



Redbridge Group

Working for and caring  
about You

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- New! June's Tea Room: 4 June

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I hope everyone enjoyed the Bank Holidays (both sunny!!) and of course, THAT wedding.... Well, here we are in June with lots going on.

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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, 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 1 May. It is essential that everyone completes this form which will include date of birth and consent to use photographs etc.

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## Awareness at the Marjorie Collins Wellbeing Centre

How we react and respond to each other at the Centre is so important. This applies to everyone who uses the Centre. The MS Society is dedicated to the continuance of respect and self-responsibility. Their code of conduct is laid out as follows:

### MS Society code of conduct

The MS Society believes that all individuals involved with or working on behalf of people affected by MS should respect one another and work constructively to achieve our common goals. We therefore ask that all those connected with or acting on behalf of the MS Society take personal responsibility for undertaking the following:

- To be a positive ambassador for the Society and ensure that you take no purposeful action or make any comment which might damage the Society.
- To show respect to all and a commitment to access and inclusion for all individuals connected to the Society, understanding that no form of harassment will be tolerated.
- To recognise that the Society is a democratic organisation, to abide by decisions made by its elected committees and to work with others to resolve any conflicts, which may arise.
- To respect and understand the need for confidentiality.
- To take all reasonable steps to ensure the health and safety of yourself and others and to protect the property of the Society.

- To be committed and reliable in your role(s) within the Society and not use your position to pursue personal issues or policies which conflict with those of the Society.
- To accept the need for reasonable training, guidance and support relating to your role(s) within the Society.

This Code is a statement of the values that we will uphold in all our dealings and that we will expect others to maintain when working with us.

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## MS Society Equality and Diversity position statement

The Multiple Sclerosis Society's mission includes everyone affected by MS. The Society therefore recognises a duty to ensure its services are relevant and accessible to all, through a commitment to diversity and equality.

The MS Society honours this commitment by working to embrace difference and by listening to all people affected by MS, to employees, volunteers and by actively working to meet changing needs.

The Society will work to become an organisation that is increasingly inclusive and will recognise that people with different backgrounds, cultures, skills and experiences bring new understandings and perspectives that benefit the organisation.

The MS Society opposes discrimination and affirms its commitment to equality.

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It is with sadness that I have to tell everyone that Hazel Marsden passed away peacefully at the end of May. Hazel will be remembered by all for her quiet dignity and shy sense of humour. Hazel was one of the longest serving members - even before the Centre opened. Hazel had also been a committee member at one time. She benefitted greatly from her 27 years (!) of reflexology with Linda. Over the years Hazel had taken part in many of the activities offered at the Centre. For the last few years Hazel had really enjoyed her weekly card

making sessions. Hazel enjoyed being with everyone and enjoyed coming to many of the social occasions.

I often used to sit and chat with her, along with Mike and Eva, about this and that and sometimes putting the world to rights ..... She will be much missed. Details regarding Hazel's funeral can be obtained from Lorna Lawrence, Centre Co-ordinator.

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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 on Wednesday 6 June 2018 ( The first session is 10 - 4).

The next Group will be on Wednesday 11<sup>th</sup> July: 2 until 4 and thereafter on the first Wednesday of the month: 2 until 4. All carers are welcome to come along and enjoy a break from your caring responsibilities.

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### CoDa Dance Company Performance: Thursday 31st May 2018

Nicky and Jody from CoDa led our performance where all the participants showed their own personal expression of movement to the music.

It was great to be part of the dance and to perform to the Marjorie Collins MS community. Really enjoyable. We want the Dance and Movement classes to continue for a long time to come. Future funding is required so that the sessions can resume. Fingers crossed everyone!

### Fundraising

#### May's MS Super Star:

Flying High! Our amazing Angela took her first ever Parachute Jump . Angela did her jump (in tandem) on Bank holiday Monday, 28 May at a place called March in Cambridgeshire.

I asked her "How did you feel when you went up in the plane? "

Angela: It was scary, but I couldn't go back now. Once I was up there, I thought I'd better get on with it! The instructor put me at ease though, he was really good.

I suppose the scary part was actually coming out of the plane. I was told to keep my head up and go.

