



Redbridge Group

Working for and caring about You

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Centre News

Pam Crate: As everyone will now be aware, Pam passed away in October. It was her wish that in place of flowers at the funeral, there would be donations to the Marjorie Collins Wellbeing Centre. So far, £800.00 has been raised and the donations are still coming in. Lorna has put forward the suggestion that the donation should be towards a professional food mixer. Pam loved to bake and this would make a lovely permanent fixture.

In a lovely gesture for Pam's wake, June Lynch and her daughter Debbie decorated the hall in lilac which was Pam's favourite colour. A special thank you to them.

Our lovely Lil Clark her husband Steve and her son Mark left in November. Mark has had to move Care home and Lil is moving house to be nearer to him. Lil had volunteered here for around 16 years - doing amongst other things - helping in the kitchen, selling raffle and bingo tickets as well as caring for Mark . Whizzing around with a smile and a kind word for everyone. The Clarks also donated many things to the centre. We miss them already.



Fundraising feedback

November Race Night: The evening which was organised by Sue Crate and June Lynch, raised £400.00. However, this time there was a very low turnout with only 20 people attending and of those, only 4 were centre users. There must be more support for this event - the money raised is for our benefit.

The Winter Bazaar raised £710.80 in total . £370 of this sum was raised by the brilliant help of the 8th Goodmayes Scout Group (well done!!). June Lynch was this event's organiser. Sue Crate helped on the day along with other volunteers. Father Christmas was there of course (thank you Dave Lezer) and his happy to help assistant was Vee. A huge thank you to all involved .

Did you know that, thanks to June Lynch and John Harragan, the Winter Bazaar was advertised in the Ilford and the Romford Recorders? We were also mentioned on Time FM - Sue Davies heard the mention - this was due to Dave Lezer , Jo and Angelo Gagliano (thank you for taking the time to do this - no pun intended!).

The next Sainsbury's collection will be 22 December. There will also be carol singers there.

****Can any volunteer who is available on that date, please contact Sue Crate****

Centre Co-Ordinator: changes, concerns and good wishes

For Health and Safety reasons, we have had to rearrange the tables within the centre. This is because we now have a lot of mobility scooters being stored/being charged up. Please I ask you all to embrace the new table layout.

I would also like to remind everyone that if you wish to have some personal time with me - every Monday is open day and I will be there until 9pm and on Wednesdays until 4pm. You are very welcome to either pop in or ring me for support or if you have any concerns, ideas, or complaints.

I am not perfect after all but if you would rather talk to me or Barry Bates in confidence then we will be able to help you or strive to resolve an issue before it interferes with the atmosphere within the Centre.

I would also ask you to remember that apart from me, everyone who comes through our doors to help you are volunteers. They are here for the same reason I am - for you and to make a difference in your lives during the time you visit the Centre. Our Code of Conduct applies to: staff, volunteers and members. I know that you are aware that we have to raise every single penny to keep our Centre running - I also have to raise my own salary! It is essential that everyone supports the Centre in every way - through events and store collections.

If you can't be there in person you can support us by spreading the word, asking companies for raffle prizes and donations, as well as involving your friends and family.

You are all either members or associates of The Redbridge MS Society so please help keep the Marjorie Collins Wellbeing Centre running for the next generation who are already coming through our doors.

Keep well this winter, have a wonderful Christmas and see you all in the New Year - refreshed and recovered.

Lorna Lawrence

****New Volunteers and their roles:****

Barry Bates: A warm welcome to our new Group Co-Ordinator. This role replaces that of the old Chairman role. Barry has been part of the Marjorie Collins Wellbeing Centre for the best part of 25 years and is a wellknown face.

Vimbainashe Chuma (known as "V") has been appointed to the Co-Ordinating team as Lead Activities Organiser.

Ideas for New Activities

Which new activities would you like to see at the Centre? A few new activities were put forward i.e.

- A flower arranging course
- An interactive music class with instruments supplied
- Recipes? Do you have a favourite recipe that you'd like to share in the newsletter
- Would you like to see an interactive cookery class at the centre using a recipe of your choice?

