

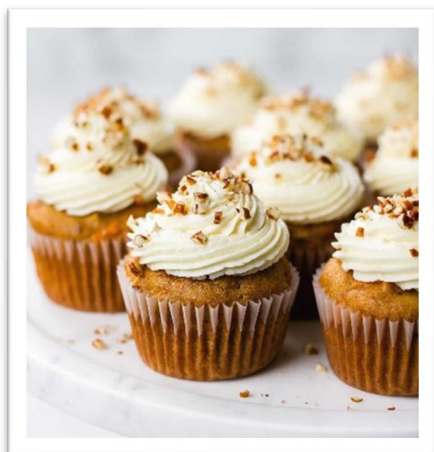


We are again so grateful to all our supporters who have helped with another very successful fundraising year. The group was honoured to be nominated for the Kings Award for charity, and we were invited to a reception for all the charities that had been chosen. This was held in Hatfield Peverel with all the mayors of Essex present. Here we are with the Mayor of Colchester. We must wait until November to find out if we have been successful.



---

## Summer on the Beach with Pat's lovely Carrot Cake



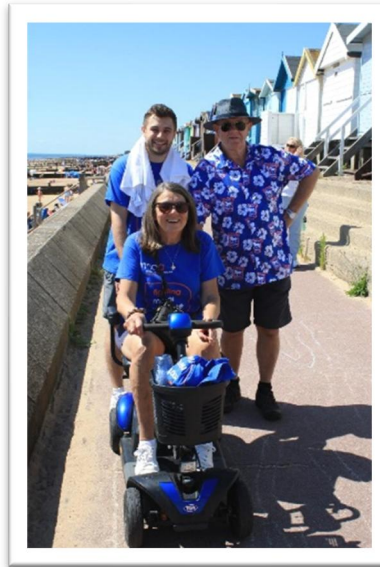


---

# Walk to D'Feet 2024

On Sunday 28<sup>th</sup> July over 70 people took part in our annual Walk to D'Feet from Frinton to Walton & back. Again we were so lucky to have such great support from so many people & we thank you all for making this a very successful fundraiser. The total raised so far is a phenomenal.....

£1576.74



---

# Tea at the Lion

On a warm July afternoon we enjoyed tea and cake in the marquee at The Lion, East Bergholt. It was lovely to see so many people there and thanks once again to the Lion for hosting this event.





---

# Hello my name is Paul

I am now a member of the M.N.D Association, I would very much like to tell you members a little about myself, I am 62years of age, And for many years I worked for the London Fire Brigade in the Head Office in London in many admin depts one of these Depts was entertainment licensing where I met people like Elton John, Nelson Mandella and the late Queen Mother to name just a few, However I was Penisoned off in 2007 due to a bad back injury which required several operations, From that I carried on until the 01st December 2023 when I was informed that I had caught M.N.D. However I had support from my partner Wendy.

Family and very close friends plus from the Hospital and the LFB Welfare Fund and Charity for there great support, They also surgested about Wendy and myself getting away for a few days which we did, So we flew off to Stuggartt in Germany for three days where I met the England Number Nine Harry Kane (See Picture) He was staying in the same Hotel as us.

I really hope that the Hospital or the Doctors can find a answer to this problem



**Paul Kingston-Lynch**





# Casino Evening to be held at The Lion, East Bergholt

on Thursday 14th November 2024, 7-11pm.

The tickets are £40 per person  
& includes a glass of fizz on  
arrival, £10 worth of gaming  
chips & supper which is  
pulled pork burger & chips.

Tickets are available from Lou  
on 0771 244 6198.



**Dress Code Smart / Casual.**

---



---

# Tapas Night

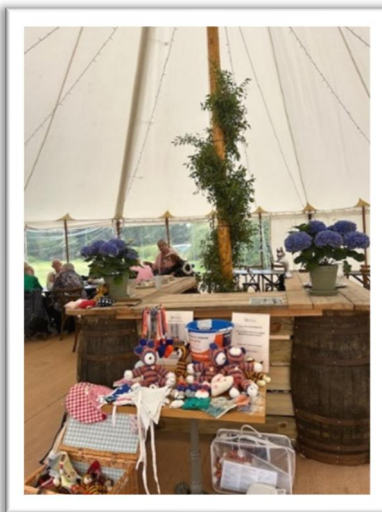
We held our Tapas Night on Friday 12th July at The Lion, East Bergholt.

A good time was had by all & the food was great.

A very big Thank You to The Lion for once again supporting this event & for the amazing staff who looked after us so well as usual.

Also a big Thank You to Michael for organising the Heads & Tails game & supplying a lovely bottle of English Sparkling wine as the prize.

£1055



# Cake Sale

We were invited to do "something different" as a fund raiser. Ever since our son Olly passed away, 4 years ago, he is regularly remembered by his carers, and their mum.

So, when we received an invitation to a fund raising event, of course we were excited to see what they have in mind this time.

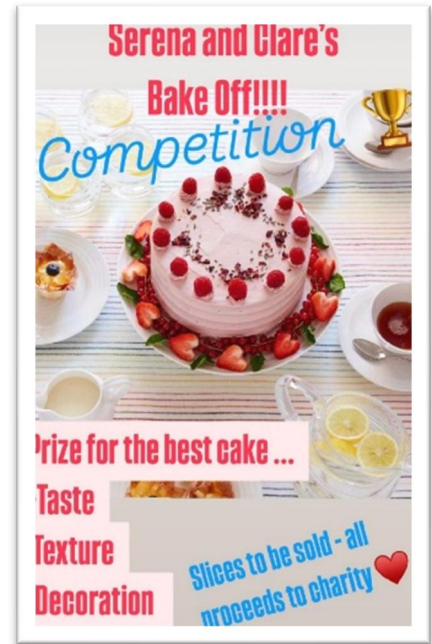
Sisters Serena and Gemma had invited us to a cake making competition at their house, invitees must MAKE and bring along one cake. The turn out was really good and soon all the cakes bought were dotted

around the kitchen.

