We cannot believe that 2019 is already underway. We ended 2018 on a happy note with a lovely Christmas lunch at Stoke by Nayland golf club attended by nearly 60 guests. Many thanks to Karen for organising it so beautifully.

This year our raffle was bigger than ever and raised £330.

2019 is going to be very special for the MND Association as it celebrates its 40 years. Let’s all mark this special occasion by raising more funds than ever!!!!

In 2018 we raised £13,000
Benefits advice in England and Wales

In partnership with citizens advice Cardiff and Vale information and advice about all aspects of benefits is available including:

Working out the benefits you are entitled to and how they can be claimed and helping you complete application forms.

Call for advice on: 0808 801 0620

For web chat and email enquiries please visit: www.mndassociation.org/benefitsadvice

The Association was established in 1979 by a group of families affected by the disease. With little information, co-ordinated care or support available they felt ‘isolated’ and utterly ‘helpless’. They were ‘in the dark’ and aimed to fill the void of care and support and encourage research into the disease.

40 years on the Association funds the co-ordination of life-changing care for people living with MND, and wide-ranging support for families and carers. We also invest around £15.5 million in a global research effort to discover causes, potential new treatments and ultimately a cure.

We will mark 2019 as an Association with a relentless commitment to people living with MND, underpinned by a fresh optimism that together we will deliver our vision of a world free from MND.

We know so much more about MND today and our research focus now is to take that knowledge gained globally into clinics, to find potential new treatments for everyone affected by MND.

This infographic charts our history.
Colchester and North East Essex Group
Spring 2019, Issue 1

40 YEARS
OF CARE, RESEARCH AND SUPPORT
for people affected by Motor Neurone Disease

The MND Association held its first AGM, founding the first independent national motor neurone disease organisation.

1979

The first MND Care and Research Centre opened at Newcastle Royal Infirmary Hospital, London, shortly followed by the Royal Victoria Infirmary, Newcastle.

1980

The number of Association benevolent clients and their families reaches 1,000.

1982

Around 60 specialist nurses attend the first MND Association research conference in London.

1984

A widely read and popular guide to MND, How to Live with MND, is published.

1986

A year after launching a new branch structure, 40 local branches of the Association are now meeting regularly.

1988

MND Care – the Association’s Inaugural Conference – is held in London, attended by over 100 attendees including scientists, clinicians and charity representatives from around the world.

1990

The Association receives its first international acclaim at the International Alliance of ISNDA (International Alliance of Local MND Associations). Membership review held – “Thank You!” is launched.

1993

The Association makes a major drive in launching the International Alliance of ISNDA (International Alliance of Local MND Associations).

1996

MND Live – the Association’s first live, nationwide fundraising event – is launched.

1999

The NC Party (Parliamentary Group) of the MND Association (CON/UK) is launched to bring greater political representation to the MND issue.

2000

A new round of fundraising is launched to raise £5 million for research.

2002

The Living with MND (LWM) project is launched to fight for improved treatments and services for people with MND.

2003

The global Bucket Challenge raises more than £7 million for the Association. This funds our involvement in Project MND – the international gene hunting initiative, which leads to the discovery of neural new MND gene.

2005

The Association launches DNA bank, allowing genetic testing and screening for those at risk of MND.

2006

DNA Live – the Association’s fundraising campaign – is launched.

2008

2009

The NUCC (National Union of the Chronically Ill) is launched. The NUCC is a member of the MND Alliance.

2010

The Association launches its Centre of Excellence in Research and Development.

2011

The Association launches its MND Care Centre, providing the highest standard of care for MND patients.

2012

The Association launches its International Research Fellowship.

2013

The Association launches its Global Research Fellowship.

2014

The Association launches its International Advisory Board.

2015

The Association launches its International Research Fellowship.

2016

The Association launches its International Advisory Board.

2017

The Association launches its International Research Fellowship.

2018

The Association launches its International Advisory Board.

2019

The Association launches its International Research Fellowship.

40

We mark our 40th anniversary with a robust online strategy, committed to helping people living with MND, underpinned by research initiatives that together will deliver a world where no one has to face MND

We never lose hope. We strive to find a cure for MND and to support everyone affected by this devastating disease.
Christmas bag pack at Marks & Spencer's

On a cold but bright day in early December our team of 13 collected in store and manned the packing area. We were made very welcome by the staff and we thank the generosity of the Colchester shoppers. We were encouraged by the number of people who had heard of MND, £1,100 was raised.

Thank you also to the East of England Co-op for allowing us to be part of their community token scheme and their Co-op cuppa initiative who supplied the tea bags for our garden party. The Dedham and Bergholt shops raised £300 and the Frinton and Walton shops raised £500.
Colchester Group Christmas Lunch

"Putting the "fun" in to fundraising!"

We never lose hope. We strive to find a cure for MND and to support everyone affected by this devastating disease.
Colchester and North East Essex Group
Spring 2019, Issue [7]

Colchester Group Christmas Lunch

"Putting the "fun" in to fundraising!"

We never lose hope. We strive to find a cure for MND and to support everyone affected by this devastating disease.
Wednesday 27th of March at 7:30 PM at Nayland Village Church Lane CO6 4JH.

Come and join us for an evening of fun when the fashion chain M&Co have kindly offered to present their spring collection. Tickets will be £10 including a glass of wine and nibbles. There is plenty of parking at the hall.

