
2022 March

from **castle** to **coast**

Colchester and North East Essex
Newsletter

mnda
motor neurone disease
association

We'd like wish you a Happy New Year as we enter 2022 with renewed optimism.

Our fundraising in 2021 was amazing and we would like to say a big thank you to every one who either took part or organised any of the successful events, especially our December dip which raised just under £6000. This money will help to make life better for people with MND.

Congratulations and a big thank you to Sandra Morgan who raised £615.50 for our local group via the sales of her knitted toys. A fabulous achievement that will help us continue to help support those locally with MND.



Wine Tasting

We held our first fundraiser “Wine Tasting & Dinner” at The Lion Brasserie, East Bergholt . The evening was a great success, the food was excellent as was the service provided by the ever helpful staff, the wine supplied by Tim Ferguson was chosen to complement each course & this was superb.

The evening raised a total of £1050:00 & was sponsored by The Lion Brasserie. Many thanks to those who supported the evening.



Quiz night

Braintree Golf Club

This was an amazing event organised by the Braintree based Accountancy company **Lambert Chapman LLP**, as a part of MNDA being their appointed charity for the year. The event was held at the home of the Braintree Golf club in Stisted, with a full house of about 13 teams of 6, all under very strict COVID rules, and filling the hall. Team tables were all spaced sensibly.



The company invited the Colchester and NE Essex branch of the MNDA, to actually supply a team, as guests and we were glad to show our support. A team of six (of our brightest quizzers) were given the top table as their guests of honour.

Sadly, we were unable to live up to the rhetoric and gave a good performance but avoided being placed last. Our excuse was bad use of the joker round... but we avoided the bottom place. (just).

During the half time food and water break, we were able to sell 8 children's book, (the Mingoos and their Amazing Adventures), written by our AV, Paul, of which all profit goes to MNDA, (this raised £80). It was a really fun night, lots of humour and laughter. Colleagues from other companies also joined the quiz to ensure some rivalry.

One of the accountant employees had prepared an emotional film about his father who was currently suffering from MND and being aided by Paul from our AV team, he was unable to stay to even watch his own film and there was hardly a dry eye in the hall,

The good news was an incredible sum of £2405 was raised for the charity.

We thank the organising team other members of the company who were assigned as 'runners' to each table to get drinks for a wonderful charity raising event.

Our dip in the sea for MND

A GROUP of brave supporters took a charity dip to raise funds for Motor Neurone Disease patients. On Sunday, December 19 the group took the dip in Frinton's North Sea and more than £2500 has been raised so far from Just Giving. Very generous donations from Lambert Chapman has helped to raise £6000. Over 50 people came to the event including individuals from Frinton swimmers and members of Lambert Chapman accountants. The group celebrated the event afterwards with a gathering where they enjoyed mulled wine and minced pies. Although the weather was not the best as it was a cold and foggy morning, Anne Lipscomb, one of the event's leaders emphasised why it was so important. She said: "We run a small group called the Colchester and North Essex group, part of the Motor Neurone Disease Association, focussed on looking after people with the disease. "There is not a lot on the medical front that can be done to help them, so we support them in other ways like reflexology massages and helping with their gardening. "This is the second holiday dip we have done, last year we only had six people at the event because of restrictions, so it was a bit of an experiment. "We hope to make this an annual December event and this year was a great way to kick that off."





Bryn Cooper

Abseiling the Orbit Tower London

I am a 17 year old A Level student living in near Colchester in Essex, and my grandmother is a volunteer visitor for the MNDA. I wanted to raise £500 towards the MNDA Colchester and North East Essex group, by abseiling down the 114m high Orbit Tower in London, which is located at the Olympic Park Stratford. I also planned to swim in the freezing North Sea as part of the MNDA's annual winter dip. I completed both challenges and due to the generosity of friends and family actually raised £1000. The abseiling was a breath-taking experience. On the main event day my friend Hayden and I were very excited getting ready for the event. Although both a little scared. Once I got to the top I felt exhilarated and a little numb. It was extremely high looking across London but we powered on and went over the edge. When we eventually hit the ground, a strong sense of pride struck me. What an achievement and for such a great cause as well.

