



Redbridge Group

Working for and caring about You

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Centre News

Carers Support Group

Very soon this new group will be launched. Dates and times to be confirmed. If you would like to take part and would like further details, please contact Sue by phone, email or in person.

****Hazel Marsden is currently in King George's hospital with a broken hip. If you would like to visit her, Hazel is recovering on Japonica Ward.****

Fundraising



Thursday 29 March: 9.00 am to 15.30. Our next fundraiser will be the highly enjoyable and delicious Cake Bake. Our Cake Bake in 2016 was the best ever with our volunteers making the front page no less. 2018 could top that. Let's make it happen.



If you would like to bake something for the event or know someone who would volunteer to bake a cake or volunteer to help on the day - let Lorna know.

Get involved - raise those vital funds

There are many ways for centre users and their friends and families to raise money for the Marjorie Collins Wellbeing Centre so that it remains open for many years to come.

Above all, we need more attendance.

Some of the usual ways are to collect money outside the usual supermarkets as well as our favourite fund raising events. We will always need your help. However, we need much more support from our members.

The MS Society website contains many tips and even more ways for fundraising. For example: The website: <https://www.mssociety.org.uk/get-involved/fundraising/ideas-for-fundraisers> does just that. Do you anyone who could enter one of the many races to raise money for our centre? Do you know anyone who could fund raise at work? Some companies will match any monies raised,

Do you know any young people you could motivate to enter? The website gives a lot of advice.

Every step taken, every penny raised, will keep the Marjorie Collins Wellbeing Centre running.

Ask that question - make that phone call - you can make a difference

Young Persons with MS Group

Recently, Students from the Dagenham Park School won a £1,000.00 grant for the Marjorie Collins Wellbeing Centre. The group of students, (which included Eden Kayode, whom some of you may have met last year) won the grant by researching and interacting with their chosen charity. You may remember the group coming in last year. They followed this up by preparing a presentation giving their argument to identify the charity best placed to support their community. Lucky us and well done to the Dagenham Park Students.

This donation will go towards setting up a Young Persons with MS group. Eden Kayode and Daniel Marucci will be helping to implement this new group.

Celia

I am sorry to tell everyone that Celia Gray passed away at the beginning of February. Celia and her husband Brian were regulars at our centre for many years and always enjoyed themselves at many of our events.

Keeping the Centre tidy!

Please can I ask all smokers not to smoke near the front entrance of the Centre or to the front of the car park - the cigarette butts look really unsightly as people come through the doors. This does not give a good impression to new visitors. Please use the bins outside which are provided for your use. Many thanks, Lorna Lawrence

Ideas for New Activities

Do you write short stories in your spare time?

Do you have a favourite short story? (one page in length)

Would you like to include one in our monthly newsletter? Let Lorna know if you would like to include one to appear in our April Newsletter.

March Event cancellation

Sat 3 March Karaoke evening was cancelled due to very poor uptake. We need every fundraiser to keep the centre going.

Money News:

We are asking for our members to bring in any old stamps. Foreign coins or old gold/silver That you no longer want. We have a volunteer who is in contact with an antiques dealer who can give us a good price for your unwanted items.

Drop In Day

Monday's 9am-9pm The Centre will be open for you to drop in between 9am and 9pm, whether you want support, information, a chat, advice, a cuppa, watch a movie, listen to music or just meet up with friends. We aim to incorporate newly diagnosed, carers and volunteers into drop in day, Maybe you know someone who has just been diagnosed or a family that are struggling with

diagnosis or you are a carer that wants to meet up with other carers for PWMS whatever your association to MS is The Marjorie Collins Centre will try to support you.

We are very lucky to be able to offer counselling surgeries throughout Mondays, delivered by our very own Millie who is a fully qualified MS Counsellor/ psychotherapist. If you feel you would benefit from a counselling session please see Lorna.

Memory Clinic

The next Memory Clinic which is sponsored by Barkingside and Redbridge Rotary Club on the last Wednesday of every month, will take place on Wednesday 28 March 2018

Members and Centre Users contact details

Could you please make sure that we have your current telephone numbers, address and email address so we can keep your details correct. Please speak to Fatima if you need to update your details. We don't want you to miss anything!

