

The Marjorie Collins
Wellbeing Centre



Redbridge Group

Working for and caring
about You

NEWSLETTER

October 2018

Produced by Pauline Connolly:
Volunteer and PWMS

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Monday fund raising afternoons

Calling all volunteers! For: Drivers and Fund-raising Volunteers



Here we are in October - a time of clocks going back, Halloween pumpkins and things that go bump in the night....

Centre News

Booking a lunch at the Centre:

****Please could all centre users remember to book their lunches by 11.30. This is for catering purposes so that a good service can be delivered.**** Lunch at the centre is provided at a reduced cost for PWMS . If you bring a Guest or a family member to the centre we are quite happy to extend this meal service occasionally but not on a regular basis and the charge will be £7.00 for non-members.

PLEASE NOTE OUR NEW WEBSITE ADDRESS IS:

Fundraising

Sainsbury's Collections (every 4th Friday) - Collectors urgently needed: please could you put your names down with Lorna or Sue if you available to help.

Monday Events:

1st Monday of each month: June's afternoon Tea.

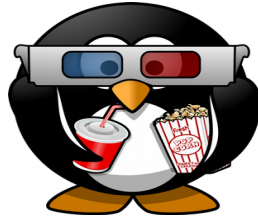
Delicious sandwiches, scones (with jam and clotted cream of course...) and cakes. **All for £4.99 a person!** A delicious bargain. £233.00 was raised in August and September - **keep coming everyone** - it's a great way to relax and also do something for the centre! **Call: 0208-983-8148**

CHEESE BOARD AFTERNOON 2ND MONDAY OF THE MONTH

THIS ACTIVITY HAS NOW BEEN CANCELLED DUE TO LACK OF SUPPORT

Every 3rd Monday of the Month: i.e. Next one is: 16 October:

Redbridge Group, MS Society



Cinema Club

Every 3rd Monday of the Month

1-3PM (NOTE TIME CHANGE)

Big Screen Blockbuster Movie: October's will be

"DRIVING MISS DAISY"

Popcorn, Hot Dogs and Ice cream

£4.99 per person

**The Marjorie Collins Centre, 237 Grove Road, Chadwell
Heath, Essex, RM6 4XF**

0208-983-8148

Every 4th Monday of the Month: New: Bingo Bonanza: DATE TBC

MANY THANK YOU'S TO: June, Debbie, Sue and Dave for all their hard work in making the Monday afternoon tea's a success.

Happy 70th Birthday to: Geoff, our driver

Congratulations to: Ziek and his wife on the birth of their baby son. Welcome back to the centre.

Please can everyone take responsibility for keeping the hall tidy by putting your litter in the bin and not on the floor, please also extend this to the garden and grounds by putting your cigarette butts in the bins provided .

Voluntary Membership for Centre Users

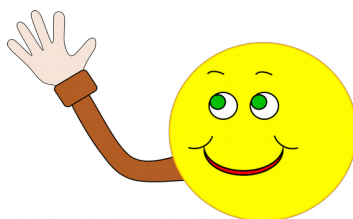
Members had been asked if they would consider a monthly membership donation of 5.00 paid directly to the Centre as a way of raising further funds for the Centre.

There has been good feedback regarding the above with the majority of Members in favour of this idea. To this end, June started the membership procedure in August.

Those taking part in this scheme will each receive the newsletter by email (or in hard copy available at the Centre) and will be able to take advantage of therapies at a reduced cost.

If you would like to take part, please speak to June directly.

Please remember this is a totally voluntary way of supporting your centre.



VOLUNTEERS REQUIRED



Redbridge Group MS Society

Do you have a few hours to spare?

We urgently require Volunteer Drivers for
our Minibuses

On Mondays, Tuesdays, Thursdays and
special occasions

Flexible hours with full training provided.

If you are interested, please contact
Lorna or Martin on: 0208 983 8148 at
the Marjorie Collins Wellbeing Centre

Redbridge Group MS Society

Do you have a few hours a week to spare ?

We urgently require Events and Fundraising
Volunteers to join our Team of Volunteers .

Flexible hours .

Full Training Provided



Interested

Please contact Lorna on 0208-983-8148

At The Marjorie Collins Wellbeing Centre

New Centre Users

Lorna advertised the GP's Guide this year with regard to new people being referred to our Centre. This has proved very successful with a number of new referrals coming to the Marjorie Collins Wellbeing Centre. You may have noticed a few new faces recently with more to come. Please can everyone give a warm welcome to the new centre users and actively involve them in conversations and encourage them to take part in our community. They are our future.

A new Centre based service started in July, which was available to all Members, Volunteers and Guests: Dance and Movement Class. Unfortunately due to lack of funding we have had to cancel this activity but watch this space, its coming back 😊



Who's that girl??

Group Co-ordinator

Barry Bates, our Group Co-ordinator, will be available on Tuesdays between 1.30 and 3 o'clock when you will be able to speak to him confidentially regarding issues you would like to raise or if you require support advice. Alternatively, his contact details are available from the Centre's general office.

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 throughout Mondays, 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?

Volunteers: If you require any support then please speak to Lorna or Barry confidentially, who will be able to help you, alternatively you can call our excellent team of support volunteers at head office. Tel No: **National MS Helpline 0808 800 8000** - Monday 9am-9pm and Tuesday to Friday 9am-7pm.

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 Fatima if you need to update your details. We don't want you to miss anything! If we don't have your date of birth we won't know it's your birthday !!!

CENTRE ACTIVITIES

Carers Support Group at the Marjorie Collins Wellbeing Centre

The next monthly Group session run by Redbridge Respite Care Association will take place on Wednesday 10th October 2018: Time: 2-4. All sessions will take place on the first Wednesday of the month.

