



Spring has gone and we are now into summer, which means we can look forward to our big event Walk to D'Feet which is taking place at Frinton on Sea on Sunday, July 20th at 11am, the Mayor of Frinton has kindly agreed to see the walkers off. More news of the walk later in the newsletter. We also include the sponsorship forms so you will have plenty of time to ask friends and neighbours if they will support you. It has been a very expensive year so far for us as more and more grants have been given, all to make sure that those we are supporting have an easier life. The demands on our funds are still very high so please come and give us cheer even if you are not walking. Do come and support us at our future events and have fun.



It was good to meet Ellie Miller out New Relationship Fundraising Co-ordination for the East



Colchester and N E Essex Group Walk to D'Feet MND 2025

11am Sunday 20th July 2025

We're back for 2025!

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

 [@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]

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)

Walk Organiser:

Walk 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!

Thanks to the Gift Aid scheme, the MND Association can reclaim 25p for each £1 you give, increasing its value to £1.25.

giftaid it

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 if giftaid it	Pledge	Date Collected	No Mail†
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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.

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!

[illegible]

Please make cheques payable to:

The Motor Neurone Disease Association

Total Amount Raised

Page 10

Date donations given to the MND Association



All your personal details remain confidential and will not be shared with any other organisations. Important fundraiser information - The sponsorship money you send us must match **exactly** with the 'Total Raised' on your sponsorship form(s). **If it does not, we are unable to claim any of the Gift Aid.*

Registered charity No 294354

3/17

A MAGICAL MYSTERY TOUR

It was that time of year, with Sue off on holiday for a week (well deserved) with an old school friend.

So, what to do? Last year London well yes, this year Paris the city of dreams and romance. Second thoughts no – past all that!

Dilemma! Yes, I love culture and music so there was only one place Liverpool, it has it all. So, find a good hotel (well two as I would stay in London for the first night) with an accessible bathroom that was accessible ✓ Trains booked via Passenger Assist ✓ Good fares ✓. So, time to hit the Long and Winding Road.

After a Hard Days Night in London and a time to reminisce on the times we, over quite a few years staying at a friend's flat, time for Euston Station. Brilliant clearly marked for the assistance area and even golf buggies to get passengers to the trains. Now not quite a Day Tripper but a four-night tripper.

The train journey was only two hours twenty, so not too bad. Arrived at Liverpool Lime Street station and on coming out I walked past the Empire Theatre. A night at the theatre – yes, can't turn that down so booked to see Hamilton and dinner at the restaurant. Second night sorted. Found my hotel, so easy as you are no more than fifteen-minutes' walk from anything. Excellent friendly clean wonderful staff and a bathroom that you could have a rave in, so I knew I'll Feel Fine.



After a hearty breakfast, I'll Be On My Way and explore. I headed straight for the dock area. They had been so abandoned over the years, but a totally new lease of life and a café culture area. The home of the Beatles Story and of course the Mersey. A colleague of mine at Melford said look out for the statue of this guy, otherwise he'll be furious – yes, the one and only Billy Fury, immortalised in this great



sculpture.

So time for that music culture, time for the Beatles Story. It was incredible telling the story of the Fab Four from the early days to the split. Told by way of costumes, sets such as Abbey Road, the Yellow Submarine, a mock-up of The Cavern Club and John Lennon's White Room in New York. This started to whet my appetite as after all I was As Free As A Bird, to do what I liked. Plus a Beatles fan in my youth.



Before I left for Liverpool someone said to Sue, "shame Eamonn won't be able to get into the Cavern Club as it is down a load of steps. But – I Should Have Known Better! So off I headed down Penny Lane (well a street) to find where it all happened. On the way I spotted this statue, well I know four of them, who's the one in the middle? After the photo, they started to sing I Don't Want To See You Again. Off to Matthew Street and see the outside of that world famous club. On the way I thought "how do they get the barrels of beer down", so on arrival it was ask the question?

Always worth doing as they took me to the service lift and in minutes I was there, in The Cavern Club, packed with people drinking and live music, Hold Me Tight am I really here or am I dreaming. End of first day so All I've Got To Do is theatre and sleep.

Day two I devoted to Culture and visited the incredible Catholic Cathedral, very modern and referred to locally as "the wigwam, and the Anglican Cathedral, the largest in the UK and seventh largest in the world. Due to the size of them it took the best part of a morning and afternoon to do them both.

It did give me a chance to sit down have a rest and reflect on life and how ones initial perception of how you see your life evolving can be changed so quickly, as we all know. I do feel that despite my Kennedy's I can get out solo and enjoy life. OK I do tend to make it look easy, but inside another different me goes on, however there's no point to Cry For A Shadow of who you are. Day two over and yet another evening at the theatre an Evening with Guenther Steiner ex principle of the Haas F1 team.



Day three my last day. I have done music and culture, so now the history of Liverpool, so off to the three floors of the Museum of Liverpool. Vast and going round you realise what an importance the city has had in the making of this country, by way of ship building. A display also had pictures of the many famous people that were born in the city. Well early afternoon was looming by now, so Don't Pass Me By. Time for a ferry cross the Mersey. Yet again another evening out. This time posh culture, a live link at the cinema from the Royal Ballet and Opera in London. One last look at the docks at sunset.

To sum the trip up. Brilliant!! Tiring yes but the people were so helpful and lovely and so was Every Little Thing. To quote a phrase from our Cilla I had a Lora, Lora Laughs along the way.

