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The Marjorie Collins Wellbeing Centre

Working for and caring about You

NEWSLETTER AUGUST 2022

Produced by Pauline
Connolly: Volunteer
and PWMS



****Centre Closing Dates****

Summer: Last day: Thursday 25th August

Reopen: Monday 12th September

- Centre News:
- **Fund Raiser:** June's Afternoon tea: Monday 1 August 2022
- **Fund Raiser:** Race Night: ~~24 September 2022~~ **postponed to 5 November**
- Happy August Birthdays
- MS Society Research, Information and Discussion Event: 20 July
- Inspirational achievements
- Centre Activities

Hello to Sunny August: Keep cool and carry on!

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



June's Afternoon Tea Room: Monday 1 August 2022

Centre Activities

Race Night is back!

~~on Saturday 24th September 2022~~

Postponed to 5 November

Place your bets!

Join us for the return of this popular fund-raising event.

Time: 7.00 for 7.30 Tickets are £12.00

Nibbles provided - Bring your own tipples!

Friends are welcome

Please contact: Lorna Lawrence on 02089 838 148

The Marjorie Collins Wellbeing Centre (MCWC)

237 Grove Road,

Chadwell Heath,

Essex,

RM6 4XF

email: redbridge@mssociety.org.uk

Denise Hatton, a valued and much loved and remembered volunteer, here at the Centre, died a year ago in September 2021. Her husband Paul is giving a generous donation to the Race Night for the centre, in her memory

Wednesday 20th July

The MS Society hosted a MS Research, Information and Discussion

Event at the Marjorie Collins Wellbeing Centre (MCWC).

The Event was introduced by Samsam Abdullahi, Regional Development Officer (London) for the MS Society.

There was a good attendance by our usual centre users plus some guests from another group in Basildon - who were interested in what we do. Plus, some friends of centre users and some new people came who had only just heard of our centre and were very interested in our Centre.

Lorna outlined our services and:

- Advised us that at some point we will be lucky enough to have a full time MS Nurse
- The urgent need for new volunteers for a wide range of roles including a cook, more drivers and driver's assistant and in other in-house volunteers.
- The need for new Trustees
- That we are trying to keep our status as an Independent Charity going or be in real danger of closing.

If you know of anyone who would like to become a volunteer or a trustee, please ring Lorna on **02089 838 148**.

Lorna then handed over to Rama, who provides therapies, wellbeing advice and a really good Fit for Fun chair exercise class tailored to our needs.

Rama outlined in more detail, the therapies and the chair

exercise class she leads on a Monday and Tuesday and asked those who attend what it meant to them, and the benefits gained from attending.

There was very good feedback at this point as some of us either went up to the mike to speak or spoke from their respective tables.

We were lucky to have Dr. Benjamin M. Jacobs, whose field is MS and Genetics Research who agreed to come and speak to us in a question-and-answer session.

The afternoon was a good opportunity to voice our concerns, raise relevant points and a chance to mix with like-minded people.

Many thanks to Samsam Abdullahi for putting this Event together.

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Inspirational Achievements.

One of the guests at the MS Society's Research, Information and Discussion event on 20th July, was Dillon, a young man who had had Multiple Sclerosis since 2010. Dillon had been on a personal journey to understand his MS.

However, took his journey a step further and has published a paperback called "Lopsided". It is a beautifully produced

paperback. Dillon has written an intelligent account of the ups and downs he encountered both within himself and how he dealt with how he feels family and friends responded to his diagnosis. He also wrote about going to university and the challenges faced there.

And following on

Dillon very kindly agreed to come to the MCWC Marjorie Collins Centre on Thursday 28th July as a speaker.

BE POSITIVE:

SAY I CAN

NOT

CAN I

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 25th August
Reopen: Monday 12th September

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

Centre Activities:

Fit for fun free classes: led 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

Nails ,
Thursdays ,
by appoint only

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.

And relax.....



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

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

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

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

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
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