



Multiple Sclerosis Society

The Marjorie Collins Centre
Redbridge Branch

Newsletter – Autumn 2015

Upcoming Events

Brass Band Concert Saturday 21st November – 7.30pm - £5

Christmas Bazaar – Saturday 28th November 10.30am – 2pm - 50p entry

Christmas Party – Saturday 12th December 5pm - £20 includes dinner and live entertainment - Must be booked and paid by 30th November!

Christmas Lunch - Thursday 17th December - £5 - Would like to see as many members as possible for our end of year party! We will have games and music as well!

Urgent Call for unwanted items!

We are looking for items to sell at our Christmas Bazaar on the 28th November. We are looking for good quality items, as well as bottles etc for tombola's and raffles.

If you would like your own table at this event, you can also book with us for a £5 fee.

25 Years at The Marjorie Collins Centre

2016 is the 25th year since the centre opens and we will be looking to use this occasion as a way to raise vital funds for the centre. Our aim will be to raise £25,000 to mark the 25 years. This is a colossal target and it will require all of our members to get behind and support us as much as possible. There will be a 25,000 for 25 years committee set up over the next month and if you are interested in being part of it, or have any ideas to contribute please speak to Tom.

Centre Activities

From 2nd November there will a slight change to the way therapies are paid for. For massage and reflexology and foot appointments, bookings and payments will be made to the therapists directly. Lunch and all other transactions will continue to take place at reception.

Monday – Sit, Stretch and Flex – 11am-12pm

Tuesday – Boccia – 11am-12pm/Card Crafts (£4) -2pm

Friday – Yoga 2pm

Massage, Reiki and Reflexology also available

Foot Care - 1 Thursday a month (next 17th December)

Hairdressing and manicurist also available

Website

Our branch website is undergoing some maintenance and we are looking for new ways to improve it. One of the things we would like to have on it is a regular blog piece written by members about MS related matters and their experiences at the centre. We are also looking for people to write summaries of events and trips we run. If you would be interested in contributing please speak to Tom.

Volunteer Vacancies

Transport Officer – We are currently looking for a volunteer to manage the transport service. Ideally the person taking on this role will be available to drive the buses as well. Duties will include management of driver rotas, maintenance and safety checks of the vehicles and training of new drivers. Full training will be given on our health and safety procedures. This role (outside of driving duties) will take around 2 to 3 hours a week. Please see Tom if you are interested in this role.

We are also recruiting for drivers, passenger assistants, kitchen assistants and activity leaders. Please see Tom for more information.

Health and Safety Reminders

If you take part in any activities or therapies at the centre, it is vital that you fill in a disclaimer form and a physical activity readiness form. If you do not think you have done this please see Tom who will have more information. We will also be chasing up these up with those that are outstanding.

Have your say - Trips

We are currently planning trips and social events for the rest of this year and in to 2016. Please let us know if you have any ideas for this. We try hard to put on popular activities however we are always looking for new ideas! Please let Del know if there is somewhere you would like to see us go to!

The Marjorie Collins Centre in the Ilford Recorder - [Click here for the story](#)

Christmas Closure

Our last day at the centre is Thursday 17th December 2015 and we will be reopening on Monday 4th January 2016.