



**Multiple Sclerosis Society**

The Marjorie Collins Centre  
Redbridge Branch



# Happy New Year!

**Hello and welcome to our latest newsletter!**

**Happy New Year to you and welcome to our first newsletter of the year!**

2016 is an incredibly important year for us at The Marjorie Collins Centre. 25 years ago the centre was opened after a tremendous fundraising effort from the branch spearheaded by Marjorie herself. To mark this anniversary, we are setting ourselves a challenge to raise **£25,000** throughout the year which will hopefully ensure the continuation of the services the branch offers. Also in this issue is information on several new groups we are starting, news on MS Nurse visits to the centre and also a reminder of the great activities and therapies we have on offer.

## **£25,000 for 25 years!**

This year marks the 25th year of the Marjorie Collins Centre and we are looking to raise £25,000 to mark this achievement. There will be a full calendar of events going on at the centre to help us reach this target and there are also a number of ways you can get involved. Check out the [MS Society's fundraising site](#) for ideas on different fundraising challenges. We need as many of you as possible to raise what you can! We also ask that you use as many networks you may have as possible to help. We can support you in your efforts with resources and materials where you need as well. Just let us know what you need! You can also donate directly to our dedicated [£25,000 for 25 Years](#) JustGiving page as well, and see how well we are doing in our challenge!

Events for your diary:

- **Race Night - Saturday 20th February - 7.30pm - £5 per person**
- **Quiz Night - Saturday 14th May - 7.30pm - £10 per person (Maximum tables of 10) - Bookings being taken now - First come first served.**
- **Cake Break - Friday 20th May 10.30am - 2pm**
- **Table Top Sale - Saturday 16th July - 11am - 2pm - £5 for a table - 50p entry (Donations welcomed)**
- **Gala Anniversary Event - Saturday 20th August - Details to follow**
- **Rock and Roll Night - Saturday 22nd October - Details to follow**

More events will be added throughout the year so please keep checking our website and information in the centre. Our events last year raised over **£5800**, so please help us to make sure this year is just as successful!

**Collections**

As always we will be collecting across the borough throughout the year. We have an upcoming collection at Tesco's Barkingside on **Thursday 18th February**. If you have any time to spare and would like to collect for us please speak to Sue Crate at the centre.

At the end of last year we collected over **£600** at Sainsburys Chadwell Heath, which in gave us a total of nearly **£2000** from collections alone in 2015. This is a fantastic effort and a big thank you goes to Sue and all those who collected for us last year. If you can help at any of our future collections please speak to Sue Crate.

**Fundraising News**

- At the end of 2015 we received a fantastic £5000 from Santander as part of their Community Awards scheme. This money was awarded for our provision of exercise classes at the centre. We will be adding classes to the weekly timetable so please share your ideas with us for these and also please make sure you are taking part where you can!
- For Those In Need have continued to support us and donated £1000 for new ovens.
- Employees at Sainsburys Chadwell Heath have also donated £500 that they raised in store as part of our community partnership with the store.
- Customers and staff at The Prince of Wales pub continue to support us and donated £717.44 to the centre.

**New MS Groups**

The branch, along with colleagues at the MS Society, are working to develop a new group for people affected by MS which will look to provide support to people under

45. The next meeting of ELMS (East London MS) will be on **Wednesday 27th January at the [Pipe Major](#) pub/restaurant in Dagenham at 6.00pm - 8.00pm.** If you use Facebook, please join the [ELMS group](#) and also RSVP to the event [here](#). If you would like any more information on the group please speak to Tom or Julie.

### **New Carers Group**

We are also setting up a new Carer's Support group. The first meeting will be on Wednesday 10th February at the centre at 12.30pm to 2pm. Lunch and refreshments will be provided. The first meeting will involve a discussion on the purpose of the group and plans for future events. Please speak to Tom or Julie if you would like to come.

### **MS Society Grants Focus Group**

Following on from the meeting that took place at the centre in early 2015 regarding the MS Society's grants programme, a new group session will take place on Thursday 28th January at the centre at 1.30pm. Please see the leaflet for the event [here](#). There is a sign up sheet for this group in reception.