I asked Angela: "How did you feel on the way down? Did you scream?"

Angela: "The wind was too strong". The Instructor did a somersault in the air! I closed my eyes at this part - I didn't want to look down. The Instructor helped me to keep my legs in the right position for landing.

There was also someone on the ground to make sure I was ok on landing.

Phew!"

I asked Angela what inspired her to do the jump:

Angela: "I did it for my 50<sup>th</sup> Birthday and for the monies raised to go the Marjorie Collins Centre"

I think Angela was really brave to do the parachute jump - many people could not. Angela's challenge has so far raised over £220.00. Well done and Happy Birthday Angela!!

And in June:



Dragon Boat Race: 23 June @ Fairlop Waters

Our very own Volunteer Super Star, Fatima, is taking part in the above race.

Come along, bring a picnic and enjoy the fun

Please sponsor Fatima - all monies raised will go to the Marjorie Collins Wellbeing Centre.

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## Supporting the Marjorie Collins Centre

Fund Raisers: Lorna Lawrence would like to establish a registry of collection helpers - to ensure the same people are not asked again and again. Perhaps you could put your name forward to help raise much needed funds through collections?

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 the Centre will suffer greatly.

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

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

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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**NEW! Opening Monday 4<sup>th</sup> June 2018**

***June's Tea Room at the Marjorie Collins Wellbeing Centre***



***\*\*Thereafter every 1<sup>st</sup> Monday of the month\*\****

***11am - 2pm***

***Come and join us for Tea and Coffee in a traditional tea room setting***

***There will be delicious sandwiches, scones and cakes***

***All for an unbeatable £4.99 per person***

***\*\*Please call 0208-983-8178 to make a reservation or for more information\*\****

**AND.....**



**Redbridge MS Group**

**ANNUAL SUMMER BARBEQUE**

***Saturday 25<sup>th</sup> August from 3pm onwards***

***£5.00 per Person***

***\*\*Everyone Welcome\*\****

***\*\*Bring a dish to share and your own beverages \*\****

*Come and Enjoy the Centre and the grounds that you all  
work so hard to keep going*

Just to let you know

Ziek from Shuka Catering has joined us as permanent Chef to provide delicious meals on Mondays, Tuesdays and Thursdays.

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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, 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?

**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. Tel No: **National MS Helpline** 0808 800 8000 - Monday 9am-9pm and Tuesday to Friday 9am-7pm.

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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 27 June 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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### Centre Activities



### 2018 BOAT TRIPS ON THE RIVER LEA

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.

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And....RHS Garden: Wisley, Surrey

\*Date and time to be announced\*

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A New Interest?



Would you like to learn Italian?

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 and will take place in the Gym Hall - 2-4 pm

## Computer Club: Thursdays 2-4

Dave has introduced a new beginners club to the Marjorie Collins Wellbeing Centre, which started on Thursday 17<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 i.e. 2-4 pm and will take place in the Gym hall  
If you are interested, please speak to Dave

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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.

- **Walking and Wheelchairs Group:** Date to be advised

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## Redbridge MS Group Celebrating Our Volunteers



Volunteers Annual BBQ on Saturday 21 July  
Family Members Welcome

**\*\*Bring a dish to share and your own beverages\*\***

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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 for further details

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## Holidays, short breaks and respite

Are you thinking about a short break this year? There is a great link on the MS Society website. 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).

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	Not available at present
Computer Class	Thursday 2-4 pm - Free
Wheel and Walk	Start date to be advised
Counselling	Monday by appointment

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

## 2018 Events

June's Tea Room - 4 June then: First Monday of every month: £4.99 per person

Sat 21 July Volunteers Barbeque :  
Sat 25 August Annual Summer Barbeque

We don't know how STRONG we are until being STRONG is the only choice we have"  
Multiple Sclerosis Awareness

### Special Thanks

To each and every one of you who Volunteer at and Support The Marjorie Collins Wellbeing Centre.

### 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

#### **General information**

Telephone: 0345 850 3322

Textphone: 0345 601 6677

Monday to Friday, 8am to 6pm

**DWP - Personal Independence Payment**

### 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/redbridge>  
[e](#)

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

**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**

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**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)

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

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