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The Marjorie Collins Wellbeing Centre

Working for and caring about You

NEWSLETTER APRIL 2022

Produced by Pauline
Connolly: Volunteer
and PWMS



In this issue:

- Centre News
- Welcome
- Centre Closing dates
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- Fund Raising Events 2022: Your opinion
- Happy Birthday
- Centre Activities:

**Don't forget: June's Tea Afternoon: Monday 4th April
It's Easter themed with Easter eggs as raffle prizes**

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 Closing Dates: Easter

Last day: Thursday 14th April

Reopen: Tuesday 3rd May

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.

Welcome and a big thank you to our new Support Volunteer:

Caroline, who is a regular centre user and is someone many of you know has now joined our team as a support volunteer. Caroline has recently completed all of her training. Here's to helping to build our team.

Caroline says:

"Dear members,

I'm sure a few of you know me as the lady with the loud laugh but there is so much more to me than that:

I am passionate about news concerning MS and new drugs and trials.

I thoroughly believe in the power of conversation and mixing with others with MS to share our problems and thoughts.

I truly appreciate our centre. It has helped me so much. I thoroughly enjoy the exercise and love the card craft class.

I look forward to supporting who ever needs help and I assure you our conversation will be in confidence.

Caroline Mccarthy.

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.



[This Photo](#) by Unknown Author is licensed under [CC BY-SA](#)

To celebrate the Platinum Jubilee of Queen Elizabeth II, there will be a Jubilee (June's) Afternoon Tea Room

On Tuesday, 31 May 2022
at The Marjorie Collins Wellbeing Centre
11 - 2pm
Listen to music while eating

delicate sandwiches, *homemade cupcakes and a delicious slice of a fabulous Jubilee cake *made by our own Princess (of Two Crumbs Bakery)

All the above for just £6.00

No need to book - Come and join us and enjoy the afternoon Friends and Family are welcome

The Marjorie Collins Wellbeing Centre,
Multiple Sclerosis
237 Grove Road,
Chadwell Heath
Essex RM6 4XF0208 983 8148

CHARITY NUMBER 1188393

Spoon theory, MS and managing my energy levels

Amy's story

On 1 January I made some resolutions of my own. I wanted to get fit, start running again, start a new hobby, and just generally get healthier. But of course, life happened. I got COVID-19 over the Christmas period and am still trying to get back on my feet.

This completely threw my 'new year, new me' plans out of the window. But it also got me thinking - as someone living with MS, how easy is it to stick to these types of ambitious goals? It can feel like I'm setting myself up for failure. Now that sounds quite

negative and pessimistic but let me explain.

Thinking of units of energy as spoons

Living with MS means I never really know how I'm going to feel when I wake up. I never know how much energy I'll have or how much I'm able to do that day.

A way of understanding this is 'spoon theory'. The spoon theory is a metaphor created by Christine Miserandino to help people explain how it feels to live with a chronic condition. Simply put - spoons equal units of energy.

The idea is that people living with health conditions like MS start each day with a limited amount of spoons. These vary from person to person and from day to day.

How much can I do with 12 spoons?

So, let's say I wake up and I have 12 spoons. And what I'd like to do during my day is to get up, make my bed, shower, brush my teeth, get ready, eat breakfast, go outside, exercise, work, socialise, make dinner, clean up and get ready for bed. Each activity will use a different amount of spoons.

A smaller task like brushing my teeth may only use 1 spoon, whereas showering may use 3 and exercising may use 5. When you start to add it all up, 12 spoons isn't very much. And some days I'll wake up with even less.

This means, every detail of every day needs to be considered, and that's hard.

A cycle of overdoing it

I'll also often need to do more than my daily spoons allow me to. If this happens I can opt to 'borrow' spoons from the next day's allowance. But that will mean I'll start the next day in deficit.

I've always been the type of person to push myself to the very max, to set myself crazy goals, and to keep myself busy with lots of different projects.

I hate having to say no, to cancel, to let people down, and the guilt associated with this is a heavy burden to bear. So, it's very easy to get stuck in a cycle of overdoing it and exhausting myself, from not managing my spoons well enough.

Finding a balance

But, I've been living with MS for almost 4 years now and I'm learning - slowly but surely. At first when I got COVID-19, I didn't rest, and give myself the time I needed to recover. This meant my body was struggling.

I had to force myself to take a step back, cut down my hours at work, and put all the things I wanted to do on hold. And guess what? It was the right thing to do. I now feel healthier physically and happier mentally and I'm now (almost) ready to start 2022 in the right way.