Please bring friends and family to make this occasion special.

Please contact Anne 07979 694058, Maggie 07710 758509 or Linda 07969 760757 for tickets.
Did you know that your Group and your Association Visitors are all volunteers

The St Helena's palliative care team and also Dr Hattie Roebuck, palliative care consultant, who have provided support and relief for people with MND, their families and carers.

To all the wonderful staff in the Neuro-rehabilitation team at Colchester Hospital, who have worked so hard to support those suffering from MND and their carers. The team have been an invaluable help throughout the year.

And a BIG BIG thank you to all those who helped with our fundraising in 2018

Hooray!!!!!

We never lose hope. We strive to find a cure for MND and to support everyone affected by this devastating disease
Colchester and North East Essex Group
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Social Events

✓ 9/3/2019 2.30pm Open Meeting Headway Centre
✓ 15/3/2019 2.30pm Tea at Parker Nursery Frinton
✓ 27/3/2019 7 – 7.30pm Fashion Show Nayland
✓ 2/4/2019 10.30am Beth Chattos
✓ 11/6/2019 2.30pm Afternoon Tea at Dedham

Everyone welcome!
Please let your AV or Karen know if you hope to attend

HeadwayEssex Meeting

We now have a new entrance to The Headway Centre through the main construction site and the original entrance to Severalls. The postcode that gets you to Boxted Road is:

CO4 5JD

1. From Boxted Road turn into Whitmore Drive.
2. Turn left into Avondene
3. Follow red signs for The Headway Centre
4. Traffic Marshalls are in place and please adhere to their instructions and strict speed limits.

Contact Us

Group Contact

Karen Brown
Telephone: 07519 858993
Email: colchestermnd@gmail.com


We never lose hope. We strive to find a cure for MND and to support everyone affected by this devastating disease
Thinking of arranging an event to raise money for the branch? If you need any help or advice, please contact Regional Fundraiser Roger Widdecombe
Telephone: 01908 508398
Email: roger.widdecombe@mnndassociation.org

Would you like to share an opinion, letter, story or idea with our readers? Email us at colchester@mnndassociation.org

REGIONAL ASSOCIATION CONTACTS

Regional Care Development Adviser
Liz Pybus
Telephone: 03453 751840
Email: liz.pybus@mnndassociation.org

Volunteer Development Co-ordinator
Neil Pansley
Telephone: 01604 611893
Email: neil.pansley@mnndassociation.org

Regional Fundraiser
Roger Widdecombe
Telephone: 01908 508398
Email: roger.widdecombe@mnndassociation.org

Campaigns
Helen Riley
Mobile: 07733 893108
Email: helen.riley@mnndassociation.org

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Colchester and North East Essex Group
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Information updates

Information sheet 2C – Primary Lateral Sclerosis (PLS): This sheet has been revised to ensure it remains up to date. The sheet provides information on this rare, slow progressing form of MND and managing symptoms.

Information sheet 68 – Complementary therapies: this sheet has been revised to ensure it remains up to date. It provides an overview of some complementary therapies that some people with MND find helpful.

We are pleased to have gained endorsement from the Complementary and Natural Healthcare Council (CNHC) for this information sheet.

Information sheet 78 – Tube feeding: This sheet went through a major version change in 2017 to include questions about aftercare following insertion of a feeding tube. It has now been checked and updated to ensure it remains accurate.

Introduction to motor neurone disease (MND):
Our short overview about MND has been revised to ensure it remains up to date. This A5 guide is designed to help people when first diagnosed.

MND Checklist: This write on questionnaire has been updated to better help people with MND think about their future care needs.

You can download our resources at: www.mnndassociation.org/publications or order printed copies from our MND Connect helpline: 0808 802 6262, mnndconnect@mnndassociation.org

You are invited to our

Annual Conference

and AGM

on Saturday 13 July 2019

Radisson Blu Hotel at East Midlands Airport

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Rise to the Challenge
Of fighting MND

You can take part in:
- Running events
- Cycling events
- Trekking events
- Fun runs
- Virtual races
- Adventure challenges
- Swimming events
- Bakeit!
- Silence speaks
- DON'T FORGET OUR Walk to d'feet MND
We need your ideas for the newsletters

Karen 07519 858993 Email: colchestermnd@gmail.com

Open meeting is 9th March 2019 Saturday 2.30pm
Headway Essex
The Headway Centre
2 Boxted Road
Mile End
Colchester
Essex
CO4 5JD

How you can help ...

Donations
Make a donation by cheque made payable to MND Association Colchester Group and post to:
Lorraine Findlay
Financial Accounts Assistant
MND Association
P.O. Box 246
Northampton
NN1 2PR

Donations (Corporate)
Make a corporate donation, offer a payroll giving scheme within your company, encourage staff to do a fundraising activity or event, or make a donation of goods in kind of your services. We always need raffle prizes!

Collection Boxes
Organise the placement of one of the MNDA Static Collecting Tins at your local shop or keep a cardboard collection box in your home to put your spare change in.

Standing Orders
Why not take out a Standing Order and don't forget to Gift Aid it!

Attend an event
Come along to an organised fundraiser and enjoy!

Thank you for reading our newsletter and we hope you found it of interest. We look forward to your contributions in our next edition in the spring!!!!!!!!!