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Centre News

❖ Table Top Sale/Bazaar

Saturday 19th November was our table top sale/bazaar, and what a great day it was! We had a full sell-out of tables. Our dedicated volunteers arrived early on Saturday morning to get the hall arranged, tables in position and stocked, cakes baked and decorated. By the time the doors opened at 12pm the room was buzzing!

The 8th Goodmayes Scout group played a big part on the day. The parents and helpers of the scouts/group very kindly donated a massive amount of authentic foods and cakes. And not only did they donate the food but they spent the day selling it, with all proceeds coming to the centre. They also volunteered helpers in the kitchen, helping to sell teas, coffees and cupcakes. In total the group raised and donated £480. A huge thank you goes to the scouts, parents and helpers of the 8th Goodmayes Scouts group!

On the day, the total raised was £1014. We owe 2 of our volunteers a massive thank you for their dedication and help. June Lynch and Sue Crate worked extremely hard to get this event up and running, and without their help it's very likely that the event wouldn't have taken place. Thank you, ladies.

❖ Quiz Night

Saturday 26th November was our ever-popular quiz night. As usual, the night was fully attended and was a fun night for all involved. The winners on the night were table 6, Hilary Kissin's group. Congratulations to you all..! The event raised £1022.

Thank you to Sue Crate and June Lynch for working hard to organise this event and get it up and running. Thank you to Angelo Jestico for providing the challenging and fun quizzes and

questions. Thank you to Judith Freedman for working extremely hard behind the scenes and managing to provide us with some excellent donated raffle prizes. And, last but not least, thank you to Pam Crate for very kindly donating all the food and refreshments on the night. Your kindness and generosity, Pam, has not gone unnoticed.

❖ Dennis Rose

It is with a heavy heart that we must inform you of the very sad passing of Dennis Rose. Dennis was an integral part of the Marjorie Collins centre for many years, and he will be very greatly missed. Our sympathies go to Carol, Sarah, Rob and Chloe.

Dennis's funeral is on Thursday 8th December and 1.15pm at the City of London cemetery. The centre will be sending a wreath. If you would like to make a contribution towards the wreath please see Sue or June to give your donation.

❖ The Importance of Drinking Water

To function properly, all the cells and organs of the body need water. It is also used to lubricate the joints, protect the spinal cord and other sensitive tissues, regulate body temperature, and assist the passage of food through the intestines.

Although some of the water required by the body is obtained through foods with a high water content - soups, tomatoes, oranges - the majority is gained through drinking water.

During every day functioning, water is lost by the body, and this needs to be replaced. It is noticeable that we lose water through activities such as sweating and urination, but water is even lost when breathing.

Drinking water, be it from the tap or a bottle, is the best source of fluid for the body.

The recommended amount of water to be drunk per day varies from person to person, depending on factors such as how active they are and how much they sweat. There is no universally agreed upon amount of water that must be consumed daily, but there is a general level of consensus as to what a healthy amount is. According to the Institute of Medicine(IOM), an adequate intake for men is approximately 13 cups (3 litres) a day. For women, an adequate intake is around 9 cups (2.2 litres).

Every day, the kidneys filter around 120-150 quarts of fluid. Of these, approximately 1-2 quarts are removed from the body in the form of urine, and 198 are recovered by the bloodstream. Water is essential for the kidneys to function. If the kidneys do not function properly, waste products and excess fluid can build up inside the body.

Untreated, chronic kidney disease can lead to kidney failure, whereby the organs stop working, and either dialysis or kidney transplantation is required.

Urinary tract infections (UTIs) are the second most common type of infection in the body and account for around 8.1 million visits to health care providers in the U.S. every year.

If infections spread to the upper urinary tract, including the kidneys, permanent damage can be caused. Sudden kidney infections (acute) can be life-threatening, particularly if septicaemia occurs.

Drinking plenty of water is one of the simplest ways to reduce the risk of developing a UTI and is also recommended to those who have already developed a UTI.

Dehydration - using and losing more water than the body takes in - can also lead to an imbalance in the body's electrolytes. Electrolytes, such as potassium, phosphate, and sodium, help carry electrical signals between cells. The levels of electrolytes in the body are kept stable by properly functioning kidneys.

When the kidneys are unable to maintain a balance in the levels of electrolytes, these electrical signals become mixed up, which can lead to seizures, involving involuntary muscle movements and loss of consciousness.

In severe cases, dehydration can also result in kidney failure, a potentially life-threatening outcome. Possible complications of chronic kidney failure include anaemia, damage to the central nervous system, heart failure, and a compromised immune system.

❖ Dates to Remember

Our last day before Christmas is Thursday 15th December. We reopen on Tuesday 3rd January. We hope you all have a very merry Christmas and a Happy New Year!

❖ Redbridge Voluntary Care

Have you heard of Redbridge Voluntary Care?

Redbridge Voluntary Care is a good neighbour scheme started in 1973 offering help to any resident of the London Borough of Redbridge regardless of race, religion and age.

Redbridge Voluntary Care has about 130 volunteers (all CRB checked) with no paid staff. Most volunteers are retired although some are still at work and offer weekend help only.

Volunteers visit lonely and housebound people, deal with correspondence for the partially sighted and try to relieve carers by sitting with the sick or elderly while the carer has a little time off. Their volunteer handymen shift furniture, fix locks and assist with all the little jobs normally done by a handyman at home. Where appropriate, people are taken to hospital or clinic, to the doctors, dentist or opticians. Escorts can also be provided to accompany elderly, disabled or infirm.

Look for their fliers in and around our reception.

Centre Activities

- 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

Upcoming Events

- Brick Lane Theatre - Friday 2nd December
- Christmas Dinner/Party - Saturday 10th December

Birthdays

- Milly Chakraborti – 5th December
- Gerry Gillan – 17th December
- Michael Vecchione – 18th December
- Dell Lynch – 21st December
- Lorna Lawrence – 25th December

Special Thanks

- 8th Goodmayes Scouts
- Sue Crate
- June Lynch
- Judith Freedman
- Angela Jestic

In Linda's Words

Linda Summers has very kindly provided 2 poems for us....

If You Could Live in My Body

Just for a day,
Maybe you wouldn't think
That I feel ok,
You might understand
What it's like to be tired
By just trying to live
Just doing what's required
If you could live in my body
You might begin to see
That a simple drug
Won't set me free.
If you could live in my skin
You'd learn to understand
That it's not in my head
Nor was it planned
I don't want your pity
Or make you resent
But I don't need to apologise
Or have your consent
I'm sick and I'm tired
Every single day
And it won't help to ignore it
So, listen when I say
It helps when I relax
With a friend and some tea
You can't understand
But please believe me.

By, Beth Turner

A Poem For Lorna

Please let me tell you
About our new manageress
Motivated, dedicated
Wholeheartedness no less.

She welcomes everybody
With a smile on her face
Yet deals with many problems
With decorum, style and grace.

She is always very busy
But still gives her time to all
She makes our members happy
No wonder they think she's cool.

For new ideas to raise money
She constantly racks her brain
Her enthusiasm is contagious
And our centre is buzzing again.

Her hard work has been noted
And does this with no fuss
So, Lorna I'd like to thank you
From every one of us.

By, Linda Summers