



**Redbridge Group**

The Marjorie Collins  
Centre

Working for and  
caring about  
You

**NEWSLETTER  
September  
2017**

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## Centre News

### August Collection Update

The first group of collections - which took place over 3 days (4-6 August) at Sainsbury's at Chadwell Heath, and Waitrose at Woodford Green - were extremely successful. Thanks to the generosity of Sainsbury's and Waitrose customers, an amazing sum of £1,809.10 was raised. The second collection took place at The great British Beer, Olympia on 12 August and raised a fantastic £3,292.34

A few words of feedback from Millie re Collecting at Beer Festival.

"Lorna's organisation for this event was tremendous. She made everything easy - everything was there - the van, buckets - it was great. When we got to Olympia, we had a stall near to the entrance which was really good, everyone was so generous and Nicola Gribben supported us on the day. Dave Leezer acted as an impromptu tour guide on the way to the venue. He was very knowledgeable of the areas we passed so the trip was extremely enjoyable.

A big thank you to everyone who took time out of their busy weekends to help raise this money for the Centre.

We have just had our second collection date in Sainsbury's Chadwell Heath 01/09/17 and collected an amazing £421.20. Thanks to our Lead Fundraising Volunteer, Tracey, for the organisation of this collection and well done and a massive thank you for all those who collected for us. Our next date is 29/09/17 please give your names to Tracey if you are able to collect for us

### The MS Society needs your Feedback:

The MS Society has been approached with regard to providing a grant that would be for people with MS in London. In particular it would be about supporting people with their benefits.

In order to do this with regard to the Marjorie Collins Centre, the MS Society needs your

help. They need feedback from our Centre Users. They would like to know if you have had any difficulties or indeed have any questions with regard to applying for benefits or aspects of social care to do with MS. You will be able to speak to Lorna in complete confidence. It may be possible that this grant would be of use to you

### NCS Challenge

A group of teens from the National Citizen Service (NCS) came into the centre on 21 August. NCS is a Trust which helps 15-17 year olds to build and gain skills for work as well as in life. They do this through challenges. Their challenge on Monday was to make an afternoon tea for us and to generally interact and look after us. They were a really great bunch. After an initial shyness, they really opened up and asked questions about the illness - how it affected us for example. They really enjoyed chatting to us and later took part in an impromptu "Play your Cards Right" session. The group then returned on Thursday 31 August to do some much needed gardening. The lawn and paths looked great after they had finished. The group did a wonderful job with enthusiasm. They wanted to raise money for the Centre and did so by putting up a stall in Romford Market on 1 September. A huge thank you to a brilliant group of young people.

### **RNIB Focus Group Notes (Barry Bates): 15/8/2017**

On Tuesday August 15th, the Centre had a visit from two representatives from the RNIB (Royal National Institute for the Blind), who were representing Redbridge Council. The reason for their visit was to inform us that Redbridge will be opening a Face to Face centre at Lynton House in Ilford (I assume this will be like the old One Stop Shop), later in the year. This centre will be where people with disabilities and careers can go to get information, help or discuss any concerns they may have. On entering the centre there will be a receptionist who will arrange for the correct person to see you who will be able to help you with your request or concerns

The members who attended this informal chat had the opportunity to share with the representatives what they thought of the services they received from Redbridge, whether it was good or not so good and any other comments about the services they wanted to make. The representatives had also visited Age Concern, so a member asked them if our concerns were also experienced by other groups they had already visited and they said that they had. The representatives are reporting their findings back to Redbridge and Redbridge will be sending Lorna a report on the exercise.

It will be interesting to see what will be in their report and for us to review how effective the new Face to Face centre will operate to help us with our concerns.

- **DON'T FORGET** - our next Table top sale : This Saturday, Saturday 9<sup>th</sup> September : £5.00 a table New clothes urgently needed. Please bring in bric a brac for June.

- **A note for your Diaries: Quiz Night:** We have a new date for our famous quiz night: Saturday 30 September 2017, hosted by Angela Jestico. Please book your table early

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- Card Craft Sessions - Tuesday's. This class has been running for years for Centre users to make cards to sell for the Centre. Gill Fitzmaurice delivers these classes and has done since the beginning. However 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. \*Please note that there is now a charge of £5.00 for Gill's class\*.



£5.00 notes

As you all know the old £5.00 is no longer legal tender. 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.

