



**Welcome to our Summer 2023 Newsletter. On a National Level the MNDa has been awarded £27 million towards vital research of the £50 Million promised. However until a cure is found we must support people with MND, their families and carers at a local level, hence we have several Fundraising events which are highlighted in this newsletter. **PLEASE SUPPORT OUR WALK to d'FEET this year.** Bring together friends, family and colleagues, or indeed the whole community, for a fundraising walk and you'll bring us a step closer to a world free from MND**





## Colchester and N E Essex Group **Walk 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.

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

**Please contact Maggie Cooper for more information**

**Email: [maggiecooper2000@yahoo.co.uk](mailto:maggiecooper2000@yahoo.co.uk)**

**Tel: 07710 758509**

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

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

[www.mndassociation.org](http://www.mndassociation.org)

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



# Sponsor Form

Please return to:

**Please help**

Participant's Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Postcode \_\_\_\_\_

to raise funds for people affected by MND by participating in

Walk to d'feet MND on: \_\_\_\_\_ (date)

Team Leader: \_\_\_\_\_

Team Name: \_\_\_\_\_

- Motor Neurone Disease:**
- kills six people every day in the UK
  - leaves people unable to walk, talk or feed themselves
  - has no cure
- The MND Association:**
- provides care and support for people with MND and their carers
  - funds vital research into causes, treatments and a cure for MND
  - campaigns and raises awareness of MND

**Increase your donation at no additional cost!** *giftaid it*  
 Thanks to the Gift Aid scheme, the MND Association can reclaim 25p for each £1 you give, increasing its value to £1.25.

If I have ticked the column headed 'Gift Aid it ✓', I confirm that I am a UK Income or Capital Gains taxpayer. I have read this statement and want the MND Association to reclaim tax on the donation detailed below, given on the date shown. I understand that if I pay less Income Tax/ Capital Gains tax in the current tax year than the amount of Gift Aid claimed on all of my donations, it is my responsibility to pay any difference. I understand the charity will reclaim 25p of tax on every £1 that I have given.

**Please note we will be unable to claim gift aid unless you fill in one name only per line, first line of address, post code and tick the gift aid box...Thank you!**

Full Name (BLOCK LETTERS)	To claim Gift Aid we need your HOME address (House name/number only)	Postcode	Tick here giftaid it	Pledge	Date Collected	No Mail*
Example MRS ANN SAMPLE	31	AC12 1HP	<input checked="" type="checkbox"/>	£10	01/01/11	<input type="checkbox"/>
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Please make cheques payable to:  
**The Motor Neurone Disease Association**

**Total Amount Raised**

**Date donations given to the MND Association**



\*If you do not wish to receive future updates on the work of the MND Association, please tick the 'No Mail' column.

Registered charity No 294354

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## LULU the tiger

My granddaughters Holly & Sophia asked if we had a mascot for the Colchester & N.E. Essex MND group. When said we hadn't they decided to design one. Holly wrote a story & Sophia did some drawings. They decided on a tiger with orange & blue stripes to represent the MNDA colours. Sandra Morgan, a very accomplished knitter, said she would design a pattern & knit a sample. It was so good we asked her to do more. The result is in the photo as you will see. So Lu Lu the mascot was born. They have sold really well & orders are coming in fast. My sister in law Carolyn is helping out too.



Unfortunately I can't knit a stitch so am unable to help. 😊. The pattern is available to buy at £2.00

The fluffy tigers are 12.00 each & the plain are £10.00

A big thanks to Sandra for taking the time to make them. They will be on sale at our walk to D'Feet on Sunday July 23rd at Frinton.


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## Marathon Grit

This is Theresa Anne Burke, she is 69 and is the mum of two most amazing girls, who were not only our son Olly's carers during his MND illness, but they were friends and they both fell in love with this amazing young man and in the opinion of my wife Jeanette and I, made his journey as comfortable and fun as possible. Theresa did the London Marathon just for Olly and cracked out a stunning race finishing in just over 5 hours



# Dates for Zoom.



**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](http://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**  
**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; 20th November and 20th December.  
If you would like to join please use the link below:

<https://us06web.zoom.us/j/86087549606?pwd=5zRHU1hUK1F5MnorU2F0cThpOVhBHQ109>

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](mailto:alli.anthony@mndassociation.org)  
or  
Justine Cox [justine.cox@mndassociation.org](mailto:justine.cox@mndassociation.org)

[www.mndassociation.org](http://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](mailto:Alli.anthony@mndassociation.org)  
[Ahmed.abdeldayem@mndassociation.org](mailto:Ahmed.abdeldayem@mndassociation.org)  
[Lisa.burnard@mndassociation.org](mailto:Lisa.burnard@mndassociation.org)

