

May 2026



Welcome to your Summer Newsletter.

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 26th at 11am. 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.

Congratulations to Ellie

Our regional fundraising co ordinator
who is soon be married!

We wish you all the best on the day
and for the future.



Walk to D'Feet Sunday 26th July 2026 11am

Colchester and N E Essex Group

Join us as we raise money for the Motor Neurone Disease Association by walking to D'Feet. Registration at 10.30am - Meet at Beach Hut 116, Golf Club end, Frinton-on-sea. A return walk between Frinton and Walton



Tel: 07710 758509



maggie.cooper@mndassociation.org



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MND
Association

Registered Charity no. 294354



Registered with
FUNDRAISING
REGULATOR

Official sponsor form.

Every day we support people affected by Motor Neurone Disease (MND), campaign for better care and fund ground-breaking research. Because with MND, every day matters.

Full name	
Full address	
Postcode	
Event name	
Event date	
Email	

giftaid it

Increase your donation at no additional cost!

Thanks to the Gift Aid scheme, the MND Association can claim 25p for each £1 you give, increasing it's 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 return to:

MND Association, Francis Crick House, 6 Summerhouse Road, Northampton NN3 6JB

Please make cheques payable to: The Motor Neurone Disease Association



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Awareness Breakfast

Saturday 11th April 2026

Our Awareness Breakfast was held this year at Craft Nurseries Ardleigh.

It was a busy & successful morning, around 50 attended at various times.

The venue was perfect, plenty of room, a great breakfast & there was a lovely atmosphere. The morning was enjoyed by all.

The donations raised were £339.40



The New Bell Inn

Once again we enjoyed an excellent evening at the New Bell Inn in Harwich. Terri, our quiz master, put us through ten rounds of questions to test our general knowledge! Thanks to those who supported our raffle which made just under £200.

Next quiz will be on Wednesday 4th November.



Cycle by James Tott

Well it took me over 5 hours of cycling but I was determined to complete my mission today. 43km completed. I am shattered beyond belief and everything aches but it was worth it. I completed the first 15km in one trike but I was quite slow and it was extremely windy which didn't help.

The bike charity then recommended a different bike and I was a lot quicker, completing the other 28km in a similar time to the first 15!

I could barely move after and it took a few days to recover. Donations are just over £2k and counting. Huge thank you to Colchester Sports Park and Wheels For All for helping me on the day.



Leeds half marathon

James's niece Katie ran the Leeds half marathon on Sunday 10th May. She was raising money for MND. Well done & thank you for supporting the MND Association

Celebration of life Michael Folkes

Friends & Family donated
£700 for our funds



The celebration of Mick's life was held at Frinton Links Golf Club on 28th March 2026, which was attended by so many. He lost his battle with MND on 15th January 2026 but had faced it with the most amazing bravery we have ever witnessed. Still joking at the end and still telling us what to do after he passed, even with his private memorial, which is planned for June. Not only was he such a good and kind funny person but an inspiration to us all.

My Holiday

I spent a week in Cyprus with my two children Jane and Iain in April so that we could rest and reflect on his long hard fight and remember him as the person he used to be before this cruel disease took him from us. It affected us as a family to see him on his journey with MND but it is now a great comfort to know he is no longer suffering and is at peace now. He was loved by so many and we will miss you so much.

Pat Folkes



Morning coffee

- Wednesday, 10th of June 2026, 10.30am - **The Barn Plant & Garden Centre**, Turkey Cock Lane, Stanway, Colchester, Essex, CO3 8ND
- Tuesday, 7th of July 2026, 10:30 AM - **Hilltop Garden Centre**, Clacton Road, Weeley, Essex, CO16 9DN
- Wednesday 19th of August 2026, 10.30am - **Craft Nurseries**, 34 Harwich Road, Lawford, Manningtree, Essex. CO11 2LS



SAVE the DATE

- Next Quiz - The New Bell Inn, Harwich CO12 3EN - Wednesday 8th November at 7pm



'When the dogs don't bark'

Mary Newton Principle Forensic Pathologist (retired)

Frinton-on-Sea Lawn Tennis Club, Thursday 19th November 2026, 7.30pm, Tickets £15 to include a glass of wine

→ Maggie: 07710756509, Linda: 07969760757

✉ maggie.cooper@mndassociation.org



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Fashion Show

Our second Fashion Show, The Constable Hall, East Bergholt is on Saturday 17th October 2026

£20 per ticket. Includes a glass of Adnams Pink Prosecco & refreshments during the interval. Doors open at 6:00pm

→ Lou Davidson: 07712446198

✉ louidavison22@gmail.com



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Limitless Cruise

28th March — 4th April, Northern Europe aboard P&O Iona Limitless exists to enable people with disabilities to travel the world with confidence, and our recent cruise showed exactly how they achieve that.

My husband and I were collected from home at 9am by taxi and travelled to Southampton to embark on the beautiful P&O Iona. From the moment we arrived, the Limitless staff were there to help — taking our luggage, guiding us smoothly through security, and escorting us directly to our accessible cabin.

There were around nine people in our group, and breakfast and evening meals were arranged for us together each day. It was lovely getting to know our fellow travellers and sharing our experiences.

Excursions were included throughout the trip, and the staff ensured everyone was safely assisted on and off the coaches in their wheelchairs. Nothing ever felt too much trouble, and nobody was left out.

Two evening shows were also included, although there was always the freedom to join in with the group activities or do your own thing if preferred.

During the cruise we visited Brussels and Hamburg before returning via Belgium on Our journey home. We enjoyed ourselves immensely and felt completely supported throughout.

Disembarkation was just as smooth as embarkation, and our taxi was waiting to take us safely home after a wonderful holiday

Sue Ward



Where to find emotional and psychological support

A diagnosis of motor neurone disease (MND) is emotionally challenging for you and your loved ones. As you face the changes ahead, mixed emotions can be confusing, but identifying these can help you manage the impact. We've created a number of resources that can help:

Emotional and psychological support booklet

Our main guide to help with the emotions that come with a diagnosis. This guide includes how to seek support and the different therapies available.

Making the most of life booklet

Focusing on adapting your approach may help you continue doing the things you want to do. This piece focuses on quality of life.

"I think everyone is different. It's hard to say 'do this, do that'. But I think do your best."
Sue Vale, living with MND

Changes to thinking and behaviour

Some people with MND may experience changes to thinking and behaviour. This booklet can help you identify changes that may happen and how to get support if they do.

Caring and MND: support for you

Our guide suggests ways to look after yourself when giving support. See also our short booklet: Caring and MND: quick guide.



"It's difficult because I have to control my emotions, so that I don't look nervous and Dad's just going to be falling apart. And trying to do that while you're still trying to care for someone is a very difficult thing to do." Meena Dhule, Carer.

Support for children and young people

We have resources to help young children, young people and young carers understand an MND diagnosis in their family. Explore our MND Buddies activity hub, our guide So what is MND, anyway? and more at: mndassociation.org/cyp

Find our full collection of resources:
mndassociation.org/careinfofinder



Scan now

Please support The Motor Neurone Disease 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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