



## Redbridge Group

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### Cake Break

We held our annual cake break on **Thursday 18<sup>th</sup> May 2017**. We had a selection of homemade cakes made by volunteers and donated by The eggless Cake Company. We raised £120 on the day so thank you to everyone who supported us and helped us raise vital funds for the running of our centre.

### Flag Day

On Saturday 3<sup>rd</sup> June we took part in Flag Day, the only day of the year that Selected Charities are issued with a permit by the Metropolitan Police to enable charities to hit the streets to collect donations. Thank you so much, Jenny and Richard Drage, Tracy and Marion Martin who all collected at Sainsbury's Chadwell Heath. Jo and Angelo Gagliano, Daniel Marucci who collected at O, Gradies, Seven Kings, Tom and Mary Colburn who collected at Marks and Spencer's, Ilford, Linda Summers who collected at Forest Road Farm Shop. We collected £762.53 in total so a massive well done.



Our next collection date is 4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup> August 2017 at Waitrose, Woodford Green. If you would like to be a collector please see Lorna

**Our next Fundraiser is ' Race Night' on Saturday 17th June @ 19.00 , if you haven't booked yet come on, this is a notoriously good evening and tickets are selling fast.**

**Please show your support**



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.

We are holding a boot sale in August so please if you have anything to donate start bringing it into the centre now so we can be prepared.

Quiz Night - We have a new date for our famous quiz night 30/09/17 hosted by Angela Jestico. So Please pop it in your dairy and book your table early .

### **Day Trips**

**We have a trip planned to Southend on Friday 16<sup>th</sup> June, if you would like to attend please see June or Del.**

**Our next Boat Trip is on Friday 23<sup>rd</sup> June again if you wold like to go please see Del**

### **Centre News**

- Craft Sessions - Tuesday's. This class has been running for years, centre users make cards to sell for the centre. Gill Fitzmauricel delivers these classes and has done since the beginning. Numbers are dwindling so if you would like to try your hand at something new then please let Gill know so she can bring in enough materials for you. If we don't increase numbers then we may loose this class.
- On Tuesday 6<sup>th</sup> June we were visited by Claire Hawthorn who most generously donated £1,600 to the Marjorie Collins Centre. Claire,s sister, Pauline Connolly (who volunteers here) has MS so, she decided to raise money for us by holding a charity Golf Tournament at North Middlesex Golf Club. This money will help towards the cost of installing air con

into the main hall to make it a more comfortable area during the warmer months. Many Thanks Claire.

### £5.00 notes

As you all know the old £5.00 are no longer legal tenure from next week. If you are stuck with some please bring them into the centre and we will change them for you .

## Drop In Day

### Monday's 9am-9pm

Last Month we advertised that Drop in Day would be on a Thursday. We have changed this day to Monday's. The Centre will be open for you to drop in between 9am and 9pm, whether you want Support, information, a chat, advice, a cuppa , watch a movie, listen to music or just meet up with friends. We aim to incorporate , newly diagnosed, carers and volunteers into drop in day, Maybe you know someone who has just been diagnosed or a family that are struggling with diagnosis or you are a carer that wants to meet up with other carers for PWMS whatever your association to MS is The Marjorie Collins Centre will try to support you . We are very lucky to be able to offer counselling surgeries through out Monday's, delivered by our very own Millie who is a fully qualified MS Counsellor/ psychotherapist. If you feel you would benefit from a counselling session please see Lorna.

### New Exercise - Dance Class

We are very pleased to tell you that we have secured a new exercise session for you starting on Thursday 10<sup>th</sup> August 11.45-12.45 we will be holding DANCE CLASS which will be Delivered by Niki Watson. Niki is a fully trained Dance instructor who specialised in movement for people with MS after her mother was diagnosed. She delivers these sessions through Outreach and we have been lucky enough to secure her. Please try these classes; Niki will adapt them to your needs.



## MS National Help Line

The Ms National Help line have a world of information at their fingertips and are able to offer advice and support to anyone who needs it. Please, if something is worrying you or you don't know where to go for help or you just have a general enquiry then please give them a call on , 0808 800 8000 where a member of the dedicated team will help you.

## Fundraising

We are asking that you all vote for us to be Sainsbury's Local Charity of the Year, if we are lucky enough to be chosen we will have a stable platform to fundraise for a minimum of one year. All you need to do is, go instore at Chadwell Heath and drop a counter in our pot or fill out a nomination form available at reception in the centre or go online <https://www.sainsburyslocalcharity.co.uk/> Voting starts 12<sup>th</sup> June and Closes 25<sup>th</sup> June so please get behind us with this one and make your vote.

## Members and Centre Users contact details.

It has come to our attention that many of you are not receiving notification of our Events and Activities despite us posting, emailing and text messaging. Could you please make sure that we have your current telephone numbers, address and email address so we can keep you updated. Please speak to Sue or Pauline if you need to update your details.

## Volunteers

This week marks National Volunteers Week, we will be marking this occasion on the 22<sup>nd</sup> July with a volunteers BBQ organised by the lovely ladies from FTIN.

As many of you will have noticed Sue Crate our Administration Volunteer, has been absent for a few weeks, her mum, Pam has had a fall and Sue has been caring for her. Unfortunately Pam has had to postpone her birthday celebrations until she has fully recovered. I am sure you will all join with us in wishing Pam a speedy recovery and a very Happy 90<sup>th</sup> Birthday.

We are still without Julie Slater our Lead Support Volunteer (amongst other things) who has been absent for a number of weeks. Unfortunately due to personal problems Julie will not be

back at the centre for some time but she will be back and is kept regularly updated on all matters concerning the centre.

If you require any support then please speak to Lorna confidentially, who will be able to help you, alternatively you can call our excellent team of support volunteers at head office.

Telephone number **National MS Helpline** 0808 800 8000 - Monday 9am-9pm and Tuesday to Friday 9am-7pm. They have a wealth of information at their finger tips.

<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> <li>• Hair Dressing -Tuesday 10.30-13.30</li> </ul>	<ul style="list-style-type: none"> <li>• Race Night 17-06/17</li> <li>• Volunteers BBQ</li> <li>• Quiz Night 30-09-17</li> </ul> <p>More Events will be listed on confirmation of dates</p>

<u>Birthdays</u>	<u>Special Thanks</u>
<ul style="list-style-type: none"> <li>• Robert Tyler 08-06/17</li> <li>• Daniel Marucci 13-06/17</li> <li>• Pam Crate 14-06-17</li> <li>• Apologise if anyone missed off please update your personal details</li> </ul>	<p>To each and everyone of you who Volunteer at and Support The Marjorie Collins Wellbeing Centre.</p>

## **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

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).



