

The weather has been wet and windy now as we write this but we are all looking forward to the Spring and another sunny summer. 2022 has been an amazing fundraising year for us. Not only does it help local people but we also give a great amount to the MND Association to fund their research towards a cure.

2023 is again a busy year with our annual Walk D'Feet and Dip but also some other exciting events which you will see later in this newsletter. We have tried new venues for our coffee mornings, tea afternoons and we have discovered 2 new nurseries who have made us welcome as well our tea party at Headway in March. Please note the dates and hope to see you there

New just giving page for 2023

This is a screenshot of a Facebook post. At the top, it shows the profile picture and name of 'MND Colchester & NE Essex Group' along with the time '1 d'. The main text of the post reads: 'We are pleased to announce that today we have launched a new fundraising page for our local group. For all donations, this is a quick and easy way to support the Group and the work they do in enhancing the lives of those locally affected by MND. www.justgiving.com/page/mnda-colchester-appeal2023'. Below the text is a photograph of a group of people, many wearing blue t-shirts, standing behind a large blue banner. The banner has white text that says 'Thank you #TeamMND for fighting motor neurone disease'. At the bottom of the screenshot, there is a caption from JustGiving: 'JUSTGIVING.COM MND Association Colchester and NE Essex Group Appeal 2023 - JustGiving'.

The Dip 2022

Well we all survived this years Dip into the cold North Sea at Frinton last December, despite the sea temperature being below 10 degrees. We were not sure how many people would turn up to face the freezing conditions but turn up they did, some with no wet suits! We even made the front and centre pages of the local newspaper. Thanks to you all who donated as we raised over £1200 and to Michael who warmed us up with his lovely mulled wine and Phil who warmed us up with hot chocolate.



Christmas lunch 2022

For the first time this year we held our annual Christmas lunch at Wivenhoe House Hotel. It was a great success with over 60 people attending. We said our goodbyes to Anne Glynn and thanked her for all the support she has given our people over many years. We will miss you Anne but we are pleased to welcome Emma Mazerolle into the neuro rehab team.



AT THE LION



We had our second successful Wine Tasting & Dinner at The Lion East Bergholt on Thursday 17th November 2022, a total sell out. It was another great evening, lovely food accompanied by some great wines to suit each course. There was a good atmosphere, everyone enjoyed themselves.

The event raised a total of £1500:00 which was a brilliant amount.

A very big thank you to the Lion for sponsoring this event & donating £520:00.

Also a very big thank you to Ellison Solicitors for donating £450:00 on the night.

A big thank you to all our supporters, we couldn't have done it without you.



HI IT'S ROB

Well I thought you might like to know what I have been getting up to, since we last had a chat?

Firstly. Not very happy!!! Eamonn went to Cambridge and left me behind. When I asked him why, he said “you are too small and that I would be no good as a chorister (like he was, but I understand he was good), singing with the King’s College Choir. I politely reminded him that I can sing an Octave higher than he can. It sounded as if he enjoyed himself at a service, bringing back old memories.

He also went to the Fitzwilliam Museum. All that I know about museums now (I expect I will be going to one in the future) that they are filled with artifacts that are old. A bit like Eamonn!!

Excitement lingered when he was going to London, yipeeee!! Then he told me it was for a hospital appointment. I don’t like hospitals as I blend in with the face masks.

But I thought well let’s see what happens? Wow did I enjoy myself as we stayed at a hotel. To compensate for the hospital visit I went to dinner and needless to say I had a small drink and shared it with this tiny guy (a tea light) who definitely put some light on what it is to like living in London.

The next morning on the way back to Liverpool Street we stopped off at the Tower of London. Now I was quite excited as I had seen the TV programmes. “Inside the Tower” and the people that work and live there and the names of the towers. The ones that intrigued were the White Tower and Bloody Tower. Why did they swear about a tower?



The poor ravens were being held captive because of bird flu so I only got to see them all caged up. It was time to see a bit of bling, so off to The Crown Jewels. Eamonn saw the huge queue and thought how can we gate crash this lot. Leave it to me “I’m a Celebrity, I’ll get us in there. I spotted a warder, better known as a Beefeater, I sauntered up to him and said, “do you know who I am”.

Well he must have done because straight away he shook me by the tentacles and let us straight into the jewel house, much to the surprise and some indignation of some in the queue.

