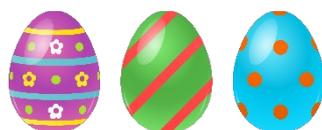




Redbridge Group

Working for and caring
about You



In this issue:

Centre News

****Getting to the centre in during April****

Fundraising: Keep the Marjorie Collins Centre Open
Centre Activities

The Oak Tree by Alfred, Lord Tennyson:

Live thy life, Young and old,
Like yon oak,
Bright in spring,
Living gold;

Summer-rich
Then;
and then Autumn-changed,
Soberer hued Gold again.

All his leaves Fall'n at length,
Look, he stands,
Trunk and bough, Naked strength

Centre News

**** To ensure your safety - Please can everyone remember to sign in. For fire and insurance reasons, it is very important ****

**** APRIL: COMING TO THE CENTRE****

PLEASE NOTE : During the month of April we will be two drivers short, so could we please ask that if you are able to get into the centre using dial a ride, taxi's or family, please do so.

We will only be able to offer a very limited pick up and drop off service with one minibus for most of April. We hope to resume normal service in May.

The Marjorie Collins Centre goes Contactless

Paying for lunch and therapies etc. just got easier.

With immediate effect, everyone will be able to make contactless payments at the Centre. This method will also be used for collections and will be available to you should you wish to make donations to the Centre.

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.

**** Lunch at the centre is provided at a reduced cost for PWMS. If you bring a Guest or a family member to the centre we are quite**

happy to extend this meal service occasionally but not on a regular basis and the charge will be £7.00 for non-members. **

A warm welcome to all of our new centre users

**Spread the word and keep the Marjorie Collins
Centre open:**

Last month the Quiz night scheduled for 16th March and the planned Masked Ball had to be cancelled due to lack of participation. The Mother's Day pamper day was a failure this year with only a handful of people attending. All of these events are important in our goal to raise donations.

It is so important for people to show their support by attending these events. It means a great deal to our centre users with MS and to all the staff and volunteers who work tirelessly for the Marjorie Collins Centre.

Some 80% of our donations come from fund raising.

Our Centre relies on the kind hearts and goodwill of individuals to continue our work in helping people affected by MS. The work of local groups and everyone's support is vital in ensuring the future of our Centre.

Every penny raised goes towards the provision of electricity, the upkeep of the Centre and its gardens and more. Plus the provision of good meals and continuing to help deliver the therapies and respite and support needed for people who are affected by MS. In short - everything that keeps this Centre going for our Centre users.

This is our aim and goal. We cannot continue to do this without your help.

Monday Events:

June's afternoon Tea! *Please note that due to the Spring bank holiday in May, the next afternoon tea will be on Monday 3rd June. We look forward to seeing you.*

Redbridge Group, MS Society Cinema Club:



Every 3rd Monday of the Month: 1-3pm

Big Screen Blockbuster Movie:

Gorillas In The Mist

Popcorn, Hot Dogs and Ice cream @£4.99 per person

**The Marjorie Collins Centre, 237 Grove Road, Chadwell Heath, Essex, RM6
4XF/Tel 0208 983 8148**

Every 4th Monday of the Month: New: Bingo Bonanza: DATE TBC

MEDICATION UPDATE

Gabapentin: I would like to make everyone aware that Gabapentin has now been classed as a controlled drug. I only heard about this when I ordered it very recently on-line. From now on, I, (or my representative) will have to

collect the repeat prescription from the GP surgery and then when I go to my usual pharmacy, I or my representative, will need to sign the prescription in front of the pharmacist. Please note that if you usually received two boxes of 100 tablets - you may now only get one box of 100, as I found. I would have thought some discretion would have been taken into account as this is a drug that many MS patients use. Further clarification can be obtained from your GP.

Amantadine: Recently one of our fellow centre users wanted to share their experience of this drug in relation to their MS symptoms . They had been prescribed Amantadine to reduce symptoms of brain fog, fatigue and to help with their mental alertness. I asked the centre user how long had they been taking it and if they had felt any improvement.

He replied that he had been taking it for a month and had felt some improvement with regard to mental alertness and focus. So far so good and long may it last! Has this been your experience with Amantadine?

THANK YOU To: Bonnie Hegewald who, along with members of the Shine Stage School; raised £159.38 from bucket collections and through their raffle.

Chocolate news - the latest.....A step closer to managing fatigue?

An innovative new project funded by the MS Society has found that hot chocolate could help reduce fatigue.

Researchers at Oxford Brookes University looked at whether flavonoid-rich hot chocolate was able to provide a benefit to people with MS fatigue.

40 people took part in the trial - half drank a flavonoid-rich hot chocolate drink once a day for six weeks and the other half drank a low-flavonoid alternative.

They found that a daily drink of flavonoid-rich hot chocolate could have a long term effect on fatigue. It is thought that the drink could also influence mood, cognitive performance, and the ability to perform certain movements.

Flavonoids, which are a compound found in various plant-based foods (including raw cacao) are known for their high antioxidant properties. Researchers

believe their positive influence on MS is because they reduce inflammation in the body.

For this to work, hot chocolate or a chocolate bar with more than 75% dark cocoa solids, will have a high flavonoid content.

The results from this feasibility trial - which is the first of its kind - mean researchers are one step closer to giving people with MS another way to manage their fatigue.

Helping people with MS

Dr Shelly Coe, Senior Lecturer in Nutrition at Oxford Brookes University said: "This work is still in its early stages, but in the future and with more data, we very much hope to find a treatment that could help people with MS manage their symptoms, cheaply and safely".

