

237 Grove Road,
Chadwell Heath
Essex
RM6 4XF
Telephone: 0208-983-8148
e-mail: mccentre@msredbridge.online
Web: www.msredbridge.online
Twitter: [@msredbridge](https://twitter.com/msredbridge)

The Marjorie Collins Wellbeing Centre

Working for and caring about You

NEWSLETTER JULY 2022

Produced by Pauline
Connolly: Volunteer
and PWMS



- Centre News: Multiple Sclerosis Event: 20 July
- Next June's Afternoon tea: Monday 1st August 2022
- **Fund Raiser Race Night: 24 September 2022**
- Happy July Birthdays
- BBC Appeal: MS Society Lifeline Appeal
- Centre Activities

Hello to Sunny July: average temperatures of 22°

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

Fundraising

The next June's afternoon tea will be on: Monday 1st August 2022.

Charity Collection dates

As you know we always need to raise funds to keep us going.

There are a couple of new Friday collection dates from the Morrisons Supermarket in Becontree.

Our next collection date is Friday 12/08/22 from 9 to 19.00 (I'm doing the 12-2pm slot on this date). Times broken into 2 hour slots.

Then Friday 07/10/22 from 9 to 19.00. Times broken into 2 hour slots. If you would like to volunteer for a 2 hour slot - please contact Lorna on 0208 983 8148

BBC Lifeline Appeal: MS Society broadcasted on BBC One on Sunday 26 June at 1.50pm.

The show was definitely worth watching as celebrity chef, Tom Kerridge, presented the Lifeline Appeal film. It focused on Sasha, Stuart and Val and their stories about [the MS Helpline](#), [MS Society](#) research, and the amazing support [local group volunteers](#) give around the UK.

It was a great opportunity for us to raise awareness of MS, tell people about the incredible work we do and encourage people to [support us](#) so we can do more!

Friday 24 June 2022:

Dr. Raj on BBC's "Morning Live" did a piece on MS explaining the symptoms, possible new treatments and advising exercise to help with symptoms.

£20 and £50 note reminder:

The Bank of England will be withdrawing legal tender status of the paper £20 and £50 notes after **30 September 2022**, and we are encouraging anyone who has these at home to spend or deposit them at their bank or Post Office.

There are approximately £9 billion worth of paper £20 and £15 billion worth of paper £50 notes still in circulation. As they are

returned to the Bank of England, these are being replaced with the new polymer £20 notes featuring J.M.W. Turner, and polymer £50 notes featuring Alan Turing. After 30 September 2022, the new polymer notes will be the only ones with legal tender status.

NB: £20 and £50 notes - For a time.....

You will be able to use them into our Centre.

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.

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.

Contactless payment:

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

Memory Café

The next café, which is sponsored by the Barking and Redbridge Rotary Club, is Wednesday 27th July 2022. Thereafter it will be on the Last Wednesday of the month. As usual the café is free of charge.

Just to let you know...

- Gill Goss, our MS Nurse Professional, will be at the centre in July. Date/time to be confirmed.

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.

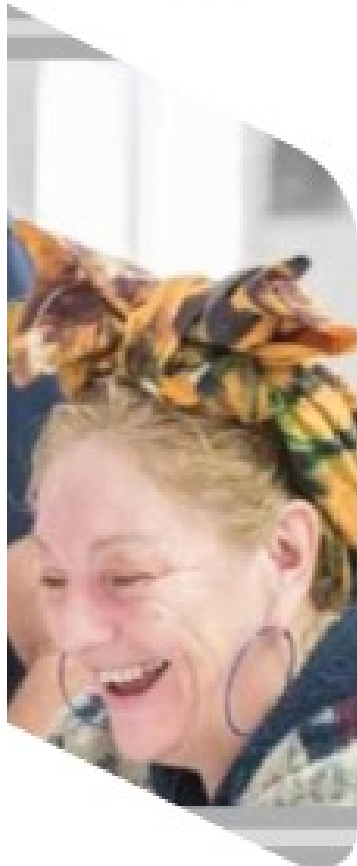
Happy July Birthdays

to: Caroline on 2 July
Lynne on 17th July
Sue C on 26th July
Amanda (1) on 27 July

My apologies if I have missed anyone out.

The MS Society logo consists of the letters 'MS' in a bold, sans-serif font, followed by the word 'Society' in a smaller, regular sans-serif font. The text is white and is set against a solid orange triangle that points to the right.

MS Society

The event title is presented in white, bold, sans-serif text within a large orange triangle that points to the right. This triangle is partially overlapped by a larger, semi-transparent grey triangle that also points to the right, creating a layered effect.

Multiple Sclerosis Event 20th July

MS Society Information, Research & Discussion Event in East London.

Join us for this opportunity to meet other people living with/affected by MS, to hear from different professionals, and to discuss any challenges to accessing MS services.

This event is for anyone living with or affected by MS, on Wednesday 20th July 2022, from 11am to 3pm. This event will take place at the Marjorie Collins MS Day Centre, Grove Rd, Chadwell Heath RM6 4XF.

To register please visit: <https://mssocietyeventeastlondon.eventbrite.co.uk>

Centre Closing Dates:

Summer: Last day: Thursday 25th August
Reopen: Monday 12th September

Christmas: Last day: Thursday 15th December
Reopen: Monday 16th January 2023

Centre Activities:

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

Centre Activities

Hairdressing:
Katy:
Every Tuesday 10.30-13.30

Centre Activities

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.

**I am amazed by peace
It is this possibility of you asleep
And breathing in the quiet air**

June Jordan

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

Contact DWP

General information

DWP Online Helpdesk 0800 169
0154

Telephone: 0345 850 3322

Textphone: 0345 601 6677

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

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)

**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

**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