When we got inside. Wow I have never seen so much colour from the beautiful jewels. Reds, blue, green and the gold, silver, platinum. Just like pirates treasure, but far greater.

When we started on the travelator past the Crown Jewels I had a tear in my eyes as I recognised the Orb and Sceptre there in front of me. I couldn't believe it after only seeing it on the coffin of our lovely Queen Elizabeth II (God rest your soul and enjoy being at Philip's side once again.

There were so many crowns and then my eyes popped out of my head. I could not believe there in front of me, with just a pane of glass between us. The State Crown. Something I never expected to see. Thank you Eamonn.

Back outside there were these marvelous Tudor houses in front of me. I knew from the TV that some of the warders lived in them, but why a guard outside one of them.



It suddenly occurred to me that this must be the Queen's House, that is not open to the public and why should it be.

The very house that Anne Boleyn (second wife of Henry VIII) stayed pending her execution. I am sure on trumped up charges.

How must she have felt, seeing and hearing the scaffold being built and the executioners block being placed on it. Then being led out of that lovely house, across Tower Green to meet her fate. A good job divorces aren't carried out like this.

Of course, My Lord was not happy about my celebrity status at the Tower, so I did permit him a selfie of a good time. Gosh with a face like that he looks like a chip off the old block!!

Take care everyone and see you at the Christmas Meal and please save me a space. For me no seafood.



ROB

Cost Of Living Grant

Following discussion at the Board of Trustees meeting at the end of the November a new Cost of Living Support Fund was agreed. This fund replaces the Emergency Grant with immediate effect.

The Cost of Living Support Fund is a one-off payment of up to **£350** to help with household bills and food shopping costs and is available to people living with MND once in a 12 month rolling period. The fund is due to be reviewed at the end of March 2023 and is available now.

Details of this new financial support are now live on our website here [Financial support grants | MND Association](#). I have also attached the latest version of the application form and some FAQs about the new fund.

Funding Raising 2022

Our thanks go to Della and Martyn for organising another successful rock n' roll night . Over £800 was raised.



A big thank you to Terri for allowing us to run a raffle on two bucket and spade trains last summer going from Colchester to Walton.

Manningtree station had also been very supportive in allowing us to have a collecting tin in their cafe.

A big thank you goes to Pauline and Sandy for working so hard to raise £300 from a tombola held at a Christmas fair in Brightlingsea





Motor Neurone Disease (MND)

Recently Diagnosed Group, 2023

If you, or a loved one, have been recently diagnosed with MND, you are welcome to join our friendly online group.

It is an opportunity to meet others in the same position, ask questions and find out about available support.

This is held monthly via Zoom on the 3rd Friday of the month at 2pm as follows:
21 Jan, 17 Feb, 17 Mar, 21 Apr, 19 May, 16 Jun, 21 Jul, 18 Aug, 15 Sep, 20 Oct, 17 Nov, 15 Dec.

For more information and joining details, please contact
Ahmed.Abdeldayem@mndassociation.org / 01604800651

www.mndassociation.org
MND Association Francis Crick House, 6 Summerhouse Road, Northampton, NN3 6BJ
[Registered charity no. 294354] Created in RightMarket - 2012/2022 - 144025



Online group for carers of people with MND Looking After You

Join us for an evening virtual support group with other carers of people living with MND

Meetings will take place on the last Wednesday of the month on zoom at 6.30 pm on the following dates in 2023:
25th January; 22nd February; 29th March; 26th April; 31st May; 28th June; 26th July; 30th August; 27th September;
25th October; 29th November and 20th December.
If you would like to join please use the link below:

<https://us06web.zoom.us/j/86087549606?pwd=SzRHU1hUK1FsMnorUzF0cThpOVBHQT09>

Meeting ID: 860 8754 9606
Passcode: 1483

We do hope you will be able to join us.

For more information please contact:
Alli Anthony alli.anthony@mndassociation.org
or
Justine Cox justine.cox@mndassociation.org

www.mndassociation.org
MND Association Francis Crick House, 6 Summerhouse Road, Northampton, NN3 6BJ
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Online group for Carers of people with MND

Join us for a virtual cuppa & friendly chat with other Carers of people with MND in the South East.