Visiting the MS Website

When was the last time you looked at the MS Society UK Website? If you're like me - it's probably been quite a while. Recently I decided to dip into this site to remind myself what they have to offer. <https://www.mssociety.org.uk/blogs>. Both the news page and the blog page are really good to read. Fellow PWMS are giving tips and advice as well as their own personal stories.

The news and research sites are really good. Letting us know what is the latest treatment - when it will be available. The Forum is also good - what people are actually thinking - what treatments they've tried etc. It's interesting to hear what others are saying. Perhaps you may agree/disagree with their opinions.

If you're not on the internet at home, we have laptops here at the Centre as you know. Anything you would like to look at - please ask any of the volunteers.

The MS NATIONAL HELP LINE is there to offer advice and support to anyone who needs it. Please, if something is worrying you or you don't know where to go for help or you just have a general enquiry then please give them a call on: 0808 800 8000 where a member of the dedicated team will help you.

Centre Activities



New: Computer Club

Dave has introduced a new beginners club to the Marjorie Collins Wellbeing Centre. The club is free to Redbridge MS Members.

This excellent course will cover the basics e.g.

- Letter writing * sending emails * How to use the search engines (Google)
- Using the internet to buy items safely * How to view local and world news
- Photo editing and how to find games to play

Dave will also teach you how to use the following applications:

Word: to create letters and documents etc.

Excel: book keeping and more

Paint: for drawing and design

Internet Explorer

The club will take place on Tuesdays and Thursdays - Please contact Dave Lezer or the office.



Great Gardening News: Allotment Update

How does your garden grow?

The allotment has now been marked out into sections, which you will be able to see from the conservatory window.

Recently chilli seeds have been sown and other herb and vegetable seeds will be sown in due course. Fatima Chowdhury, who is leading this project, would love your input i.e

Has anyone got any seeds/plants they would like to have planted? You are more than welcome to bring them in.

Fatima is also looking for large pumpkin seeds of the show variety.

Help will be required for digging and preparing the soil.

In the coming weeks and months, you will have the satisfaction of knowing that all produce will be used in our kitchen and will be for sale with proceeds going back into the Centre. Gardening is both fun and therapeutic. This will be an interactive project, so please let Fatima know if you would like to take part or have any questions.

Card Craft Sessions - Tuesdays. This class has been running for many years for Centre users to make cards to sell for the Centre. Gill Fitzmaurice delivers these classes and has done since the beginning. However numbers are dwindling so if you would like to try your hand at something new then please let Gill know so she can bring in enough materials for you. *Please note that there is now a charge of £5.00 for Gill's class*.

If you fancy joining this class for the first time, please ring Lorna in advance to book. The first class will be free.

- Dance and Movement Class: Thursdays *NOW AT 11.30*

This is a highly enjoyable class. It is led by Nicki Watson. Nicki encourages everyone to use their imagination as well as their bodies in some well thought out exercises specially adapted to our abilities. There is a lot of enjoyment and laughter in this class. It takes people out of themselves. It's really good - come and join in.

- Arts and Crafts class: Thursdays 1.15 -2.15 This excellent class, which started last August, is proving very popular, and is led by Michael Garvey. Learn to express yourself through art. ****This is a free class - please let Lorna know if you would like to take part****.

- Walking and Wheelchairs Group: Please note this class will resume in the spring.

Volunteers

If you require any support then please speak to Lorna confidentially, who will be able to help you, alternatively you can call our excellent team of support volunteers at head office. Telephone number **National MS Helpline** 0808 800 8000 - Monday 9am-9pm and Tuesday to Friday 9am-7pm.

Events for 2018

Sat 7 April	Quiz Night
Sat 21 April	St. George's Day knees up
<u>Sat 5 May</u>	Board Game Night (New)
Sat 16 June	Summer Masquerade Ball
Sat 21 July	Volunteers Barbeque

Please could everyone keep a note of these dates so we can a greater turnout to each event. This will lead to more funds for the Centre.

