

Working for and caring
about
You

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Fundraising Update

Good News! We are now the official charity for Sainsbury's at Chadwell Heath and will be able to fundraise there for a minimum of one year. In conjunction with Sainsbury's, we are hoping to collect enough money for a new minibus for the Centre. Thank you to everyone for their support which enabled us to be chosen and will benefit us in many ways. We kick off with our first collection on 4th, 5th and 6th August 2017, if you are available to help collect please let Lorna know ASAP. If have any ideas for fundraising events at Sainsbury's please talk to Tracey.

Centre News

Congratulations!

On 18 July, Lorna celebrated her first year as Centre Co-Ordinator of the Marjorie Collins Centre. Lorna has put a great deal of effort, passion and many hours into updating how the Centre runs, and putting those changes into practice. As well as helping to think up and action many different ways of bringing funds into the Centre for our benefit, Lorna has shown that she cares for all of us - services users, volunteers and colleagues alike. All of which is much appreciated by everyone. As Lorna would say "Well done!"

Welcome to our new volunteers:

Dave Leezer as Centre Volunteer and Michael Gardner who will provide a new Arts and Crafts class to start in August.

- **Our next collection dates** are: 4th, 5th & 6th August 2017 at Waitrose, Woodford Green and Sainsbury's Chadwell Heath If you would like to be a collector please see Lorna
- **Boot Sale:** Correction: The boot sale will take place on Sunday 3rd September, so please if you have anything (especially the "just in case" stuff) to donate, start bringing it into the Centre now so we can be prepared.
- **Table top sale : Saturday 9th September :**
£5.00 a table New clothes urgently needed. Please bring in bric a brac.
- **A note for your Diaries :**

Quiz Night: We have a new date for our famous quiz night: Saturday 30 September 2017, to be hosted by Angela Jestico. ** Please book your table early **

- **Card Craft Sessions - Tuesday's.** This class has been running for years for Centre users to make cards to sell for the Centre. Gill Fitzgerald 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

£5.00 notes

As you all know the old £5.00 are no longer legal tender. If you are stuck with some please bring them into the Centre and we will change them for you.

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 Redbridge Group will try to support you. We

are very lucky to be able to offer counselling surgeries throughout Monday's, 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

Following last month's Memory Clinic on Wednesday 26th July the next clinic, which is sponsored by Barkingside and Redbridge Rotary Club on the last Wednesday of every month, will take place on Wednesday 30th August 2-4pm

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 you updated. Please speak to Sue or Pauline if you need to update your details. We don't want you to miss anything!****

Centre Activities

New for August:

Dance Class

- Don't forget: We have a brand new exercise session for you - starting on Thursday 10th August 11.45-12.45 , we will be holding a DANCE CLASS which will be delivered by Niki Watson. Niki is a fully trained Dance instructor who specialised in movement for people with MS after her mother was diagnosed. She delivers these sessions through Outreach and we have been lucky enough to secure her. Please try these classes; Niki will adapt them to your needs.

Walking Group

- 10th August: Patricia from the Living Streets Charity will take a walking group from the Centre. This is following a good response to a talk Patricia gave in June re walking and getting about in wheelchairs. Time tbc.

Arts and Crafts class

- To start in August - Michael Gardner whose mother was a good friend of Marjorie Collins - will lead this class (to include painting). There will be a charge of £4.00 to cover materials. Please let Lorna know if you would like to take part.

Boat Trips:

Our last Boat Trip is on Friday 11th August. Leaving the Centre at 9 a.m. and returning 6pm (approx). If you would like to go, please contact Del.

MS National Help Line

The MS National Help line has a world of information at their fingertips and is able 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.

Volunteers

Volunteer's Barbecue 22nd July 2017: Well, it certainly was a wet one!! But did that put us off? Not a bit of it! All the lovely food was brought in and the tables laid in-doors. We had music of course and some very lively entertainment from Christine and Steve from Air Raid Jive. As well as demonstrating the jive and jitterbug, they also gave some background history about the dance. The dance music was mainly from the 1940's and Christine sang some wartime songs including of course "we'll meet again" by Vera Lynn. It was a lovely way to spend a rainy afternoon with friends and good food. Even better, the sum of £167.00 was raised by Volunteers and friends. Thank you to everyone who provided food and entertainment.

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. They have a wealth of information at their finger tips.

