

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



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Walkers, supporters and volunteers at the walk

30 laps for 30 years

A special walk was held on 11th October last year at Ashton Playing Fields in Woodford Green to raise funds to support local people in the area affected by Motor Neurone Disease.

The 'Walk D'Feat' event also commemorated the 30th Anniversary of the MND Association, which was formed on 6th October 1979.

More than 35 people took part and over **£5,357.65** was raised for the local group's work.

The walk was opened by The Worshipful the Mayor and Mayoress of Redbridge who also walked the first lap.

While walkers were speeding along the track, cheered on by their friends and family, volunteers were busy selling tea, cakes, books and 30th anniversary raffle tickets.

Holistic practitioner Sheila Ross Stocker offered relaxing shoulder massages with all proceeds donated to the MND East London Development Group.

Volunteer Events Organiser **Heather Kneale** who organised the event said: "A big 'thank you' to all of our walkers, sponsors, volunteers and the Ashton Playing Fields, who kindly allowed us to use the track and hall free of charge. The day was a great success and we're looking forward to making next year's event even bigger and better!"



**The Mayor of Redbridge,
Councillor Thomas Chan
speaking at the opening.**

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

 **FIGHTING MOTOR NEURONE DISEASE**

VOLUNTEER GROUP UPDATE

Friends of the East London Development Group

Thank you to the people who have volunteered to be "Friends of the East London Development Group." Our development group are few in number. Friends would be people we could call on to hold a collection tin at a supermarket or help with an event. If you are interested and can help, please ring **Carole on 020 8502 2344**.

Collections in 2010

We are hoping to have our next Liverpool Street collection in **June** and a collection at Tesco, Barkingside in **July**. If you can help, please let **Carole know on 020 8502 2344**.

Hair raising fundraising

Gemma Brown held a charity day at her beauty salon recently in memory of Terry Wakefield (her uncle) who died of MND.

Gemma donated a whole day's takings, which raised an impressive sum of **£175**.

Thank you and well done, Gemma.

Non-uniform day

The **Brittons School and Technical College** in Ford Lane, South Hornchurch held a non-uniform day and raised a massive **£523.28**. Well done everyone and thank you.

Fundraising art

Anne and Carole were invited along with Allan Cook to an art exhibition and fashion show called 'Papillion' at the **Brentwood Ursuline Convent High School and Arts College**.

Carole said: "It was a very enjoyable evening. All the hard work that goes into it from pupils and teachers down to a little dog dressed in pink who stole the show! The school raised **£1,000** towards the cost of therapy. We would all like to say a huge thank you."

Fundraising efforts last year

Money raised at Liverpool Street Station last June totalled a fantastic **£930**. This was the most ever that we have raised at Liverpool Street. Carole said: "Thank you Valarie. You were a great help."

Our regular collection at Tesco, Barkingside also went well and we raised **£336.83**. Carole said: "Thank you to all the kind helpers."

Many thanks to the commuters and shoppers who contributed to the collections.

Thank you Sheila

Holistic practitioner **Sheila Ross Stocker** offers her time to help people living with MND. A big thank you from the East London Development Group.

Fundraising events in 2010

Volunteer Events Organiser **Heather Kneale** is hoping to organise a **quiz night** for mid-March. Anyone interested in coming along for a fun night of trivia can contact her on **020 8504 3731** or email mndeastlondon@hotmail.com.

A **10 mile 'Walk D'Feat'** around the track has been planned for 10 October in the Ashton Playing Fields. Anyone interested in taking part is asked to contact Heather on **020 8504 3731** or email her on mndeastlondon@hotmail.com.



Adam Wilby from east London organised a fundraising music night in Canning Town in aid of MND last August. Pictured above is **Abigail's Mercy** who headlined the event and was one of four bands, which took part. Many thanks to Adam and the bands for their support.

