

Spring 2005

ISSUE No 3

**EAST LONDON
DEVELOPMENT
GROUP
COVERING
EAST LONDON FROM
STRATFORD TO EPPING**



GOLF DAY RAISES £800 IN MEMORY OF BOB



Friends and colleagues of former police sergeant, Bob Tulloch have raised a massive £800 in his memory which was given to the East London Development Group to help and support people living with MND in east London.

Sgt Robert Tulloch, formerly from Hornchurch died from the disease last year, aged 54, and to pay tribute to him, Ian Jones from Romford Police Station organised a golf day at Top Meadow Golf Club, Upminster, in November last year.

The Bob Tulloch Trophy Day is an annual event and saw 75 members of police, staff, friends and family of Sergeant Tulloch (including his son Robert) taking part to raise the money.

On January 12th, the cheque was presented to Carole, Maureen and Len by the borough commander Chief Supt Andrew Kay, at the police station.

Bob was diagnosed with Motor Neurone Disease in 2001. Before his death, Bob and wife Kathleen moved to Inverness in Scotland.

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TRIPSCOPE

Tripscope is the nationwide travel and transport information service for people with impaired mobility. They offer assistance with information about any aspect of travel, whether planning journeys involving private motoring or public transport.

All information staff on the helpline have a personal understanding of disability, which enables them to offer encouragement and reassurance, in addition to the information needed, without which many people might be too nervous or anxious to travel or believe their journey to be possible at all.

Tripscope does not operate transport itself or make bookings, but they put you in touch with the people who do. For more information, call the National Helpline on 08457 585641.



FUTURE EVENTS



Liverpool Street Station Collection

This year's collection is set for Thursday, 16th June. We can have up to six people collecting at one time from 7am – 7pm. If you think you could help – just for an hour or two, please give Carole a call on 020 8502 2344.

UNDER STARTERS ORDERS

Have an enjoyable day out at the races while raising funds for Motor Neurone Disease! Sam Sprague is organising the 5th annual Charity Race Day to Lingfield Park for the Derby & Oaks Trial Racing on Saturday, 7th May.

Cost: £32 per adults and £10 per child. This includes entry to the members' enclosure at Lingfield and return by coach.

Coach pick up points: Larsens Club (Farm Hill Road, Waltham Abbey) and opposite the Cherry Tree Pub (Rainham Road, Rainham). If interested, call Sam on 01708 551889.



Golf Days

Friday 20th May, Romford & Friday 28th October Chelmsford - Phone Gary 01708 551889 for more information.



Support Meetings

We are delighted to report that two new regular Open Meetings have been very successfully launched in the area recently. These are social meetings as well as an opportunity for people affected by MND to meet others in a similar situation. Refreshments are provided, and the group are happy to fund transport costs to help people to get to the meetings.

YMCA, Romford - Support Meetings for people living with MND, their carers and family (contact Lynn Sprague 01708 551889) Wednesday afternoons 2-4pm on the following dates:

18th May, 22nd June, July - no meeting, August - no meeting, September 21st, October 19th, November 16th, December 14th

Epicentre, Leytonstone - Support Meetings for people living with MND, their carers and family (Contact Lynda Lawlor 01992 573455) Tuesday eves 7.30pm - 9.30pm on the following dates:

3rd May, 5th July, September 6th, November 1st.

Call Lynda on 01992 573455 or Lynn on 01708 551889 for further details.

PRESS CUTTING – extract from Recorder 10th/2/05

Cell cloning is Tony's only chance of survival

The granting this week of a licence to clone human embryos for medical research marks a new era of hope for Tony Floyd. The 49-year-old father of four has motor neurone disease (MND) and believes stem cell research represents his only chance for survival.

Speaking at the family's home in Hainhault Road, Chigwell, former builder Tony said: "It's wonderful. It gives me hope that one day I will get out of this chair and walk again and my arms will start to move again."

Professor Ian Wilmut, the creator of Dolly - the cloned sheep, has been granted a licence to clone human embryos for research into the causes of MND. Professor Wilmut and his colleagues will use the cloning technology to generate stem cells, which can then be grown into motor neurones. He will study the degeneration of motor neurones in the laboratory for the first time and new treatments could emerge.

When Tony was diagnosed with the disease six years ago, he was given three years to live. But he has never stopped fighting and still manages to continue his work in the building industry. "My brain is active but my body feels like it is trapped in concrete. This research is my only chance."



