

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



**Well done to caring kids**



**Photo courtesy of the Romford Recorder dated 14<sup>th</sup> October 2005**

Kind-hearted pupils from Class 4H at Rise Park Junior School, Romford held a cake sale recently in aid of the Motor Neurone Disease Association. The fundraising event, which was organised by the children themselves, was a huge success and raised £45.72. Carole Smith, volunteer with the east London group visited the school to present the children with certificates to say thank you for their efforts.

The children came up with the idea themselves of raising funds for the association as a child at the school has a relative who suffers with Motor Neurone disease.

Carole said: "The children have made a wonderful effort. I wanted to say thank you to them personally for their hard work in raising this money."

**TELEPHONE  
NUMBERS FOR  
ENQUIRIES:**

**Lynn Sprague  
South West Essex  
Support Group  
(SWEG)  
Open Support  
Meetings  
01708 551889**

**Stefanie Cormack  
MND  
Volunteering  
Development  
Co-ordinator  
Volunteering/  
General  
020 7801 8667**

**OTHER MEMBERS  
OF EAST LONDON  
GROUP**

**Maureen Agombar  
020 8504 1799**

**Carole Smith  
020 8502 2344**

**Gary and Sam  
Sprague  
01708 551889**

**Marion Bidmead  
07956 869728**

**Geraldine Vallis  
07946 410765**

**We're going 'on-line'**

Yes, we're now about to launch our local website which will give news and information to help keep you up-to-date between our newsletters. Please visit and take a look. The address is [www.mnd-eastlondon.org.uk](http://www.mnd-eastlondon.org.uk).

**Lynda leaves for pastures new**



Lynda Lawlor, Regional Care Advisor for North East Thames (including east London) recently bade farewell to the MND after five years' of service.

Lynda was a valued member of our group who made a real and lasting difference to the lives of local people affected by MND. Carole Smith presented Lynda with flowers and gift vouchers on behalf of the east London group.

Thanks, Lynda, for all your support and we wish you well for the future.



# FUTURE EVENTS



## Support Meetings

We hold regular open meetings in two locations in east London – one in Leytonstone and the other in Romford. 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.

**The Epicentre, 41 West Street, Leytonstone E11 4LJ - Support Meetings** for people living with MND, their carers and family take place from 7.30pm - 9.30pm on the following dates:

20<sup>th</sup> December 2005  
7<sup>th</sup> February 2006  
4<sup>th</sup> April 2006  
6<sup>th</sup> June 2006

Call Marion Bidmead on 020 8989 3773 or email [marionbidmead@aol.com](mailto:marionbidmead@aol.com) for further details.

**YMCA, Rush Green Road, Romford RM7 0PH - Support Meetings** for people living with MND, their carers and family (contact Lynn Sprague 01708 551889) from 2-4pm on the following dates:

18 <sup>th</sup> January 2006	26 <sup>th</sup> April 2006
22 <sup>nd</sup> February 2006	24 <sup>th</sup> May 2006
22 <sup>nd</sup> March 2006	21 <sup>st</sup> June 2006

## MND east London - future group meetings

If you are interested in becoming a member of our group, you are welcome to come along to any of our meetings. We meet bi-monthly at the Information Centre in Buckhurst Hill from 7.30pm. The dates are as follows:

Monday, 23<sup>rd</sup> January 2006  
Monday, 20<sup>th</sup> March 2006  
Tuesday, 23<sup>rd</sup> May 2006  
Monday, 17<sup>th</sup> July 2006  
Monday, 18<sup>th</sup> September 2006  
Monday, 20<sup>th</sup> November 2006

Get in touch or just turn up to one of our meetings.

## UNDER STARTERS ORDERS

Have an enjoyable day out at the races while raising funds for Motor Neurone Disease! Sam Sprague is organising the 6<sup>th</sup> Annual Charity Race Day to Lingfield Park for the Derby & Oaks Trial Racing on Saturday, 6<sup>th</sup> May 2006.

If interested, call Sam on 01708 551889.

# GROUP UPDATE

## Welcome

We wish Alison Wright, our new Minutes Secretary a warm welcome to the group.

Welcome to Andrew Smith who is our group's new Trust Fundraiser.

We also welcome back Marion Bidmead, who has returned to the group as an Association Visitor to lead on support meetings at the Epicentre, Leytonstone.

## Farewell

The group are sorry to lose Dr Alison Lord. Alison, you will be most welcome back to the group when you have more time.

## New RCA and interim care arrangements

Frances Carroll who is currently the Regional Care Advisor in north London will be moving to the east London area as part of the North East Thames next February. Frances takes over from Lynda Lawlor who has left the MNDA.

In the meantime, Heidi McCleod, Care Information Manager is covering North East Thames (including east London) until Frances Carroll takes up her new role. If you require any advice or support during this period, Heidi can be contacted on 01604 611870 or email [heidi.mcleod@mndassociation.org](mailto:heidi.mcleod@mndassociation.org).

## Free flu jabs for carers

Carers across the UK are now entitled to free flu jabs. Launching the 2005 influenza immunisation campaign recently, the Chief Medical Officer said that amongst the new groups recommended to receive flu immunisation are "people who are the main carer for an elderly or disabled person whose welfare may be at risk if the carer falls ill". 'Carers UK' has been campaigning for many years to get free flu jabs for carers and welcomes this decision, as does the MND Association. To find out more about flu jabs on the Department of Health's website, visit [www.dh.gov.uk](http://www.dh.gov.uk).

