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Centre News

❖ Valentines Night Spectacular!

What a great night! With the table game, the DJ, the yummy fish & chips, and the bubbly flowing all night, it was a great success! Everybody who came went home happy and smiling. So happy in fact, they were still talking about it the following week!

Special thanks is deserved to our lead driver volunteer, Martin Stolworthy. Martin took time out on the night of our fundraiser, do pick up and drop off our members who didn't have transport and would not have been able to attend the night. Thank you Martin, you are a valued member of our volunteer team.

Flag Day

Flag day is the only day of the year that Charities can go out onto the streets and collect much needed funds . This year Flag Day is in June, date to be confirmed. If you could spare a few hours to support us with this please let Lorna know. The more collection pots we have out there the more funds we can raise for the centre.

Volunteering

We currently need a cook to join our team of volunteers, if you know someone who could help us on a Tuesday and/or Thursday please let Lorna Know. We also have vacancies in Transport and Property.

Lunch Survey

We are in the process of completing a Centre Users Lunch Survey, you will see our Volunteers from Redbridge College coming round the centre to complete these, please support them, we will then endeavour to fulfil your requests.

Fundraisers

Our next two fundraisers are Pamper Day on 25/03/17 and our Easter Egg Hunt on 08/04/17. We need beauticians, beauty products, flowers and even luxury items to sell on the day for our Pamper Day and Easter eggs for the Easter Egg Hunt. If you can help in anyway please see June, Tracy or Lorna.

❖ Holiday

We are still 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!

<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">• 25th March - Mothers Pamper Day• 8th April - Easter Egg Hunt• 22nd April - St. George's Day Celebration!• Starting in March, each Thursday evening on the month there will be a different event on - Support Group 23/03/17 Carers Night

<ul style="list-style-type: none"> • Foot Clinic - Thurs 1pm-3pm 	<p>Ladies Night Gentleman's Night</p>
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<p style="text-align: center;"><u>Birthdays</u></p> <ul style="list-style-type: none"> • David Lezer - 1st March • Wendy Barzotelli - 18th March • Denise Hatton - 19th March • Ron Berger - 29th March 	<p style="text-align: center;"><u>Special Thanks</u></p> <p style="text-align: center;">To each and every one of our Fantastic volunteers who keep the centre running each and every day</p>
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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

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

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

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

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

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. For availability ring Dave on 07793414874 or email 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

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

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

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. For availability contact the group on 07804 864 936 or clydebank@msociety.org.uk.