



Redbridge Group

Working for and caring about You

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Centre News

Carers Support Group

Sue Crate would like to launch this new group which would take place on a Monday. Times would be to suit. If you would like to take part and would like further details, please contact Sue by phone, email or in person.

****Hazel Marsden is currently in King George's hospital with a broken hip. If you would like to visit her, Hazel is in Erica Ward.****

Pam Crate -Just to let everyone know - The professional mixer bought from the donations raised for the Marjorie Collins Centre- has arrived and is now a permanent fixture. In fact over well over £800 was raised and the kitchen now has a replacement freezer.

Fundraising feedback

Sainsbury's collections: We really need new volunteers to help us raise funds at the store. Can you spare a few hours? Even if it's only for an hour - it would make a real difference. Please let Lorna know.

Young Persons with MS Group

Recently, Students from the Dagenham Park School won a £1,000.00 grant for the Marjorie Collins Wellbeing Centre. The group of students, (which included Eden Kayode, whom some of you may have met last year) won the grant by researching and interacting with their chosen charity. You may remember the group coming in last year. They followed this up by preparing a presentation giving their argument to identify the charity best placed to support their community. Lucky us and well done to the Dagenham Park Students.

This donation will go towards setting up a Young Persons with MS group. Eden Kayode and Daniel Marucci will be helping to implement this new group.

Centre Co-Ordinator: changes and concerns

Hello Everyone, Christmas is well and truly over and the New Year has begun. Thankfully the daylight is lasting longer and Spring is on its way!

I would like to remind everyone that if you wish to have some confidential 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.

Everyone who comes through our doors 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. 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.

Lorna Lawrence

Keeping the Centre tidy!

Please can I ask all smokers not to smoke near the front entrance of the Centre or to the front of the car park - the cigarette butts look really unsightly as people come through the doors. This does not give a good impression to new visitors. Please use the bins outside which are provided for your use.

Ideas for New Activities

Which new activities would you like to see at the Centre?

For example: An interactive music class with instruments supplied or new games?

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 always value your opinion.

FEBRUARY EVENTS

Saturday 10th February Barkingside Rotary Club Quiz Night
6.45 For 7 £12.50 each (includes Ploughman's Lunch)
Please let June or Sue know as soon as possible as this
Will be a popular night

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.

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 28 February 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!

Visiting the MS Website

When was the last time you looked at the MS Society UK Website? If you're like me - it's probably been quite a while. Recently I decided to dip into this site to remind myself what they have to offer. <https://www.mssociety.org.uk/blogs>. Both the news page and the blog page are really good to read. Fellow PWMS are giving tips and advice as well as their own personal stories.

The news and research sites are really good. Letting us know what is the latest treatment - when it will be available. The Forum is also good - what people are actually thinking - what treatments they've tried etc. It's interesting to hear what others are saying. Perhaps you may agree/disagree with their opinions.

If you're not on the internet at home, we have laptops here at the Centre as you know. Anything you would like to look at - please ask any of the volunteers.

The MS NATIONAL HELP LINE is there 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.

Centre Activities



New: Computer Club

Dave Leer is introducing a new beginners club to the Marjorie Collins Wellbeing Centre. The club will be 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

The club will take place on Tuesdays and Thursdays

Please contact Dave or the office



Great Gardening News:

The Centre is going to have its own allotment which will be located just opposite the conservatory. Fatima Chowdhuri 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 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 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 and Movement Class: Thursdays *NOW AT 11.00*

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 1.15 -2.15 This excellent 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 will resume in the spring.

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. Telephone number **National MS Helpline** 0808 800 8000 - Monday 9am-9pm and Tuesday to Friday 9am-7pm.

Events for 2018

Sat 10 February	Barkingside Rotary Club Quiz Night
Sat 3 March	Karaoke Evening
Sat 7 April	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 11.30-12.15pm Free
Art Class	Thursday 13.15pm-14.15pm
Wheel and Walk	Start date to be advised
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:2018</u>
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<p>BIRTHDAYS: FEBRUARY</p> <p>Frank Collins 1 Feb Frances Segar 1 Feb Pauline Connolly 2 Feb Janet Weatherill 9 Feb Angela Jestico 14 Feb Mary Colburn 15 Feb Dorn Facey 20 Feb Sheila Wright 25 Feb</p>	<p><u>*EVENTS FOR 2018: PLEASE SEE PAGE 6*</u></p>
<p>"We don't know how STRONG we are until being STRONG is the only choice we have"</p> <p>Multiple Sclerosis Awareness</p>	<p><u>Special Thanks</u></p> <p>To each and every one of you who Volunteer at and Support The Marjorie Collins Wellbeing Centre.</p>

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

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

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

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

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@womenagaistms.org.uk

020 8542 1712