



What a summer 2022 has been. Who needed to go to the South of France!. Our newsletter is full of our events and photos during this time. **Thank you all for your help and support.**

Winter Dip 2022 at Frinton December 18th at 11am

Come and swim in the great North Sea for MND
Meet up at Hut 116, Golf club end



Enjoy a glass of mulled wine for your bravery



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One of our friends who has MND has used this company for two holidays and has been very well looked after.

THANK YOU CHALLENGE MND

Melody who is a carer was given a treat at The Lifehouse Spa Thorpe-le-Soken

"I can't thank you enough for a lovely 24 hours. What a beautiful treat with a massage, lunch and of course prosecco"

<https://challengingmnd.org/>



Walk to D Feet MND 2022

On a very pleasant day in July we held our annual walk to D Feet MND. Starting at Maggie's beach hut a good crowd stepped out towards Walton. Our thanks goes to you all who supported the event. We raised almost £2000



Wine Tasting 2022

mnda
motor neurone disease
association
Colchester & NE Essex Group



SOLD OUT!

with Wine
Tasting

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

Thursday 17th November 2022 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

**Another sell out for our Wine Tasting on November
17th 2022.**

**A big thank you to The Lion, East Bergholt for
sponsoring us again & also for the cheque for £140
donate from their Jubilee Dinner.**

Thank you Sandra Morgan

I have been raising money for the MND Association by knitting funny animals and Christmas decorations.

I raised £250 making the Golf club covers then £120 at the walk.

I have a table at the Triangle shopping centre Frinton on Saturday 26th November 10-2pm and at the Christmas Market Saturday 10th December at the same venue.

If anyone wants to order anything they can contact me direct via email

sanny1.morgan@gmail.com



Thank you to the Lion

Thank you to the Lion at East Bergholt for hosting the afternoon tea and cake for our friends with MND and families in July. The afternoon was enjoyed by all, lovely cakes and fantastic surroundings



MEET ROB



Some of you may recognise me from when I completed the

Walk to De'Feet in record time. A quarter quicker than anyone else. OK I do have an advantage over most that are walking!

After I completed it I was totally shattered and laid down in a basket with lots of knitted toys for a rest.

Just when I was having a good snooze, someone grabs hold of me and sticks a pin in me. Straight away I knew my new role in life. Thumbs up and spread the word about Motor Neurone Disease and gave myself the name after Rob Burrow MBE. Gosh he used be able to run around the rugby field,

just as if he eight legs (like me).

Thus my adventures started with Sue and Eamonn.

I have always loved the thought of travel (without getting wet). So off I went to the RHS flower show. A lovely day for climbing trees and looking over the lovely plants that people were buying. Most of my life has been seeing coral and seaweed.

A new skill I suddenly developed was hover boarding (just like in Back to the Future) over the borders.



It was such fun, whizzing up and down, just like a robot lawn mower.

My next adventure was a little bit further afield. With my new found status I thought a bit of house hunting was in order.

The first house I decided to look at was Waddesdon Manor in Berkshire. Very palatial with lots of rooms, great furniture and yes gardens. This time I tried my inner Monty skills with the flowers. Probably should have called in Adam as all I ended up with was this definitely not my way of "urning a living". Yes I forgot the compost and the flowers.

Next stop Blenheim Palace, not a bad sized place. I did learn a lot about Winston Churchill an how he used the first Duke of Marlborough's tactical skills, when planning the D Day Landings.

Gosh, maybe I could be better at history than gadening. Mind you I would not have fancied driving far in one of these, especially on the M25. The thought of looking at the horses behinds has made me feel quite peeky and washed out.



It was however a great adventure, until Eamonn's legs went wobbly and Sue had to drive home on the rather scary roads like the M40 and the M25. We all made it home safely but I started to think it would be better to stay in what Eamonn calls his second home.



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The history side of things has really taken off and I have become an unofficial room guide at Melford Hall.

Here is me on my first day. Let me introduce you to.



The dining room on the left

The Blue Dining Room on the right. Me sitting on a Louis XV Writing Desk (with the permission of the team). This desk has a few tales to tell.



The Library. I did feel like a lie down, this room guiding stuff is hard work. Finally the Great Hall.



I can see why Eamonn likes it so much.

Well these are my first travels. Where next? I fancy a bit of sightseeing in London and maybe one day flying off or going by Eurostar somewhere abroad. That is if the Passport Office accepts my picture.

Take care everyone.

Eamonn Gray

Bucket & Spade Train 2022

By courtesy of Greater Anglia we have been able to sell raffle tickets on two of the very successful bucket and Spade trains from Colchester to Walton. A generous first prize of a first class family ticket on Greater Anglia has meant we have been able to keep the proceeds of the raffle. Many thanks to Terri for allowing us to collect again.



A night at the concert: Simply Red in Colchester Castle park.

Hi my name is Andy Terry and I am a member of the MNDA.

I thought I would tell you about a concert I attended.

My daughter bought me a ticket to the concert that was on Saturday 6th August, this year. I love going to concerts but am finding it harder now I have been diagnosed with PLS and cannot walk because of my balance problem,

I can still drive but need some one to get my scooter/wheelchair out of my Caddy van with a rear loading ramp. I took a friend with me as my wife doesn't like loud music. When we arrived I parked quite close the entrance gate in a disabled parking, (one the perks of having a blue badge). I am embarrist to say that we que jumped and went to the front and had my tickets scanned and went in with my friend and headed for the disabled section, security checked my ticket and said it wasn't an accessible ticket and we couldn't come in to the enclosure as they were full, but we could try the other accessible area on the other side of the stage.