Centre Activities

- **New:** Thursday 10th August 11.45-12.45 we will be holding a Dance Class which will be Delivered by Niki Watson
- **New for August:** Arts and Crafts class led by Michael Gardner. Date and time tbc.
- **New:** Thursday 10 August: Walking group from the Centre . Patricia from Living Streets will take this. Time and

Upcoming Events

- Quiz Night: 30 September 2017

More Events will be listed on confirmation of dates

date tbc.

- Fit for fun free classes: Mondays 11:00-12:00 delivered by Rama
- Sit, Stretch & Flex: Tues 12.15pm-1pm
- Reiki, Massage, Aromatherapy (£15.00 per session) Mon, Tues, Thur 10am-2pm
- Card Craft - Tues 2pm-3pm
- Bingo - Tues 11.30am -12pm
Thurs 12pm-12.30pm
- Bocchia - Thurs 11am-12pm
- Yoga - Thurs 2pm-2.45pm
- Foot Clinic - Thurs 1pm-3pm
- Hair Dressing -Tuesday 10.30-13.30

Birthdays:

July: Sue Crate

August:

5 Aug: Naheed Asghar, John Bothwell

8 Aug: John Pettifer

13 Aug: Grace Whitaker

14 Aug: Elizabeth Mann

15 Aug: David Broomfield, Wendy Doyle

19 Aug: Jennifer Walsh, Clive White

Apologies if anyone has been missed off please update your personal details by advising Sue Crate or Pauline Connolly

Thought for August:

There is no point in worrying about everything. What will happen - will happen regardless.

So breathe, look on the bright side, have some laughs. Accept what you can't change, and carry on. To actually live is courageous. Most people exist, that is all.

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

Dagenham Citizens Advice

339 Heathway
DAGENHAM
Essex
RM9 5AF

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

020 8594 6715

020 8507 5969

National MS Helpline

0808 800 8000

Membership

0300 500 8084

supportercare@mssociety.org.uk

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

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

Asian MS

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

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

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

020 8542 1712

CLASSIFIEDS

Accessible caravan

The North Surrey group has a two-bed accessible caravan with full veranda and wheelchair ramp access available for holiday hire based at Church Farm in Pagham, West Sussex.

The Rio Willoughby is a comfortable and stylish caravan specifically designed with the needs of wheelchair users in mind. It has a spacious lounge/diner, a kitchen with lowered work surfaces, a bathroom with walk-in shower and two bedrooms.

Church Farm is a 5* Haven site with a great entertainment schedule and two swimming pools. For further information, please email mscaravanpagham@hotmail.co.uk

Holiday lodge

The North Norfolk group run a Holiday Lodge at Burgh Castle, near Great Yarmouth, Norfolk, for people with MS, families and carers. The lodge sleeps six with a bed-settee in the lounge, a twin room with en-suite shower and a double room with overhead hoist running into wet room.

The cost is from £300 - £600 per week from Saturday to Saturday for 6 people, and includes all passes for Park.

For Park amenities please visit www.parkdean.com. For availability ring Dave on 07793414874 or email dandm4sc@btinternet.com.

Holiday lodge and bungalow

The Bexley & Dartford group have a holiday lodge for people with MS and their families at Shorefield Holiday Village, Milford on Sea, near Lymington, Hampshire. The lodge is fully adapted for disabled people and wheelchair users, and has a master bedroom with en-suite shower room and hoist, a twin room, bathroom, and lounge/kitchen area with sofa bed.

The group also have a detached two-bedroom bungalow at Eastbourne, Sussex, on a peaceful private estate close to Sovereign Harbour. Fully equipped (no fixed hoist) for people with MS and their families and furnished for 4/6 people.

For enquiries or bookings for both properties, please contact the Bexley & Dartford group on 0208 306 7050 or email bexley@mssociety.org.uk

Accessible caravan

Norwich & District group has a two-bedroom accessible caravan for hire at Haven's Hopton Holiday Village which is 5 miles from both Great Yarmouth and Lowestoft, Suffolk with a brilliant sea view. For park amenities please visit www.haven.com/hopton

The cost is from £200-£400 per week Friday to Friday for 6 people, which includes passes for the leisure facilities. For availability or further information, please ring 01603 488561 or email mscentrenorwich@gmail.com

Holiday flat: The Clydebank group has a two-bedroom ground floor flat which sleeps up to five people in the beautiful town of Largs on the West coast of Scotland, for people with MS, families and carers. Along the street from the famous [Nardini's](#) ice cream parlour the flat has a wet room and access to a small enclosed back courtyard.

The cost is from £150 per week. For amenities in Largs please visit www.largsonline.co.uk. For availability contact the group on 07804 864 936 or clydebank@mssociety.org.uk.