

**EAST LONDON
DEVELOPMENT
GROUP**
COVERING
EAST LONDON TO SOUTH
WEST ESSEX

**LOCAL GROUP
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This is a photograph from the 23rd and 23rd A Brownie Packs coffee evening at Barkingside Methodist Church during the summer. The event was organised by **June Green and friends** who fundraised in memory of **Mrs Rita Britton (June's sister)** who died from MND in June 2010. The coffee evening raised a fantastic **£250** for MND East London group. The Brownie pack has had another event since in November and raised a further **£250**. In addition, friends and relatives donated **£765** in memory of Mrs Rita Britton.



**Fundraising successes -
Thank you for your support.**



Our 10-mile fundraising **Walk to d'feet 2010** took place at the track on Ashton Playing Fields on the 10th October 2010. There were 40 registered to do the walk but we had 52 on the day! The Mayor of Redbridge, Councillor Jim O'Shea opened the walk and did the first lap of the course. Photo of walkers and supporters on the day.

Heather Kneale, our Events Organiser commented: "The walk seemed to go really well. The money raised is still coming in, though the final amount will be at least **£1,000**, which is fantastic. Thank you to all of the walkers and volunteers who were there on the day. They're the people that make it happen, and it's thanks to them that the day was a great success. Seeing so many people enjoying themselves and raising funds for the group really helps to make the months of planning and preparing worth every second."

NEWS ITEMS
Do you have any
news to share?
please email
vallisg@aol.com or
phone 07946 410765

Registered Charity No 294354

**The MND
East London
Group
wish you &
your family a
Happy
New Year**

VOLUNTEER GROUP UPDATE

Lynn's leaving

Lynn Sprague, who has managed the Support Meetings at YMCA, Romford and was Association Visitor has now left the MND Association East London group.

Thank you Lynn for all of your hard work over the years and we wish you well with your move to pastures new.

Volunteer awarded

Many congratulations go to **Heather Kneale**, our Events Organiser. Heather was one of the nominated volunteers chosen by Epping Volunteer Centre to receive a certificate as part of their recent Mardi Gras afternoon to celebrate the achievements of volunteers in the local community.

Welcome Josh

Josh Hood has recently joined our MND Association east London group as a volunteer helping with fundraising and publicity. Josh is an English student in Woodford Green and currently completing his last year of sixth form school.

Josh commented: "Since reconnecting with my sister recently who suffers from Dyspraxia and witnessing a progressive change in her demeanour, I discovered a desire to raise awareness for those who struggle to raise awareness for themselves. I admire the work of the Motor Neurone Disease Association and hope to add a valuable contribution to those involved for as long as the group will have me."

Science is vital

On the 'science is vital' campaign page, one of the supporters is MNDA. Further details are at <http://scienceisvital.org.uk/> and there is also an online petition for anyone who wants to support it.

Twitter us.... Heather has set up a twitter page for the east london development group. We can be found under the name '**MNDEastLondon**' to get in touch. Updates on events and charity news will also be posted on there.

Visit our website –
www.mnd-eastlondon.org.uk

Quiz in March

We are having a quiz night on the evening of Friday, 4th March 2011 at Woodford Green Prep School on Glengall Road. Teams can be up to eight people and they are welcome to bring along their own drinks and nibbles. There will also be a raffle of some great prizes including restaurant vouchers, books and other items. Anyone interested in coming along can contact **Heather Kneale** who is organising the event for ticket details on 020 8504 3731 or mndeastlondon@hotmail.com.

Garden Fete success



On Sunday 5th September Jean and Alan Clark along with their daughter Tracy (pictured above) threw open their garden to stage a fete. They wanted to raise funds for The British Polio Fellowship N/E London Group and the Motor Neurone Disease Association N/E London Group. These are two organisations that Jean, Alan and Tracy feel have done so much for Jean who had Childhood Polio and was diagnosed with Motor Neurone Disease last November. Alan commented: "Our garden was awash with neighbours, friends, family, Jean's fellow patients from St Francis Hospice, Nurses from St Francis Hospice, fellow MND Group Members Bill and Linda, Jean and Peter and Val. Susie, Margaret, Sheila and others from the Care Team. We had all kinds of stalls and an auction of some very fine jewellery. The time absolutely flew by and the money just kept coming in making the whole event so profitable and everyone mixed in so well. We raised a fantastic **£757.80p** and this does not include the jewellery on ebay, which providing it sells will obviously increase the final total. Each of our charities received **£378.90p each**. Thank you to everyone who donated and came on the day. It would not have been a success without your support. Thank you to all our dedicated friends who gave up their time to man the stalls. A very special thank you to Val who was an absolute angel."

NEWS ABOUT THE SUPPORT GROUPS

Local MND Support Groups

We have two **MND Support Groups** for people living with MND and their carers and families.

Meetings are held on the **third Wednesday of the month (2 – 4pm)** at the **YMCA in Romford**.
Dates for **2011** meetings are:

19th January, 23rd February, 23rd March, 20th April, 18th May, 22nd June, 20th July, no August, 21st September, 19th October, 16th November and 7th December.

