March 2026

castle to coast

MND Association

Colchester and North East Essex

Welcome to your Spring newsletter.

On 28th January, we unveiled our new look and new approach. You told us we need to be bolder, more ambitious and work faster to make every day matter for people affected by MND. So we've become the MND Association you need now, and into the future.

You may have noticed we've updated our look. Our team has started wearing new t-shirts in a bold new colour as part of a wider MND Association rebrand.

This change is about more than just a new appearance. The updated branding is designed to increase our visibility and strengthen our message, helping us move closer to our ultimate goal: a world free from MND.

In this issue, we'll share how this new energy is driving our latest work and how your support continues to make a difference.

The cost of the rebrand was very kindly covered by an anonymous corporate donation.

Maggie, Anne, Lou and Linda showing off the new T shirts at our coffee morning. We shall be ordering, the beanies as we are, jealous of Anne's!!

Other items can be ordering on the website on line shop.

How our Group Supports each other

I know what your thinking? I've got this disease I can handle it alone, with the support of my family!!

Yes I have been there and yes my wife has supported me on my journey (we have no children to call on to do something and our brothers live away) so there is a lot of weight on us.

My journey started in December, 2011 when I went to the GP for an assessment for suspected carpel tunnel, the GP said she would like to consult a colleague. I thought strange? The outcome was me taking off my shirt and Latin being exchanged between the he thought I had Kenedys Disease which is a rare form of MND. My referral to Royal London Whitechapel and a DNA test confirmed that yes I was born one chromosome short of a full pizza and the diagnosis was confirmed and that I had it since I was born and could expect normal life expectancy, what ever that is (OK let the cat out the bag Eamonn - yes I am 72).

I got in touch with the MND and got the information, as we all do. We attended a regional conference, chatted to people and some said about their association vistor and how helpful they have been. It was the we realised that up until then I had been stubborn. Unfair to my wife and myself.

This is when I realised why go through the mental torture of trying to do it alone when there are people that are well trained to help you and we found Linda. Our Association visitor and helper for quite a few years.

The benefit of having an association visitor are incredible. Here are few of the benefits:

They listen to you and your partner, either together or separately to give you that mental support (or in my case scold me for being stubborn and strong willed).

Advising on what grants may be available to assist with adaptations in the house and improving quality of life.

Then there is the best bit, the monthly coffee mornings. A chance to meet other volunteers and regional people from the MNDA. More important than that meeting others in the same boat. Having a chat finding out how they are doing and exchanging experiences with each other. Getting together and having a laugh is a great medicine.

Don't be stubborn like I was with my head in the sand, yes I'm OK Jack. Pull your head out!!

COME AND JOIN US. WE'LL FIND YOU A FANTASTIC VOLUNTEER. BECOME PART OF THE COLCHESTER AND NORTH ESSEX MND FAMILY. THUMBS UP TO OUR ASSOCIATION VOLUNTEER WHO GIVE UP THEIR TIME TO SUPPORT US.

Eamonn

Being part of the North Essex MNDA Group

Being part of the north Essex MNDA group has really been great to meet people affected by MND and has given myself and Wendy a lot of support and help. Great coffee mornings, Christmas tea and lots of new friends which is great.

Recently the group has been very helpful with grants not only for myself but Wendy which has been great, to have holidays. We give the MNDA very, very, very big thank you.

Lastly I myself would like to say thank you for the grant for my electric scooter which is a god sent.

Also to Maggie , Linda and Anne for they're great organisation and help.

Once again a huge big thank you for trying to make things lighter.

Paul and Wendy

I wanted to take a moment to tell you about the Colchester and North East Essex MNDA's volunteers. Anne, and volunteers like her, make regular home visits to provide knowledge, information, practical and emotional support for people with MND, their families and carers. They also liaise with healthcare professionals for continuity of care and up to date research, clinical trials and developments. They Organise fund raising activities for MNDA social events, and to help with the additional cost of specialist equipment, adaptations and therapies. The social events are where you can make new friends who can relate to your situation, exchange knowledge, views and ideas within a small community on the same difficult journey. Anne and the team are readily available, good humoured, compassionate and share our experiences, laughter and tears along the way. Their dedication strengthens our community and reinforces the message that no one affected by MND should face it unsupported. Anne is not just a volunteer; I consider her a very special friend.

