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Centre News

❖ Women Against MS Exercise Information day

On Saturday 22nd October Julie and Tracey attended this information day at MS National Centre in Cricklewood. They have reported back to us that it was a great day, very informative, and lots of fun.

The day kicked off with a talk from Erica Momcilovic, a physiotherapist. Erica pointed out all the benefits gained to your body and mind from exercise. Whilst a lot of what she said was common sense, it helped to reaffirm the importance in exercising your body and mind.

The second talk was from Sandie Tucker, a Method Putkisto instructor. Method Putkisto is an innovative, precise method of deep stretching, strengthening and breathing, enabling you to achieve in-depth improvements in your body shape for a leaner, youthful, trimmer body. Method Putkisto is known for its great results: it realigns, reshapes and redefines the body, step by step achieving the ultimate aesthetic body shape and freedom of movement - for the rest of your life! Julie and Tracey had a lot of fun taking part in the stretching activities Sandie brought to the session!

The final talk was from Pearl Howie, a Zumba instructor, specialising in Zumba Chair classes. Zumba is a dance fitness program created by Colombian dancer and choreographer Alberto "Beto" Perez during the 1990s. Zumba involves dance and aerobic movements performed to energetic music. The choreography incorporates hip-hop, soca, samba, salsa, merengue and mambo. This was a very lively session! Pearl was very enthusiastic and had all the crowd dancing in their seats! Again, Julie and Tracey had a lot of fun taking part in this activity and have come back with ideas in their heads of creating our own seated dancing activity! Watch this space!

❖ Secret Santa

In the October newsletter, it was announced that we are going to implement a Secret Santa this year. As Christmas is fast approaching, if you want to take part in this please ask a volunteer for further details. We need your name put in the pot as soon as possible so we know who is taking part. It is hoped that all of you will take part in this so that everybody will be getting a present on our last day before the Christmas break. Remember, if you put your name in it not only means you are buying someone a present but you will be receiving a present as well!

❖ Christmas Shopping Trip

With Christmas, and the Secret Santa, in mind, it has been suggested that we might offer a Christmas shopping trip for our members to Lakeside shopping centre. If this is something you think you might be interested in, please let us know ASAP so we can get the wheels in motion.

❖ Online Shopping

Do you do your shopping online? Are you aware of a website called easyfundraising.org.uk? Via this website you can help to fundraise for your chosen charity whilst doing your shopping from the comfort of your armchair. It doesn't cost you a penny extra. When you shop the Easyfundraising way with one of their 3,143 shops and sites, the shops give Easyfundraising a commission for your purchase. Easyfundraising turn that into a donation and give it to your good cause. Easy! Why not give it a go whilst doing your online Christmas shopping this year, and help to raise funds for your centre in the process?

❖ Rosemary and Thyme

Some of the most interesting and unique health benefits of ROSEMARY include its ability to boost memory, improve mood, reduce inflammation, relieve pain, protect the immune system, stimulate circulation, detoxify the body, protect the body from bacterial infections, prevent premature aging, and heal skin conditions.

The flowers, leaves and oil of THYME are commonly used by people for the treatment of bedwetting, diarrhoea, stomach ache, arthritis, colic, sore throat, cough (including whooping cough), bronchitis, flatulence and as a diuretic (to increase urination).

As well as the health benefits, rosemary and thyme are also great to cook with; who doesn't like a lovely roasted thyme chicken, or roasted rosemary potatoes?! We have rosemary and thyme growing in our garden. Please feel free to help yourself to a bunch or 2 of each of these home-grown fresh herbs. Please ask a volunteer if you need assistance.

Health Benefits of Rosemary



Nutrients* Dietary Fiber 56%, Fat 9%, Calories 7%, Protein 7%

Vitamins* Vitamin A 58%, Vitamin C 36%, Folate 27%, Vitamin B6 17%

Minerals* Manganese 48%, Iron 37%, Calcium 32%, Magnesium 23%

Rich in antibacterial and anti-inflammatory properties

Rich in anti-aging properties

Boosts immune system and memory

Gives naturally fresh and clean breath

Helps in regulating bowel movements and gastrointestinal system

Caution: May cause mild allergic reactions

*% Daily value per 100g. For e.g. 100g of rosemary provides 56% of daily requirement of dietary fiber.

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Health Benefits of Thyme



Nutrients* Dietary Fiber 56%, Protein 11%, Carbohydrate 8%, Calories 5%

Vitamins* Vitamin C 267%, Vitamin A 95%, Riboflavin 28%, Vitamin B6 17%

Minerals* Iron 97%, Manganese 86%, Calcium 41%, Magnesium 40%

Aids in curing respiratory ailments such as bronchitis, chronic asthma or seasonal allergies

Beneficial in improving vision

Improves blood circulation

Provides relief from stress

Aids in improving heart health

Boosts immune system

Rich in anti-fungal and antioxidant properties

Caution: Avoid excess intake if suffering from sensitive stomach as that may cause gastrointestinal distress

*% Daily value per 100g. For e.g. 100g of thyme (fresh) provides 97% of daily requirement of iron.

