



Welcome to 2025. I hope you all have a happy and successful year. We have had an amazing year in North East Essex and have raised nearly £23,000 to support our work with people in this area and also to give money to our national charity, the Motor Neurone Disease Association, who are hoping to reach their target of £40 million. This has been helped by the amazing efforts of Kevin Sinfield who has been running many miles and so far has reached £1.5 million, 50% of which will go to our national charity, the other 50% will be split between five other charities linked with MND. We should again like to thank our many fundraisers who have helped us to raise so much in 2024. We cannot thank everybody individually through our newsletter, but we do have some amazing stories to tell you. We look forward to another successful year in 2025 and will be putting together some interesting events including our annual walk to D'Feet and dip in the Chilly North Sea but more of that later.

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## KEVIN SINFIELD

James Trott met Kevin Sinfield when he was completing his amazing marathons for MND . Kevin gave James a hug. James thanked him for what he was doing for MND & many people joined James when he walked the last mile.



Watch to the end 🙏

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# The new Emma

A new post has been created for 1 year to see what a difference it makes. If successful we are hoping that funding will continue.

**The post of MND family care co-ordinator** has been funded by Challenging MND and we a NHS have partnered with the charity to fulfil this post.

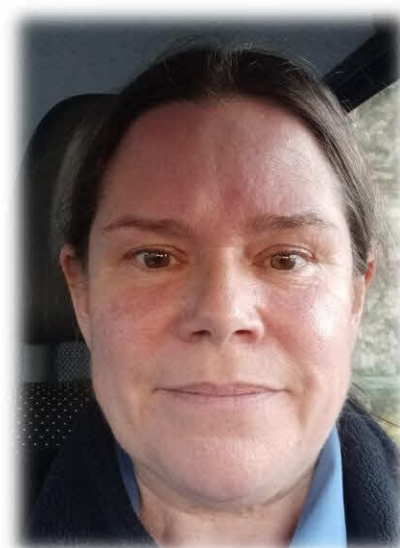
Emma Mylam can offer extra support to families and carers, offering a listening ear, onward referrals to MNDA, Care providers, External services including counselling however the list is exhaustive depending on the need.

Emma works 8hrs on a Tuesday and Wednesday her other days are spent in her current post in the community Nursing Team. Emma has vast experience with patients and relatives, She also has a personal experience in MND losing her Mum & Aunt 8yrs ago.

We are planning some carer/family educational group sessions where we aim to talk about MND, what to expect and what services are involved in the journey and how they can support the patient & families. We aim to get guest speakers in and once we know from the first session or before what families/carers would like to know about we can include this in the sessions.

We are still in the planning stages, but we hope these groups will help and be up & running around March time. These groups will be open to all families & carers of the MND patients in the North East Essex that we cover.

**Emma Marizolle - Neuro Rehab Nurse  
Specialist & MND Co-ordinator**



**Emma Mylam**

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# Dip in the CHILLY North Sea for MND

£1,167.00 raised from our dip in the sea MND 2024 so far! And it's not too late to donate 😊

We can't thank you enough for all your support and companionship at the Dip and to Michael for mulled wine. It certainly warmed up the freezing hands and feet! What glorious weather we enjoyed too. 😊 😊





## What absolute fun ....!

When I was invited to swim in the Great North Sea at Frinton in December I was very unsure whether a 78 year old male was asking to have a heart attack. As an Accountant and a former Risk Manager, I am normally averse to taking unnecessary risks...!!

Fortunately my son had all the gear, wetsuit with gloves, hat and boots, all of which I used much to the amusement of both my family and friends. I looked like a glorified frog!

Both my son and I did not sleep too well the night before as we had no idea if I would survive!! I followed, down the beach, in the footsteps of three brave young chaps who just wore swimming shorts and I didn't look back until I was fully immersed and swimming on my back. My son couldn't resist the call of the sea so came bounding in to join me a few minutes later. It was really great fun to be amongst so many other swimmers with encouragement a-plenty from dry land. After about 10 minutes my hands started to complain so I retreated to the shore. The hot mulled wine was most appreciated.

But - as I started, so I will finish – what absolute fun.

**Gilbert Heathcote**

Thank You Gilbert



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# Thank You!

