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### Volunteers BBQ



On Friday 23<sup>rd</sup> September the centre hosted a thank you BBQ for all the volunteers who give up their spare time to come to the centre and help to keep it afloat. It's fair to say that without the volunteers this centre simply couldn't keep open. It is important to recognise the dedication and

devotion that the volunteers have and we feel it is important to make them feel appreciated. Luckily the sun shone for us, the food was delicious and there was laughs aplenty!

Thank you to those of you who dug deep and contributed towards the funding of this important day.

## Centre Improvements

As you can now see, we have new flooring in the main hall. The old flooring had certainly seen better days! The hope is that the new flooring will both brighten up the hall and give it a more welcoming appearance.

We were able to replace the flooring thanks to our Legacy fund. This fund is a very important fund for us. Without it we wouldn't have been able to pay for a lot of the work we have had carried out in the centre.

More and more of our members are choosing to leave a legacy (donation) to the Redbridge MS Society when making or updating their wills. For many it's a way of continuing a lifetime of support for a cause they care deeply about.

By leaving us a gift in your will, you can help people living with multiple sclerosis receive the support they need, and fund vital research to stop MS for good. Please speak to us if you feel you would like advice.

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At the same time as having the flooring laid, we also had a new boiler installed. Thanks to Tony Castle and colleagues of South East Maintenance for very generously donating their time and labour to carry out the works...we will now have hot radiators this winter!

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Our external lighting has now been fixed thanks to Dan Kingswood of DTK Systems. Dan agreed to pop in, on his day off, and have a look to see if he could see what the problem was. Little did he know that it would take him 5 hours to rectify the 'little' problem we had! Thank you so much for donating your day off to help us.

## For Those In Need

The Ladies from For Those In Need, a charity that has supported us since Marjorie Collins first had the idea of opening this centre, invited Sue and Lorna to attend a fundraising event . Also invited was the mayor of Redbridge, and celebrity guest speaker Gary Wilmot. Everyone enjoyed a delicious deli lunch, and Lorna was presented with a cheque for £2000. This Charity have supported us from the very beginning, they continue to raise money for us 25 years later. Many thanks go out to these lovely ladies.

## Fundraising Night

**Rock the Night Away**  
**Saturday**  
**22nd October**  
7.30pm-10.30pm

Music from Bedrock Radio  
Songs performed by Champagne and Whisky

Buffet Refreshments  
BYOB

The Marjorie Collins Centre  
Grove Road  
Chadwell Heath RM6 4XF  
Call tel 0208 983 8148 for tickets!  
\*\*ENTRANCE BY TICKET ONLY\*\*  
£15 7.30-10.30pm

Proceeds to the Redbridge Branch of the Multiple Sclerosis Society

Our next fundraising event is on Saturday 22<sup>nd</sup> October - 'Rock the Night Away'. If you don't have your tickets already please come to reception to get yours now.

It is very important that you get behind these fundraisers and show your commitment to the centre. We are a charity and every penny goes a long way in helping keep this centre open and functioning in a way that is of benefit to you all.

## Other News

It has been decided that all the volunteers will now be wearing one of the standard Marjorie Collins Centre, Redbridge MS Society t-shirts when working in their voluntary role at the centre. This is to make them more recognisable as a worker in the centre.

With Christmas fast approaching, we have decided to give you notice that we are going to do a 'Secret Santa' this year. We are asking that all members take part in it, thus giving everybody at the centre a surprise gift to open off 'Santa'! The limit for the gift should be no more than £10...but it's up to you how much of that £10 you spend!

