



Redbridge Group  
Working for and caring  
about You

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Welcome to May! Beautiful sunny weather in late April (early but welcome). Two Bank holidays in May - hope they are dry days if you are out and about or just relaxing.

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## Centre News

### Consent Forms

If you are a member, the MS Society will provide a consent form for completion, if you have not already ticked the consent box on your membership form. If you are a non-member of the MS Society, then Sue Crate will provide the form. Please can you complete these forms and return to us as soon as possible.

The new Data Protection Act came into force on 1st May. It is essential that everyone completes this form which will include date of birth and consent to use photographs etc so we are still able to contact you and send you information.

### Lift required

Sue Ancora would like to come into the Centre on Thursdays - would you be able to give her a lift? Sue lives near Hornchurch Station. If you can help, please contact Lorna Lawrence at the Centre.

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### Carers Support Group at the Marjorie Collins Wellbeing Centre

The first Carers Support Group Run by Redbridge Respite Care Association will take place at the centre on Wednesday 6 June 2018 @ 2-4pm : the next one will be Wednesday 11<sup>th</sup> July and thereafter on the first Wednesday of the month. All carers welcome to come along and enjoy a break from your caring responsibilities.

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CoDa Dance Company  
Are pleased to invite you to  
A Dance Performance at  
The Marjorie Collins Wellbeing Centre on  
Thursday 31st May 2018 at 12 o'clock

For the past 12 weeks, CoDa Dance Company (who led our Dance and Movement Classes), have been working with participants from the Marjorie Collins MS Centre, to create a live dance performance.

- Over the weeks, through Nicky Watson from CoDa, we have learned a lot about ourselves, found our creativity, and learnt a lot about each other. As part of our performance, we would like to share with you some of the benefits of taking part in physical activity when living with MS.

NB: If you know of anyone who could help with the funding, please invite them. The classes have been hugely beneficial and enjoyable. All of our participants would like them to continue for a long time to come.

## Fundraising

### Supporting the Marjorie Collins Centre

Angela will be taking her first ever Parachute jump omg!!!! At the end of May to raise funds for the centre, she is asking for sponsors. Please see Angela or enquire at reception. Good luck Angela !!!

Sadly, due to lack of support for fund raising events, we have had to cancel the last three events. The next fund raiser pending was the Board Game night on 5 May. At the time of printing - this event had just been cancelled.

Why?

As no-one appears keen to attend the events - perhaps you could put your name forward to help raise much needed funds through collections? Lorna Lawrence would like to establish a registry of helpers - to ensure the same people are not asked again and again.

Currently, we can have spots at: Sainsbury's, Tesco, Westfield (Stratford), The O2, Flag Day as well as at train stations. Although we can book a spot at these venues, if no volunteers come forward to collect funds - then we will miss out on these opportunities and the Centre will suffer greatly

We will always need and value your help. Please can you spare an hour or more? Or do you know someone who could volunteer for us.

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

The Centre is for all of us - you can make a difference

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## Survival of the Centre

Following on from the previous item, the following question has been raised with regard to further funds for the Centre:

What would members think about a monthly fee of £5.00 being paid directly to the Marjorie Collins Wellbeing Centre?

Would you be in favour of this idea? Please ring Lorna at the centre on 0208 983 8148, email her or speak to her at the Centre.

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### On a lighter note

- A big THANK YOU TO:

All of the brilliant ladies from Those in Need who have supported the Centre for many years. Those in Need recently raised further funds for us at an event which took place at the Prince Regent Hotel in Chigwell. Stacey Solomon was the celebrity guest speaker. We were sorry to miss this great event it was well attended and a great time had by all.

AND.....



Lovely news! Vee Chuma, our Activities Volunteer, has given birth to her first child - it's a Boy! Vee will come into the Centre soon and bring her beautiful baby.

### Yes, Chef!!

In about 2 weeks time, Ziek from Shuka Catering will join us as permanent Chef to provide delicious meals on Mondays, Tuesdays and Thursdays, we look forward to his arrival.

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### 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.

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## 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, or by appointment, 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?

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## 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 30 May 2018

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## 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!

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## Visiting the MS Website

Have you looked at the MS Society UK Website? It's just been refreshed and updated. Recently I decided to dip into this site to see again what they have to offer.

This month, I've been looking at cognitive problems which is a bugbear for many people with MS. On the main MS Website - <https://www.mssociety.org.uk> there are brilliant links under About MS: Signs and Symptoms

It looks at everything from losing your thread when having conversations or taking in new information to help with keeping focussed on tasks. Also good tips to keep your memory on track and lots more. The links are definitely worth a look. One thing I use is an old game I played as a child - many of you will know this one. I try and think of as many men or women's names beginning with a certain letter. Using your phone to remind you of things to do is good too. You (or a friend) can program your phone to remind you of everything - from appointments to keep to people to phone etc.

