

The Majorie
Collins Centre



Redbridge
Branch



TEAMSPIRIT COVER GIRLS MARCH 2017

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Our volunteers Julie and Tracey have made it all the way to the front cover of the MS Society's national Magazine, Team Spirit

Centre News

PAMPER YOUR MOTHER'S DAY

Despite being let down at the last minute by our hairdresser/make-up lady, our volunteers all pulled together and the day was a success! There wasn't a massive turn out but those that came thoroughly enjoyed their day, and everybody left with a smile on their faces!

A massive Thank you to the volunteers who came on the day and to those who worked behind the scene giving their help and support to the day.

NEWLY DIAGNOSED SUPPORT GROUP

March saw the start of our monthly support groups, the first one being for newly diagnosed people. Despite posters being sent to all GP surgeries and hospitals in the area, and the evening being advertised all over social media, we had zero attendance on the night. We are very hopeful that this is just because it's a new group and word hasn't filtered out far enough yet. We will continue to run the group, the next one being on the 20th April. Many thanks to our MS specialist nurse, Gill Goss, for coming along on the night to offer help and support to those who might have needed it.

📅 THURSDAY EVENINGS

As from Thursday 27th April 17 Lorna will be holding a drop in Evening from 18.00-20.00 This Evening will be for Newly Diagnosed, Carers, Under 40,s, Ladies , Gents, family and friends. We will just see how it goes and structure the group to meet demand. If you want advice, support or just to socialise this is the night to do it. Hope to see you there .

📅 FUNDRAISING

We are asking for our members to bring in any old stamps. Foreign coins, or old gold/silver that you no longer want. We have a volunteer who is in contact with an antiques dealer who can give us a good price for your unwanted items.

📅 BARBARA MILLER

It is with great sadness that we must inform you of the sudden passing of our much-loved member, Barbara. Barbara made many good friends over the years of her coming to the centre, and she will be greatly missed.

Our condolences go to Barbara's husband, Bernard, and to her family and loved ones. Barbara's funeral is on Thursday 6th April @ 3PM @ Upminster Cemetary Chapel. If you would like to attend we are taking a minibus. Please let us know by 16.00 Tuesday 4th April, there is a buffet tea after at The Huntsman and Hounds, Okendon Road RM14 2DN

📅 FRED SMART (OUR HANDYMAN)

We have received the sad news that Fred has now retired permanently and will no longer be Volunteering at our centre. Fred has been our handyman for many years, and has worked selflessly helping us on many projects, as well as general maintenance around the centre. I'm sure you will agree with us when we say Fred will be greatly missed , we hope he wont be a stranger.

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 -Tuesdays & Thurs 13.30pm-14.30pm
- 📅 Yoga - Thurs 2pm-2.45pm
- 📅 Foot Clinic - Thurs 1pm-3pm

Upcoming Events

- 📅 8th April - Easter Egg Hunt
- 📅 22nd April - St. George's Day Celebration! (Ticket Entry Only)
- 📅 20th April - Support Group
- 18th May - Cake Break
- 27th May - Quiz Night (Don't Forget to book your Table)
- To Be Confirmed - Clairvoyance Evening (watch out for dates)

Birthdays

- 📅 Janet Berger - 4th April
- 📅 Gary Kempner - 28th April
- 📅 Hazel Marsden - 3rd April
- 📅 Christine Smith - 27th April

Special Thanks

To Robert Tyler for supplying us with a new lawn mower , strimmer, hedge cutter and leaf blower very much appreciated. A Massive thanks to each and every volunteer for your continued support and dedication to our centre.

Tesco's gets a special thanks too for their kind donation to our Easter Egg Hunt which Phil Tyler kindly organised. Keep up the fantastic work everyone .

📰 NATIONAL CENTRE NEWS

Celebrating our volunteers

As part of our new Volunteering Strategy and our continued goal to provide a great volunteering experience, we want to ensure our volunteers feel valued, recognised and rewarded. This year we're looking to create new ways of saying thank you and recognising the effort, dedication and support of our volunteers.