What do you think? Please put your comments and further suggestions straight into the Suggestion Box which is located on the desk next to the entrance to the hall. We value your opinion.



Money News:

Old £1 coins and £5.00 notes

As you all know the old £1 coins and £5.00 notes are no longer legal tender. If you still have any of the above - please note you are welcome to use them at the Centre to pay for lunches, therapies etc and even bingo

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 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.

Q: What do they sing at a snowman's birthday party?

A: Freeze a jolly good fellow.....



December: 2 Events:

Saturday 9 December:

Dinner and Dance for Centre Users and their guests.

A delicious 3 course meal for £23.00

****Please book your places by 30 November - friends are welcome****

Thursday 14 December

Centre Users Christmas Lunch:

Father Christmas will be there of course with presents for all.

Memory Clinic

Following last month's Memory Clinic on Wednesday 29 November, the next clinic, which is sponsored by Barkingside and Redbridge Rotary Club on the last Wednesday of every month, will take place on Wednesday 31 January 2018

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 Pauline, Fatima or Celia if you need to update your details. We don't want you to miss anything!



Centre Activities



Great Gardening News:

The Centre is going to have its own allotment which will be located just opposite the conservatory. Fatima Chowdhury has been promoting the allotment project and is getting together a list of interested centre users. What vegetables and herbs would you like to grow? You are welcome to bring in your own seeds and plants. You will have the satisfaction of knowing that all produce will be used in our kitchen. Gardening is both fun and therapeutic. This will be an interactive project - Let your inner Alan Titchmarsh out!

- **Card Craft Sessions - Tuesdays.** 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*.
- If you fancy joining this class for the first time, please ring Lorna in advance to book. The first class will be free.
- Dance Class: Thursdays @ 2.15: 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 1.30 -2.15 This new class, which started in August, is proving very popular and is led by Michael Garvey. Learn to express yourself through art. ****This is a free class - please let Lorna know if you would like to take part**.**
- Walking and Wheelchairs Group: Please note this class has now finished for the winter and will resume in the spring.



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

**** 14 December: To celebrate our last day at the centre - Lorna is inviting us to go for a Christmas meal ****

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.

**Please note that the Centre will be closed: 14 December 2017 –
8 January 2017**

Events for 2018

Sat 27 January	Race Night
Sat 17 February	Valentines Evening
<u>Thurs 22 February</u>	Karaoke Night - (this will be a new event for the Centre). £10.00 per person - doors open at 7pm
Sat 24 March:	Quiz Night
Sat 21 April	St. George's Day knees up
<u>Sat 5 May</u>	Board Game Night (New)
Sat 16 June	Summer Masquerade Ball
Sat 21 July	Volunteers Barbeque

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

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 st Thursday of Month Last Thursday of the Month
Dance & Movement Class	Thursday 2.15pm - 3.00pm Free
Art Class	Thursday 13.15pm-14.15pm
Wheel and Walk	Tuesday 13.30-14.30
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.

	<u>Upcoming Events:2017</u>
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BIRTHDAYS: DECEMBER

Gloria Tack 2 nd	Militia Chakraborty	5 th
Margaret Davis 12 th	Jennifer Cresswell	14 th
Gregory Gillan 17 th	Michael Vecchione	18 th
Derek Lynch 21 st	Linda Luby	24 th

Dinner and Dance: 9 December
Centre Users Lunch 14 December

EVENTS FOR 2018: PLEASE SEE PAGE 6

"Kind words can be short and easy to speak,
but their echoes are truly endless"
Mother Theresa

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

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](#)

0208 514 1878 (for general enquiries only - not
an advice line)

Newham (East End) Citizens Advice Bureau

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

20 Freemasons Road
LONDON E16 3NA 0208 525 6377

Barking Citizens Advice

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

Barking Learning Centre 2 Town Square
BARKING
Essex
IG11 7NB

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

020 8594 6715/020 8507 5969

SUPPORT GROUPS

SUPPORT GROUPS

Asian MS

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

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

020 8542 1712

support-team@mutual-support.org.uk