



Redbridge Group

Working for and caring  
about You

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- Calling all volunteers! For: Drivers, Fund-raising Volunteers, Route Marshals

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I just wanted to start the September newsletter with this really natural photo of some of our centre users and one of our volunteers.



After some of the hottest weather since 1977 (or so the papers told us), here we are in September with temperatures turning toward more bearable degrees than of late. I hope everyone has been able to keep cool and hydrated during the heatwave. Phew! There are lots to read in this month's issue.

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## Centre News

### Booking a lunch at the Centre:

**\*\*Please could all centre users remember to book their lunches by 11.30. This is for catering purposes so that a good service can be delivered.\*\***

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## Fundraising

In July 2018, for the second year running, Sainsbury's at Chadwell Heath nominated us as their charity of the year! This was great news and I would like to thank everyone who took the time to vote. Lorna Lawrence

Further good news! Also from June 2017-May 2018 during our stint as Sainsbury's Chadwell Heath Charity of the year, the customers and Staff generously donated £5,781.69 on top of the donations made towards events.

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### Monday Events:

**1<sup>st</sup> Monday of each month:** June's afternoon Tea.

Delicious sandwiches, scones (with jam and clotted cream of course... or is it clotted cream and jam??) and cakes. **All for £4.99 a person!** A delicious bargain. Over £200.00 was raised in July which is up on the previous month - keep coming everyone - it's a great way to relax and also do something for the centre! **Call: 0208-983-8148**

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Every 2<sup>nd</sup> Monday of the Month: **\*\* NEW \*\***



**Redbridge Group MS Society:**

## **CHEESE BOARD AFTERNOON**

**\*\*\*Next one is on Monday 10 September\*\*\*  
**11.00-16.00****

**Enjoy a Glass of Wine and some Cheese whilst playing your  
favourite Board Game**

**Scrabble, Monopoly, Trivia Pursuit, Chess, Back Gammon and many more  
Plus a Raffle**

**£4.99 Per Person**

**The Marjorie Collins Wellbeing Centre, 237 Grove Road, Chadwell Heath, Essex,  
RM6 4XF**

**Call: 0208-983-8148**

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Every 3<sup>rd</sup> Monday of the Month: i.e. next one is: 17 September:

**Redbridge Group, MS Society**



**Cinema Club**

**Every 3<sup>rd</sup> Monday of the Month**

**2-4pm**

**Big Screen Blockbuster Movie**

**Popcorn, Hot Dogs and Ice cream**

**£4.99 per person**

**The Marjorie Collins Centre, 237 Grove Road, Chadwell Heath, Essex,  
RM6 4XF**

**0208-983-8148**

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**MANY THANK YOU'S TO:**

Sainsbury's at Chadwell Heath for their donation towards our Summer and Volunteer Barbeque on 25th August.

To Ivan who stepped in to cook for us whilst Zeik our regular chef, was away. It was lovely to see him back here, as Ivan used to cook regularly for the centre.

To the group from the excellent NCS challenge, they cleaned all our windows for us, volunteered with activities and organised an awareness day for us. Amazing young people.

To all who attended the BBQ, your dishes to share were delicious. £119.00 was raised.

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Members had been asked if they would consider a monthly membership donation of 5.00 paid directly to the Centre as a way of raising further funds for the Centre.

There has been good feedback regarding the above with Members in favour of this idea. To this end, June started the membership procedure in August.

Those taking part in this scheme will each receive the newsletter by email (or in hard copy available at the Centre) and will be able to take advantage of therapies at a reduced cost.

If you would like to take part, please speak to June directly for more information.

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# VOLUNTEERS REQUIRED:



## (1) Redbridge Group MS Society

Do you have a few hours to spare?

We urgently require Volunteer Drivers for our  
Minibuses

On Mondays, Tuesdays, Thursdays and special occasions

Flexible hours with full training provided.

If you are interested, please contact Lorna or Martin on:  
0208 983 8148 at the Marjorie Collins Wellbeing Centre

# Redbridge Group MS Society

Do you have a few hours a week to spare ?

We urgently require Events and Fundraising  
Volunteers to join our Team of Volunteers .

Flexible hours .

Full Training Provided



Interested

Please contact Lorna on 0208-983-8148

At The Marjorie Collins Wellbeing Centre

(2)

(3) VOLUNTEER ROUTE MARSHALS NEEDED!

The MS Walk is back and needs YOUR support

On Sunday 23 September, hundreds of MS Superstars will turn the streets of London orange for an MS Walk. To help them have the best time possible, we need lots of **\*\*volunteer route marshals\*\*** throughout London.

The routes go between Battersea Park and Tower Bridge, so there's lots of choice of shift locations and timings. As a volunteer, your job will be to point walkers in

the right direction and cheer them along their way! There will four routes on the day, 6, 10 and 20km, as well as the brand new 1km route.

We'll provide our volunteers will full instructions, maps, MS Society t-shirts and snacks to keep you going!

If you can help, please contact Joe Murray

Email: [joe.murray@mssociety.org.uk](mailto:joe.murray@mssociety.org.uk)

Call: 020 8438 0725

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## LIVING WELL WITH MS EVENT: 22 SEPTEMBER

Time: 11-5pm

Venue: Holiday Inn, Elstree, WD6 5PU

The Barnet and South Herts MS Society bring you a relaxed and informative day with a variety of speakers on living well with MS.