We tried to get across to it but there was about 2000 people between us and the disabled area and on a mobility scooter it was impossible to get across without running someone over, so we gave up and headed for the path which was on the river bank where we could at least see the stage albeit a bit far away. at this point my daughter found us she had

been up to the disabled area and said the security said we could park outside the disabled enclosure near toilets, when we got back there we met my daughters friend Michelle who works for Colchester council, she said that we were going into the disabled enclosure I told her that they wouldn't let us in, she said "no you are going in" and proceeded to have a word with security (Michelle doesn't take no for an answer) next thing I know they let us in and showed where I could park. it just shows you its not what you know its who you know, for those of you old enough to remember Mick Hucknall and Simply Red it turned out to be a brilliant night singing all there old hits (Fairground Attraction, Money too Tight to Mention)to name but two and we could see the stage and the big screen. There were about 50 people in the area and 1 disabled portaloe which I noticed had no light in, pretty poor I thought, the people who organise the facilities should get a disabled consultant to advise them. Even being disabled shouldn't stop you going to events, I have another event I am going to in September (Ibiza orchestra in the park) with my son so I hope it will be better organised.



Update from the Neuro-rehab Team

Some of you will know Emma in her previous role as nurse specialist at the Hospice and be aware of her passion for supporting people with MND and their families. Her role will be different and we will continue to work closely with the nurses at the hospice who provide an invaluable role.

Some of the funding to enable this has come from my role as I 'wind down' before retirement. We hope to make a case for the need for a MND nurse in North East Essex to align our service with East Suffolk (Ipswich) and West Suffolk (Bury St Edmunds). The service provision for people with MND is being looked at across Suffolk and North East Essex and I met with Emma and the nurses from West Suffolk and Ipswich recently to discuss how we each run our services. It was a great meeting and we hope to develop a regular meeting. We are all planning to engage in the MNDA Audit to help evaluate our service provision and continue to develop.

Best wishes

Anne Glynn

Clinical Lead, Neurorehab Team, Colchester Hospital (ESNEFT).



Christmas Lunch

We are holding our annual Christmas lunch this year at Wivenhoe House on Tuesday 13th December. If you would like to join us that day please

Contact **Anne Lipscomb on 07979694058.**



Time to order your Christmas cards. We do hope they will be from the MND Association



MY CAREER AS A FOOTBALLER.

I left school in June 1968 and joined Colchester United as an apprentice professional. I was at Colchester for 3 and a 1/2 years, 2 as an apprentice and 1 and a 1/2 as a pro.

After Col. Utd I had a spell with Hillingdon in the Southern League.

In April 1972 the Col.Utd captain Bobby Cram got the Vancouver Spartans job and he asked me and Neil Partner to go over and play. I played two seasons for the Spartans before getting my dream move to Seattle Sounders a new team in the NASL. I played six seasons for the Sounders and in 1977 I played in the Soccer Bowl Final against the New York Cosmos. During my six seasons of playing in the NASL I was very fortunate to play against Pele, George Best, Beckenbauer and many other great players.

In 79-80 season I signed for the Pittsburgh Spirit in the Major Indoor Soccer League. The following season I signed for the Phoenix Inferno MISL. After about 10 games due to an injury I was made the Head Coach and we went on to make the playoffs. This was my first coaching position. I went onto get my coaches license and to coach several other teams in the USA.

In 1991 I returned to England where I worked for Col. Utd for 13 years with the youth. After Col. Utd spent 10 years at the Colne Football College before retiring.

Adrian Webster is now living with MND

Teacher's 50-year reunion in nursing home

A 95-YEAR-OLD nursing home resident was delighted to get a blast from the past when five of his previous students from more than 50 years ago came to pay him a visit. Peter Hurst, 95, of Woodland View nursing home in Colchester, was a teacher at Monkwick School from 1961 to 1987, originally teaching physical education, before later switching to geography. Peter has been a resident at the home for the past five years. He was elated when five of his former students came to visit him for a long overdue catch-up and an afternoon of reminiscing. Richard Arnold, Alan Dennis, Adrian Webster, Trevor Moss and Derrick Saddler attended Monkwick School between 1963 and 1968. After 54 years separated, the group of six had nothing but good things to say about their old teacher. The group spent the afternoon reminiscing about years gone by.



SCHOOL REUNION: Richard Arnold, Alan Dennis, Adrian Webster, Trevor Moss and Derrick Saddler, with their former teacher Peter Hurst



MNDA Colchester

MND Association Colchester and NE Essex Group Appeal 2022

Fundraising for Motor Neurone Disease Association

Story

Thanks for taking the time to visit our 2022 Appeal JustGiving page.

Donating through JustGiving is simple, fast and totally secure. Your details are safe with JustGiving - they'll never sell them on or send unwanted emails. Once you donate, they'll send your money directly to the charity. So it's the most efficient way to donate - saving time and cutting costs for the charity.

Donations

Text: MND4CNE to 70085 to donate £5

Justgiving

www.justgiving.com/fundraising/mndacolchester2022

Please contact if you need any help

Maggie Cooper: 07519 858993

Email: colchestermnd@gmail.com