Jane

WOULD YOU LIKE AN ASSOCATION VISITOR?

A big thank you to all who have supported us so far in 2025

Gilbert and Charles Heathcote

James Trott

Sandra Morgan

John Nicholls

And anyone else who has donated to our just giving page or directly into our bank account

11th March 2026, 10.30am - The Barn Garden Centre, Stanway, CO3 8ND

14th April2026, 10.30am - Hilltop Garden Centre, Weeley, CO16 9NN

6th May 2026, 10.30am - Fillpots Nursery at 52 Straight Road, Boxted, CO4 5RB

Awareness Breakfast

Join the MND Association Colchester and North East Essex Group at their awareness breakfast on the 11th April 2026

Join us for our second awareness breakfast on the 11th April between 09:30am-11:30am at Craft Nurseries Restaurant, 34 Harwich Road, Lawford, CO11 2LS

→ **Please call to book - 01206233452**

MND Association

Registered Charity no. 294354

Registered with FUNDRAISING REGULATOR

Morning Coffee

Club raises over £1k for MND charity

THE Walton and Frinton Probus Club recently donated more than £1,000 to the Motor Neurone Disease Association (MNDA).

During the club's January luncheon meeting, club chairman Peter Wade presented a cheque of £1,000 to MNDA representative Ellie Miller.

Members raised the funds at the club's summer ball and on the day of the meeting itself.

Ellie gave a presentation about the association's activities and the effect of MND on patients.

The disease progresses rapidly and affects a person's ability to walk, talk, eat ad ultimately to breathe.

A third of people die within a year of diagnosis and half within two years, and there is currently no effective treatment and no cure.

Anyone interested in joining the probus club can email secretary@ frintonprobus.org.uk for more information.

DONATION - Peter Wade presenting the cheque to Ellie Miller from the Motor Neurone Disease Association

Tuesday 7th April 2026 – Pub Quiz at the New Bell Inn, Harwich, CO12 3EN

Saturday 11th April 2026, 9:30-11:30 am - Awareness Breakfast

at Craft Nurseries Restaurant,

34, Harwich Rd, Lawford. CO11 2LS

Saturday 17th October 2026 - Fashion Show at the Constable Hall East Bergholt

Carers Survey - Scan the QR code

Are you a current unpaid carer for someone living with MND? Scan the QR code to have your say on the support that the MND Association provides to unpaid carers

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Winter Dip 2025

20 intrepid dippers, or shall we say silly swimmers braved the North Sea at Frinton on a cold but bright day in December. They were fortified by mince pies (thank you Waitrose) & warming mulled wine provided by Michael Coffey. We Raised £1200

Christmas 2025

Once again we welcomed over 50 people to a delicious afternoon tea at Wivenhoe House Hotel to celebrate the Christmas season. A special thanks goes to Pauline who brought along her beautiful hand propagated house plants for us to buy

When I met Kevin

On December 1st. On Kevin's opening day of his latest mammoth 7 in 7 challenge, I was honoured to be asked to bang the drum at Bury St Edmunds.

It's probably the most nerve racking and surreal moment in my life. I've never been on TV, let alone live TV!! My speech isn't what it used to be and I was worried it would let me down, but knowing my husband was by my side for support helped me.

I'd met Kevin the previous year in Leicester, but this was different. I can't even remember what I said to him. Apparently I thanked him a lot and he took a photo with me and my husband. I was then led outside for the interview and drum banging. It all went according to plan thankfully. It was a special moment I will never forget and I was totally honoured.

Me and the family then travelled down to Ipswich to meet Kevin for the 1 mile. I didn't see much of him as I couldn't keep up, but my family were with me and we walked at my slow speed. I wanted to complete my mile. I think I finished last 😂.

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

http://www.justgiving.com/page/mnda-colchester-2026

Please contact if you need any help

Maggie Cooper: 07519 858993

Email: maggie.cooper@mndassociation.org

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