



Redbridge Group

Working for and caring about You

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Centre News

In October we heard the sad news that Pam Crate had passed away aged 90. As many of you know, Pam had been part of The Marjorie Collins Community for the best part of 26 years of the Centre's history. Her late husband had been a driver here and then Pam volunteered as a cook for a number of years. In later years, Pam always brought in a delicious homemade cheese and onion flan on a Monday. Pam brought in gifts for the kitchen over the years and donated numerous items as and when the centre needed them. Her last donation was our new cooker. Pauline Connolly - "On a personal note, I remember that Pam brought in an apron for me from home for when I used to help out in the kitchen. It was really kind of her and I have the apron in my kitchen which I still use". Pam was a kind lady with a wicked sense of humour and loved a bit of gossip. She will be much missed.

Also in October we heard that sadly, Yvonne Conrad had passed away in September. Yvonne was one of our regulars and had attended the Centre for many years. Yvonne will be missed by all.

A big thank you to:

Del Hutchinson and June Lynch for keeping the Centre running smoothly when Lorna was away recently.

Angelo Galliano and Celia Saguario for ensuring that the Arts and Crafts photo session was a success.

Wendy Barzotelli for her gardening.

What we believe in - an overview

The Marjorie Collins Centre was created in 1991 to provide care and support to everyone with Multiple Sclerosis as well as the treatments and facilities that we all know today. But more importantly the Centre - which many of the Centre Users now think of as a community - has grown in many ways.

The MS Society has long established firstly, a Code of Conduct which is directed at everyone who works with and for anyone with MS and secondly, values which encompass equality and diversity.

Our MS community takes these values seriously - not everyone with MS reacts the same way with this illness. We can help each other by:

Being respectful of each other and work towards accepting their differences.

Some of us find it difficult to fit in sometimes - they may have other conditions which affect their MS further. It's important to ensure that nobody is harassed or treated unfairly.

All communities are made up of many personalities and the Marjorie Collins Wellbeing Centre is no different in that respect. People come to the Centre to socialise, to have treatments etc but above all to feel safe - to feel included. It's not always easy as none of us are perfect. We all have our opinions and beliefs which deserve to be heard and respected.

Fundraising feedback

September:

The Table Top sale raised more than £200.00 and the Boot Sale raised £137.00
Our ever popular Quiz Night raised £615.00.

National Citizen Service NCS Challenge: The NCS Teenagers did a brilliant job of fund raising on 1 September when they set up a stall in Romford. They raised a total of £542.95.

The NCS teens will be taking part in a Dragons Den Event (to raise funds for the Centre) in Hornchurch on the 17th November. Prior to this event, a group from NCS will be coming into the centre in November as part of their studies. The first date will be 13th November. Lorna will advise their other dates.

MONEY NEWS:

Old £1 coins and £5.00 notes

As you all know the old £1 coins and £5.00 notes are no longer legal tender.

If you still have any of the above - please note you are welcome to use them at the Centre to pay for lunches, therapies etc and even bingo

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.

Continued....

We are very lucky to be able to offer counselling surgeries throughout 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.

Upcoming Events:

November:

Race Night

Our Next Race will be on Saturday 4 November - Time: 7 for 7.30

Winter Bazaar

This event will be on 18 November. It will be £5.00 for a stall. Donations of unwanted gifts and bottles of wine etc to be sold are greatly appreciated.

December: 2 Events:

Saturday 9 December:

Dinner and Dance for Centre Users and their guests.

A delicious 3 course meal for £25.00

****Please book your places by 30 November - friends are welcome****

Thursday 14 December

Centre Users Christmas Lunch:

Father Christmas will be there of course with presents for all.

****A big welcome to our new Volunteers:****

Fatima Chowdhury	Administration and Fundraising
Vimbainashe Chuma (known as "V")	Activities Volunteer
Deborah Clapton	Lead Admin Volunteer
Zarqa Iqbal (known as "Z")	Kitchen Assistant
Celia Salguiero	Admin Volunteer/Reception

Memory Clinic

Following last month's Memory Clinic on Wednesday 25 October, the next clinic, which is sponsored by Barkingside and Redbridge Rotary Club on the last Wednesday of every month, will take place on Wednesday 29 November 2-4pm

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 your details correct. Please speak to Pauline, Fatima or Celia if you need to update your details. We don't want you to miss anything!