NEWS ABOUT THE SUPPORT GROUPS

Local MND Support Groups

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

The first is at the **YMCA in Romford**, which has been running successfully for some time now by **Lynn Sprague** and her Team. If people wish to attend this meeting, Lynn will be happy to give details and she can be contacted on **01708 551889**. Meetings are held on the **third Wednesday of the month (2 – 4pm)**. The remainder of the 2010 meeting dates are **17th March, 21st April, 19th May, 16th June, 14th July, no August meeting, 22nd September, 13th October, 10th November, 1st December**.

The second MND Association Support Group is held at **St. Joseph's Hospice in Hackney**. Here meetings are held on the **second Monday of each month (1.30-3.30pm)**. These meetings are organised by the MND Association and the Hospice jointly and if people would like to attend if they ring the **Hospice on 020 8525 6030 or Frances Carroll from the MND Association on 0845 3751851** for further information. If people live within the Boroughs of Hackney, Tower Hamlets and Newham, Hospice transport can be arranged.

The MND Association can provide some financial help with transport from other boroughs within the North East London area. There is usually staff at this Support Group from the Hospice and the MND Association along with therapist including physiotherapist and dietician who can give advice as well as complimentary therapists. Complimentary therapy is available to people living with MND and their carers at this meeting.

Christmas Party



The support meeting in December was a great success. Nobody went home empty handed – everyone received a gift. Lynn said: “Many thanks to Carole for her hard work in gathering donations from retailers. Sincere thanks to staff and the YMCA for the decorations, delicious buffet and your continuing help! A special thank you to Carole’s daughter in law, Tina for all her help.” Many thanks to the following for gifts/donations:

Waitrose, Buckhurst Hill

Boots, Ilford

Iris Patrick for her kindness in donating gifts

Marks & Spencer, Ilford

Talk from Dr Brian Dickie



Dr Brian Dickie, Director of Research Development for the MND Association attended the November support meeting at the YMCA, Romford. He gave a very interesting and informative presentation on what MND is and updated everyone (including healthcare professionals) on current research followed by a question and answer session.

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

Many thanks to....

In memory of John Shirley:

Mrs Adams **£25.00**

Mr & Mrs Day **£40.00**

Various **£120**

Raffle raising

We raised **£411.80** from the National Office raffle.

Donations from:

Wakefield Family **£1,023.00**

Ray Cloves **£2,565**

Jackie Cloves **£756.00**

Bill McBride **£455**

Mr and Mrs Britain **£80**

Amy, Carole's granddaughter **£26.80**

Elizabeth Hartley **£20**

Anne Earwaker **£137.20**

Gemma Brown **£175**

David Gray **£120**

J Noble **£116.00**

M Earwaker **£30**

Fundraising concert - Adam Wilby **£46**

Sale of Christmas Cards **£257.80**

'Walk D'Feat' event **£5,357.65**

Brittons School **£523.28**

Collections 2010

Liverpool Street Station **£930**

Tesco, Barkingside **£336.83**



Cheque presentation

Pictured next to Lynn Sprague, Association Visitor (third from the right) is **Tina and Toni** who once again put on their running shoes to complete the London half marathon. The girls raised a fantastic **£700** for the group in memory of their brother and Dad Terry Wakefield. Also pictured is Tina's husband Ken and Terry's wife Jackie, daughters Kerry and Emma. Their son Harry not pictured as he was at school. Our grateful thanks to Tina and Toni for their support. Not only are Tina and Toni incredibly fit, but also they have become regular friends and fundraisers for the group along with the whole family!

Golfing to fundraise

Allan Cook held a Golf Day in memory of Pam Cook. A fantastic **£2,400** was raised.

Well done to Allan and all the golfers.

Appeal for donation of books

At the walk last year, we had for sale a variety of used books that had been kindly donated. This stall was very popular and we'd like to continue to collect books to sell at next year's walk.

Anyone with books they wish to donate can get in touch with **Heather, Events Organiser** (or another member of the group may be happy to pass them on).



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