I had completed the swimming the previous year for MNDA and knowing how cold the sea is and with not wearing a wet suit, I was more worried to do the swim than the abseiling! It was a chilling experience, feeling even more numb than the abseiling. Overall both challenges were a great experience.



The Mighty Man

This is a picture of our Association Visitor, Paul who was unable to fit into the MNDA “T” shirts.

Being 6 ft 7” tall, Paul found a company that made this hoodie just for him.

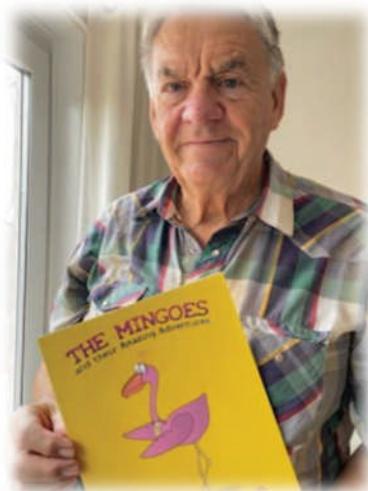
If anybody would like to know anymore then please get in touch.

pauljoynsonav@gmail.com



‘If Olly knew what I was doing I know he would be thrilled’

A FATHER, whose son died from MND aged just 41, has volunteered to help others affected by MND by becoming an Association visitor (AV). Paul Joynson’s son Olly died from MND in August 2020 leaving their family devastated but determined to do everything possible to raise funds and awareness of MND. Last year, Paul published a book of poems he and Olly created together called *The Mingoos and their Amazing Adventures* to raise money for the Association, but as time has passed, Paul has found himself wanting to do more. “If Olly knew what I was doing I know he would be absolutely thrilled,” Paul explained. “I don’t believe I am anything special, but I have always wanted to give something back to the Association. I have no doubt that Olly had a better experience because of the care and support we received from the Association. “I have lots of experience having cared for Olly and I would Paul’s son Olly, who died from MND in 2020 aged 41 ‘If Olly knew what I was doing I know he would be thrilled’ like to use it to help others affected by MND. It’s a vile disease - there’s no other word for it – and I want to do everything I can.” Paul’s first step was to register his interest with the MND Association and enrol onto an AV training programme. He said: “The training has been fantastic – really thorough. There’s a lot to do and a lot to learn but I’m looking forward to getting started.” The Association’s Area Support Co-ordinator (ASC) for Herts and Essex, Carmen Brown said: “Paul has settled in exceptionally well with his local group and works closely with the other AVs to support people locally. He is also providing valuable support to people on a one-to-one basis and it’s clear to see he is driven by his passion to help others and to honour his son’s memory. “We are always very keen to get more diversity into our volunteer workforce. In Paul’s area, all the AVs are female and having a male AV has been very much welcomed.” You can find out more about the volunteering opportunities available in your area by visiting our website at www.mndassociation.org/volunteering



My wonderful community

We recently moved to Clacton-on-Sea and didn't expect to have such amazing community around us. Whilst I have MND that unfortunately affects upper and lower body together with the need to have a ventilation machine to help with the diaphragm weakness all our local neighbours have been so kind and loving.

We moved in September 2021 and our next door neighbours Tracey and Ian instantly helped us with fitting the TV on the wall. Since this they have helped us so much doing these things.

Cutting the grass in the garden

Trimmed all the plants and tidied everything.

Pruned the roses

Laid patio slabs to enable me to get out with the wheelchair

Put our photos and canvases on the wall

Assembled the bedside cabinets.

Often cooks meals and bring them into our home.

Has helped me with my disabilities when my wife struggles.

Helped me set up my wife's birthday banners balloons cake and lots more.

