



Multiple Sclerosis Society

### Lunch at the Marjorie Collins Centre

We have made several changes to how our lunch service operates.

The cost is **£5** per person which includes tea and coffee throughout the day. Lunch will be available on a Monday, Tuesday and Thursday between 12.30pm and 1.00pm.

Throughout the day there will also be other refreshments available at our new Tuck Shop. There will be crisps, biscuits, drinks and snacks to purchase if your feeling peckish. You can also purchase tea and coffee if you are not having lunch with us for just **£1** per day, payable at reception.

### Booking transport

To make our transport more efficient we are making a few changes to the way we take bookings. We will be taking bookings weekly on a first come first served basis. Please make your bookings either by phone (0208 8983 8148) or in person at reception. Please note that we **cannot** give out individual time slots so if you are due to be picked up, please be ready by **9.30am**. The driver will not be able to wait for you if you are not ready and they will not be able to come back. Drivers will only pick up those who have booked. If you do book but whatever reason you are unable to come in, you **must cancel the booking by phone or email by 9.00am** on the day you are meant to be picked up.

We are also opening our transport system to members who live outside of Redbridge. This will be on a case by case basis however so please speak to Tom or Gerry to determine whether this will be possible. For members who live outside Redbridge, there will be a fixed £5 charge for the return journey.

### Activities

We aim to create a schedule of fun and entertaining activities throughout the week.

- Bingo – Tuesday morning 11.30am
- Card Crafts (£4) – Tuesday 1.30pm
- Cinema Club - 2nd Wednesday of each month (£4)
  - Art Class – alternate Thursdays (pm) – Free
    - Nintendo Wii
- Afternoon activities to include games, discussion groups and more!

Please check out our notice board for weekly activity list!



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