### **MS Nurse Drop-In Sessions**

Gill Goss, MS Nurse for Barking & Dagenham and Havering will be holding drop in sessions at the centre every month beginning on **Friday 19th February** from 9.30 till 12pm. This service is limited to residents of these two boroughs, however Redbridge residents can drop by to ask general questions.

Session dates after this will be: **Friday 18th March, Friday 15th April, Friday 20th May.**

### **New Central London MS Group**

An informal monthly social group in [St Stephens Tavern](#) beside Westminster station. Meet ups will take place monthly on the second Tuesday of the month. We are hoping to particularly to attract younger and recently diagnosed people who are still working and may not be able to attend existing branch activities but anyone affected by MS is welcome and people can just turn up. Please see [here](#) for more details.

### **Communications**

We will be trialing a new method of communications this year via SMS (text messaging). If we have your mobile number we will be able to send you reminders of classes, events and other pieces of information. If you would like to take part in this please give Tom your mobile number and he will add it to the database. We will endeavor to only send texts that we feel would be relevant to you, and it will not be passed on to any third party.

### **Volunteer Vacancies**

We are currently recruiting for a new transport manager. Details on this role can be found [here](#). If you are interested in this role please speak to Tom.

## Exercise Sessions

- **Sit, Stretch and Flex** - Our **free** chair based exercise session runs every Monday at 11am.
- **Boccia** - Every Tuesday at 11am and is **free**.
- **Yoga** - Seated yoga sessions run every Friday afternoon at 2pm. This is also a **free** session.

It is our aim to provide high quality and beneficial exercise sessions at the centre and we also strive to make sure these are as cheap as possible, if not free. We also make sure they are as accessible for everyone and all our instructors can adapt sessions for all abilities. **We encourage you to give them a try!** As mentioned earlier we also have money to add more activities so please come to us with suggestions.

## Therapies

- We currently have spaces for **Reflexology** (Tues and Thurs) and **Massage** (Mon, Tues and Thurs) both priced at **£15** per session. Please make bookings for these services with the therapists themselves.
- **Sian Dawson** our foot care specialist will next be attending the centre on **Tuesday 19th January** and bookings are currently being taken. If you do book and later need to cancel please ensure you let us know. Her next dates after this are: **Thursday 4th Feb, Tues 1st March, Thurs 7th April, Tues 3rd May**.

## Did you know???

**Did you know..... that you can now set up a regular direct debit that goes straight to the centre? Visit our page on [JustGiving](#) to find out more!**

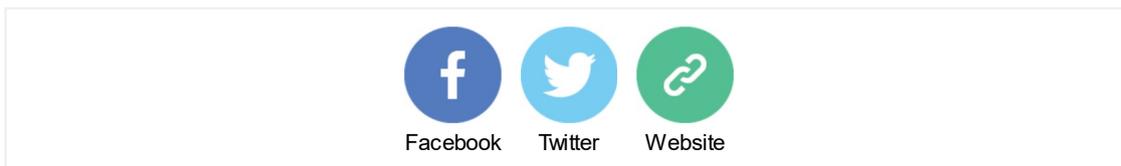
**Did you know..... that you can raise money for the centre whilst you shop online at no extra cost? Take a look at [EasyFundraising](#) to find out more. This site will give us cashback on purchases made online at participating retailers, such as Amazon, Argos, Next and many more. If you would like to take part and need more information speak to Tom or Judy at the centre who will help you through the process. So far EasyFundraising has raised over £11million for charities nationwide, so it really could help!**

**Did you know....that the branch has a Facebook page and Twitter account? Follow us [@msredbridge](#) and give us a 'like' on [Facebook](#).**

**Did you know....that the government can give an extra 25% on donations if that are eligible for gift aid. If you pay UK tax we may be eligible to claim on**

**donations you make to us. Please speak to Tom or John Harragan for more information.**

Also check out our new look website (big thank you to John Harragan for his work redesigning it). Just go to [www.msredbridge.org](http://www.msredbridge.org).



*Copyright © 2016 Redbridge MS Society, All rights reserved.*

You are receiving this email because you have given us your address to keep you informed with our activities.

**Our mailing address is:**

Redbridge MS Society  
237 Grove Road, Chadwell Heath, London Borough of Redbridge, United Kingdom  
Ilford, England RM6  
United Kingdom

[Add us to your address book](#)

[unsubscribe from this list](#)   [update subscription preferences](#)