Tracey and Ian are beyond amazing and truly beautiful inside and out.

Our neighbour opposite us Pam comes over to cut my hair, helps my wife with shopping and her son's come to see and chat with us with their partners.

Neighbours a few doors away invited us to their New Year

Eve party and helped me with the ramps to get the wheelchair into the house for some great fun

Local tradesmen have been very supportive and professional we arranged the following.

Convert the bathroom into a wet room

Fresh painting of bedrooms and hallway

Fitted a stair lift

The MND ASSOCIATION has been wonderful helping with grants for the stair lift and gardening together with Maggie Cooper from the MND visiting every week helping and supporting us and planned a lovely coffee outing at Frinton Garden Centre.

The Colchester Neuro rehabilitation team have been extremely helpful. Especially the OT Noremer who helped us get the property ready and provided really helpful equipment together with the Physio and the speech and language therapist.

We have been so amazed how the community is so supportive and friendly. We never expected all this and we are so lucky to have a fantastic community around us.



Steve and Melody Harper

South East of England regional virtual groups, 2022

Links only to be given out to people with MND or affected by MND

South East Region Peer Support Group (via zoom)

A virtual group for **people with or affected by MND** in the South East.

It takes place on the 3rd Tuesday of the month between 11:00am and 12:30pm as follows:

18th January
15th February
15th March
19th April
17th May
21st June

19th July
16th August
20th September
18th October
15th November
20th December

For

Daytime Carers Group (via zoom)

A virtual group for loved ones who help care for someone with MND in the South East. This is a **'carers only'** group, taking place on the first Tuesday of the month at 11am as follows:

4th January
1st February
1st March
5th April
3rd May
7th June

5th July
2nd August
6th September
4th October
1st November
6th December

Evening Carers Group (via zoom)

A virtual group for family and loved ones who help care for someone with MND in the South East. This is a **'carers only'** group held on the last Thursday of the month between 6:30-7:30 pm as follows:

26th January 2022
23rd February
30th March
27th April
25th May
29th June

27th July
31st August
28th September
26th October
30th November
21st December

information or links for the above, or information on any local support groups or get togethers held by your local Branch or Group, contact your local Area Support Coordinator, Association Visitor or the Branch/Group directly.

Herts and Essex Area Support Coordinator

carmen.brown@mndassociation.org

South East of England Regional Recently Diagnosed Group (via zoom) 2022

Links only to be given out to people with a recent diagnosis of MND

A virtual group for people who have been recently diagnosis with MND and their loved ones.

If you, or a loved one, have been recently diagnosed with MND, you are welcome to join our online group. It is an opportunity to meet others in the same position, ask questions and find out more about available support.

The meeting is facilitated by staff from the MND Association and the London Care Centres. You may want to just join one session or a few sessions.

These are held monthly on the 3rd Friday of the month at 2 pm as follows:

21st January 2022
18th February
18th March
22nd April
20th May
17th June

15th July
19th August
16th September
21st October
18th November
16th December

<https://zoom.us/j/92015546197?pwd=YW5ZVFkwZVViQWhNZktqVUFhdUREdz09>

Meeting ID: 920 1554 6197
Passcode: 907447

For more information, email Ahmed, Senior Area Support Coordinator
ahmed.abdeldayem@mndassociation.org

We also run South East Region support groups for people living with MND and their loved ones. There may also be support groups or get togethers, run by your local branch or group.

For details on any of the above, contact your local Area Support Coordinator (see below) or if you already have an Association Visitor Volunteer, you can contact them directly.

Herts and Essex

carmen.brown@mndassociation.org

MNDA Connect Services

If you are living with MND, a friend, carer, or supporting someone with MND, our #MND Connect Helpline is free and offers information and support on all aspects of motor neurone disease. Telephone 0808 802 6262 E-mail mndconnect@mndassociation.org



Please support The MND Association, especially North East Essex

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
