

Howzat! Lion vs Rankins for Jerry

Rankin's players formed a guard of honour for Golden Lion player Jerry Gibson as he came out to bat for the last time after a 52-year career.

The Golden Lion club, which folded three seasons ago, through lack of availabilities, was

reconstituted especially for a 30 overs a side game against Rankin's.

Batting first, Rankin's got off to a good start and got up to 192 for five. Alec Wade took three wickets for 32 and Luke Harp two for 29 for the Lion.

Left-hander Kevin Salt gave the Lion a bright start to their innings with a hard hit 19, Matt Hodgeson



retired on 51 and other main scorers were brothers Ollie and Luke Harp unbeaten on 33.

Former Lion player Geoff Sawyer said, 'It was really nice of the Rankin's boys to form a guard of honour and clap Jerry on to the field. We were delighted that he was unbeaten at

the non-striker's end when the winning runs were hit. He was a good bowler and a determined batsman in his time.'

The landlord of the Golden Lion donated a barrel of beer and Rankin's cricket club donated half of their bar takings and half of their match fees to the MNDA. Jerry retired from cricket as he has MND.

Pedal power from water workers!



A group from Essex and Suffolk water took part in a charity bike ride from Layer reservoir near Colchester to Hanningfield reservoir – a distance of 50km.

Staff, family and friends of Charlie Marden made up about 45 riders. Charlie worked for Essex and Suffolk Water for over 30 years until he retired a few years ago.

They chose MND as their charity and raised the whopping sum of £914.

Fundraising news

More fun and funds from Maharaja!



On Tuesday 20 October we had our annual Indian meal at the Maharaja Restaurant, Benfleet. We had large groups from the Marsden family and the Basildon health professionals team as well as many of our usual supporters. As ever, there was a great atmosphere of conviviality with



lovely food and excellent service from the Maharaja staff and we are grateful for their continued support.

Sandy sold more Christmas cards and puddings and we raised over £700.

DONATIONS & FUNDRAISING

	Donations
Benfleet Motor & Yacht Club	£112.00
Liverpool Victoria Basildon	£159.34
General Donation	£10.00
Grays Rotary	£1,000.00
Christine Dartnell	£77.44
ZB News	£44.79
Shenfield Ladies' Lodge	£400.00
Gareth Thwaite Golf Day	£800.00
Mrs T Lowe Leigh Badminton	£120.00
G Trevelyan	£10.00
Sheila Ball.....	£80.00
Running Waters Square Dance Club	£250.00
Sandy boot sale.....	£747.37
Gill Gibson	£38.41
Essex & Suffolk Water cycle ride.....	£250.00

In Memoriam

David Noble	£40.00
PA Stubbs	£30.00
Hilary Barry	£80.00
Guivers re Ingram.....	£35.00
T Denny	£1,390.82
Gabriella Coath.....	£35.38
Clark.....	£55.00
Michael Kennelly.....	£870.00
Sylvia Gardner	£500.00
AR Adams in mem Bishop	£435.00
M.Cox	£380.55

Tribute Funds

Alex Moon and John Scowen.....	£947.25
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Fundraising

Walk to d'Feet.....	£8,131.00
Bank Interest & Gift Aid	£721.16

Grateful thanks to all donors and fundraisers



Aims of the Association

- To provide care and support for people living with MND
- To promote scientific research and provide funding to specialists seeking to find treatments and ultimately a cure for this disease
- To speak on behalf of people with MND, demanding the best possible standards of care and campaigning locally and nationally
- To increase awareness of this disease

News from National Office

Diaphragm pacing study results

The results from a clinical study looking into treatments to assist breathing in people with MND have been published. The study was part-funded by the MND Association and led by Dr Chris McDermott who is based at the Sheffield Institute for Translational neuroscience (SITraN).

The study compared using non-invasive ventilation (NIV) on its own against using NIV and diaphragm pacing together. This was to see if diaphragm pacing might help people with MND have a better quality of life and live longer.

The main finding was that diaphragm pacing was not beneficial when used in addition to NIV and was, in fact, harmful, with people using diaphragm pacing living on average 11 months shorter than those on NIV alone.

Based on these results diaphragm pacing should not be used as a routine treatment for people with MND in the UK.

Dr McDermott said, 'Although the results are disappointing, it was an important study to carry out as this evidence shows us that for most people there is no benefit in having diaphragm pacing and that the major surgery needed is something that people living with MND should not go through.'

More about this study and its results can be found on our research blog at www.mndresearch.wordpress.com

Symposium update

The abstract book – which has mini-summaries of all the talks and posters being presented – has now been sent off to the publishers. In Orlando this year there will be over 300 posters, and 93 oral presentations, which works out as nearly 35 hours of talks!

We have published a new blog about the symposium, where you can read about the history of the symposium and why it was set up. You can also find out about the areas of research that will be talked about this year and how you can follow it from the comfort of your own home.

The blog can be found at: <http://wp.me/pNdD8-Yg>

Meetings

Our September meeting in Basildon didn't happen as an accident on the Pitsea flyover held up the traffic for well over an hour but as we were told it might be four hours, it seemed best to ring St Luke's and cancel. Hearing that here had been a fatality made our delay a much less worrying problem.

However we are so sorry that Peter, Sheila and Hazel, who had got to St Luke's earlier, had a wasted journey and hope that won't deter them from attending future meetings.