### 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..

### Memory Clinic

Following last month's Memory Clinic on Wednesday 30 August, the next clinic, which is sponsored by Barkingside and Redbridge Rotary Club on the last Wednesday of every month, will take place on Wednesday 27 September 2-4pm, if you know anyone with Dementia then

please let them know about this memory clinic.

### 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 Debbie or Pauline if you need to update your details. We don't want you to miss anything!\*\***

### Centre Activities

#### *Exercise*

#### Dance and Movement Class : Thursdays @ 2.15

The new dance class started on 10<sup>th</sup> August. It was led by Nicki Watson, a Scottish dynamo, and went really well. Nicki encouraged everyone to use their imagination as well as their bodies in some well thought out exercises specially adapted to our abilities. There was a lot of enjoyment and laughter in this class. It took people out of themselves and great news we will now be funded for the next 20 classes .

Angela Harrington, who took part in this class said: "It was good fun and I think everyone enjoyed it. It's hard sometimes to do exercise but with this activity you don't actually realise you are doing exercise. I think all taking part in the class were too busy laughing to be thinking about if we looked silly". It's really good - come and join in.

Arts class: Thursdays 1.30 -2.15 This new class, which started in August, is led by Michael Garvey an artist, whose mother was a good friend of the Centre's Founder, Marjorie Collins \*\*This is a free class - please let Lorna know if you would like to take part\*\*.

### 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



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>Centre Activities</u>	<u>Upcoming Events</u>
<p><b>New: Dance Class:</b> Thursday @14.15 Delivered by Niki Watson</p> <p><b>New: Arts and Crafts class</b> led by Michael Garvey. <u>Thursdays, 13.30-14.15</u></p> <p><b>New:</b> Walking group from the Centre. Patricia from Living Streets will take this. Tuesday Mornings 10.15 - 10.45.</p> <p><b>Fit for fun free classes:</b> Mondays 11:00-12:00 delivered by Rama</p>	<p><b>Reiki, Massage, Aromatherapy</b> (£15.00 per session) Mon, Tues, Thur 10am-2pm</p> <p><b>Card Craft</b> - Tues 2pm-3pm</p> <p><b>Bingo</b> - Tues 11.30am-12pm and Thurs 12pm-12.30pm</p> <p><b>Foot Clinic</b> - Thurs 1pm-3pm</p>	<ul style="list-style-type: none"> <li>• Quiz Night: 30 September 2017</li> </ul> <p>More Events will be listed on confirmation of dates</p> <p style="text-align: center;"><b>BIRTHDAYS</b></p> <p>September:  Michael Gardner 16<sup>th</sup>  Thomas Mears 20<sup>th</sup>  Alan Haswell 27<sup>th</sup></p> <p>Apologies if anyone has been missed off please update your personal details by advising Sue Crate or Pauline Connolly</p>
<p><u>Centre Activities</u></p> <p><b>Reflexology:</b> delivered by Linda: Tues 10.30-3pm/ Thurs 10.30-3pm</p> <p><b>Sit, Stretch &amp; Flex:</b> Tues 12.15pm-1pm</p>	<p><u>Centre Activities</u></p> <p><b>Hairdressing</b> Tuesday 10.30-13.30</p>	<p><u>Centre Activities</u></p> <p><b>Bocchia</b> - Thurs 11am-12pm</p> <p><b>Yoga:</b> Thurs 2pm- 2.45pm</p>
<p style="text-align: center;"><i>Joke for September:</i></p> <p><i>Insurance clerk: "Where were you</i></p>	<p style="text-align: center;"><i>If you have a favourite joke you'd like to include in</i></p>	<p style="text-align: center;"><u>Special Thanks</u></p> <p>To each and every one of you who</p>

<p><i>born, Sir?"</i> <i>Man: "In the United Kingdom."</i></p> <p><i>Insurance clerk: "OK, and which part?"</i> <i>Man: "My entire body."</i></p>	<p><i>next month's issue, please let Pauline Connolly know</i></p>	<p>Volunteer at and Support The Marjorie Collins Wellbeing Centre, not only with your regular work but for committing to collection dates and fundraisers as well truly amazing , well done 😊</p> <p>John Finch from Acespowerclean.com for cleaning our surrounding front walls. His persistence and standard of work are exemplary. Thankyou</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](mailto:supportercare@mssociety.org.uk)  
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### **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

#### **Women Against MS:**

**confidential** Cosupport 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

### **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/>

## **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)

## **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.

(continued)

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).