Due to the adverse weather conditions, we had to cancel the Christmas party at the YMCA. However, we plan to hold a Christmas/New Year party at the open meeting on 19th January.

There is a new project at **St. Joseph's Hospice in Hackney**. This is a new venture offering complimentary therapies such as acupuncture, acupressure, massage, aromatherapy, cranio sacral therapy, tai chi and various forms of relaxation will be available to people with Motor Neurone Disease and their carers as well as to people with other neurological conditions on a regular basis. This service is free and is being funded in partnership with the Motor Neurone Disease Association and St. Joseph's Hospice. Initially we are looking at providing six sessions and reviewing thereafter take up of service. There will also be a light soup lunch also provided free of charge. This is a great opportunity to try various therapies and to spend time in a relaxing atmosphere. If you would like to come, either for the day or to just drop in, **please let Simon Robey know on 020 8525 6065 or email s.robey@stjh.org.uk** The meetings start on **Monday 10th January 11:00-15:00 then fortnightly groups on Mondays in 2011.**

Open Day at St Joseph's

On Monday, 6th September, Carole Smith attended the Open Day in "Finding Space" at St Joseph's Hospice, Hackney. It is an open day for people with neurological diseases including MND.

Each session runs from 11am to 3pm and gives help to carers, which includes lunch and complementary therapies. Carole commented: "I was most impressed by the place, it was very modern, light and airy and had a lovely friendly atmosphere."

Association Visitor role

The East London Development Group need volunteer Association visitors to act as the main contact for people living with MND (this includes the person with MND, their family and carer) on behalf of the Association. Association visitors keep in regular contact offering confidential emotional support, and accurate information to enable people with MND to make informed choices.

The role of Association Visitor is a highly rewarding one with many opportunities for developing skills and knowledge, whilst being part of a team. Professional qualifications or personal experience of MND are not necessary; however, empathy with people affected by MND is essential.

If you are able to commit a minimum of two – four hours per week to include supporting people with MND, have good listening and communication skills and the ability to liaise with colleagues, are able to work as part of a team and within the boundaries of the role, have the ability to develop networks, and liaise with health and social care professionals then please contact **Annabel Lotsu**
Volunteering Development Co-ordinator to find out more.
annabel.lotsu@mndassociation.org 08453 751838

A BIG THANK YOU TO THE FOLLOWING FOR THEIR KIND SUPPORT IN RAISING AND DONATING MONIES TO MND EAST LONDON GROUP...

Many thanks to....

Allan Cook family evening in memory of Pam **£650**
Patrick and Albina O'Regan donation **£50**
In memory of **John Shirley** **£185**
Rosina and John Lee donation **£100**
Linda and Bill donation **£20**
Bus Stop Raffle **£26**
June Green Table Top Sale **£45**
Rita Britton family and friends donation **£125**
Lyn Martin, Carole's friend donation **£30**
Mrs Jan Hughes Collection in Memory of Pam Cook **£250**
Mr and Mrs Patrick O'Regan donation **£50**
Mr and Mrs I Thell donation **£50**
Bill and Linda Howard donation **£50**
Bus Stop Raffle **£14**
Collection box from **Woodcock, Loughton** **£20.06**
Marks & Spencer, Ilford donated **£55** worth of gift vouchers to the group.
Boots, Ilford donated seven presents.
These presents will be given out at the Christmas/New Year Support Meeting in January.

Part of **Liverpool Street Collection** **£608.92**
Cheque given by **Mr Hollings** for **£100** from Liverpool Street Collection
Charity Aid Foundation charity cheques **£40**
Liverpool Street Collection **£860.75** total

National Office Raffle **£245**
S Ross Stocker **£82**
Sheila raised money-giving therapies at an event.
Collection at Tesco, Barkingside **£352.35**
In memory of **Bruce Hobbs** **£100** and **£20**
Jean and Alan Clark along with their daughter **Tracy** raised **£378.90p** at their Garden Fete
In memory of **Mrs Rita Britton** **£765**
23rd and 23rd A Brownie Packs raised a fantastic **£500** through two coffee evenings.
Christmas cards money **£148.25**
Walk to d'feet walk 2010 **£1,148**

We're Charity of the Year

Romford Golf Club has kindly made the East London group their charity of the year for 2011. New captain, Lawrence Kingsnorth, has a friend who was diagnosed with MND three years ago and is keen to support the charity and those living with MND. Thank you to Lawrence and all at the golf club for their support.

USEFUL INFORMATION

MND Connect Team – Tel: 08457 626262

MND Association Christmas 2010 Collection
Order/enquiry line: 0845 375 1857

MND Research
Web: <http://mndresearch.wordpress.com>

Charis Grants
Support with household bills and utility debts
Tel: 01733 421060
Web: www.charisgrants.com

Disabled Go
Web: www.disabledgo.com

Disabled Photographers' Society
Web: www.disabledphotographers.co.uk



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