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Essex

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The Marjorie Collins Wellbeing Centre

Working for and caring about You

NEWSLETTER OCTOBER 2022

Produced by Pauline
Connolly: Volunteer
and PWMS



Happy Halloween!



- Centre News
- Stamp info * Rotary Club Xmas lunch on 10 .12.2022*
- **Fund Raiser:** June's Afternoon tea: **Monday 7th November 2022** (October's tearoom raised £210.00 (including the raffle).
- **Fund Raiser:** Race Night: 5th November 2022
- Centre Activities
- See below notice re Rama's Fit for Fun↓

Opening Times:

**Please note that Rama is off from 24 October to 8th November 2022. There will be no Fit for Fun classes or therapies during this time*.*

Tuesdays and Thursdays are open for lunch and usual activities:09.30-15.00

Personal Assistance:

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 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.

.....
 If you require lunch - **Please ring Lorna before 11 to place your order**

Otherwise - please could you continue to bring in your own prepared ready to eat lunch (including disposable cutlery).

TRANSPORT:

At the moment, Centre transport is extremely limited. Please could we ask you to arrange transport to and from the Centre.

Contactless payment:

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



Farida's goal.

Achievements can mean many things - perhaps a big challenge such as taking an exam, learning a new language or skydiving!. But sometimes an achievement can be something that just means a lot to you alone.

This was the case with Farida. Her goal was to go into town with her scooter. Farida missed the buzz of the City and West End and decided to do something about it.

Her starting point was Stratford station where a guard was extremely helpful by making sure Farida, her scooter and her friend were able to board the train, by alerting the train driver to ensure she got on safely. The station having lifts made the journey even easier.

Farida's day included going to Southwark (for the London Eye) then over the Millennium Bridge and going to St. Paul's Cathedral. What a day! The outing gave her back a sense of freedom and independence. Farida said she will do something like this again.

A BIG thank you shout out to Ed, Rory and Terry and his team from Solace Electrical Limited.

Firstly they have donated £1,000 to the centre and now their professional team have renewed all our lighting for us, at no cost for the centre. How amazing is that!!! Thank you from all of us. This is a prime example of people volunteering to do something good out of the kindness of their hearts.

We will now be more energy efficient, and the centre is a lot brighter.



Stamp info "Money Saving Expert" site:

If you have old Christmas stamps you CAN continue to use them after 31 January 2023 following a Royal Mail U-turn. The postal service had initially announced, as part of a wider shake-up, that Christmas stamps would be replaced by new barcoded versions from 31 January 2023. This would have rendered old festive stamps useless unless swapped.

Update: 4 August 2022: You've now got less than six months to use any non-barcoded everyday stamps - those with the Queen's profile on - before they become worthless on 31 January 2023.

Alternatively, you can swap them for barcoded versions for free using Royal Mail's 'Swap Out' scheme. See our latest [Stamps shake-up MSE News story](#) for full info and help.

But while Royal Mail says it will still add a barcode to new Christmas stamps, it's confirmed that "following discussions with key stakeholders, including feedback from our customers", non-barcoded Christmas stamps will remain valid.

The U-turn means you can continue to use Christmas and "special" commemorative stamps, such as the *Doctor Who* collection, after 31 January 2023 - and they don't need to be swapped for barcoded alternatives.

Any other stamps, however, including all those with the Queen's head

on them that say '1st' or '2nd' class, or any other price, will not be valid after 31 January 2023. You will need to swap them for a barcoded version (see below for more on this) or pay an as-yet-undisclosed surcharge to continue to use them.

Royal Mail [first announced the shake-up](#) to switch to using barcoded stamps on 1 February 2022.

You'll be able to 'swap out' old stamps for free

It'll be possible to exchange current stamps for barcoded ones for free under Royal Mail's new 'Swap Out' scheme, which opens on 31 March 2022 and will run until 31 March 2023.

To do this, you'll need to fill in a 'Swap Out' form from its website (the page isn't live yet), or call it, or get one from a delivery office (not a Post Office though).

You'll then have to post back the stamps you want to swap to a Freepost address. We're waiting to find out if there are any limits on the numbers you can swap and if you're covered for non-delivery.

Royal Mail said it will announce full details of the scheme, including what the surcharge will be and how it'll work in practice, soon.

Centre Activities:

FUND RAISING

With the cost of living going up very soon, it is more important than ever to raise funds for the Centre.



June's Afternoon Tea: Monday 7th November 2022: 11-2pm

£6.00 per person for delicious sandwiches, scones, and cakes. Extremely good value and a chance to meet up with friends and family and raise much needed funds at the same time.

Race Night is back!
on Saturday 5th November 2022
Place your bets!

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

Time: 7.00 for 7.30 Tickets are £10.00
Nibbles provided - Bring your own tippie!
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

Phyllis Maltz

Phyllis passed away on 13th September 2022. Phyllis was a much loved volunteer and member (along with her husband, Hymie) at the Centre for many years. Phyllis was very talented and could turn her hand to many creative things for the Centre and took part in events. I knew her when she worked in the kitchen. She and her husband would bring great trays of cooked food for us to enjoy. She was wise, would help anyone and had a great sense of humour. She is greatly missed.

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. 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.

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.

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.

**The Rotary Club of Barkingside:
Community Xmas Lunch 2022:**

Dear Centre Users,

On behalf of the members of Barkingside Rotary Club I would like to invite you to join our annual Xmas Lunch on:

Saturday, 17 December 2022 * *Time: 1pm-4pm

Venue: Marjorie Collins Wellbeing Centre, Grove Road, Chadwell Heath, RM6 4XF

Unfortunately, we are unable to offer transport.

If anyone requires a vegetarian Christmas lunch - please let Lorna know soonest. (Sue Coleman, Rotary Club of Barkingside)

Memory Clinic:

The next clinic, which is sponsored by the Barking and Redbridge Rotary Club, is Wednesday 26th October 2022. Thereafter it will be on the third Wednesday of the month. As usual the clinics are 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 year - Could you let us know so that we can have the latest details on file for you

Centre Closing Dates:

Christmas: Last day: Thursday 15th December

Reopen: Monday 16th January 2023

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
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 MCWC 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

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

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)

Newham (East End) Citizens Advice Bureau

[300 Mare Street, London E8 1HE](http://www.eastendcab.org.uk/newham)

0208 525 6350

<https://www.eastendcab.org.uk/newham>

SUPPORT GROUPS

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

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