



In this issue:

- Centre News
- Centre Activities
- Upcoming Events
- Birthdays
- Special Thanks

Welcome to our first newsletter of 2017. We hope you had a good Christmas and New Year, and have recovered from the holiday festivities!

### Centre News

#### ❖ Group Coordinator

The role title of chairman has changed to Group Coordinator. The term of our current chairman, Dr John Jestico, ends at the end of March 2017, and we are now taking applications for interview for the position of Group Coordinator. If you would like to see the role description, please talk to Lorna. If you feel you, or someone you know, could fill this role please submit your application by the 28th February 2017. Interviews will take place on 13<sup>th</sup> March 2017.

#### ❖ Our First Fundraiser of 2017

Don't forget our first fundraiser of the year - Saturday 18<sup>th</sup> February - Valentine's Night Spectacular! Please support this event. Transport is available if you have no means of getting here. Spaces are limited so let us now ASAP should you wish to use our transport service on the night.

### ❖ Mobility Fair

We have a Mobility Fair, exhibiting new and existing mobility aids, on Thursday 23<sup>rd</sup> February from 9am.

### ❖ Foot Clinic

We now have a foot clinic available every Thursday. If you need to attend the clinic but you are unable to come to the centre, the chiropodist will come to your house.

### ❖ MS Nurse

Our MS nurse, Gill Goss, will be available to see you at the centre on the last Thursday of every month. No appointment necessary.

### ❖ Holiday

We are hoping to have a centre users holiday this year. We are aiming to have a long weekend away, with as many of you as possible! This is still very much in the 'hoping' stage, and depends on knowing how many of you would be interested. If this is something you think you would be interested in, please leave your interest, along with any comments or suggestions, in the comments box. The comments box is situated in reception, on the table along with the sign-in book. Once we have an idea of how many people have registered interest we will start to look at where to go and when. Watch this space for more details!

### ❖ Pat Jones

It is with great sadness that we have to inform you of the passing of one of our original members and fundraisers, Pat Jones. Pat was a volunteer at the centre from the very beginning. Together, Pat and Marjorie Collins opened the doors to the centre 25 years ago. Pat was a volunteer nurse, she cooked, and worked tirelessly fundraising for the centre.

### ❖ Madeline Claeys

It is with a heavy heart that we must inform you of the very sad passing of Madeline Claeys, Maddy to her friends, just before Christmas. Maddy was a long serving member of the Marjorie Collins centre, and she will be very greatly missed. Our condolences go to Maddy's family and loved ones.

## ❖ Vitamin D

The two main ways to get vitamin D are by exposing your bare skin to sunlight and by taking vitamin D supplements. You can't get the right amount of vitamin D your body needs from food.

The most natural way to get vitamin D is by exposing your bare skin to sunlight (ultraviolet B rays). This can happen very quickly, particularly in the summer. You don't need to tan or burn your skin to get vitamin D. You only need to expose your skin for around half the time it takes for your skin to turn pink and begin to burn. How much vitamin D is produced from sunlight depends on the time of day, where you live in the world and the colour of your skin. The more skin you expose the more vitamin D is produced.

You can also get vitamin D by taking supplements. This is a good way to get vitamin D if you can't get enough sunlight, or if you're worried about exposing your skin. Vitamin D3 is the best kind of supplement to take. It comes in several different forms, such as tablets and capsules, but it doesn't matter what form you take, or what time of the day you take it.

Different organizations recommend different amounts of vitamin D supplement to take each day. The Vitamin D Council recommends taking larger amounts of vitamin D each day than other organizations, because smaller amounts aren't enough to give you what your body needs. Most people can take vitamin D supplements with no problems. However, if you have certain health problems or take certain medicines, you may need to take extra care.

Your body gets most of the vitamins and minerals it needs from the foods that you eat. However, there are only a few foods that naturally contain any vitamin D. Most foods that contain vitamin D only have small amounts, so it's almost impossible to get what your body needs just from food. Foods that include vitamin D are:

- Fatty fish, like tuna, mackerel, and salmon
- Foods fortified with vitamin D, like some dairy products, orange juice, soy milk, and cereals
- Beef liver
- Cheese
- Egg yolks.

## ❖ New Driver

We have a new volunteer driver, Phillip Tyler. Phillip works as a home delivery driver for Tesco. He has accepted the role of one of our transport drivers, and we welcome him.

❖ Redbridge College Volunteers

We have a constant flow of volunteers coming from Redbridge college, who are here on 40 hour placements as activity volunteers. This is now on a continuous basis and we hope you will embrace the activities they will bring to the centre.

<u>Centre Activities</u>	<u>Upcoming Events</u>
<ul style="list-style-type: none"> <li>• Sit, Stretch &amp; Flex - Mon 11am-12pm Tues 12.15pm-1pm</li> <li>• Music Appreciation - Mon 10.30am-11am</li> <li>• Card Craft - Tues 2pm-3pm</li> <li>• Bingo - Tues 11.30am -12pm Thurs 12pm-12.30pm</li> <li>• Bocchia - Thurs 11am-12pm</li> <li>• Yoga - Thurs 2pm-2.45pm</li> <li>• Foot Clinic - Thurs 1pm-3pm</li> </ul>	<ul style="list-style-type: none"> <li>• 18<sup>th</sup> February - Valentine's Night Spectacular!</li> <li>• 25<sup>th</sup> March - Mothers Pamper Day</li> <li>• 8<sup>th</sup> April - Easter Egg Hunt</li> <li>• 22<sup>nd</sup> April - St. George's Day Celebration!</li> <li>• Starting in March, each Thursday evening on the month there will be a different event on - <ul style="list-style-type: none"> <li>Support Group</li> <li>Carers Night</li> <li>Ladies Night</li> <li>Gentleman's Night</li> </ul> </li> </ul>

