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The Marjorie Collins Wellbeing Centre

Working for and caring about You

NEWSLETTER FEBRUARY 2022

Produced by Pauline
Connolly: Volunteer
and PWMS



In this issue:

- Centre News
- Amazon\Smile Donation information reminder
- No June's Afternoon Tea for February
- Centre Activities
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Opening Times:

Monday 10-1: will only be open for:

*Rama's Fit for Fun class and for
therapies which are by appointment only*

*Tuesdays and Thursdays are open for lunch and usual
activities:09.30-15.00*

I know Christmas seems a long while ago but I thought I would include these photos.



2021: The winner of the best Christmas jumper at June's Christmas afternoon tea was Mary (see here with John).



Plus!



Must have this competition again this year.

The afternoon went with a swing with a good turnout.

- Lots of Christmassy jumpers and tops were worn.
- Great cupcakes and sandwiches as usual with a show stopping cake made by Princess (thank you very much, it was delicious!).

Lorna would like to thank the centre users for her Christmas and birthday gifts and say that she was so pleased.

The volunteers would like to say a big thank you to Chris and Jazz for their Christmas presents. Thank you for your thoughtfulness in organising this.

Donations:

Did you know you can donate to the Marjorie Collins Wellbeing Centre while shopping on Amazon?

If you tap in www.smile.amazon.co.uk to begin - then it will say "start". Once in, you will see a box containing a list of charities. All you need to do then is to type in the full name of our charity i.e. The Marjorie Collins Wellbeing Centre Multiple Sclerosis.

Amazon will then donate 0.5% of any product you buy.

This donation will go straight to our Charity at no cost to you. You will then be able to continue shopping in the usual way as it is still Amazon with the same prices, services etc.

Amazon will send you notice that you have donated a certain amount.

A second choice is to either continue to donate through our JustGiving page on:

www.msredbridge.online or in person at the Centre.

Kind regards, Lorna Lawrence

Centre News

If you are feeling unwell, have a temperature, cough, loss of taste or smell or have flu like symptoms please stay at home.

Please can I ask everyone to sanitise their hands before signing in and each time you enter the building. There are several sanitising stations around the centre for our use during your visit. Whilst it is no longer a legal requirement to exercise hygiene practices, wear face coverings or follow social distancing measures the MS Society strongly recommend that we all continue to follow these systems where possible as the virus is still circulating. If you are coming in via our transport, we would ask you to wear a face mask if you can, you may also want to bring an extra jumper as the windows will be open to ensure ventilation.

Please stay safe.

Personal Assistance:

If you require **ANY** assistance with walking, eating or your personal care - please note -

You **MUST** bring a carer with you as we are unable to provide assistance at this time.

LUNCH: Lunches are now available on Tuesdays and Thursdays.

Lorna orders our tasty fish and chips from The Golden Fish Bar in Becontree Heath

The delicious pie and mash/sausages and mash come from the Brook Pie and Mash Shop in Dagenham Road.

If you require lunch - **Please ring Sue before 11 to place your order**

Otherwise - please could you continue to bring in your own prepared ready to eat lunch (including disposable cutlery).

Transport:

Centre transport is still extremely limited. Currently only one minibus is available. If at all possible, please continue to arrange your transport to and from the Centre.

Fund Raising Events 2022:

This year the Centre will be hosting our usual fund-raising events

to keep us going. However poor attendance is hampering the Centre's efforts. Please help us to help keep your centre going.

Contactless payment:

Wherever possible please use our contactless service to pay for lunch, treatments etc.

Memory Clinic:

The next clinic, which is sponsored by the Barking and Redbridge Rotary Club, is Wednesday 23rd February 2022. Thereafter it will be on the third Wednesday of the month.

As usual the clinics are free of charge.

Members and Centre Users contact details

If any of your address details, phone number/email address etc have changed in the last 18 months - Could you let us know so that we can have the latest details on file for you.