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

| | |
|--|--------------------|
| Mr Stewart Harris, Phoenix School | £160.00 |
| Elizabeth Hartley | £30.00 |
| Mr and Mrs Sidappa | £50.00 |
| Mr M Mankat | £50.00 |
| Mr & Mrs Parmar | £525.00 |
| SJ and PF Waite | £50.00 |
| NS and Mrs K K Dhanjal | £20.00 |
| The Commuters at Liverpool Street Station | £863.32 |
| The Sprague Family | £25.00 |
| Mr Bill Penticost | £25.00 |
| Waitrose Collection | £582.97 |
| Mrs J P Nicholls | £50.00 |
| Mrs C J Graves | £30.00 |
| E S – JL Sprules | £40.00 |
| Mr & Mrs Gawdy | £20.00 |
| Mr & Mrs Ward | £20.00 |
| Mr & Mrs Coles | £40.00 |
| Mrs C M Johnson | £25.00 |
| Mr E T Giles, Loughton Bowls Club | £167.50 |
| Maureen and Carole at Christmas Fayre | £244.65 and £21.12 |
| Lyn, Gary and Sam Sprague | £111 and £278.43 |
| | |
| Sprague family raised Halloween Disco and a Golf Day | £2,300 |
| | |
| Christmas Poster 'Message in Bauble' | |
| HSBC Bank | £10 |
| Queens Court Nursing Home | £50 |
| Higgins Builders | £48 |
| Floyds Vegetable Shop | £70 |
| Chigwell School | £42 |
| | |
| Romford Police staff, family and friends in memory of Bob Tulloch | £800 |
| | |
| Local businessman, Savvas Christodoulou in memory of Bob Tulloch | £800 |

Of those listed above, particular mention needs to go to two collections.

Liverpool Street Station and Waitrose Buckhurst Hill, the two collections that Carole and Maureen organise each year were very successful in 2004. The Liverpool Street Station collection took place in June during MND Week and the amount that was raised is the highest yet! A grand total of £863.32. Thank you to all the kind people who came along to shake a tin as without their help, we could not have done it! Thank you to Jenny, Carman, Clara and Pam. Also husbands Len and Andrew. And Lyn Sprague.

The Waitrose, Buckhurst Hill collection took place in September and that raised a whopping £582.97. Plus, The Loughton Bowls Club were having a fundraising day in memory of Mr Giles' sister, who sadly died of MND and that raised £167.50. Well done and thank you to The Loughton Bowls Club for their kindness. It was worth the 'aching legs' standing at Waitrose to have met Mr Giles because that weekend raised £750.47.

A pat on the back all around!

OTHER NEWS

CONGRATULATIONS! Lyn Sprague and Carole Smith have both been MND volunteers for five years and each received **Long Service Awards** to mark the achievement.

A Good Year to Volunteer!

Did you know... 2005 is the Year of the Volunteer, which aims to celebrate the work volunteers do and encourage more people to donate their time to community projects. Why not consider the MND Association?

The East London Group is a young group keen to grow and develop our activities, and you would be most welcome. Genuinely, there is something to suit everybody, from holding a collecting tin occasionally, to helping to organise a fundraising event, to letter-writing, to publicity and awareness-raising, to visiting and supporting families affected by MND, to administration, serving refreshments at support meetings, or being that friendly face to welcome people in. Just to mention a few possibilities! So don't hesitate to get in touch to find out more.

Stef Cormack

Volunteer Development Coordinator for the MND Association in London and the South-East

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CREAM OF CARROT SOUP

Ingredients:

Ingredients:

25g Butter

450g Carrots, peeled and chopped

2 sticks of Celery, washed and chopped

1 small Onion, peeled and sliced

4-5 rashers of streaky Bacon rinded and chopped

1 x 15 ml spoon Flour

1¼ litre of Chicken Stock

Salt and Pepper



Cooking time is 45 minutes

Heat the butter in a large pan and fry the vegetables and bacon for about five minutes. Add the flour and cook for one minute.

Gradually stir in the stock and bring to the boil. Season well and simmer covered for 30-40 minutes until the vegetables are soft. Allow to cool, purée to a cream in a blender. Return to the pan, re-heat adjust seasoning. It serves four people and is suitable for home freezing.

If anyone else has a recipe to share, please get in touch. We'd love to hear from you.

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Loughton

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