Pauline Connolly: "I had some good quality cocoa powder at home and made a hot drink with it - I had to flavour it with soya milk and a spoonful of honey to make more palatable. It was ok but I think I will try one of the luxury hot chocolate drinks with the highest quantity of dark chocolate solids available in supermarkets. " "Will it work?" "A tasty way to find out..."

Please can everyone take responsibility for keeping the hall tidy by putting your litter in the bin and not on the floor, please also extend this to the garden and grounds by putting your cigarette butts in the bins provided.

Speak with our Group Co-ordinator

Barry Bates, the Centre's Group Co-ordinator, would like to hear your opinions and suggestion. Every Tuesday, Barry will be holding a surgery in the Welfare Office: 1.30 to 3pm. You will be able to speak to him confidentially



THE MARJORIE COLLINS CENTRE

Is Hosting a Hog Roast Fund Raising Event

On 14th September

With entertainment and a raffle (please bring your own drink)

Tickets £25.00 pp

Please come and support us

****Don't forget to book transport with Martin on 0208 983 8148****

Please return the slip below with your cheque to June Lynch, 237 Grove Road, Chadwell Heath, Essex, RM6 4XF. Tel 0208 983 8178

CUT.....HERE

To: June Lynch, 237 Grove Road, Chadwell Heath, Essex, RM6 4XF. Telephone 0208-983-8148.

I would liketickets @ £25.00 pp for the Hog Roast Event on Saturday 14 September 2019

I enclose my cheque for £..... made payable to **Redbridge MS Society**,

PLEASE ENCLOSE a Stamped addressed envelope for return of tickets.

CUTHERE

Name.....

Address.....

.....Tel.....

DO YOU KNOW ANYONE WHO HAS A FEW HOURS TO SPARE!!!!!!

VOLUNTEER DRIVERS REQUIRED



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**

Just to let you know..... That Gill Goss, MS Nurse Professional, will host monthly visits to the Centre as follows:

Thursday 25th April

Thursday 27th June

Thursday 29th August

Thursday 31st October

Tuesday 28th May

Tuesday 23rd July

Tuesday 24th September

Tuesday 26th November

“

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!

If we don't have your date of birth we won't know it's your birthday!!!

If you would like a birthday mention, please let Pauline know and it can appear in our newsletter.

CENTRE ACTIVITIES

Carers Support Group at the Marjorie Collins Wellbeing Centre

The next monthly Group session run by Redbridge Respite Care Association will take place on 3 April 2019: 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.

The Art Class has returned:

Good news: Art Classes are starting again on Tuesdays at 13.30. The Art Class will be run by Kitty who has recently joined us and is also our new event's organiser. To help towards the cost of materials, a £2.00 donation is requested per person, per session

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 24 April 2019. Please note that the clinics are free of charge

COMPUTER CLINIC

- NEED ADVICE WITH A COMPUTER RELATED PROBLEM?
- SOFTWARE & APPLICATIONS NOT WORKING?
- ONE-TO-ONE TUITION AT THE CENTRE.
- SOME REPAIRS UNDERTAKEN.

CONTACT DAVE (TUESDAYS & THURSDAYS)

.**THIS SERVICE IS FREE TO CENTRE MEMBERS ONLY**

- 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.

Drop in Day

Monday's: The Centre will be open for you to drop in; 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.

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.

One for your diaries

- Summer Barbeque Saturday 20 July 2019
- Hog Roast Saturday 14 September 2019
- Race Night Saturday 26 October 2019
- Quiz Night (2) Saturday 9 November 2019
- Christmas Fayre Saturday 30 November 2019
- Christmas Dinner Saturday 7 December 2019
- *Friday 13 December 2019: Christmas Dinner and last day at the Centre * The Centre reopens on Monday 6 January 2020

Further details re times and ticket prices to follow

JUST TO PUT THIS OUT THERE.....



You are cordially invited to our Annual Christmas Dinner and Dance

On Saturday 7th December 2019

For a 3 course sit down dinner and live entertainment (please bring your own drink)

Tickets: £26.95pp

Followed by a raffle later in the evening

Profits to go directly to The Marjorie Collins Wellbeing Centre

We look forward to seeing you.

****Don't forget to book transport with Martin 0208-983-8178****

Please return the slip below with your cheque to June Lynch, 237 Grove Road, Chadwell Heath, Essex, RM6 4XF. Tel 0208 983 8178

Cut.....here

To June Lynch, 237 Grove Road, Chadwell Heath, Essex, RM6 4XF I would liketickets at £26.95 for our Annual Christmas Dinner and Dance 2019

I enclose my cheque for.....made payable to Redbridge MS Society,

PLEASE ENCLOSE a Stamped addressed envelope for return of tickets.

Name.....

Address.....

.....

Tel... ..

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
Arts Class (£2.00 pp per session)	Tuesdays 13.30 - 14.30
Reiki, Massage, Aromatherapy (£15 per session)	Monday: 10am-2pm Tuesday: 10am-12pm Thursday: 10am-2pm
Reflexology (By Appointment) (£15 per session)	Monday: 10am-2pm Tuesday: 10am-12pm Thursday: 10am-2pm
Hairdressing/Nails	Tuesdays
Boccia (Free)	Thursdays 11am-12pm
Foot Care (£15) MS Nurse	1 st Thursday of Month Dates as listed on centre activities pages
Dance & Movement Class	Not available at present
Computer Clinic	Tuesdays and Thursdays
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.

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

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

SUPPORT GROUPS

Asian MS

A national support group for Asian people with MS, their carers, friends and family.
asianms@mssociety.org.uk

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>

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@womenagainstms.org.uk

020 8542 1712

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