[www.mndassociation.org](http://www.mndassociation.org)  
MND Association Francis Crick House, 6 Summerhouse Road, Northampton, NN3 6BJ  
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**Tea, coffee & catch up online 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: 081 601  
**For further details contact:**  
[Liz.cooper@mndassociation.org](mailto:Liz.cooper@mndassociation.org)

[www.mndassociation.org](http://www.mndassociation.org)  
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save  
the  
date®



- ✓ Tuesday June 20<sup>th</sup> coffee at Barn plants Copford 10.30am
- ✓ Wednesday July 5<sup>th</sup> Afternoon Tea at the Lion, East Bergholt, 2.30
- ✓ Tuesday August 15<sup>th</sup> Hilltop Nursery, Weeley, 2.30



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THANK  
YOU!



Sir Alistair MacDuff KB for again fascinating us with his talk on **HISTORIC cases and SCANDALS** at Frinton Tennis Club we raised over £1200 & we are grateful also to Ufford Historical Society who raised £600 when Sir Alistair did a talk at their meeting.

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Our dear friend Jan's brother Mark Cardy & his wife Sue will be doing the coast to coast walk at the end of July. All money raised will go towards our local group

[www.justgiving.com/page/mnda-colchester-appeal2023](http://www.justgiving.com/page/mnda-colchester-appeal2023)



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

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## Scanner Code



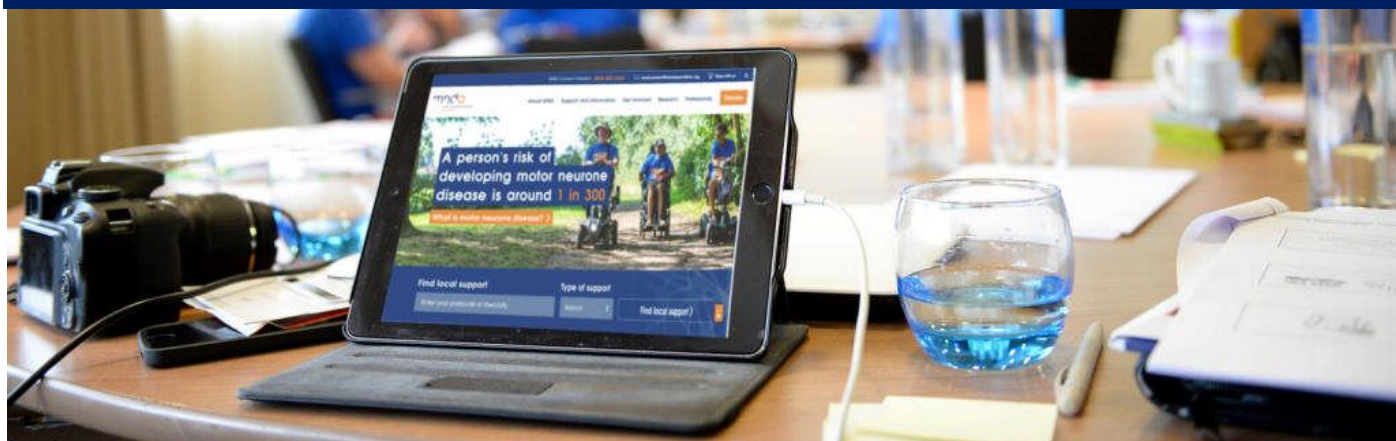
**PLEASE  
DONATE TO  
THIS  
WEBSITE**



[https://www.justgiving.com/fundraising/mndacolchester2022?  
utm\\_source=facebook&utm\\_medium=fundraising&utm\\_content=mndacolchester2022&utm\\_campaign=pfp-  
share&utm\\_term=992cd4e1870a47f6b18e2d944ab18723](https://www.justgiving.com/fundraising/mndacolchester2022?utm_source=facebook&utm_medium=fundraising&utm_content=mndacolchester2022&utm_campaign=pfp-share&utm_term=992cd4e1870a47f6b18e2d944ab18723)



# AGM and Annual Conference 2023



The Association's AGM is one of the highlights of our calendar, giving our valued members the chance to learn more about the work we have been doing, in what proved to be an extraordinary year, and to understand the financial position of the charity.

Join us for our Annual Conference and AGM

Date: Saturday 1 July 2023

Location: Leicester Marriott Hotel, Grove Park, Smith Way, Leicester LE19 1SW

We are delighted to announce we will be hosting our first in-person Annual Conference since the pandemic.

The MND Association Annual Conference and Annual General Meeting (AGM) is an opportunity to meet as a community, share experiences and learn together – and only together will we beat MND.

Members will hear about our breakthroughs, collaborations and innovations in the last year. In line with [our promise](#) to beat MND together, leading experts will comprise a panel to discuss translational research (how new scientific discoveries can accelerate drug discovery, drug development and ultimately clinical trials) and how the [#United2EndMND campaign](#) is driving this exciting work.