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.

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## Centre Activities

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2018 BOAT TRIPS ON THE RIVER LEA

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We have booked 3 trips on the River Lea this year. The dates are as follows:

Friday 8 June

Friday 5 July

Friday 24 August

COST: £17.00 PER PERSON As always, the trips are very popular and as there are a limited number of berths available, it will be a case of first come, first served. To avoid disappointment, please let Del know if you would like to go as soon as possible.

Plus.....



### Brick Lane Theatre

Friday 30 November 2018

This is a lovely evening and always popular. There are just a few places left - if you would like to go - please let Del know as soon as possible to avoid disappointment!!

Cost: £45.00 per person. It's a gem of a place, you must see it.

And....

### **RHS Garden Wisley, Surrey**

**\*Date and time to be announced\***

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### **New: Computer Club:**

**17th May 2018**

Dave is introducing a new beginners club to the Marjorie Collins Wellbeing Centre, to start Thursday 10<sup>th</sup> May. 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

This will be an afternoon class and will take place in the Gym hall  
If you are interested, please speak to Dave

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### Our New Allotment

THANK YOU to Steve who is a caretaker at a local school? Steve is the husband of Jaz, one of our new members and has agreed to do some of the gardening tasks for the Centre Also to Ben and Angelo for their essential help in moving and preparing the new allotment site. The new site is next to the greenhouse and will be more weather friendly. Many thanks also for the use of gardening equipment.

If you look on the window sills in the conservatory, you will see pots containing the latest seedlings.

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 Chowdhury know if you would like to take part or have any questions.

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### A New Interest?

Would you like to learn Italian?

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Our very own Activities Organiser, Angelo, would be happy to teach you at the Centre. If you are interested, please speak to him/or ring him at the Centre on 0208 983 8148. \*\*Please note that the lessons are free\*\*

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- **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 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 : 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 class, has been cancelled as Micheal unfortunately has had to move out of the area

This was a free class - please let Lorna know if you would like her to find an alternative art tutor .

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

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## 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.

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## Events for 2018

Sat 21 July	Volunteers Barbeque
Sat 25 August	Annual Summer Barbeque

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

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### Car Hoist for a scooter

One brand new car hoist (takes 100kg) for sale.

Offers over £100.00 (As you know the hoists are worth over £1,000.00)  
When purchased, the above item will be delivered to the Marjorie Centre for collection. Please speak to Angelo Gagliano for further details

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## Holidays, short breaks and respite

Are you thinking about a short break this year? There is a link on the MS Society website that can help. The MS Short Breaks Service is here for you. They have

lots of tips and plenty of advice accessible through the links on that page or you can reach their Information Officer re Short Breaks. Just ring the helpline (0808 800 8000) .

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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 <sup>st</sup> Thursday of Month Last Thursday of the Month
Dance & Movement Class	Thursday 11.30-12.15pm Free
Art Class	TBC
Computer Class	Thursday afternoons - Free

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.

	<p align="center"><u>Upcoming Events:2018</u></p> <p align="center">*<u>EVENTS FOR 2018: PLEASE SEE PAGE 10*</u></p>
<p>"We don't know how STRONG we are until being STRONG is the only choice we have"</p> <p align="center">Multiple Sclerosis Awareness</p>	<p align="center"><b><u>Special Thanks</u></b></p> <p 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](mailto:supportercare@mssociety.org.uk)

**DIRECTORY**

**Contact DWP**

**DIRECTORY**

**Dagenham Citizens Advice**

339 Heathway  
DAGENHAM  
Essex  
RM9 5AF

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

020 8594 6715 /020 8507 5969

**Redbridge Citizens Advice**

## General information

Telephone: 0345 850 3322  
Textphone: 0345 601 6677  
Monday to Friday, 8am to 6pm

## DWP - Personal Independence Payment claims:

Telephone: 0800 917 2222  
Textphone: 0800 917 7777  
Monday to Friday, 8am to 6pm

## Barking Citizens Advice

Barking Learning Centre 2 Town Square  
BARKING  
Essex  
IG11 7NB

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

020 8594 6715/020 8507 5969

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## SUPPORT GROUPS

### Asian MS

A national support group for Asian people with MS, their carers, friends and family.  
[asianms@mssociety.org.uk](mailto:asianms@mssociety.org.uk)

### Mutual Support

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

[support-team@mutual-support.org.uk](mailto:support-team@mutual-support.org.uk)

Broadway Chambers 1 Cranbrook Road  
ILFORD  
Essex  
IG1  
4DU <http://www.citizensadvice.org.uk/redbridge>  
[e](#)

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

## SUPPORT GROUPS

### 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

[info@womenagaistms.org.uk](mailto:info@womenagaistms.org.uk)  
020 8542 1712