This piece is for my Mum who always said – Don't Ever Change – It's For You. Xx

Eamonn Gray



The Mingoos went to Penny lane

To see how much it cost

Just a sign that said its name

And freezing in the frost

Elenor Rigby stood by her door

Watching the Mingoos walk by

It must have been a hard days
night

Her eyes looked all red and sore

This was just another day in their
life

They heard a blackbird sing

Liverpool has so much to see

And music explained their life

The number one said there were 8 days a week

The extra one they needed to see

So off they went, a day to seek

Having no luck they just let it be

The number one woke up one day

Here comes the sun he'd say

Let's go to see the strawberry fields

Oh, there's something in the way!

Sitting happily in the road

Almost as big as a bus

Sorry guys I fell asleep

It's just...I am a Walrus!

So off they went down the the long and winding
road

Past the Norwegian wood

Meeting a nowhere man called Bill

Also known as the fool on the hill

The number 1 was really fussed

These animals they've never seen

They may as well be at the sea

With a Yellow submarine



Yesterday.....

All my bubbles seemed to blow away

On a magical mystery tour

Now my guitar

gently weeps

All the flock just gathered round

Keen to know how these guitars sound

Suddenly like the sound of a car

Obladee Obladah, obladee obladah

Number one was excited to meet a special girl

Good day Sunshine, his head was in a whirl

I'm really pleased to meet you, and

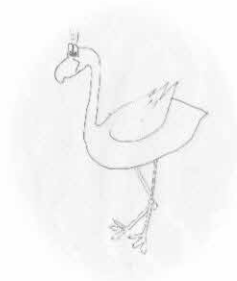
I wanna hold your hand

Don't let me down, I saw her standing there

I want to take you out, almost anywhere

Suddenly he had a plan it's nearly half past four

Will you come and join me on a magical mystery
tour





Colne Bank School of Dancing
Charity Dance Day
for MND

Saturday 12th July



mnda
motor neurone disease
association

Broomgrove Infant School
Wivenhoe 12.30-5.30

12.30 Warm Up

12.45-2.00 Clare Craze

2.15-3.15 Ellie Cooke

3.30-4.00 Colne Bank Dance Performance

4.15-5.30 Katy Osborne



Everyone Welcome!

**Bring a drink, a
donation and a smile!**

Any enquiries please contact Jenny — colnbank@gmail.com

Fashion Show

Saturday 4th October 6.30pm – 10pm

Constable Hall, East Bergholt, CO7 6TP

Tickets £15 including glass of Adnams Prosecco

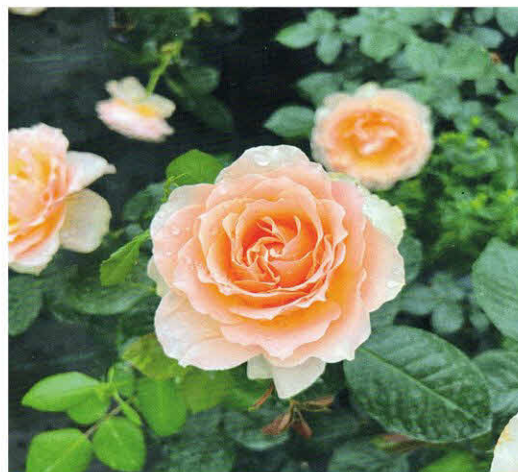


Terri's Quiz!

A very successful quiz night was held at the New Bell Inn, Harwich, back in April. A big thank you goes to Terri and Diane for organising the quiz and for making us so welcome. Such a lovely, jolly atmosphere and the proceeds from the raffle were given to our group.

We look forward to our next quiz there on

Wednesday 8th October.



APPLY FOR A GARDEN GRANT

Last year we received 74 applications and provided grants totalling £32,045 towards garden improvements.



You can apply for a grant to help make your garden more accessible by scanning the QR code or contacting MND Connect on 0808 802 6262.

Coffee Morning Photos at Craft Nursey, Lawford



Wednesday 9th July 10.30am

- Hilltop Garden Centre, Weeley, CO16 9NN

Tuesday 12th August 10.30am

- Fillpots Nursery at 52 Straight Road, Boxted, CO4 5RB

Wednesday 10th September 10.30am

- The Barn Garden Centre, Stanway, CO3 8ND
-

Where MNDA meets the National Trust

Who should turn up at Flatford where I'm a guide, but Jim on an 18 mile visit as he is a guide at the National Gallery where Constable's painting of the Hay Wain is kept. He wanted to see where it had been painted. He cleverly added the Haywain to his photograph. Jim had previously done a bike ride for MNDA, in memory of his mother.

It's a small world where one charity meets another. He had also been at university with my daughter in law and we had been in contact when his mother was ill.

Maggie Cooper



Raffle opens 6 May 2025

Visit mnda.raffleentry.org.uk or call 0330 002 0342 to play

Closing date: 25 July 2025 Draw date: 1 August 2025

Don't forget you can also sell tickets to friends, family, colleagues and neighbours. Please request paper tickets over the phone or email raffle@mndassociation.org

Every £1 ticket you buy goes towards funding important research into effective treatments and supporting people living with and affected by MND.

T&Cs: You must be over 18 years of age to play. Entry is open to all UK residents excluding those in Northern Ireland, Jersey, Guernsey and the Isle of Man. Raffle rules are available at mnda.raffleentry.org.uk for full terms and conditions including information on prize allocation, proceeds and chances of winning.



Registered with
FUNDRAISING
REGULATOR

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

Cheque

**Payable To : Colchester & North East Essex MND
Group**

Bank Details

MNDA Colchester & North East Essex Group

Sort Code : 30-96-09

Account Number : 02978600

Donations

Text : MND4CNE to 70085 to donate £5

Justgiving



www.justgiving.com/page/mnda2025

Please contact if you need any help

Maggie Cooper: 07519 858993

Email: maggie.cooper@mndassociation.org