



Is it too late to wish you all a happy 2024? It is rather belated but we have been busy and endlessly catching up with ourselves. Our group was nominated by some kindly individuals for the Kings Award for Volunteer Services. A lot of paper work was involved! We were visited by 2 deputy Lieutenants of Essex, who met us to find out what we did. We look forward to another year of busy fund raising, with some fun too! Lets see if we can beat £36000 that we raised in 2023, half of which goes to the national organisation to help with their work and especially for research.

ALL HELP GRATEFULLY RECEIVED!!

Fundraise your way



Sandra sold her beautiful knitted pieces for us in Frinton.



www.mndassociation.org/fundraiseyourway

Events for 2024

19th March coffee morning at 10.30am Hilltop Garden Centre, Weeley, CO16 9DS

23rd March Awareness Breakfast 9.00 to 11.00am at The Lion, East Bergholt, CO7 6TB **“Booking Necessary”**

15th May coffee morning at 11.00am at Barn Plants Garden Centre, Turkey Cock Lane, Stanway, Colchester, CO3 8ND

11th June coffee morning at 11.00am at Hilltop Garden Centre, Weeley, CO16 9DS

3rd July Afternoon tea at 2.30 to 4.30pm
The Lion, East Bergholt, CO7 6TB

12th July Tapas night at 7.00 to 11.00pm
The Lion, East Bergholt, CO7 6TB

28th July at Walk to D’Feet 11.00am
MND starting at beach hut 116 Frinton.





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

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www.mndassociation.org

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

Christmas Dip 2023

On a cold sunny Sunday morning last December, some brave people entered the North Sea, where they were joined by some kite surfers, for our annual dip. We were rewarded with coffee and mulled wine and thanks to Waitrose for the mince pies. Thank you to all who came and we raised over £2000

SEE YOU NEXT DECEMBER!!!!



Rob and Kev's AWARD

Rob and Kev's fundraising and awareness raising endeavours were recognised in King Charles III's New Year's Honours list. The pair joined the ranks of His Majesty's Commanders of the British Empire (CBE).

MND Association Chief Executive Tanya Curry called them 'a truly deserving pair'.



KEEP SIGHT OF THE PERSON YOU LOVE

Lindsey Burrows shares what she's learned about being carer to her husband.

- **FIND CHINKS OF LIGHT AND SOAK UP EVERY DROP OF POSITIVITY YOU CAN FIND.** I Wish I could have bottled the happy emotions of the marathon in Rob's name. On a daily basis, it's the kids' smiles that keep us going.
- **TRY TO KEEP SIGHT OF THE PERSON YOU LOVE.** From the things they enjoy watching to the jokes they love, continue to make those things part of your life.
- **OPEN THE DOOR TO FRIENDS AND FAMILY.** Both Rob's and my parents have been amazing and I think it helps them to have a purpose, too.
- **FIND THE HUMOUR WHERE YOU CAN.** Laughter is the best medicine, so let it flow freely.
- **FIND YOUR OWN HEADSPACE.** Running gives me a break from a being a mum and carer and gets my happy endorphins flowing.
- **DON'T FEEL GUILTY ABOUT HAVING FUN.** My friends and I love going out for afternoon tea together.

Christmas Tea at Wivenhoe's Park

Once again we returned to Wivenhoe House for a delicious afternoon tea. We welcomed over 60 people and said an early goodbye to Jane Forster, physio, who is retiring this Easter.



COFFEE MORNING



Pauline's Tombola in Brightlingsea

A big thank you goes to Pauline and Sandy for working so hard on the tombola at a Xmas fair in Brightlingsea. Over £300 was raised. Well done!



Voluntary Services Award for Colchester

Huge congratulations to the Colchester Group for being nominated for the King Award for Voluntary Services. The group has reached the local assessment stage of the process, making it just one of only 21 groups in Essex to have made it from the hundreds who were nominated. Area Support Co-ordinator (ASC) Justine Cox said: "Our volunteers work tirelessly to support local people living with and affected by MND, and this nomination is a wonderful reflection of how valued their commitment, support, and compassion is".



Congratulations to Michael and Pat Folkes on their golden wedding anniversary



**Rob and Maggie's
new grandson Leo
Congratulations**

Zoom meeting 2024

South East Region Online Groups on Zoom

What: Online group for carers led by Lisa Burnard (Area Support Co-ordinator)

When: First Tuesday of the Month - 11 am - 12:00 pm

Description: "A virtual cuppa and friendly chat with other carers in the South East"

Contact: lisa.burnard@mndassociation.org

What: PMA-PLS support group led by TBC'

When: Second Monday of each month 5 pm- 6 pm

Description: "Meet up with other people living with or affected by PLS or PMA"

Contact: alli.anthony@mndassociation.org

What: PILOT GROUP MND Veterans group led by Dawn Pond (ASC)

When: Fourth Wednesday of each month from 2:30 pm~3:30 pm

Description: "A different type of support. Not just about MND but about you, your background, and

common interests"

Contact: dawn.pond@mndassociation.org

What: Online group for carers led by Justine Cox (Area Support Co-ordinator)

When: Last Wednesday of each month 630 pm-7.30 pm

Description: "Looking after you — an evening virtual support group"

Contact: justine.cox@mndassociation.org

What: South East region Peer to Peer support group led by Dawn Pond (ASC)

When: Third Tuesday of each month - 11:00 - 12:30

Description: "Regional group, the opportunity to meet others with MND across the region"

Contact: dawn.pond@mndassociation.org

Please support The MND Association, especially North East Essex



MNDA Colchester

MND Association Colchester & NE Essex Group Appeal 2024

Fundraising for Motor Neurone Disease Association

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

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



Please contact if you need any help

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