All carers are welcome to come along and enjoy a break from your caring responsibilities.

Memory Clinic

The next Memory Clinic which is sponsored by Barkingside and Redbridge Rotary Club on the last Wednesday of every month will take place on Wednesday 31 October 2018. Please note that the clinics are free of charge

Computer Club: Thursdays 2-4

A beginners club was established at the Marjorie Collins Wellbeing Centre a couple of months ago and has proved a great success. The classes are enjoyable and our tutor, Dave, puts everyone at ease.

At present the club provides personalised lessons that range from controlling the mouse, letter and document writing (in Word) and sending emails through to learning how to surf the internet safely.

You can learn how to use the search engines (Google etc.) and go on to designing Excel Spreadsheets and understanding Outlook. If you are interested in art, we can show you the Apps that will help you paint draw and design.

Looking to the future for those that are interested, we will be introducing talks on the inner workings and building of a computer in simple, fun and interactive ways. Everyone is welcome. Let us help you to become empowered and become more independent. * The club is free to Redbridge MS Members*

- **Card Craft Sessions - Tuesdays.** This class has been running for many 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 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.

JUST TO LET YOU KNOW.....

Linda has a few spaces available now for Reflexology and Vivienne has spaces for Reiki and Auromatherapy

FORTHCOMING ACTIVITIES AND EVENTS 2018

Race Night: 24th November 2018

Winter Bazaar: 10 November 2018

Annual Christmas Dinner and Dance £10.00 pp with buffet Saturday 8th December

****Last day at the Centre - 13th
December 2018**
Centre closure: 14 December 2018
Re-opens: Monday 7 January 2019)**

WE URGENTLY NEED ITEMS FOR OUR WINTER BAZAAR: NEW UNWANTED GIFTS AND ITEMS, BOTTLES FOR OUR BOTTLE STALL, BRIC A BRAC AND RAFFLE PRIZES , IF YOU CAN HELP PLEASE BRING ITEMS INTO THE CENTRE AS SOON AS POSSIBLE



Holidays, short breaks and respite

Are you thinking about a short break this year? There is a great link on the MS Society website. The MS Short Breaks Service is here for you. They have lots of tips and plenty of advice accessible through the links on that page or you can reach their Information Officer re Short Breaks. Just ring the helpline (0808 800 8000).

Respite holiday breaks: www.revitalise.org.uk

Google Maps launches 'wheelchair accessible' routes in London

Google has introduced 'wheelchair accessible' routes in transport navigation to make getting around city centres easier for those with mobility needs.

[Google Maps](#) was built to help people navigate and explore the world, providing directions, worldwide, to people travelling by car, bicycle or on foot. But in city centres, buses and trains are often the best way to get around, which presents a challenge for people who use wheelchairs or with other mobility needs. Information about which stations and routes are wheelchair friendly isn't always readily available or easy to find. They plan to make public transport work for everyone.

To access the 'wheelchair accessible' routes, type your desired destination into Google Maps. Tap 'Directions' then select the public transportation icon. Then tap 'Options' and under the 'Routes' section, you'll find 'wheelchair accessible' as a new route type. When you select this option, Google Maps will show you a list of possible routes that take mobility needs into consideration.

A spokesperson for Google said: "This feature is rolling out in major metropolitan [transport] centres around the world, starting with London. We're looking forward to working with additional transit agencies in the coming months to bring more wheelchair accessible routes to Google Maps."

In addition to making public transportation more accessible, people around the world have been helping Google add accessibility information to Google Maps. In addition, it has been busy capturing and updating Street View imagery of transport stations and city centres so people can preview a place or station ahead of time.

Redbridge Group MS Society
The Marjorie Collins Centre
Weekly Timetable

Chair Based Exercise Free	Monday 11am-12pm Tuesday 12.15pm -13.00pm
Bingo (£1)	Tuesdays 11.30am - 12.00pm & Thursdays 12pm - 12.30pm
Card Crafts (£5)	Tuesdays 2.00pm - 3.00pm
Reiki, Massage, Aromatherapy (£15 per session)	Monday: 10am-2pm Tuesday: 10am-12pm Thursday: 10am-2pm
Reflexology (By Appointment) (£15 per session)	Tuesday and Thursday 10.30 – 2.30pm
Hairdressing/Nails	Tuesdays
Boccia (Free)	Thursdays 11am-12pm
Foot Care (£15) MS Nurse	1 st Thursday of Month Last Thursday of the Month
Dance & Movement Class	STARTING AGAIN SOON 😊
Computer Class	Thursday 2-4 pm - Free
Counselling	Monday by appointment
Barry Bates: Issues/Support	Tuesdays: 13.30 to 15:00

For therapies, please book in each week. Therapies booked on the day may not be able to be taken up due to time limitations.

Steven Hawking: “My advice to other disabled people would be, concentrate on things your disability doesn't prevent you doing well, and don't regret the things it interferes with. Don't be disabled in spirit.”	<u>Special Thanks</u> To each and every one of you who Volunteer at and Support The Marjorie Collins Wellbeing Centre.
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DIRECTORY

MS Society

MS National Centre
372 Edgware Road
London NW2 6ND

DIRECTORY

Dagenham Citizens Advice

339 Heathway
DAGENHAM

020 8438 0700

National MS Helpline

0808 800 8000

Membership:0300 500 8084

supportercare@mssociety.org.uk

Essex
RM9 5AF

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

020 8594 6715 /020 8507 5969

DIRECTORY

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

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/>

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

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

