

2025 has proved a challenging year where 2 of our committee members resigned for personal reasons. Lisa Gallagher resigned after nearly 10 years with us because she needed more time with her elderly Mum and also wanted to redirect her various activities, Michelle Bigham, who successfully organised 3 annual walks for us felt this was not compatible with her family commitments any longer. However, we still managed to raise a record amount of funds as shown in the attached financial report and we found another Walk to D'Feet coordinator in the person of Sophie Bell.

Care and Support Activities

Pat, Gill and Barry, our 3 AV's, organised drop-in meetings with the help of Chloe our community support coordinator every month alternatively in Fair Havens and St Luke's hospices. Attendance for these meetings varied but they provided a link to the community and much needed support for people living with MND in our area. We probably want to look at other options for the Drop-in meetings at St Luke's which cater for the needs of people in the west part of our patch as they are consistently less well attended. Is it the day which needs to be changed, Saturday being maybe seen as a "family day", or the venue as the room offered by St Luke's might be too "embedded" in the hospice itself? But no option is perfect and we've decided that for now the AV's will do a survey amongst people living with MND in our Area and their carers to see what would work best for them as we need to take into account accessibility, cost of the premises or food/drinks on option, suitability of the venue, convenience for participants and enablers.

This year we have raised funds through sponsored walks like the Thames Bridge Trek, quiz nights, London marathon, Iron Man competition, Snowdonia Hike, Bowls tournaments, discos, tribute funds and even a snookerthon! But our main fund raiser remains our 10 miles Walk to D'Feet on Southend sea front which this year benefited from fantastic weather and raised in excess of £5,000.

We used part of the monies raised to offer free tickets to attend the Cinderella pantomime at the Cliffs Pavilion. This was followed by a luncheon that the branch funded too. We had 40 attendees which were made up of people living with MND and their carers. As usual this was very well received, and we got loads of positive feedback which was very pleasing. Our AV's distributed chocolate, flowers or £30 gift vouchers to those of our members who could not or did not want attend the panto.

As well as the regular support meetings, our team of 3 AVs continue to keep in touch with individuals and families affected by MND, visiting them at home where invited. Our branch contributes towards quality of life and support grants which help towards the cost of aids, services and equipment that is not provided by statutory services. The most common requests being for riser-recliner chairs, stair lifts, bathroom adaptations and mobility aids.

Branch Finances

The branch is very grateful to the many individuals and organisations who have so generously supported its work through their fundraising efforts and kind donations. The total income for the year ending 31 December 2025 was £58,095.69. Of this, £9,319.06 was used to fund direct support for families affected by MND in South Essex and £20,742.84 was sent to National Office to support MNDA's national care, research and campaigning activities. The rest will be used for 2026 expenditure. Rowan, our Treasurer, has detailed all our accounts in the following section.

Administration and Communications

Pat who is the contact for our branch centralises the information we receive and Debbie, our branch secretary, reaches out to the various bodies we deal with.

Chloe and Ellie, both from the MNDA central bureau provide invaluable support and guidance to help our branch operate to the best of its ability.

Barry coordinates and manages our branch webpage with regular updates and information.

Kevin manages our Twitter account.

For my part I edit our Newsletter on a quarterly basis with the help our committee members.

This is what we use to communicate with the MNDA members living in our area and let them know what is happening.

Volunteers

The branch is fortunate to have the support of many local volunteers who have supported the work of the branch throughout the year. As Branch Chair, I would particularly like to acknowledge the vital work undertaken by the branch committee and our team of AV's as it is only through their commitment, time and expertise that the branch can continue its work in the community.

Recruiting more AV's would help to cover our "patch" more comprehensively and we had 2 applications which looked promising this year but unfortunately did not work out. We're still looking and hopefully will find an additional AV in the near future.

I could not finish this section on volunteers without mentioning Sandy Lambert who had been a lynchpin for our branch for more than 20 years. Amongst many other things she started the Walk and her commitment to the cause was phenomenal. Sandy resigned from her position in our branch about 3 years ago to enjoy her long overdue retirement, but this is with great sadness that we were told of her passing on 14th January 2026. She will be remembered fondly by all who approached her and worked with her.

Finally, we extend our sincere thanks to all those who have helped in any way to ensure the branch is able to continue its work in the local community as well as supporting the MND Association's national care, research and campaigning activities.

Philippe Udrzal

Chair, MNDA South Essex Branch

TREASURER'S 2025 REPORT

MNDA SOUTH ESSEX BRANCH

Overview - As a branch we raised just over £58,095.69 which is the highest level of income received since I have been in tenure as the Treasurer which is over 10 years. The Branch spent £35,534.60. The yearend balance was £64,046.77. In accordance with our financial procedures the branch returns 50% of unspent funds to National Office. For 2025, £20,782.84 was returned in February 2026.

I have also included as detailed on Appendix a breakdown by category of all income received and payments made for the year.

Branch Payments - This year Branch spent £35,534.60. Our biggest area of expenditure outside the annual transfer to NO, was in financial support, equipment purchases and respite care where £12,719.20 was spent. The branch supported 20 various grant types to people living with MND, their carers and young people. The money was spent, proving holiday breaks, cleaning services, taxi fares for hospital appointments etc. and the purchase of white goods, overbed tables, bidets and a mobility scooter.

Mary Bailey Legacy - This year the Branch was left a £10,000 Legacy donation from the estate of Mary Bailey. This was ring fenced and the donation was spent during the year funding 19 Quality of Life grants from people living with MND, their carers and families. Appendix 2 at the end of this report shows the details on how this legacy was spent.

