



Redbridge Group

## Working for and caring about You

In this issue:

- Centre News
- Fundraising : Support the centre
- Upcoming Events: 2018
- Centre Activities : Look out for our new Computer Group
- New River boat Trips/Brick Lane Theatre dates
- Holidays, short breaks and respite
- Special Thanks

\*\*\*\*\*

Here we are in April (already!!), the clocks have gone forward for British Summer Time, although due to the unpredictable weather, many of us are still waiting for Spring... hurry up!

I hope everyone enjoyed their Easter break. I would also like to send get well wishes to Lorna Lawrence, our hard working Centre Co-Ordinator.

\*\*\*\*\*

## Centre News

### Carers Support Group

Very soon this new group will be launched. Dates and times to be confirmed. If you would like to take part and would like further details, please contact Sue by phone, email or in person.

# Fundraising

## Get involved - raise those vital funds

There are many ways for centre users and their friends and families to raise money for the Marjorie Collins Wellbeing Centre so that it remains open for many years to come.

Above all, we need more attendance.

Some of the usual ways are to collect money outside the usual supermarkets as well as our favourite fund raising events. We will always need your help. However, we need much more support from our members. Can you spare an hour? Or do you know someone who could volunteer for an hour or so?

The MS Society website contains many tips and even more ways for fundraising. For example: The website: <https://www.mssociety.org.uk/get-involved/fundraising/ideas-for-fundraisers> does just that.

Do you anyone who could enter one of the many MS races this year to raise money for our centre? Do you know anyone who could fund raise at work? Some companies will match any monies raised,

Do you know any young people you could motivate to enter? The website gives a lot of advice.

Every step taken, every penny raised, will keep the Marjorie Collins Wellbeing Centre running.

Ask that question - make that phone call - you can make a difference

\*\*\*\*\*

## 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. Many thanks, Lorna Lawrence

## Ideas for New Activities

Do you write short stories in your spare time?

Do you have a favourite short story? (one page in length)

Would you like to include one in our monthly newsletter? Let Lorna know if you would like one to appear in one of our future Newsletters.

\*\*\*\*\* 7<sup>th</sup>

### April Quiz Night

Unfortunately, the above quiz night has been postponed and will be rescheduled in due course.

\*\*\*\*\*

### Money News:

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 25 April 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 Fatima 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 see again what they have to offer.

#### Fatigue

Although we have all had advice re MS and fatigue, it really does not hurt to remind ourselves.

The site offers a lot of advice regarding fatigue which is a symptom all PWMS can relate to in one way or another. For example:

Diet: in relation to weight loss or gain:

There are ways to treat the issues that might be causing you to lose or gain

weight. Your GP may be to help.

If you find it difficult to get enough energy and nutrients, your GP may suggest that you see a [dietitian](#). They can advise you on ways to get more nutrients and energy into your diet.

Supplements: Sometimes high dosage vitamins are recommended and should be taken between meals or as advised. You may be able to get some of these from your GP on prescription - its worth asking - or over the counter - a good pharmacist can advise you as well. (I take Vitamin D, cod liver oil capsules and liquid flaxseed oil).

## Practical solutions

On a day to day basis living with MS can mean that ordinary tasks like shopping and preparing food take may need more careful planning. [Fatigue](#) can make shopping trips tiring, or tremor could make chopping vegetables difficult.

An [occupational therapist](#) (OT) can suggest energy-saving tips and helpful equipment or adaptations to make preparing food easier. They can also advise on grants that may be available for adaptations. To arrange an OT assessment, contact your local social services department. Your GP can also make a referral for you. It may be worth checking again with the therapist and also you're GP to see if anything new has come along that may be of help to you.

If you are continuing to enjoy cooking - sitting at the table to prepare the ingredients for your meal will help. Putting a cushion on your lower back will reduce back strain.

## Planning

- Planning a menu for the week can help to cut down on shopping trips, and ensure that food doesn't go to waste.
- Cooking double batches and freezing the spare ones means there's always something for you to eat even when you're not feeling up to cooking.

## Shopping

- All the major supermarkets offer a delivery service. If you do your shopping online, save your regular order so you don't have to remember it each time.
- Take a few photocopies of your regular list to hand - if you are having a bad day, then a friend or relative could lend a hand and use this list.

## Delegate tasks

- If you're not feeling up to it - can someone else in your household, or a friend, do the shopping for you, or clear up? It's ok to ask.

\*\*\*\*\*

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



### 2018 BOAT TRIPS ON THE RIVER LEA

We have booked 3 trips on the River Lea this year. The dates are as follows:

Friday 8 June

Friday 5 July

Friday 24 August

**COST: £17.00 PER PERSON** As always, the trips are very popular and as there are a limited number of berths available, it will be a case of first come, first served. To avoid disappointment, please let Del know if you would like to go as soon as possible.

Plus.....



## 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.

And....

**RHS Garden Wisley, Surrey**

**\*Date and time to be announced\***

\*\*\*\*\*



## **New: Computer Club**

Dave Lezer will introduce a new beginners club to the Marjorie Collins Wellbeing Centre in due course. The club is 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

DATES AND TIMES TO BE ANNOUNCED

\*\*\*\*\*



### Our New Allotment

We will need help with digging and preparing the soil for the allotment - do you know any keen gardeners who would volunteer a few hours?

Has anyone got any seeds/plants they would like to have planted? You are more than welcome to bring them in. If you look on the window sills in the conservatory, you will see pots containing the latest seedlings.

Fatima is also looking for large pumpkin seeds of the show variety.

In the coming weeks and months, you will have the satisfaction of knowing that all produce will be used in our kitchen and will be for sale with proceeds going back into the Centre. Gardening is both fun and therapeutic. This will be an interactive project, so please let Fatima Chowdhury know if you would like to take part or have any questions.

\*\*\*\*\*

- 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.

- Dance and Movement Class: Thursdays : 11.30

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, is 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

<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. In turn this will lead to more funds for the Centre.

\*\*\*\*\*

Whose quote is this?

Speaking about his philosophy of life:

"The downside of my celebrity is that I cannot go anywhere in the world without being recognised. It is not enough for me to wear dark glasses and a wig. The wheelchair gives me away....."

\*\*\*\*\*

## Holidays, short breaks and respite

Are you thinking about a short break this year? There is a link on the MS Society website that can help. 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).

\*\*\*\*\*

### 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 <sup>st</sup> 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.

<p>Whose quote is this? A: Professor Stephen Hawking 08 Jan 1942 - 14 Mar 2018</p>	<p><u>Upcoming Events:2018</u>  <u>*EVENTS FOR 2018: PLEASE SEE PAGE 9*</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><b><u>Special Thanks</u></b></p> <p>To each and every one of you who Volunteer at and Support The Marjorie Collins Wellbeing Centre.</p>

**DIRECTORY**

**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)

**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](mailto:asianms@mssociety.org.uk)

**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

## **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)

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