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# The Marjorie Collins Wellbeing Centre

## Working for and caring about You

## NEWSLETTER MAY 2022

Produced by Pauline  
Connolly: Volunteer  
and PWMS



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Welcome to May with better weather on the horizon

**\*\*DON'T FORGET! THE CENTRE WILL BE**

## CLOSED ON THURSDAY 2 JUNE\*\*

### *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.

### **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.



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**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

**MS Awareness Week 2022 25 April - 1 May.**

**Which involved helping to raise awareness of the  
uncertainty of MS.**

**MS is unpredictable and different for everybody.**

**Symptoms can come and go and change over time, and it is  
difficult to know how your condition might progress. That**

is why this #MSAwarenessWeek (from 25 April - 1 May) shone a light on the uncertainty of life with MS.

The MS Society shared your stories about dealing with uncertainty in the news and on our social channels. There were a series of online events that people could join

Raise awareness with what you're wearing by joining our [Fancy Dress for MS](#) event on Friday.

There are some really good blogs to read on this subject. To find them and to see how people celebrated MS Awareness Week 2022 on the MS website - Just type in MS Awareness Week or Join the conversation on [Facebook](#), [Twitter](#) and [Instagram](#).

\*\*\*\*\*

## BE AMAZED!

In April Dan came into the centre - I had not seen Dan in person for two years.

I was amazed to see that Dan was standing taller with his posture greatly improved.

Dan told me about the "Molli Suit" he wears which helps him stand and move better.

It is a jacket and trouser which has electrodes woven into the suit and also four pads on the front of the jacket with a

central box unit in the middle at about waist level.

Dan says that this extraordinary suit was adjusted especially for him. He wears the suit for 60 minutes every 48 hours. Dan has noticed that his cognitive function is so much better and clearer since wearing the suit and he has also seen a significant reduction in his tremors.

It has also been a great boost to his confidence and morale in general.

What a difference this kit has made! As yet, the Molli Suit is not available on the NHS - just think of how many more people could benefit from this suit - but Amanda and Dan are campaigning for the suit to be made available.



*Speaking of Daniel - here he is modelling the Molli suit.*



*Somebody, (mentioning no names) said he looked like The Karate Kid.*

\*\*\*\*\*

### **This works!**

To stop flowers from flagging in a vase. Place a 2p coin in the bottom of the vase of water. Change the water as you usually would and hey presto - the flowers stay upright much longer.

I suppose the gardeners amongst you knew this - but I didn't and having been using this method with Tulips. It works!

Thank to Lorna for this tip.

### **Easter:**

*June's Easter Tea Room in April raised £125.00, and the Easter Egg Raffle raised £92.00.*

*The Platinum Jubilee Tea Room is just around the corner - let's raise loads more on Tuesday 31<sup>st</sup> May!*

### **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.

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**Memory Cafe**

The next cafe, which is sponsored by the Barking and Redbridge Rotary Club, is Wednesday 25<sup>th</sup> May 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.

**A Happy May Birthday to Sue A on the 25th and a belated Happy Birthday wish to Rosina**

**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.



**Recently, some of us met up during the last Centre closure, at the Harvester for lunch and a chance to have a**

good chat.

We are bound to go again. If you would like to join the WhatsApp group - please speak to Amanda and she will be happy to add your mobile number to the current group. This way you will get to know when there will be other meetups and it will be good to see you. The WhatsApp Group is also a great way to keep in touch.

### Vumerity: A new drug to treat MS.

Following on from April's newsletter....

On 13<sup>th</sup> April 2022, The National Institute for Health and Care Excellence (NICE) approved diroximel fumarate (Vumerity) as a new treatment for relapsing MS in adults with active disease in England.

Who will be able to access diroximel fumarate?

Diroximel fumarate has been approved for adults with active relapsing MS. Active disease is defined by MRI scans that identify inflammation or new or enlarging lesions.

The NICE decision applies to England. Because diroximel fumarate has been recommended through a fast-track appraisal process, NHS England have agreed to make this drug available by mid-May 2022.

NICE decisions will be checked by the governments in Wales and Northern Ireland but are usually adopted. In February,

the Scottish Medicine Consortium (SMC) recommended diroximel fumarate for use on the NHS in Scotland.

What is diroximel fumarate? [Diroximel fumarate](#) is an oral treatment and is taken as a tablet twice a day.

Studies have shown diroximel fumarate works in a very similar way to [dimethyl fumarate \(Tecfidera\)](#), another available MS treatment.

In making its recommendation, NICE concluded diroximel fumarate is equally effective as dimethyl fumarate. This is because the two drugs are considered to be “bioequivalent”, producing the same amount of active ingredient in the body. However, diroximel fumarate is less likely to cause gastrointestinal side effects than dimethyl fumarate.

### Much-needed hope for people with MS

Our policy manager, Meg Stapleton, says: “We’re pleased NICE has approved this new disease modifying treatment (DMT) Vumerity for use on the NHS in England. Living with MS can be relentless, painful, and disabling, but access to this, along with a range of other treatments already available, offers much-needed hope.

“People with MS often tell us that it can be difficult to attend hospital appointments to receive their treatment, but Vumerity can conveniently be taken as a tablet at home. It has also been shown to have fewer gastrointestinal side effects

than Tecfidera, the most similar DMT.

Everyone with MS should be able to access Vumerity if it is the right option for them."

**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](http://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](http://www.msredbridge.online) or in person at the Centre.

Kind regards, Lorna Lawrence

## Centre Activities

**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.

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**\*\*Card Craft: Gill will be back on Tuesday 31 May\*\***

**Bingo** - Tues 11.30am -12pm and Thurs 12pm-12.30pm

**Foot Clinic** - Thurs 1pm-3pm  
(Appointments only)

**\*\*Hairdressing: Katy: Please note that Katy will not be at the centre until June - details to follow.\*\***

**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:

Summer: Last day: Thursday 25<sup>th</sup> August  
Reopen: Monday 12<sup>th</sup> September

Christmas: Last day: Thursday 15<sup>th</sup> December  
Reopen: Monday 16<sup>th</sup> January 2023

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



Tuesdays  
12:00-1:00

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.

I define who I  
am. MS is  
just a bully I  
beat every  
morning when I  
get out of bed.

timehop

## DIRECTORY

### **MS Society**

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

### **National MS Helpline**

0808 800 8000

### **Membership**

### **Barking Citizens Advice**

Barking Learning Centre 2 Town  
Square  
BARKING Essex  
IG11 7NB

<http://www.bdcab.org.uk/>

020 8594 6715/020 8507 5969

### **Redbridge Citizens Advice**

Broadway Chambers 1 Cranbrook



0300 500 8084  
[supportercare@mssociety.org.uk](mailto: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](mailto:info@womenagaistms.org.uk)

Road  
ILFORD  
Essex IG1 4DU  
<http://www.citizensadvice.org.uk/roadbridge>

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](mailto: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](mailto:support-team@mutual-support.org.uk)