****To Mary and to Lorna: Sending you both lots of get well and speedy healing wishes with love from everyone at the Centre ****

The Centre desperately need a good cook to provide hot meals for everyone. Do you know of a new retiree who could spare a few hours two days a week??

We still urgently need new volunteers (including volunteer drivers, passenger assistants). They will need to commit to a few hours on Tuesdays and Thursdays. If you know of anyone who would like to volunteer, please ask them to contact Lorna at the Centre.

This is a bargain - for further details please contact Dave at the Centre



Try saying this after a glass or two...

A tutor tooted the flute
Tried to teach two young tooters to toot:
Said the two to the tutor:
"Is it harder to toot, or
To tutor two touters to toot"

UNWANTED ITEMS: FOR THE TIME BEING, PLEASE DO NOT BRING ANY UNWANTED ITEMS FROM HOME TO THE CENTRE.

Decluttering the home is a good thing and we appreciate centre

users wanting to donate items to the Centre.

Up until recently we have had certain items donated that were in bad condition and could neither be recycled for further sale nor given to charity shops. This led to the Centre having to take piles of things to the dump.

Tabletop sales and raffles will resume this year. We would really appreciate new or unused clothes, china, unwanted presents (but in good condition please). Lorna will ask you to only bring them two weeks before any announced date. Items such as china, clothes, shoes etc must be of a quality so that they can be used in raffles or to benefit clients

CENTRE ACTIVITIES

Oxygen Therapy: This year the Centre will be planning a trip to the MS Action Limited which is situated in Walthamstow. This one of the few MS centres to have an Oxygen treatment centre. A minibus will be available to take some centre users to see how MS Action Walthamstow operates and what they offer. You may have heard or have visited the Oxygen Centre.

<u>Centre</u>	<u>Centre</u>	<u>Centre Activities</u>
<u>Activities:</u> Fit for fun free classes: delivered by Rama:	<u>Activities</u> Hairdressing: Katy Tuesdays:	 Card Craft: Tuesdays: 2pm- 3pm Bingo - Tues 11.30am -12pm

<p>NB: contact her directly. Number available from reception Mondays 11:00-12:00 Tuesdays 12:00-1:00</p>	<p>10.30-13.30</p>	<p>and Thurs 12pm-12.30pm Foot Clinic - Thurs 1pm-3pm (Appointments only)</p>
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Special Thanks

To each and every one of you who Volunteer at and Support The Marjorie Collins Wellbeing Centre, not only with your regular work but also for committing to collection dates and fundraisers. Truly amazing, well done 😊

DIRECTORY

MS Society

MS National Centre
372 Edgware Road
London NW2 6ND
020 8438 0700

National MS Helpline
0808 800 8000

DIRECTORY

Barking Citizens Advice

Barking Learning Centre 2 Town Square
BARKING Essex
IG11 7NB
<http://www.bdcab.org.uk/>
020 8594 6715/020 8507 5969

Membership

0300 500 8084

supportercare@mssociety.org.uk

Contact DWP

General information

DWP Online Helpdesk 0800 169 0154

Telephone: 0345 850 3322

Textphone: 0345 601 6677

Monday to Friday, 8am to 6pm

DWP - Personal Independence

Payment claims

PIP enquiry line

Telephone: 0800 121 4433

Textphone: 0800 121 4493

Monday to Friday, 8am to 6pm

Women Against MS:

confidential Cosupport and advice for women who have MS, their carers, families, friends, and employers. 020 8542

1712info@womenagaistms.org.uk

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

300 Mare Street, London E8 1HE

0208 525 6350

<https://www.eastendcab.org.uk/newham>

SUPPORT GROUPS

Asian MS

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

asianms@mssociety.org.uk

Mutual Support (Armed Forces)

For serving and ex-serving members of the Armed Forces and Reserves affected by MS, their dependants, and carers.

	<u>support-team@mutual-</u> <u>support.org.uk</u>
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