## **Kent Downs 50 Ultra Challenge - Two Jays**

Jenny and Jaime from Frinton on Sea, took on a walking challenge to raise funds for the MND Association. They were motivated by their desire to support a close friend and her family who are affected by motor neurone disease (MND). We began our journey on a high note, making our way down to Maidstone, buoyed by gifts of sweets, canal views, and encouraging donations. After a short lunch break and a fresh pair of socks, we strolled through picturesque fields, stopping briefly for tea and pic 'n' mix. We enjoyed stunning views before entering the Downs in the drizzle, where we navigated the slippery terrain—often in the dark—toward the finish line. The Ultra Challenge organisers and team - had everything covered the way well sign posted, welcome rest stops and plenty of the team on route to cheer us on. Covering 50 km in just 10 hours and 45 minutes, we shared laughs, forged new friendships, offered encouragement, and drew inspiration from others, all while walking to support those who mobility is challenged. So far we have raised a fantastic £1,072 for MND Association.



**Thanks Jaime Johnson**

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## **The Knitting Lady**

Please join us in thanking Sandra who has raised an amazing £685 by knitting & selling her beautiful items at different events. Keep knitting Sandra. 🧶🧶 well done and thank you for your support



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# “This was the hardest mission I have ever taken on.”

When James was diagnosed with MND he was determined not to “sit back and watch the disease progress”. After conquering



Mount Snowdon last year, he decided to set himself another challenge. Despite a

serious fall just two weeks earlier, James climbed Pen Y Ghent accompanied by his husband Dan and a team of friends and family.



“We reached the summit of this stunning peak, it was the most emotional moment for me. I wasn’t sure I could even start this hike, let alone reach the summit. I had lost vital training and Dan was still escorting me around the house 10 days before because I had lost all

confidence in walking. The decent was the hardest part. I was slow and unsteady and could’ve fallen 100 times, but always had people around me ready to steady me again. Although I needed a little help at the end, I see this as one of my greatest achievements.”



It was an amazing £2628

## Thank You James

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# A Wonderful Music Night

Mark Scott is new to my AV list, and even on my first home visit he was talking about doing something to raise funds for the MNDA local branch ( that's us at Colchester & NE Essex) and along with his best friends Rob, and Charlotte he was talking of several ideas..

The first was that his 'local' pub would devote a Saturday evening with some live music and raffle prizes donated from local shops and businesses. He asked if there was anything I could do to help with some sort of publicity stuff but it was bit late to organise so I decided that I would go, with Jeanette my wife and join in whatever they had in mind.



Fortunately, the pub is in my home town and just a short walk away.

The pub...well it was a small converted shop and sold amazing craft beers from the barrel, it was small, BUT it went back and back, with an outside covered area and a rather good sized garden, lighting outside was just enough, no glaring lights and we could imagine how it would be in the summer months.



There was a small area where some friends had set up a small music band which enhanced the evening and just to add to the incredible raffle, my man Mark grabbed his guitar and joined the band with tremendous applause (oh, don't tell him but he was really quire brilliant)

The Publican, Marc and his business partner Mark Skinner also have another unit with the same name in Sudbury (The Courtyard Tap) who also held a night to raise money for MND at the same time. Sonia and Tanya made up the bar staff. I have to say that it was an incredible evening, the atmosphere was electric and the whole pub bought into the charitable evening.

The result was handed to me, an incredible £1190 (including the £400 from Sudbury).

The pub? Well it is called the 'THE COURTYARD TAP, and is located directly opposite the Esso garage in Halstead. Thanking them for an amazing evening and much appreciated fund raising.

## Paul Joynson

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### Serena goes the extra mile

Not satisfied with having raised money on behalf of MNDA earlier in the year by holding a cake 'Bake Off' Serena and family raised in excess of £600 which we reported in our last news letter. So in addition Serena who was formerly a carer for our son Oliver Joynson recently ran the Royal London Parks half marathon again in memory of Olly raising a Joynson further £600 or more!!



## Jeanette Joynson

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# BARN DANCE

The N.E. Essex keep fit association held a barn dance at Marks Tey Village Hall on Saturday 5th October. The event raised an amazing £367.20 which was kindly donated to us



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# BRIGHTLINGSEA TOMBOLA

Thanks to Pauline & Sandy for organising a fantastic & successful tombola stall during the Brightlingsea Christmas Fayre. Especially to Pauline who had been growing plants & collecting prizes throughout the year. There was great interest shown & they were busy all afternoon. One lad continued until he at last won a prize.





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## Here is the story of Margaret King, from Halstead...

As Margaret's AV I had the pleasure of visits to her home where she lived with husband Barry, Margaret was already wheelchair bound and this helped her around the home. Barry was able to assist but rather suddenly his health deteriorated and he passed away. Margaret, eventually found herself in a care home in Halstead.