<u>Birthdays</u>	<u>Special Thanks</u>
<ul style="list-style-type: none"> <li>• Janet Weatherill - 9<sup>th</sup> February</li> <li>• Angela Jestico - 14<sup>th</sup> February</li> <li>• Mary Colburn - 15<sup>th</sup> February</li> </ul>	<p>To <u>ALL</u> the volunteers here at the centre, for all your hard work throughout 2016, and your continued support throughout 2017.</p>

## **DIRECTORY**

### **MS Society**

MS National Centre  
372 Edgware Road  
London NW2 6ND  
020 8438 0700

### **National MS Helpline**

0808 800 8000

### **Membership**

0300 500 8084

[supportercare@mssociety.org.uk](mailto:supportercare@mssociety.org.uk)

### **Contact DWP**

#### **General information**

Telephone: 0345 850 3322  
Textphone: 0345 601 6677  
Monday to Friday, 8am to 6pm

#### **DWP - Personal Independence Payment claims**

Telephone: 0800 917 2222  
Textphone: 0800 917 7777  
Monday to Friday, 8am to 6pm

### **Dagenham Citizens Advice**

339 Heathway  
DAGENHAM  
Essex  
RM9 5AF

<http://www.bdcab.org.uk>

020 8594 6715

020 8507 5969

### **Barking Citizens Advice**

Barking Learning Centre 2 Town Square  
BARKING  
Essex  
IG11 7NB

<http://www.bdcab.org.uk/>

020 8594 6715

020 8507 5969

### **Redbridge Citizens Advice**

Broadway Chambers 1 Cranbrook Road  
ILFORD  
Essex  
IG1 4DU

<http://www.citizensadvice.org.uk/redbridge>

0208 514 1878 (for general enquiries only  
- not an advice line)

### **Newham (East End) Citizens Advice Bureau**

20 Freemasons Road  
LONDON  
E16 3NA

<http://www.eastendcab.org.uk/>

0208 525 6377

## **SUPPORT GROUPS**

### **Asian MS**

A national support group for Asian people with MS, their carers, friends and family.

[asianms@mssociety.org.uk](mailto:asianms@mssociety.org.uk)

### **Mutual Support**

For serving and ex-serving members of the Armed Forces and Reserves affected by MS, their dependants and carers.

[support-team@mutual-support.org.uk](mailto:support-team@mutual-support.org.uk)

### **Women Against MS**

Confidential support and advice for women who have MS, their carers, families, friends and employers. Currently holding two information events a year

[info@womenagaistms.org.uk](mailto:info@womenagaistms.org.uk)

020 8542 1712

## CLASSIFIEDS

### **Accessible caravan**

The North Surrey group has a two-bed accessible caravan with full veranda and wheelchair ramp access available for holiday hire based at Church Farm in Pagham, West Sussex.

The Rio Willoughby is a comfortable and stylish caravan specifically designed with the needs of wheelchair users in mind. It has a spacious lounge/diner, a kitchen with lowered work surfaces, a bathroom with walk-in shower and two bedrooms.

Church Farm is a 5\* Haven site with a great entertainment schedule and two swimming pools. For further information, please email [mscaravanpagham@hotmail.co.uk](mailto:mscaravanpagham@hotmail.co.uk)

### **Holiday lodge**

The North Norfolk group run a Holiday Lodge at Burgh Castle, near Great Yarmouth, Norfolk, for people with MS, families and carers. The lodge sleeps six with a bed-settee in the lounge, a twin room with en-suite shower and a double room with overhead hoist running into wet room.

The cost is from £300 - £600 per week from Saturday to Saturday for 6 people, and includes all passes for Park.

For Park amenities please visit [www.parkdean.com](http://www.parkdean.com). For availability ring Dave on 07793414874 or email [dandm4sc@btinternet.com](mailto:dandm4sc@btinternet.com).

### **Holiday lodge and bungalow**

The Bexley & Dartford group have a holiday lodge for people with MS and their families at Shorefield Holiday Village, Milford on Sea, near Lymington, Hampshire. The lodge is fully adapted for disabled people and wheelchair users, and has a master bedroom with en-suite shower room and hoist, a twin room, bathroom, and lounge/kitchen area with sofa bed.

The group also have a detached two-bedroom bungalow at Eastbourne, Sussex, on a peaceful private estate close to Sovereign Harbour. Fully equipped (no fixed hoist) for people with MS and their families and furnished for 4/6 people.

For enquiries or bookings for both properties, please contact the Bexley & Dartford group on 0208 306 7050 or email [bexley@mssociety.org.uk](mailto:bexley@mssociety.org.uk)

### **Accessible caravan**

Norwich & District group has a two-bedroom accessible caravan for hire at Haven's Hopton Holiday Village which is 5 miles from both Great Yarmouth and Lowestoft, Suffolk with a brilliant sea view. For park amenities please visit [www.haven.com/hopton](http://www.haven.com/hopton)

The cost is from £200-£400 per week Friday to Friday for 6 people, which includes passes for the leisure facilities. For availability or further information, please ring 01603 488561 or email [mscentrenorwich@gmail.com](mailto:mscentrenorwich@gmail.com)

### **Holiday flat**

The Clydebank group has a two-bedroom ground floor flat which sleeps up to five people in the beautiful town of Largs on the West coast of Scotland, for people with MS, families and carers. Along the street from the famous Nardini's ice cream parlour the flat has a wet room and access to a small enclosed back courtyard.

The cost is from £150 per week. For amenities in Largs please visit [www.largsonline.co.uk](http://www.largsonline.co.uk). For availability contact the group on 07804 864 936 or [clydebank@mssociety.org.uk](mailto:clydebank@mssociety.org.uk).