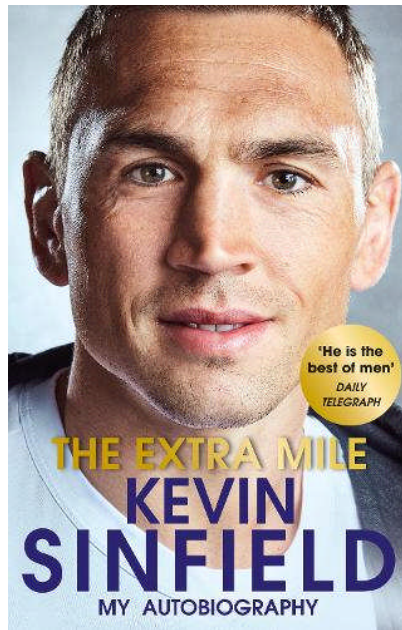
Our NextGen Think Tank members will also give an update on technology initiatives designed to revolutionise the quality of life for people living with MND, as well as its partnership 'ecosystem' which brings together the best technology and creativity in finding solutions for our community.

There will also be opportunities to meet with staff from teams across the Association, including our new CEO, [Tanya Curry](#), and our Chair of the Board of Trustees, [Dr Usman Khan](#). You'll also get the chance to speak with external suppliers who can provide guidance on resources, materials, and support they may have available.

During the AGM, members will have the chance to hear about our progress and what we have achieved to meet [our five Promises](#). Members will have a chance to vote on resolutions and welcome a newly elected trustee.

If you require any further information regarding the Annual Conference and AGM, please contact the Conference and Events Team on [conference@mndassociation.org](mailto:conference@mndassociation.org) or 01604 611844.

[Register for the AGM and Annual Conference](#)



The inspirational, heart-rending memoir of a true Rugby League legend, *The Extra Mile* documents not just Sinfield's sporting achievements throughout an illustrious career but also the heroism he has displayed in raising money for the Motor Neurone Disease that has afflicted his best friend and fellow rugby star Rob Burrow.

The extraordinary memoir from Rugby League's greatest and most inspirational player.

*The Extra Mile* is no ordinary sports memoir. But Kevin Sinfield is no ordinary sportsman. A one-club legend of Leeds Rhinos, who has now crossed codes as a defence coach for Leicester Tigers, Kevin Sinfield is a rugby icon. But in recent years has shown heroism of a very different kind through his selfless and extraordinary fundraising for Motor neurone disease (MND), the terminal illness that has affected his best mate and former teammate Rob Burrow

Sinfield's epic challenges have included running 7 marathons in 7 days, and running over 101 miles in 24 hours. In the process, Sinfield has captured the hearts of the nation and raised nearly £5 million for MND. He was awarded an OBE in the Queen's Birthday honours for his efforts.

Told with Sinfield's characteristic warmth, dry wit and inspirational leadership, *The Extra mile* is the story of an astonishing life, of an enduring friendship, of perseverance against the most difficult of challenges, and of remarkable, humble human being who has defied the odds. The book equips readers with the tools and the mindset to embrace togetherness and to overcome their own challenges. It leaves the reader with the urgent question: Who would you go the extra mile for to help in life?

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# The Lion, East Bergholt



The Lion has very kindly invited us back to their garden for tea and cakes on **Wednesday July 5<sup>th</sup> at 2 30pm**. Please let your visitor know if you would like to come. All are welcome and do contact Anne, Linda or Maggie if you wish to reserve a place.



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# Tapas Evening

for

mnda

motor neurone disease  
association

MNDA Colchester & NE Essex Group



*Friday 14th July. 7pm - 11pm.*

*£30:00 per ticket.*

*Venue:*

*The Lion East Bergholt.*

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I do hope you can join us for a lovely event

**mnda**

motor neurone disease  
association  
Colchester & NE Essex Group



**3 Course  
Dinner**

**with Wine  
Tasting**

Sponsored by

**The Lion Brasserie**  
East Bergholt, CO7 6TB

**Thursday 16th November 2023  
at 6.45pm Carrages at 10.30pm  
£75 per person**

Tickets for a table of 4 or 6 can be purchased directly from the Lion Brassiere in East Bergholt

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# Please support The MND Association, especially North East Essex



## Donations

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

## Justgiving

**[www.justgiving.com/page/mnda-colchester-appeal2023](http://www.justgiving.com/page/mnda-colchester-appeal2023)**

**Please contact if you need any help**

**Maggie Cooper: 07519 858993**

**Email: [colchestermnd@gmail.com](mailto:colchestermnd@gmail.com)**

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