There were two independent judges to sample each (in-named) cake and a raffle to keep everyone on their toes.

The event raised over £600 and was split between a local hospice and MNDA. In addition, Theresa (the girls mum) had already run the London Marathon for Olly and is due to run a The Royal Park half marathon in October, also for Olly (MNDA)

Theresa is 70 years old.



Made by Olly's Carers

Paul + Jeanette



---

# Fireman's Challenge

On Tuesday 18<sup>th</sup> June the Essex Fire & Rescue team from Colchester took on an amazing challenge by climbing the equivalent of 3 peaks by climbing up & abseiling down a training tower at their site. This was done to raise money for our group in recognition of the support we had given to one of the teams' father. We are so grateful to them as we know it was a gruelling challenge which took many hours. The total raised so far is a staggering .....

**£2151.00**





---

# Upcoming Events:

23<sup>rd</sup> of October      Wednesday 10:30AM Fillpots Garden centre, 52 Straight Rd,  
Boxted, Colchester CO4 5RB.

9<sup>th</sup> of November      Saturday 2:00PM at Headway Essex, Colchester, C04 6NH.

Guest Speaker:      **Mandy Spencer, Senior Research Information Co-Ordinator MNDA** – An overview of current MND research.  
Informal & Informative afternoon – Have your questions ready – Refreshments Provided.

19<sup>th</sup> of November      Tuesday 10:30 AM The Barn Garden Centre & Cafe, Turkey  
Cock Lane Stanway, Colchester CO3 8ND.

10<sup>th</sup> of December      **Christmas Afternoon Tea.**  
Tuesday 2:30 PM Wivenhoe House Hotel, Wivenhoe Park,  
Park Rd, Colchester CO4 3FA.

15<sup>th</sup> of December      **Christmas Dip in the sea.**  
Sunday 11:00AM at Hut 116,  
Golf club end, Frinton on sea.



---

# Thank You!

## To Robert, Maggie and their Family.

For all the fundraising they have done, including 60 miles run by Matthew in August. "What an absolute pleasure it's been to do this for such a amazing charity. Thank you to all who

have sponsored and supported me. Seeing what amazing work they charity does first hand means every penny has and will make a huge difference. **Thank you all**"



Raising £1315

---

## Stanway u3a Golf at Birch Grove Golf Club

Golfing friends of Robert Keen Have raised £1401.00 at an event. We received a warm welcome when we were presented with this amazing gift. Grateful Thanks to you all.





---

Thank You!

A big thank you to **Justine** Our Area Support Coordinator, for all her hard work in supportive our Group.

Here is a message from Sonny's family who Justine supported during the time she was with us .

"Thank you so much for the photos and lovely message, it was lovely to see you again.

Thank you for the care you have given my dad it is appreciated more than you will ever know to have kind people around him that understand and care.

I have passed your message on to dad which brought tears to his eyes!

I wish you good luck and happiness in your new venture we all do. Take care my dad sends his love too"

Best wishes Angie xx"

**Thank You**

**Justine**



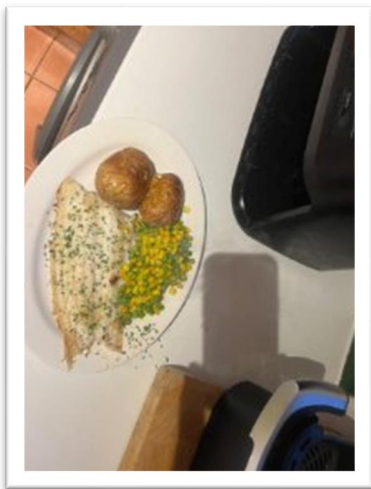
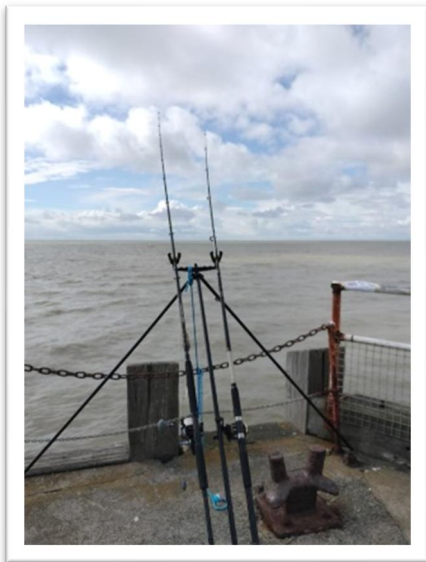
---

# Clacton pier charity fishing competition



50 fishermen took part in the Clacton pier charity competition. Fishing was difficult with wind and rain so not much was caught. A nice Dover sole won the competition that didn't go to waste and apparently tasted lovely!!

Thank You also to Dean Tackle for organising it on behalf of the charity. They raised £700







# Winter Dip 2024

## At Frinton on Sea

December 15<sup>th</sup> at 11am

Come and swim in the great North Sea  
for Motor Neurone Disease N E Essex  
Meet up at Hut 116, Golf club end



**Enjoy a glass of mulled wine for your bravery**

---

# Please support The MND Association, especially North East Essex



## MND Association Colchester & NE Essex Group Appeal 2024

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. He can also donate directly into our Bank Accounts. Thank you.

## Donations

Text: MND4CNE to 70085 to donate £5

Justgiving

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



## Bank Details :

Account Name: Colchester & NE Essex MND Group

Sort Code : 30-96-09

Account Number : 02978600

# Please contact if you need any help

Maggie Cooper: 07519 858993