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❖ New Flyers

Thanks to our member, Dan Marucci, we now have new, updated centre flyers. Dan has done a very professional job and we are very grateful to him for helping us. The flyers are a great advert for your centre, and we would like you all to help us distribute them further afield than here at the centre. Please ask a volunteer for a handful of them, then take them out and distribute them! If you have a friendly shop owner, or you have a doctors or hospital appointment, or someone who knows someone else with MS, please hand a flyer out! The more your centre is advertised and known about the more your centre could get used. This in turn means more revenue for your centre and the longer we will be here to serve you.

❖ Sit Stretch & Flex and Boccia

We are pleased to announce we will now be running 2 Sit Stretch & Flex sessions. These sessions will be on Monday mornings, from 11am to 12pm, and Tuesday afternoons, from 12.15pm to 1pm. This is a free activity, so if you haven't tried it yet what's stopping you?!

Boccia will now be played on Thursday mornings, from 11am to 12pm. This is a fun, competitive game which a lot of our members enjoy playing. Again, this is a free activity, and we are hoping you'll all get involved and have a bit of competitive fun!

We will be running the Boccia activity ourselves in future. In the past we have had a Boccia instructor from Barking and Dagenham council coming to the centre to run the activity. It has now been agreed between the council and ourselves that we can loan the equipment (for free) from the council and we are no longer in need of the instructor.

❖ New Cooker

Our new cooker is now fully installed and up and running. Our thanks go to Dan Kingswood, the electrician who donated his time and labour, ensuring we were prepared and ready for the installation, and installed the cooker for us.

<u>Centre Activities</u>	<u>Upcoming Events</u>
<ul style="list-style-type: none">• Sit, Stretch & Flex - Mon 11am-12pm Tues 12.15pm-1pm• Music Appreciation - Mon 10.30am-11am• Card Craft - Tues 2pm-3pm• Bingo - Tues 11.30am -12pm Thurs 12pm-12.30pm• Bocchia - Thurs 11am-12pm• Yoga - Thurs 2pm-2.45pm	<ul style="list-style-type: none">• Brick Lane Theatre - Friday 2nd December• Table Top/Bazaar - Saturday 19th November• Quiz Night - Saturday 26th November

<u>Birthdays</u>	<u>Special Thanks</u>
<ul style="list-style-type: none">• Peter Lynch - 17th November• Ramesh Rajani - 27th November	<ul style="list-style-type: none">• Dan Kingswood• Dan Marucci• Women Against MS https://www.facebook.com/Women-Against-MS-London-UK

In Lorna's Words

Hello All, whether member or volunteer. New activities are being planned and implemented, and I ask is that you embrace these activities and try something new, bring ideas, help us out, support fundraisers which raise money to keep your centre running. Just please help me to take this centre forward and survive for the next 25 years. Come on, please show us your support!

We have a challenge ahead of us and I ask is that you embrace my changes and additions. Remember I am only here because of you and for you. Are you coming to the Bazaar/Table top event on 19th November? June has put a lot of work into organising this. Please speak to a volunteer for more information. And how about our Quiz night on the 26th November, are you coming? And we must not forget Christmas dinner on 10th December, a time for us all to come together. If you haven't already done so, please book you place now.

As you will have noticed activities such as Card Craft and Boccia have been held in the main hall over the last few weeks and I feel this is working well as more people are getting involved with these activities. If, however, you find it too noisy then please make use of the conservatory which has comfy chairs, warmth, a radio, puzzle table, magazines, and space for wheel chairs. Dr Jestico is currently trying to raise funds to have the conservatory extended so please bear with us.

As from late November we are hoping to introduce Art classes for all to enjoy whether you just look or participate. I will update you as soon as I have confirmation of dates.

Chair exercise is now on a Monday and Tuesday, so please if you have not already tried this just give it a go.

As you may know, we have had difficulty in providing the centre with an MS Nurse. We initially had this set for Friday's in the hope that more centre users would come in on this day, but this is not happening. So, as from January 2017, Gill Goss, our MS Nurse, will come in on the last Thursday of every month, starting Thursday 26th January from 09.30am. She will be able to offer you advice and support on any concerns you may have. I know this is early notice but I want you all to know that as from January 2017 this will be a regular service, so please use it.

Please see the notice board in the main foyer for the updated weekly timetable of activities at the Centre.

I hope you have a fantastic Halloween and If you are going to firework displays please stay safe and wrap up warm. I will speak to you all again in December.