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The Marjorie Collins Wellbeing Centre

Working for and caring about You

NEWSLETTER MARCH 2022

Produced by Pauline
Connolly: Volunteer
and PWMS

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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*

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 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 Lorna before 11.30 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 extremely limited. Currently only one minibus is available. If at all possible, please continue to arrange your transport to and from the Centre.

Pastor Bridget

We say a fond farewell to Pastor Bridget who worked tirelessly for the local Protestant Church. She was one of our new trustees, who came on board to help save the centre from closure, whilst we transformed into an independent Charity. Sadly, Bridget passed away before she had time to help the MCWC further.

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, etc.

Memory Cafe

The next cafe, which is sponsored by the Barking and Redbridge Rotary Club, is Wednesday 16th March 2022. Thereafter it will be on the third Wednesday of the month. As usual the cafe is 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.



**Belated February Happy Birthday to:
Leslie**

Happy March Birthdays to ...

Dave	on 1st February (Happy 70th)
Wendy	on 13th
Lisa	on 29th
June	on 7th

**My apologies if I have missed anyone out. Please me know.
Would like to update birthday list. (Pauline)**

**Please ask friends and family if they could shout out for
new volunteers to sign up:**

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.

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

AQUATEC ORCA ELECTRIC BATH CHAIR



Gently lowers and raises you in and out of your bath
Allows you to recline and relax whilst bathing
Ergonomic hand control
Side flaps for safer transfer

R.R.P. £239 for sale at ~~£120~~

NOW £95=

CONTACT DAVE

This bath chair is a bargain - for further details please contact Dave at the Centre on 0208 983 8148.

Centre Activities

June's Afternoon Tea room: Monday 7th March

Tempting sandwiches, mince pies and cakes. All for £4.99 a person! Delicious!

*It's a great way to relax and do something for the centre. Friends and family are welcome. *No need to book**

Staying active

However multiple sclerosis affects you; exercise will help you stay as healthy as possible. Exercising can also improve your mood and some MS symptoms.

All kinds of movement can be good for you. You might enjoy sports, while someone else may prefer Tai Chi or yoga (standing or seated). Gentler activities like gardening and cleaning use your muscles too. The important thing is to find exercises to suit you.

A few minutes a day really does help.

Rotary

Club of Barkingside



Rotary
in London
UK

Invite you to a
Fundraising Quiz Night

All Proceeds to Local Charities

Tickets
£15-00

Includes
Ploughmans Supper

**Bring
Your Own
Drink**

payable to:

The Rotary Club of Barkingside Trust Fund
Sort Code 60-01-38 Account Number 53080920

Saturday 2nd April 2022

6.45pm for 7.00pm Start

at

Marjorie Collins Centre

Grove Road, Chadwell Heath RM6 4XF

Contact: Sue Coleman:

07954 177 427

suecoleman1946@gmail.com

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.

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

VUMERITY: New MS tablet to be offered to patients.

MS patients forced to stop vital medications due to intolerable stomach problems are to be offered this new breed of pill. Vumerity is designed to reduce severe reactions.

Taken twice a day it works as well as previous drugs that have revolutionised treatment of the autoimmune condition but without the side effects that many suffer.

Following authorisation from Britain's medicines watchdog, doctors hope the Vumerity pill could provide more sufferers, the opportunity to control their condition.

Dr. Martin Duddy, an MS consultant neurologist at the Royal Victoria Hospital, Newcastle says: "Disease-modifying therapies can really improve quality of life but can often come with the trade off of uncomfortable stomach issues. For many patients this is just too much. Any new options which would allow them to continue on their usual therapies would be welcomed"

In the past 20 years, drugs have become available that can reduce the number of relapses. These disease modifying therapies, such as Tecfidera, routinely used on the NHS, can cut relapses by around 50%, according to studies. However, side effects are common, with many patients suffering stomach cramps, diarrhoea and nausea.

