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**Multiple Sclerosis Society**

The Marjorie Collins Centre  
Redbridge Branch

## October Update!

We are now well and truly back after our summer break!

### Trips

We have had a couple of successful trips and are planning another one on Friday 10th October to [Paradise Wildlife Park](#) in Broxbourne. The price for the day is £14 which includes a £5 donation to the centre for the transport. We will be leaving the centre at 9.30am sharp. Please call us for more info.

There will be more trips over the coming months, including a visit to Brick Lane Music Hall and a day out for Xmas. We will send out more emails to let you all know the important dates.

### Therapies

There has also been a slight change to our weekly program. Physio will now be on a **Tuesday** and a **Thursday**. We will be running two group sessions on a Tuesday, one at 11.45am and one after lunch. The price for this will be £7. As before, the price of an individual session is £11.

Yoga (seated) will also be restarting after a break on Monday 6th October. 2.15pm start £7 for the hour.

### Fundraising

We also have 2 **HUGE** events coming up over the next couple of months.

We have our **Race Night** on Saturday 25th October 7pm start. Its on £5 entry with nibbles as well. Bring your own drink and get ready to try and win some dosh!

In November we have our next **Quiz Night!** Our last one was a complete sell out and we literally had to squeeze people in on our emergency chairs! Saturday 22nd November 7pm. Its £10 entry with nibbles and a maximum of 10 to a table. Please

book early as this will sell out! If you have facebook, you can click attending on our event page [here](#).

#### Sainsburys Update!

Our partnership with Sainsburys has started extremely well! Our launch party was a great success and we got a lovely mention in the Ilford Recorder. If you missed it, take look [here](#). We had an extremely successful collection over this last weekend and have more events in the pipeline, so please watch this space.

For more info on anything or to book please call 0208 983 8148 or email [tmurtagh@mssociety.org.uk](mailto:tmurtagh@mssociety.org.uk).

Remember to give us a 'Like' on [Facebook](#), 'follow' us on Twitter [@msredbridge](#).

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