This is a free event with lunch and refreshments provided

To register your attendance: email: [sofias08@hotmail.co.uk](mailto:sofias08@hotmail.co.uk)/further info from Sofia on: 07960959765 OR Online: [www.eventbrite.com/e/staying-well-with-multiple-sclerosis-2018-tickets-47732157167](http://www.eventbrite.com/e/staying-well-with-multiple-sclerosis-2018-tickets-47732157167).

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## New Centre Users

Lorna advertised the GP's Guide this year with regard to new people being referred to our Centre. This has proved very successful with a number of new referrals coming to the Marjorie Collins Wellbeing Centre. You may have noticed a few new faces recently with more to come. Please can everyone give a warm welcome to the new centre users and actively involve them in conversations and encourage them to take part in our community. They are our future.

**A new Centre based service started in July, which is available to all Members, Volunteers and Guests:**

Barry Bates, our Group Co-ordinator, will be available on Tuesdays between 1.30 and 3 o'clock when you will be able to speak to him confidentially regarding issues you would like to raise or if you require support advice. Alternatively, his contact details are available from the Centre's general office.

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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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## 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!

## CENTRE ACTIVITIES



*Here is Rodney gathering some of the vegetables grown by Fatima. The vegetables will be used in our kitchen for our enjoyment*

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

The next monthly Group session run by Redbridge Respite Care Association will take place on Wednesday 5<sup>th</sup> September 2018: Time: 2-4. All sessions will take place on the first Wednesday of the month.

All carers are welcome to come along and enjoy a break from your caring responsibilities.

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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 26 September 2018. Please note that the clinics are free of charge

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## 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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## Computer Club: Thursdays 2-4

A beginners club was established at the Marjorie Collins Wellbeing Centre a couple of months ago and has proved a great success. The classes are enjoyable and our tutor Dave puts everyone at ease.

At present the club provides personalised lessons that range from controlling the mouse, letter and document writing (in Word) and sending emails through to learning how to surf the internet safely.

You can learn how to use the search engines (Google etc) and go on to designing Excel Spreadsheets and understanding Outlook. If you are interested in art, we can show you the Apps that will help you paint draw and design.

Looking to the future for those that are interested, we will be introducing talks on the inner workings and building of a computer in simple, fun and interactive ways. Everyone is welcome. Let us help you to become empowered and become more independent.

**\*\*The club is free to Redbridge MS Members\*\*.**

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

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## JUST TO LET YOU KNOW.....

Linda has a few spaces available now for Reflexology

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## \*\*FORTHCOMING ACTIVITIES AND EVENTS 2018\*\*

(Nb:dates will be confirmed in due course)

New: Bingo Bonanza - this will be fourth Monday of the Month,

Quiz Night

Race Night

Winter Bazaar

Annual Christmas Event

\*\*Last day at the Centre Christmas Dinner - 13th December 2018\*\*  
(Centre closure 14th December 2018- Monday 7th January 2019)

## 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).

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Redbridge Group MS Society  
The Marjorie Collins Centre  
Weekly Timetable

|   |   |
|---|---|
| Chair Based Exercise<br>Free                      | Monday 11am-12pm<br>Tuesday 12.15pm -13.00pm                    |
| Bingo<br>(£1)                                     | Tuesdays 11.30am - 12.00pm &<br>Thursdays 12pm - 12.30pm        |
| Card Crafts<br>(£5)                               | Tuesdays<br>2.00pm - 3.00pm                                     |
| Reiki, Massage, Aromatherapy<br>(£15 per session) | Monday: 10am-2pm<br>Tuesday: 10am-12pm<br>Thursday: 10am-2pm    |
| Reflexology (By Appointment)<br>(£15 per session) | Tuesday and Thursday<br>10.30 - 2.30pm                          |
| Hairdressing/Nails                                | Tuesdays  |
| Boccia (Free)                                     | Thursdays 11am-12pm   |
| Foot Care (£15)<br>MS Nurse                       | 1 <sup>st</sup> Thursday of Month<br>Last Thursday of the Month |
| Dance & Movement Class                            | Not available at present  |
| Computer Class                                    | Thursday 2-4 pm - Free  |
| Counselling                                       | Monday by appointment   |
| Barry Bates:Issues/Support                        | Tuesdays: 13.30 to 15:00  |

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

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| <p>Steven Hawking:<br/>"My advice to other disabled people would be, concentrate on things your disability doesn't prevent you doing well, and don't regret the things it interferes with. Don't be disabled in spirit."</p> | <p><b><u>Special Thanks</u></b><br/><br/>To each and every one of you who<br/>Volunteer at and Support The<br/>Marjorie Collins Wellbeing Centre.</p> |
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## 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)

### **Dagenham Citizens Advice**

339 Heathway  
DAGENHAM  
Essex  
RM9 5AF

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

020 8594 6715 /020 8507 5969

## DIRECTORY

### Contact DWP

#### **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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### **Redbridge Citizens Advice**

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

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

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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)

**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)

**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