Dr. Duddy said: 'It appears that patients on Vumerity typically

live more comfortable lives. Not completely side effect free - no drug promises this - but it appears that the stomach issues it causes are easier to tolerate. 'That's not to say that everyone should come off Tecfidera, but it would be a valuable option for MS patients being treated on the NHS'

Vumerity received authorisation for use in the UK by the Medicines and Healthcare Products Regulatory Agency in November 2021. A decision on its use from the NHS watchdog - the National Institute for Health and Care Excellence is pending.

One person who could benefit from the treatment is Harriet who was diagnosed relapse-remitting MS, 4 years ago after suffering partial vision loss. Harriet was put on Tecfidera, which led to a number of severe side effects such as painful sunburn-like skin flushing and constipation. Harriet was moved onto another disease modifying therapy, but now has to go to hospital for infusions every six months. Harriet then has to rest in bed for several days to avoid complications.

She says that a new treatment that could reduce side effects caused by DM therapies would help her and many others.

Harriet adds: 'All these drugs have horrid side effects. It's something you learn to live with because you're hoping it will help your MS. The thought that patients like myself could get something that doesn't make you feel sick all the time is really positive'.

Disability Claims error: I saw the following in a recent Radio Times article:

"More than 100,000 disabled people have been denied compensation for errors by the Department for Work and Pensions that left them poorer than they should have been for five years. But there is a chance to claim it.

A damning report by the Parliamentary Ombudsman last month ruled that one victim - called Ms U - should be paid £7,500 in compensation for being left in hardship for five years due to the Department's errors. Ms U was left with barely half the income the law says she needed, which had "a devastating impact on her health, wellbeing, and finances" the Ombudsman said.

The Department paid Ms U her arrears of benefit some time ago: £19,800 represented an under payment of about £80 a week over five years. But it refused her claim for compensation for the hardship caused by the mistakes of its staff.

Since the Ombudsman's decision in January, though, the DWP says it will now pay Ms U the £7,500 compensation payment recommended by the Ombudsman. But the Government has decided not to accept the Ombudsman's recommendation to pay compensation to all the other people affected. To get it they will have to file their own complaint.

People who were underpaid were moved from Incapacity Benefit, Severe Disablement Allowance or Income Support onto a new benefit called Employment and Support Allowance from 2012. But officials put them on the wrong rate. The Department says it identified all who lost out, but campaigners are not so sure. Anyone - or their next of kin - who believes they may have been missed by the DWP exercise can ask for a review of their case by calling free on 0800 169 0310.

People wanting to claim compensation for the hardship caused must begin the long process of complaining to the DWP at the address on the letter about the arrears. If refused, the complaint can go to the Ombudsman but must be supported by a Member of Parliament - it's usually best to persuade the local MP to support a claim. Citizens Advice can help you or try ombudsman.org.uk/making-complaint."

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.

Centre Closing Dates:

Easter:	Last day: Thursday 14 th April Reopen: Tuesday 3 rd May
Summer:	Last day: Thursday 25 th August Reopen: Monday 12 th September
Christmas:	Last day: Thursday 15 th December Reopen: Monday 16 th January 2023

<u>Centre</u>	<u>Centre</u>	<u>Centre Activities</u>
<u>Activities:</u> Fit for fun free classes: delivered by Rama: NB: contact her directly. Number available from reception Mondays 11:00-12:00 Tuesdays 12:00-1:00	<u>Activities</u> Hairdressing Katy: Tuesdays: 10.30-13.30	Card Craft: Tuesdays: 2pm-3pm Bingo - Tues 11.30am -12pm and Thurs 12pm-12.30pm Foot Clinic - Thurs 1pm-3pm (Appointments only)

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.

You may not control all
the events that happen to
you, but you can decide
not to be reduced
by them.
(Maya Angelou)

DIRECTORY

MS Society

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

Barking Citizens Advice

Barking Learning Centre 2 Town
Square
BARKING Essex
IG11 7NB

National MS Helpline

0808 800 8000

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 1712

info@womenagaistms.org.uk

<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

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.

support-team@mutual-support.org.uk