



Redbridge Group

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### Fundraising Feedback (1)

#### Race Night



Our ever popular race night was held on Saturday 17<sup>th</sup> June. Although it was a hot, hot, hot night, everyone enjoyed themselves. The evening went very well and raised an amazing **£460.70!** Thank you to everyone who came to support us and especially Sue Crate, June Lynch, Tracey Martin and John Pettifer for keeping us all in order. Many thanks to Judith Freeman for proving raffle prizes.

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### Fundraising Update (2)

Recently we were 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. Thanks to everyone who either went in store at Chadwell Heath and dropped a counter in our pot or filled out a nomination form available at reception in the centre or went online <https://www.sainsburyslocalcharity.co.uk/> Voting is now closed. The results will be known on Monday 10 July 2017. Fingers crossed everyone!

## \*\*\*Centre Summer Closure dates\*\*\*

Just to remind everyone that the Centre will close on Thursday 20<sup>th</sup> July 2017 and re-open on Monday 7<sup>th</sup> August 2017.

### Centre News

27 June: Patricia from a charity called Living Streets came to give a talk to centre users about walking and getting about in wheelchairs. The Living Streets Charity is part of the Public Health & Wellbeing Hub based in Lynton House, Ilford. Patricia has offered to start walking groups from the centre. The response from all those attending on Tuesday was positive. Lorna will be taking up Patricia's offer. Dates to be confirmed.

Our next collection dates are: 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

Boot Sale: We are holding a boot sale Sunday 30<sup>th</sup> August, so please if you have anything to donate start bringing it into the centre now so we can be prepared.

A note for your Diaries :

**Quiz Night**: We have a new date for our famous quiz night: 30/09/17, hosted by Angela Jestico. \*\* Please book your table early \*\*

Craft Sessions - Tuesday's. This class has been running for years, centre users make cards to sell for the centre. Gill Fitzmaurice 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 lose this class.



£5.00 notes

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

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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.

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### Drop In Day

Monday's 9am-9pm 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.

The next Memory Clinic, which is sponsored by Barkingside and Redbridge Rotary Club on the last Wednesday of every month, will be Wednesday 26 July 2-4pm

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### Members and Centre Users contact details

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. We don't want you to miss anything!

### Centre Activities



### 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.

Monday 3 July The first Fit for fun free class started today (11:00-12:00), delivered by Rama Bhudia. The class focuses on cardio exercises to improve co-ordination and to strengthen core stability. Rama uses weights and hula hoops to help you achieve this. Rama adapts the exercises to different abilities.

"Pauline Connolly: I took part in this class today and really enjoyed it. This class certainly helped with my concentration and co-ordination. I felt as if I had worked my muscles . It was fun and I'll definitely be back! Come and try it - it's worth it"

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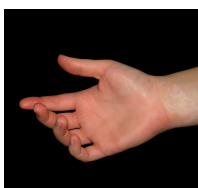
### Boat Trips:

Our next Boat Trip is on Friday 14 July. Leaving the Centre and 9 a.m. and returning there at 6p.pm (approx). If you would like to go, please contact Del. The last boat trip will be on Friday 11<sup>th</sup> August.

### MS National Help Line

The MS National Help line has a world of information at their fingertips and is 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.

### Volunteers



This year's Volunteers Barbeque will be on Saturday 22 July 2017 starting at 2pm. The barbeque will be free to our volunteers. Guests are very welcome. Guest tickets will be £10.00. Please could everyone bring a plate or bowl of something nice to help towards this event.

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.

Centre Activities

- 🎬 **New:** Thursday 10<sup>th</sup> August 11.45-12.45  
we will be holding a Dance Class which  
will be Delivered by Niki Watson
- 🎬 Fit for fun free classes: Mondays  
11:00-12:00 delivered by Rama
- 🎬 Sit, Stretch & Flex:  
Tues 12.15pm-1pm
- 🎬 Reiki, Massage, Aromatherapy  
(£15.00 per session) Mon, Tues, Thur  
10am-2pm
- 🎬 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
- 🎬 Foot Clinic - Thurs 1pm-3pm
- 🎬 Hair Dressing -Tuesday 10.30-13.30

Upcoming Events

- 🎬 Volunteers BBQ: 22 July 2017
- 🎬 Quiz Night: 30 September 2017

More Events will be listed on confirmation of dates

Birthdays:  
July

- 🎬 Baz
- 🎬 Sue Crate
- 🎬 Lynne Leezer
- 🎬 Apologies if anyone missed off please  
update your personal details

Special Thanks

To each and every one of you who  
Volunteer at and Support The Marjorie  
Collins Wellbeing Centre.

**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 0208 525 6377

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

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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

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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