I won't be setting any unrealistic resolutions, instead I'll be making goals which are small but meaningful and hopeful but realistic.

So, this year my top tips are be careful with your spoons and be kind to yourself. And focus on simple changes that can make it easier to manage your condition and improve your quality of life.



Christine Miserandino's

SPOON THEORY

You have 12 spoons to get through the day.

Take away a spoon if you slept poorly the night before, missed a meal or skipped meds.



Get out of
bed

Get dressed

Watch TV



Shower

Read

Use the
internet



Socialise

Make a meal

Light
housework



Visit the
doctor

Exercise

Go to school
or work

**#THIS IS
#M.E.**

#endthestigma
@ukthisisme
thisismeuk.com

The above page is by the originator of the Spoon Theory - Christine Miserandino.

Fund Raising Events 2022: Your opinion

This year the Centre will be hosting fund-raising events to keep us going.

- What events would you like to bring back to the Centre either day or in the evening?
- What do you think is a fair price for ticketed Fund raisers?

Help the Centre to keep going and allow us to be able to be together.

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 27th April 2022. Thereafter it will be on the Last 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.



Happy April Birthday to ...

Gary 28th

**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 as:**

- General Volunteers to help at the Centre to interact and keep our centre users occupied
- The Centre desperately needs 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 volunteer drivers and 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 Easter Afternoon Tea room: Monday 4th April
11 - 2pm*

We will be having an Easter Egg raffle!

*Tempting sandwiches, scones 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.

Luckily for us, we have Rama leading our exercise classes.

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

ABSEILING FOR OUR CENTRE...

Do you or someone you know fancy a challenge?? See below:



HARLOW TYE ROTARY CLUB
KEEP THE CHALLENGE ALIVE

RAISING FUNDS FOR MCWC (THE MARJORIE COLLINS WELLBEING CENTRE MULTIPLE SCLEROSIS)

Would you like to raise money for a charity or voluntary organization that is dear to your heart, or are you involved in such an organization that needs to raise money for a particular project? It can be local, national or international and it might be, for instance, a School, a Club, a Hospice or a national charity such as Cancer Research UK. Are you game for a challenge or do you know someone who is? Then read on:-

After a two year hiatus It's **BACK**. Yes the Rotary Club of Harlow Tye Abseil annual Charity Abseil will soon take place. In the 22 years of the Abseil OVER £1,000,000 has been raised for hundreds of worthy causes. We see no reason to stop whilst there are charities and voluntary organizations needing help to raise funds

When and where is it? It will take place on Saturday and Sunday, 14th and 15th May 2022 at the Church Langley Water

Tower in Harlow.

How does it work? Our Club employs fully qualified experts to train and supervise you throughout the abseil procedure. **You have to pay an entry fee of £35 to take part, but 100% of the sponsorship that you raise from family, friends and colleagues goes to the beneficiary of your choice.** By the way, you have to be 16 or over to enter.

How do I (or they) get involved? Go to our Club website at www.harlowtyerotary.org.uk and follow the instructions to **download a registration form and conditions of entry.** Failing that, you can e-mail us on abseil@harlowtyerotary.org.uk to have them sent or delivered to you. Charities or voluntary organizations can enter teams but please contact us - see our website for details. Entries are now being accepted for the 2022 Abseil for Charity event.

Why should I? Every year, a good number of people who admit to being scared of heights have a go and the sense of achievement that they experience is there for all to see - not only for doing it, but for the money that they raise for their chosen cause.

If you have any questions, please e-mail abseil@harlowtyerotary.org.uk

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	<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

12:00-1:00		Centre, not only with your regular work but also for committing to collection dates and fundraisers. Truly amazing, well done.
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You may not control all
 the events that happen to
 you, but you can decide
 not to be reduced
 by them.
 (Maya Angelou)

<p><u>DIRECTORY</u></p> <p><u>MS Society</u> MS National Centre 372 Edgware Road London NW2 6ND 020 8438 0700</p> <p>National MS Helpline 0808 800 8000</p> <p>Membership 0300 500 8084</p>	<p>Barking Citizens Advice Barking Learning Centre 2 Town Square BARKING Essex IG11 7NB http://www.bdcab.org.uk/ 020 8594 6715/020 8507 5969</p> <p>Redbridge Citizens Advice Broadway Chambers 1 Cranbrook Road</p>
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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

ILFORD

Essex IG1 4DU

<http://www.citizensadvice.org.uk/ledbridge>

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