At the November meeting we hope to have Christmas card samples and Christmas puddings.

The afternoon meetings at Thurrock and Westcliff continue, and are excellent opportunities for people with MND, families and friends to meet and share experiences and learn from one another in a relaxed and friendly environment.

Don't forget our Christmas lunch and pantomime at the Cliffs Pavilion for people with MND and family on December 17. Please let Sandy know if you are interested. Call on 01702-305759.

Read all about it!

Ten Minute Tales is the second anthology by Westcliff-on-Sea Women's Institute (WoSWI) Writing Group and follows on from the success of their first book Write on the Coast.

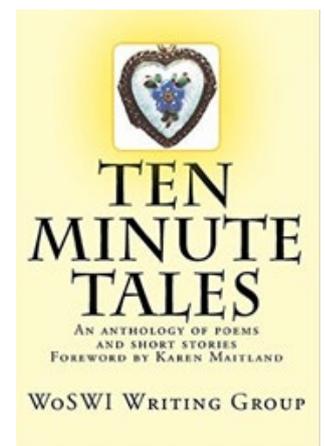
The anthology comprises a selection of short stories and poems based on writing exercises carried out by the group, often with hilarious consequences. The book also features a series of stories about a locket, inspired by historical author Karen Maitland, who kindly wrote the foreword.

Dip inside to discover a colourful cast of characters and situations from a middle-aged temptress to a respectable member of the WI with a guilty secret, from naughty experiments to acts of revenge and stories to make you laugh and cry. The book contains more than 30 stories and poems – something for everyone to enjoy.

Half of the proceeds from this book is being donated to the South Essex Branch so when you purchase your copy you will be supporting a very worthy cause.

Ten Minute Tales costs £7 and is available from Amazon.co.uk or contact Kim Kimber at kim.kimber@rocketmail.com for more information.

Our Branch is the group's Charity of the Year. We are delighted to have such an enthusiastic and energetic group fundraising on our behalf. Many thanks to all.



Events, News and Contacts

CAMRA

The South-East Essex CAMRA

ROCHFORD 2015 BEER & CIDER FESTIVAL




at the Freight House, Rochford SS4 1BU

17th-21st NOVEMBER

BRITISH BOTTLED BEER including CRAFT BEER 200+ REAL ALES, CIDERS & PERRIES FOREIGN BOTTLED BEER

OPENING TIMES

Tues 17th : 5.30pm - 10.45pm
 Weds 18th : 12.00pm - 10.45pm
 Thurs 19th : 12.00pm - 10.45pm
 Fri 20th : 12.00pm - 10.45pm
 Sat 21st : 12.00pm - 10.45pm

LAST ORDERS to be called at 10.30pm with TIME called at 10.45pm Festival closes at 11.00pm

Don't forget Saturday is "Hat-a-Day"

Free Admission
Food Available

See website for further details

Festival Sponsors:    Naimsey Fisher & Lewis

Festival Charity: 

FOR MORE INFORMATION - SEE OUR WEB-SITE www.see.camra.org.uk

MND Connect

mndconnect
03457 626262
mndconnect@mndassociation.org

For advice, practical and emotional support on any aspect of living with MND call MND Connect on 03457-626262.

ACKNOWLEDGEMENTS

- The health and social care professionals who work with our people with MND
- The many donors and supporters of the Branch
- Mike Searle, for our website www.mndsouthessex.org
- St Luke's and Fair Havens hospices for their continuing care and hospitality
- Grant Flashman for printing and folding our newsletter

WHO'S WHO IN THE BRANCH

THE COMMITTEE

CHAIR

SUE NASH..... 01702-480806

VICE CHAIR

SANDY LAMBERT..... 01702-305759

SECRETARY

SHARON CLARK 01702 -479219

TREASURER

IVOR JENKINS..... 01702-547517

PUBLICITY

KEVIN WATTS..... 01268-572787

ASSOCIATION VISITORS

LERE AKINYEMI..... 01375-377729

DENISE CALDER..... 01702-557859

MAURA IRWIN..... 01702-478661

SANDY LAMBERT..... 01702-305759

BRANCH CONTACT

MAURA IRWIN..... 01702-478661

REGIONAL CARE & DEVELOPMENT ADVISER

LIZ PYBUS..... 0345-375 1840

MND CONNECT 03457-626262

MNDCONNECT@MNDASSOCIATION.ORG

MON - FRI. 9.00 AM - 5.00 PM AND
7.00 PM - 10.30 PM

WWW.FACEBOOK.COM/MNDASOUTHESSEX

TWITTER: @MNDAESSEX

Dates for your diary

- November 3 2-3.30pm drop-in
Thurrock Garden Centre
- November 16..... 8-10pm open meeting,
St Luke's
2pm drop-in
- November 27 2.30-4pm Fair Havens
St Luke's
- December 17 12pm
Lunch and panto, Cliffs Pavilion

Venues

Fair Havens Day Room
Stuart House, Second Avenue
Westcliff-on-Sea SS0 8HZ

St Luke's Hospice
Nethermayne, Basildon SS16 5NJ

Thurrock Garden Centre
South Ockendon RM15 6DU

Cliffs Pavilion
Station Road, Westcliff-on-Sea SS0 7RA