



**Multiple Sclerosis Society**

The Marjorie Collins Centre  
Redbridge Branch



## February Update!

Hello and welcome to our latest newsletter!

A reminder to all members that our Annual Meeting will be on **Saturday 7th March at 3pm**. All nominations for the committee must be received by **Thursday 12th February**. All proposed resolutions must be received by this date also. If you would like to vote by proxy you must see Tom or Sue by the **19th February**.

This year we will also be asking for votes for **The Marjorie Collins Award**, to be presented at the Annual Meeting. Please see Tom or Sue in the centre for a voting form.

### Fundraising -

- **Big thank you to Gareth and his team at Sainsburys Chadwell Heath for our cheque presented to Tom and Sue in January, as seen above!**
- Unfortunately we had to cancel our 1920's night at the end of January due to lack of numbers. We have several more events planned for this year so please show your support!
- **Saturday 28th February - Race Night!** This always successful and a great laugh! £5 per person for a 7.30pm start!
- **Saturday 28th March - Boot Sale** - Book a table with us to sell your stuff or just come down on the day and find some treasure! Please call June Lynch at the centre on 0208 983 8148 for more info!
- **Saturday 2nd May - 7.30pm - Cabaret Evening with live entertainment from Diane Moore!** £15 per person includes cold buffet. There will also be a prize-every-time tombola on the night too! Please book early to secure your place.

- **Saturday 27th June - Quiz Night** - £10 per person - Teams of up to 10. Please book your tables early as this is always popular. For whole table bookings we will require a £20 deposit. Please speak to Tom at the centre for more info.
- If anyone would like to get involved in fundraising (we are always looking for extra help!) please let us know. Whether its shaking a tin, hosting an event or you may know someone who is looking to donate, its all extremely important to us!

### **Free Film Fridays**

- Our newest activity takes place on Friday afternoons at 1pm. Each Friday we will be showing a film on our big screen, each week being a different genre. There are hot dogs, popcorn and choc ices all included too. Transport is also available.

### **Age UK Drop In Session**

- Tuesday 17th February - **11am-12.30pm** - AGE UK Advice session.

### **Chair Based Exercise**

- Still running on Monday mornings **11am-12pm** in our Gym. Free and suitable for all.

### **Therapies**

- We currently have spaces for Reflexology and physio.
- Group Physio runs on a Tuesday and is only **£7 for a 45 minute session**. Group activities have been scientifically proven to be more beneficial, as well as a great way to meet new people. Please call us to speak to the physio who will recommend a time slot for your group session.
- The Moto-Med bikes are also available to use on a Friday and Wednesday morning for only **£5** a session.
- Please be aware that all therapies are subject to a booking process, and to guarantee treatment you should book in advance.

### **Periods of Closure - Dates for your diaries!**

- **Easter Weekend** - We will be closed on Friday 3rd April till Monday 6th April. We will re-open on Tuesday 7th April.
- **Summer Closure** - Monday 3rd August till Friday 14th August. We will re-open on Monday 17th August 2015.
- **Christmas Closure** - Monday 21st December till Friday 1st January 2016. We will re-open on Monday 4th January 2016.

### **We are online!**

- We need more Facebook likes, followers and subscribers!
- If you are on any of these platforms please share our posts. The more people that see what we do the better. Click the icons below to see our pages.