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

## Liverpool Street Collection

Carole and Maureen and their respective husbands arranged another fundraising event up at Liverpool Street station on the 16<sup>th</sup> June last. Thanks to Lynn, Pam and Jenny who contributed to the fundraising efforts and the team collected a very impressive total of **£660.72**. Thanks to the kind commuters who contributed to the collection.

## Morrisons Collection

Carole and Maureen with help from Elizabeth and Andrew did two collections at Morrisons supermarket in Loughton on the 7<sup>th</sup> and the 8<sup>th</sup> October last. This was the first time the group had collected at Morrisons and thanks to the kindness of the manager, Tony Redgrave, we had a very successful two days. We raised a whopping **£330.66** and we've even been invited back next year!

It would be great to have some additional support in 2006 with the collections. We are all getting older and it is harder on the feet to stand for so many hours! If you can help - even for an hour or so, please call Carole on 020 8502 2344.

## Other Contributions

Naomi Kay, Amardeep Bahra and Shankari Rugubaran, Woodford County High School **£1,000**

Abridge Golf and Country Club **£2,955**

Woodcocks of Loughton **£37.50**

Monies raised at the Floyed Dinner **£3,027**

Unison Newham Local Government Branch **£30**

Mrs D. L. Sprague **£20**

Mrs J. Fontains **£80**

Rise Park Junior School **£46**

Monies donated at Golden Wedding Anniversary **£200**

Capel Designer Group (nominated MNDA as their Charity of the Year) **£100**

Golf Day (last November) organised by Gary Sprague raised **£160**



## VOLUNTEERS WANTED

Our development group is a small friendly team who are keen to grow and expand our activities in the area. We would welcome new volunteer members to get involved and help our group go from strength to strength. If you have any spare time, whether it is an hour or two occasionally or on a regular basis – this would be great and really help.

There is something to suit everybody from holding a collecting tin occasionally; to helping to organise a fundraising event; to letter-writing; to helping serve refreshments at our support meetings; to publicity and awareness-raising; to visiting and supporting families affected by MND. And these are just a few possibilities!

To find out more, get in touch with Stef Cormack, MNDA Volunteer Development Co-ordinator on 020 7801 8667 or email [stefanie.cormack@mndassociation.org](mailto:stefanie.cormack@mndassociation.org). Otherwise, just turn up to one of our group meetings (dates listed in this newsletter) at the Information Centre in Buckhurst Hill.

Go on – make a New Year's Resolution to get involved in a deserving cause – volunteer with the MND east London development group!

## USEFUL CONTACTS

### Name change

If you regularly travel in London and make use of DaRT (Dial-a-Ride and Taxicard), which covers five London boroughs, please be aware that the company name has now changed to Transport for All.

To find out more information about the DaRT scheme, please contact Transport for All and the details are as follows:

Telephone: 020 7737 2339

Email: [contactus@transportforall.com](mailto:contactus@transportforall.com)

Address: 336 Brixton Road  
London SW9 7AA

### Correct Helpline Number

If you need to contact the Disability Living Allowance (DLA) Helpline to discuss any claim, please ensure you dial **08457 123456**; a low cost call number.

A member of the public has been receiving lots of calls intended for the DLA Helpline, which have been mis-dialled. The MNDA have been asked by the DLA Helpline to pass this information on.

## John's Journey

The MNDA has launched its first large advertising campaign to raise the profile of MND and the work of the association in October thanks to generous corporate sponsorship.

However, what has really made the campaign possible is the support of John Bell, a young father from Sheffield, who courageously agreed to be photographed to show people the reality of life with MND.

John was diagnosed with MND at the age of 27. He has since become a husband and father of two. John is now 31. 'John's Journey' is his and his family's way of doing what they can for others living with MND, and for the Association. The adverts featured at Euston and King's Cross underground stations, show John before he was diagnosed, and the other, which will change about every four weeks, shows his physical deterioration since being diagnosed through words and photographs.

To send a message of support to John and to find out more about the campaign, please visit the MNDA's dedicated website which is [www.johnsjourney.org](http://www.johnsjourney.org).

[www.johnsjourney.org](http://www.johnsjourney.org)

**"To show you the meaning  
of Motor Neurone Disease,  
I am going to be  
photographed until I die."**



Motor Neurone Disease Association

[www.johnsjourney.org](http://www.johnsjourney.org)

**"I've taken my last step."**



Motor Neurone Disease Association

### The MND

east London group  
wish you and your family  
season's greetings and  
best wishes for 2006.



### METLOC PRINTERS

are pleased  
to be able to support  
MND East London  
Group by sponsoring the  
cost of printing this  
newsletter.

Tel: 020 8502 0236

### Hot mulled poached pears with lemon mascarpone

#### Ingredients:

450ml red wine  
75g sugar  
1 cinnamon stick  
1 piece star anise  
4 whole cloves  
4 dessert pears, peeled, halved  
and cored  
125g mascarpone  
40g icing sugar, sifted  
grated zest of 1 lemon  
1 tablespoon lemon juice



253 calories, 9g fat (of which saturated fat 0g), 0g salt, 31g sugar.

#### Method:

1. Place the wine, sugar and spices in a thick based saucepan or casserole and slowly bring to the boil.
2. Reduce the heat, add the pears and simmer gently for 40 minutes until tender.
3. Remove the pears from the pan and keep warm.
4. Remove the spices and discard. Boil the wine to reduce to a syrupy consistency and spoon over the pears.
5. Blend the mascarpone, sugar and lemon zest and juice together and serve with the pears.

**Christmas recipe courtesy of [www.sainsburys.co.uk](http://www.sainsburys.co.uk)**