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On the subject of Christmas, the Christmas Dinner this year is on Saturday 10<sup>th</sup> December. The price of the tickets is £25. Please book early as we need to be able to give the caterers final figures soon. There will be a 3 course meal, followed by coffee and mint chocolates. There is also going to be a DJ, so hopefully you'll be able to have a dance or 2!

| <u>Centre Activities</u>                                                                                                                                                                                                                                                        | <u>Upcoming Events</u>                                                                                                                                                                                                                                                                    |
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| <ul style="list-style-type: none"><li>• Sit, Stretch and Flex (Mon 11am-12pm)</li><li>• Bocchia (Tues 11am-12pm)</li><li>• Bingo (Tues &amp; Thurs 12pm-12.30pm)</li><li>• Card Craft (Tues 2pm-3pm)</li><li>• Yoga (Thurs 2pm-3pm)</li><li>• <b>**New Activity**</b></li></ul> | <ul style="list-style-type: none"><li>• 15<sup>th</sup> October - 10:30am<br/>Annual Meeting</li><li>• 22<sup>nd</sup> October Fundraiser,<br/>'Rock the Night Away'<br/>Tickets £15.00</li><li>• 19<sup>th</sup> November<br/>Table Top Sale<br/>£5 per table<br/>Contact June</li></ul> |

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| <p>Play Your Cards Right</p> | <ul style="list-style-type: none"> <li>• 26<sup>th</sup> November<br/>Quiz Night - tickets £10<br/>Max. 10 people per table<br/>Contact Sue</li> <li>• 10<sup>th</sup> December<br/>Christmas Dinner<br/>Tickets £25</li> </ul> |
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| <p style="text-align: center;"><u>Birthdays</u></p> <p>Suzanne Davies - 7<sup>th</sup> October<br/>Thomas Colburn - 9<sup>th</sup> October<br/>Tracey Martin - 30<sup>th</sup> October</p> | <p style="text-align: center;"><u>Special Thanks</u></p> <p>South Essex Maintenance<br/><a href="http://www.southessexmaintenance.org.uk/">http://www.southessexmaintenance.org.uk/</a><br/>For Those in Need<br/>Smart and Tidy Carpets</p> |
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### In Lorna's Words

"Well, I have been in post two months now, although I am still in the investigation period, finding out who is who, who does what and when and what the centre currently offers the centre users. I do find that we need more activities here and thanks to Mike (Lynne's husband) we will be kicking this off with a fun activity, Play Your Cards Right. If you have any ideas/contacts for activities that you would like, please speak to me and I will try to implement your ideas. I would really like a Centre Choir. Please let me know what you think about this.

We have a centre fundraiser coming up on the 22<sup>nd</sup> October, it will be a good night and a way to raise vital funds for the centre, so please support us. Unfortunately if the minimum amount of tickets can't be

sold in advance of this event (deadline 12/10/16) I will have to postpone it until next year. This would be sad as Judith has put in allot of work to organise this event for the you and your families to enjoy.

I think it is hugely important to acknowledge the contribution of all the volunteers here, who do an amazing job of keeping this place running. So, we had a Volunteers BBQ, which went down well and thank you to all of you who dug deep and contributed to this event.

We have now had the new floor laid. Not only was this a necessity it will also help to make this centre more attractive to prospective new members, volunteers and donors. The truth of it is that we must attract new people in all of these groups to keep this place running effectively. There are around 400 people in Redbridge with MS and only a fraction of them attend the centre on a weekly basis. So, please see me if you know somewhere that would advertise our centre and I can give you flyers to take out and about with you. Dan is currently designing us a new eye catching flyer and this will be ready shortly. Thank you Dan for all your help.

I feel the Centre should be looking its best at all times. It should look comforting and interesting, as well as professional. As you will see I have had a massive tidy up and volunteers will now be wearing standard MS T-shirts as uniform. Could I please ask that you use the ash trays provided to dispose of your cigarette butts? It takes me ages to clean them all up, they are unsightly and don't create a good first impression. Thank you

We are still desperate for Volunteers to enable us to take the centre forward and offer you more services, so if you know of anyone who has a few hours to spare please send them my way.

I feel as though I must stress this point. Unfortunately, myself and my volunteers are not carers, in fact we are not permitted to administer any caring duties to any centre users. If you do need assistance in any area of your life, then you must attend the centre with your carer throughout the entirety of your visit. I am looking into having a resident carer on site in the near future but until then please, for your own safety, and the safety of those around you, bring your carer with you.

Remember it's only 12 weeks to Christmas so I hope you're thinking of your Secret Santa Gifts.

Speak to you again in November".