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Guess the definition: "Lasts"

- (a) Small clouds in a blue sky.
- (b) Small worthless apples remaining on the tree after the crop has been gathered
- (c) Shoemakers ' wooden rough models of a foot's shape and size

Answer on page 9

Redbridge Group MS Society
The Marjorie Collins Centre Weekly Timetable

Chair Based Exercise Free	Monday 11am-12pm Tuesday 12.15pm -13.00pm
Bingo (£1)	Tuesdays 11.30am - 12.00pm & Thursdays 12pm - 12.30pm
Card Crafts (£5)	Tuesdays 2.00pm - 3.00pm
Reiki, Massage, Aromatherapy (£15 per session)	Monday: 10am-2pm Tuesday: 10am-12pm Thursday: 10am-2pm
Reflexology (By Appointment) (£15 per session)	Tuesday and Thursday 10.30 - 2.30pm
Hairdressing/Nails	Tuesdays
Boccia (Free)	Thursdays 11am-12pm
Foot Care (£15) MS Nurse	1 st Thursday of Month Last Thursday of the Month
Dance & Movement Class	Thursday 11.30-12.15pm Free
Art Class	Thursday 13.15pm-14.15pm
Wheel and Walk	Start date to be advised
Counselling	Monday by appointment
Flower Arranging	Coming soon

For therapies, please book in each week. Therapies booked on the day may not be able to be taken up due to time limitations.

<u>BIRTHDAYS IN MARCH</u>	<u>BIRTHDAYS IN MARCH</u>
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<p>Dave Lezer 1 March Jane Daren 8 March Wendy Barzotelli 13 March Sheila Read 17 March Anne Barthel 18 March Denise Hatton 19 March</p>	<p>Pat Vincent 20 March Mobeen Ahmed 21 March Susan Nichols 21 March Mary Barnard 26 March Ray Perham 27 March Ron Berger 29 March Sandra Feldman 30 March</p> <p style="text-align: center;"><u>Upcoming Events:2018</u></p> <p style="text-align: center;"><u>*EVENTS FOR 2018: PLEASE SEE PAGE 6*</u></p>
<p>"We don't know how STRONG we are until being STRONG is the only choice we have"</p> <p style="text-align: center;">Multiple Sclerosis Awareness</p>	<p style="text-align: center;"><u>Special Thanks</u></p> <p style="text-align: center;">To each and every one of you who Volunteer at and Support The Marjorie Collins Wellbeing Centre.</p>

DIRECTORY

MS Society

MS National Centre
372 Edgware Road
London NW2 6ND
020 8438 0700

National MS Helpline

0808 800 8000

Membership:0300 500 8084

supportercare@mssociety.org.uk

DIRECTORY

Contact DWP

General information

Telephone: 0345 850 3322

Textphone: 0345 601 6677

Monday to Friday, 8am to 6pm

DIRECTORY

Dagenham Citizens Advice

339 Heathway
DAGENHAM
Essex
RM9 5AF

<http://www.bdcab.org.uk>

020 8594 6715 /020 8507 5969

Redbridge Citizens Advice

Broadway Chambers 1 Cranbrook Road
ILFORD
Essex
IG1

4DU<http://www.citizensadvice.org.uk/redbridg>
e

DWP - Personal Independence Payment claims:

Telephone: 0800 917 2222

Textphone: 0800 917 7777

Monday to Friday, 8am to 6pm

0208 514 1878 (for general enquiries only - not an advice line)

Newham (East End) Citizens Advice Bureau

20 Freemasons Road

LONDON E16 3NA 0208 525 6377

Barking Citizens Advice

Barking Learning Centre 2 Town Square

BARKING

Essex

IG11 7NB

<http://www.eastendcab.org.uk/>

<http://www.bdcab.org.uk/>

020 8594 6715/020 8507 5969

SUPPORT GROUPS

SUPPORT GROUPS

Asian MS

A national support group for Asian people with MS, their carers, friends and family.

asianms@mssociety.org.uk

Women Against MS

Confidential support and advice for women who have MS, their carers, families, friends and employers. Currently holding two information events a year

Mutual Support

For serving and ex-serving members of the Armed Forces and Reserves affected by MS, their dependants and carers.

info@womenagaistms.org.uk

020 8542 1712

support-team@mutual-support.org.uk

*Guess the definition: Answer: (C).