Meetings take place on the first Tuesday of each month at 11am, 2023 meetings are scheduled for

3rd Jan, 7th Feb, 7th March, 4th April, 2nd May, 6th June, 4th July, 1st Aug, 5th Sept, 3rd Oct, 7th Nov, 5th Dec.

Zoom Meeting ID: 829 5957 3420
Passcode: 670598

For more information please contact either
Alli.anthony@mndassociation.org
Ahmed.abdeldayem@mndassociation.org
Lisa.bumard@mndassociation.org

www.mndassociation.org

MND Association Francis Crick House, 6 Summerhouse Road, Northampton, NN3 6BJ
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Tea, coffee & catch up on-line for all affected by MND

2023

An informal meet up to share your story, ideas and meet others living with and affected by MND - South East Region

Monthly meet-ups on the 3rd Tuesday of every month 2023 11-12.30:
17 January, 21 February, 21 March, 18 April, 16 May, 20 June, 18 July, 15 August, 19 September, 17 October, 21 November, 19 December.

To join on zoom use:
Meeting ID: 863 8083 4712
Passcode: 081601
For further details contact:
Liz.cooper@mndassociation.org

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motor neurone disease
association



Colchester and N E Essex Group Wald to D.Feet MND 2023

11am Sunday 23rd July 2023

We're back for 2023!

Join us as we raise money by walking to D'Feet MND.
A return walk between Frinton and Walton, Essex.

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]

INTRODUCING OUR NEW AREA SUPPORT COORDINATOR JUSTINE COX

I joined the MND association in December as the new Area support co-ordinator for Herts and Essex, stepping in for Carmen whilst she's on a secondment. Previously, I was managing advocacy and volunteer led independent visiting services for children and young adults who are care experienced or have disabilities.

I'm very excited about my new role and had a baptism of ice with the Colchester group at the Frinton sea dip in December, which was freezing but fun!

I live in Hertfordshire with my rescue staffy Madge and my 3 children, 2 of whom flew the nest then returned. I volunteer as a befriender for a Young person in care and at a local music/arts centre. When I have free time I enjoy walking, reading, writing, baking and painting. I was delighted to join the group Christmas meal and a recent support group and I'm looking forward to meeting more of you in the coming months.



15000 STEPS A DAY CHALLENGE



Hello all, I have been doing this challenge to honour my dad who passed away just before Christmas, I know some of the other families that I have meet since his diagnosis have also gone through this devastating loss, so when this challenge come up I thought this would be a great way of raising money and awareness to help find a cure.

Sarah

MNDA Colchester & NE Essex Group
presents a talk by

Sir Alistair MacDuff KB

(retired judge of the High Court of England and Wales)



His talk on **HISTORIC cases and SCANDALS
A JUDICIAL PERSPECTIVE**

was so interesting. held the audience in the palm of his hand, making the subject not only interesting but interjected with a sense of humour. I cannot wait to hear him again.”

Frinton-on-Sea Lawn Tennis Club
Thursday April 27th 2023
7 for 7.30pm

Tickets £12 to include a glass of wine

Maggie: 07710758509
Anne: 07979694058
Linda: 07969760757

RECENT COFFEE MORNINGS



FUTURE EVENTS

March 25th 2.30pm Headway Essex Day Centre, Woodland Walk, Colchester, CO4 6DH

This is lots tea afternoon with outs of tasty sandwiches, scones and cake. There will also be a talk by Allan Moorcroft on the history of Frinton on Sea

April 4th 2.00pm Tea and cakes at Barn Plants, Turkey Cock Lane, Colchester, CO3 8ND

April 27th 7 – 7.30pm Frinton Tennis Club CO13 9ES Talk by Alistair MacDuff a retired high court judge

May 9th 10.30am Coffee Morning, Hilltop Garden Centre, Weeley, Clacton, CO16 9DS


HAPPY
Retirement!

AND finally a great big thankyou to Anne Glynn for supporting all of us in MNDA AND WISH HER A HAPPY RETIREMENT.



Please support The MND Association, especially North East Essex

JustGiving Menu Start Fundraising



MNDA Colchester
MND Association Colchester and NE Essex Group Appeal 2023

Motor Neurone Disease Association Colchester and NE Group Appeal 2023

Story

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

www.justgiving.com/page/mnda-colchester-appeal2023

Please contact if you need any help

Maggie Cooper: 07519 858993

Email: colchestermnd@gmail.com