Myself and wife Jeanette continued visits in the home and Margaret took a while to adjust.

Just before Christmas we visited Margaret and she showed improvement but she was quite sad that she was unable to locate her Christmas jumper which had been packed away whilst clearing her bungalow.

My wife and I decided to look around in Sudbury for a suitable jumper and luckily, and literally the last shop to check, we found a lovely one and went to drop it into her. She was going to her sons over Christmas and it was a huge hit, unbeknown to her there was a dog on the jumper which was exactly like an old and faithful friend of hers.

Here's a picture of Margaret with her son and Granddaughter and of course sporting her new Doggy Christmas Jumper.



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## Welcome to Chloe Rich our new Area Coordinator



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## CHRISTMAS CONCERT

The Frintones choir led by Hannah held a beautiful Christmas concert in St. Mary's Church, Frinton and they have kindly donated £355.00 to our charity. We thank them for this generous donation .



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## MORRISONS COLLECTING

Anne, Marion, Maggie & Linda had an MND awareness table at Morrisons , Centenary Way, Clacton in December. We collected £366 on the day. We are grateful to Morrisons for allowing us to collect there & to the shoppers who were so generous.



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# Casino Evening

We held our first ever Casino Evening at the Lion in East Bergholt on Thursday 14th November 2024. The evening was a great success, lots of fun gambling

going on, pork burger & fries was enjoyed by all plus a few cocktails !!!

The venue was a wonderful setting for a " Casino", very intimate and great fun was had by all who attended.

The most important thing was we raised £1980:00 which was fantastic, so a very big "Thank You " to all our supporters & to the Lion . We couldn't have done it without you.

## Lou Davidson



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# The Mingoos go to an MNDA coffee morning

## Watch out... there's a Mingo about!!!

The Mingoos got a call one day, From their minder Paul

Do you want to come along, come and meet them all  
they've heard the about characters that always make us  
laugh

These meetings wouldn't be the same without the friendly  
staff

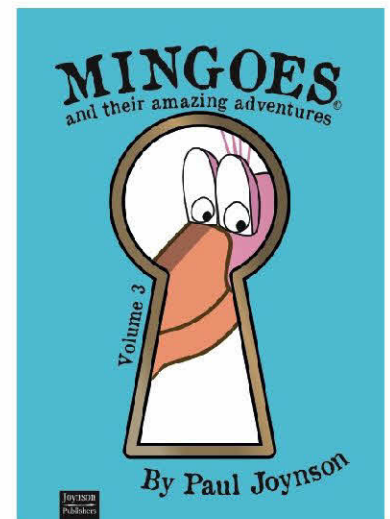
Very soon the coffee comes the cakes are truly fine

Scones and toasted tea cakes, what a way to dine

Mostly everybody chats while they get stuck in

Not much chance of dieting or think you will get thin

Why not come and join us, we try a different venue every month, our next meet up  
for coffee (or a cuppa tea), will be on the



## Coffee Dates

- **Tuesday 11th of February from 10.30am Fillpots Nursery at 52 Straight Road, Boxted, CO4 5RB**
- **Wednesday 12<sup>th</sup> of March from 10.30 am Barnplants Garden Centre, Stanway, CO3 8ND**
- **Tuesday 8<sup>th</sup> of April from 10:30 am Hilltop Garden Centre, Weeley, CO16 9NN**

## Save the date

- **Wednesday 9<sup>th</sup> April 7.30pm Pub Quiz – The New Bell Inn, Harwich**
- **Walk to D'Feet – Sunday 20<sup>th</sup> July 11am TBC**

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# Wivenhoe House Christmas Afternoon Tea

Both Caroline and myself would like to thank you MND volunteers for organising the afternoon tea at Wivenhoe Hotel.

The venue, food and staff were excellent.

It's lovely to here from the various speakers and meet up with fellow carers and people suffering from this terrible disease.

Thank you

## Zac & Caroline Hackett



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**Please support The MND Association, especially  
North East Essex**

**Cheque**

**Payable To : Colchester & N.E. Essex MND Group**

**Bank Details**

**MNDA Colchester & N.E. Essex Group**

**Sort Code : 30-96-09**

**Account Number : 02978600**

**Donations**

**Text : MND4CNE to 70085 to donate £5**

**Justgiving**



**[www.justgiving.com/page/mnda2025](http://www.justgiving.com/page/mnda2025)**

**Please contact if you need any help**

**Maggie Cooper: 07519 858993**

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