In Memoriam - The income for memoriam donations was £7,200.58.

Fund Raising Activities - Third party and branch fund raising events saw £33819.78 being raised and equated to 58% of all income received by branch.

Our annual Walk to D'Feet raised £5,252.90. Since 2005, £252.6K has been raised, which is a fantastic achievement.

Detailed below are some of the third party fundraising events that were held this year:

- Liverpool to Thorpe Bay bike Ride
- Mark Wilson Bowls Club Challenge
- 24 hour Swim
- Copenhagen Iron Man Challenge
- Snowdonia Hike

There were many other third-party raising events and individual donations which although not detailed, the branch was extremely grateful to receive.

In summary, this year has been very successful in terms of donations received and Quality of Life Grants funded

Date 12th March 2026

South Essex Branch Treasurer

Rowan Harvey

MNSA SOUTH ESSEX BRANCH RECEIPTS AND PAYMENTS ACCOUNT 2025			
Balance brought forward from previous year	Total (A)	£	41,485.68
Receipts			
General Donations		£	1,529.10
Collecting tins, personal and general public donations			
In Memoriam		£	7,200.58
Funeral Donations etc			
Tribute Funds		£	-
Funds set up to commemorate lost friends and relatives			
Legacy Funds		£	10,000.00
Created for donations received from wills and estates.			
Fund Raising		£	33,819.78
Walk to D'Feet, Curry and Chinese evenings, other events, raffles, Quiz Nights, etc.			
Gift Aid		£	3,631.85
Tax relief payments on personal donations			
Resale Goods		£	766.00
Sale of Christmas Cards and Puddings			
Bank Interest		£	1,113.40
Lloyds Bank Northampton			
Sundry		£	34.98
	Sub Total (B)	£	58,095.69
Payments			
Financial Assistance - Patient Care		£	9,319.06
Quality of Life Grants -Stair lift rental, wet room adaption's, etc.			
Branch Administration		£	439.42
Printing, postage and stationery			
Respite Care		£	2,832.85
Pantomime places, Christmas Gifts, and Meals			
National Office		£	20,742.84
Transfer to Central Funds			
Purchase for Resale		£	-
Christmas cards and puddings			
Equipment Purchase		£	1,567.29
Quality of Life Grants - Stair lifts, ramps, neater pumps, etc.			
Fund Raising Expenses		£	39.87
Raffle Prizes			
Travel Expenses		£	499.77
Volunteer visits & Meetings			
Sundry		£	93.50
	Sub Total (C)	£	35,534.60
Balance carried forward to next year	(A+B-C)	£	64,046.77

Appendix

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Mary Bailey's £10,000 Legacy Payments					
Date	ID No	Payment Description	EQ Invoice NO/Cheque NO	Amount	Balance
07-Jan-25	1450801	Carer's Quality of Life Grant	1192	£ 500.00	£9,500.00
18-Feb-25	1121653	PLW MND Quality of Life Grant - Holiday to India	1199	£ 500.00	£9,000.00
19-Feb-25	1455541	Young Persons Grant - Purchase of VR Headset	1193	£ 250.00	£8,750.00
27-Mar-25	1457075	PLW MND Quality of Life Grant - Purchase of White Goods	EQ17606	£ 500.00	£8,250.00
09-Apr-25	1121653	Carer's Quality of Life Grant - Holiday Break	1202	£ 500.00	£7,750.00
16-Apr-25	1457075	PLW MND Quality of Life Grant - Roof Repairs	EQ16319	£ 500.00	£7,250.00
16-Apr-25	1456943	PLW MND Quality of Life Grant - Purchase of White Goods	EQ16393	£ 487.97	£6,762.03
24-Apr-25	1453611	PLWMND Quality of Life Grant - Purchase of overbed table	1203	£ 110.00	£6,652.03
02-May-25	28544	PLWMND Quality of Life Grant - Shower Screen Replacement	1204	£ 500.00	£6,152.03
29-May-25	1436717	PLWMND Quality of Life Grant - Toilet Seat Extender	1206	£ 473.09	£5,678.94
19-Jun-25	1441390	JM of SS2 Quality of Life Grant - Curved Stairlift	EQ16820	£ 1,500.00	£4,178.94
23-Jul-25	1450801	PLWMND Quality of Life Grant - Health Club Membership	1207	£ 500.00	£3,678.94
22-Jul-25	1421499	Carer's Quality of Life Grant - Holiday Break	1210	£ 500.00	£3,178.94
19-Aug-25	1451759	PLWMND Quality of Life Grant - Cleaning Services	EQ17360	£ 500.00	£2,678.94
19-Aug-25	1451759	PLWMND Quality of Life Grant - Weekly Hairdressers	EQ17370	£ 500.00	£2,178.94
14-Nov-25	280775	PLWMND Quality of Life - Garden Maintenance	1214	£ 200.00	£1,978.94
14-Nov-25	1455541	PLWMND Quality of Life - Mobility Scooter	1212	£ 500.00	£1,478.94
03-Dec-25	1469086	PLWMND Quality of Life Grant - Taxi Fare	1215	£ 350.00	£1,128.94
03-Dec-25	1469086	PLWMND Quality of Life Grant - Skip Hire	1215	£ 420.00	£ 708.94
16-Dec-25	1065210	PLWMND Quality of Life Grant - Purchase of Bidet(Part Funded)	EQ18486	£ 708.94	£ -

Appendix II