Centre Activities



Great Gardening News:

The Centre is going to have its own allotment which will be located just opposite the conservatory. Fatima Chowdhuri has been promoting the allotment project and is getting together a list of interested centre users. What vegetables and herbs would you like to grow? You are welcome to bring in your own seeds and plants. You will have the satisfaction of knowing that all produce will be used in our kitchen. Gardening is both fun and therapeutic. This will be an interactive project - Let your inner Alan Titchmarsh out!

- 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*.
- If you fancy joining this class for the first time, please ring Lorna in advance to book. The first class will be free
- Dance Class: Thursdays @ 2.15: This is a highly enjoyable class. It is led by Nicki Watson, a Scottish dynamo. Nicki encourages everyone to use their imagination as well as their bodies in some well thought out exercises specially adapted to our abilities. There is a lot of enjoyment and laughter in this class. It takes people out of themselves. It's really good - come and join in.

Arts and Crafts class: Thursdays 1.30 -2.15 This new class, which started in August, is proving very popular, is led by Michael Garvey. Learn to express yourself through art. ****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

**** 14 December: To celebrate our last day at the centre - Lorna is inviting us to go for a Christmas meal ****

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

Please note that the Centre will be closed: 14 December 2017 – 8 January 2018

<u>Centre Activities</u>	<u>Centre Activities</u>
Dance Class: Thursday 2.15 Delivered by Nicki Watson	Walking group from the Centre. Patricia from Living Streets will take this. Time and date tbc.
Arts and Crafts class led by Michael Garvey. Thursdays <u>1.30 - 2.15</u>	Fit for fun free classes: Mondays 11:00-12:00 delivered by Rama
<u>Centre Activities</u>	<u>Centre Activities</u>
Reflexology: delivered by Linda: Tues 10.30-3pm/ Thurs 10.30-3pm	Foot Clinic - Thurs 1pm-3pm
Sit, Stretch & Flex: Tues 12.15pm-1pm	Hair Dressing - Tuesday 10.30-13.30
Reiki, Massage, Aromatherapy (£15.00 per	Manicures - every 2 nd Tuesday from 10.00am

<p>session) Mon,Tues,Thur 10am-2pm</p> <p>Card Craft - Tues 2pm-3pm</p> <p>Bingo - Tues 11.30am - 12pm and Thurs 12pm-12.30pm</p> <p>Bocchia - Thurs 11am-12pm</p>	<p style="text-align: center;"><u>Upcoming Events</u></p> <p>Race Night 4 November Winter Bazaar 18 November Dinner and Dance: 9 December Centre Users Lunch 14 December</p> <p>Future Events will be listed on confirmation of dates</p>
<p style="text-align: center;">BIRTHDAYS</p> <p style="text-align: center;">-</p> <p>Laraine Bacon, John Chalkley Lynne Cooper, Dian Eaglestone Susan Fallows, Susan Foster Peter Lynch, Ramesh Rajani Rita Rowland and Linda Gracie</p>	<p style="text-align: center;"><u>Special Thanks</u></p> <p style="text-align: center;">To each and every one of you who Volunteer at and Support The Marjorie Collins Wellbeing Centre.</p>

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

DIRECTORY

Contact DWP

General information

Telephone: 0345 850 3322

Textphone: 0345 601 6677

Monday to Friday, 8am to 6pm

DWP - Personal Independence Payment

DIRECTORY

Dagenham Citizens Advice

339 Heathway
DAGENHAM
Essex
RM9 5AF

<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>
e

claims

Telephone: 0800 917 2222
Textphone: 0800 917 7777
Monday to Friday, 8am to 6pm

Barking Citizens Advice

Barking Learning Centre 2 Town Square
BARKING
Essex
IG11 7NB

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

020 8594 6715/020 8507 5969

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

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

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