 11 am. It was a great success, over 50 people attended during the 2 hours. There was a lovely relaxed atmosphere and the Breakfast was enjoyed by all. We had some collection pots around the rooms & collected £250:00 which was an added bonus. We will definitely do another one in 2025.



Michael & his family on their Norwegian Cruise, sponsored by Challenge MND.



Please support The MND Association, especially North East Essex



MND Association Colchester & NE Essex Group Appeal 2024

Thank you for visiting our JustGiving page supporting the Colchester and North East Essex Group of the MND Association.

Our group is involved with supporting those locally to this area living with or affected by MND in England.

Once you donate, JustGiving will send your money directly to the MND Association and, from there, your donation will be passed on to the Group.

Donating through JustGiving is simple, fast and secure, your details are safe - they'll never sell them or send unwanted emails. Thank you.

Donations

Text: MND4CNE to 70085 to donate £5

Justgiving

<https://www.justgiving.com/page/mnda2024>



Please contact if you need any help

Maggie Cooper: 07519 858993