We currently have a few ways to celebrate volunteers, including our Shining Star Award and yearly MS Society Awards. In addition to these, groups can also print certificates using Web to Print to recognise volunteers at a local level.

We'd like to hear your thoughts on how we thank our volunteers currently, both centrally and locally, and your ideas on how we could expand and improve how we do this. Please take a few minutes to complete this quick online survey by 10 April, and please share with other volunteers. The survey is available at:

surveygizmo.com/s3/3357041/Volunteer-Recognition-Feb-2017

Your answers will help shape a discussion session at one of our next Volunteer Forums.

Grants update

The Health and Wellbeing grant (which replaced the Individual Support and Short Breaks and Activities grants) has now been running since the start of January.

Why the changes and what's different?

The ongoing changes in social care, particularly the cuts in services and funding, have had an impact on people with MS and their carers, resulting in increased demands on charitable funding. For this reason, our 2016 grants review recommended that our grants awards should shift away from offering a limited range of 'items', towards allowing applicants to apply for a wider variety of things, that they feel will make a high and lasting impact on their health and wellbeing. For this reason, the new application form asks for less financial information and more about the impact the grant will have on the individual's health and wellbeing in a range of ways.

How is decision making different?

Grant requests for over £500 are now decided in a bi-monthly National Grants panel meeting. The first meeting was held on 8 February and 50 applications were considered. The next National Grants panel is on 8 April, and the closing date for applications to be considered on that date is 27 March. A full list of panel dates for 2017 can be seen at

mssociety.org.uk/grants

Health and Wellbeing small grants

For grant requests under £500 we aim to give applicants an outcome within three weeks of receiving their application. As always, we continue to work with groups to fund grants, and we thank those groups we've worked with so far this year for their ongoing commitment to supporting people in their local area.

Ready for your close up?

As we continue to update and create new information resources, we need more pictures of people affected by MS to use in our booklets. Would you like to be photographed? We're looking for a wide range of people with MS as well as family, carers and friends ... even pets! No travelling is involved - we'll come and take the pictures in your home.

Steph, cover star for our new-look Just diagnosed and Speech difficulties booklets said: "After my diagnosis I discovered the MS Society is in need of people to spread the word. Offering your story offers an insight into the world of the everyday MSer, and shows we aren't alone. It's given me the confidence to talk openly about my MS, its symptoms and treatment. Volunteering for the MS Society to be photographed was a great experience. It's fun and light-hearted!" If you're interested in being involved or would like to know more, please do get in touch on the details below.

Updates

We've updated three of our information booklets. These are now A5, in the new brand format:

 Benefits and MS

 Social care: getting support from your council (England version)

 Social care: getting support from your council (Wales version)

These are all available to order from our online shop.

Contact: Information Resources team

shop@mssociety.org.uk

020 8438 0999

Direct marketing update

advances

Many members will have received the January edition of our supporter magazine, advances. We hope you all enjoyed reading the magazine. Thanks to everyone who donated to advances, we've so far raised an amazing £40,500!

Gift Aid

This month some members and supporters will receive a Gift Aid letter and form. Confirming Gift Aid status is vital for us to maximise the impact of donations from our supporters and members, at no extra cost to them. Please encourage your members to return their Gift Aid forms if they receive one.

Spring raffle

Responses have been coming in from our recent raffle mailing. There's still time to play for a chance to win one of 20 great prizes, including our fantastic £4,000 first prize! Play online at

raffleentry.org.uk/mssociety or return your tickets by Friday 28 April. We're aiming to raise £140,000 from this raffle to support our vital work.

April appeal

The next appeal we send out will be based on research we're funding with the International Progressive MS Alliance, of which we're one of six managing members. It will be landing with supporters at the end of April. This is a network of MS charities from around the world that are united to achieve one key goal: to speed up the development of treatments for progressive MS.

Contact: Supporter Care

supportercare@mssociety.org.uk

0300 500 8084

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**](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**. 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@mssociety.org.uk**.