

The Marjorie Collins
Wellbeing Centre



Redbridge Group

Working for and caring
about You

NEWSLETTER

January 2019

Produced by Pauline Connolly:
Volunteer and PWMS

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



A Happy and healthy 2019 to all at the Marjorie Collins Wellbeing Centre. I hope everyone has recovered from the Christmas and New Year break and are raring to go.....



Santa with Lorna, the Elf making everyone smile at the Christmas Lunch

Centre News

**** To ensure your safety - Please can everyone remember to sign in. For fire and insurance reasons, it is very important ****

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.****

Fundraising - How we fared in 2018:

The success of the Winter Bazaar and Race Night events brought in £533.00 and £551.50 respectively. Even more successful was June's monthly Afternoon Tea's which, even although they only started in June 2018, has brought in a total of £1,473.00. Please can everyone help increase these funds, which in turn will keep the Centre open for a long time to come.

The above events are organised by June Lynch with the able help of her family, as well as Sue and Dave. A big thank you to June, her family plus each and every one of the volunteers who help make these events a success.

The next afternoon tea will be on Monday 4 February - let's beat last year's total.

Lorna's Tuesday updates

To keep everyone up to date on upcoming events, and changes, Lorna will make a weekly announcement in the central hall every Tuesday at 10:00 am.

Monday Events:

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

Tempting sandwiches, scones (with jam and clotted cream of course...) and cakes. All for £4.99 a person! A delicious bargain. This event continues to flourish so: **Keep coming everyone - it's a great way to relax and also do something for the centre! Call: 0208-983-8148.**

In 2018, June's brilliant tea room (which is going from strength to strength) raised **£1,473.00!** **Come on everyone - Let's beat those figures in 2019**

Redbridge Group, MS Society Cinema Club:



Every 3rd Monday of the Month

1-3pm

Big Screen Blockbuster Movie:

****Title to be confirmed for 17th January****

Popcorn, Hot Dogs and Ice cream

£4.99 per person

The Marjorie Collins Centre, 237 Grove Road, Chadwell Heath, Essex, RM6
4XF/Tel 0208 983 8148

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

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.

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2018 saw some sad farewells to friends and welcome to some new ones. As you know, Mark Clarke, Tom Colburn, Hazel Marsden, Marian Martin and Geoff Valance passed away. They all enjoyed coming here, taking part and just enjoying the community. They are much missed.

But also, we welcomed some new faces. A Happy New year welcome to Ahmed, Caroline, Jaz and Kitty who now come regularly to the Centre plus some new clients who just attend for therapies.

THANK YOU

To: Muktia, who is John Reynolds long time carer. Not only did Muktia treat the days centre clients to lunch to celebrate her birthday, she made a very kind donation to the Centre to help towards new items needed and also for our Christmas Celebrations.

To: Dolly Sasse. Every fortnight Dolly brings in an item for our raffle. Dolly also attends our crafts class where she makes beautifully hand crafted cards for any occasion.

A recycling thank you to Sue D, who raised £48.75 by selling some of the cakes we have over, at her local Mecca Bingo hall. A great way to raise funds.

Sue: I hope I got that right - I'm sure you will tell me if I didn't! Pauline
x

I thought this might interest the chocolate lovers amongst you

Could chocolate be the long awaited solution to fatigue? A group of scientists at Oxford Brookes University decided to find out.

"No, your eyes don't deceive you. Chocolate - specifically dark and hot - was studied for its fatigue-fighting capabilities in 2016.

The researchers behind this project have identified chocolate as having the potential to help people with fatigue because it contains compounds called flavonoids. These are found in lots of plant-based foods, and dark chocolate, with cocoa levels of over 70% has a particularly high content.

Flavonoids are thought to help reduce inflammation and damage caused by harmful molecules produced in MS which may be linked with fatigue. They have also been found to target the same receptor in the brain as some drugs currently used to manage fatigue in MS, implying that they could be a promising alternative to medications".

The complete story is to be found in the MS Society site under Research. The link is entitled "A sweet initiative in MS Research". I think we could all do our own bit of research. A little of what you fancy does you good, I say!

VOLUNTEER DRIVERS 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

Speak with our Group Co-ordinator

Barry Bates, the Centre's Group Co-ordinator, would like to hear your opinions and suggestion. Every Tuesday, Barry will be holding a surgery in the Welfare Office: 1.30 to 3pm. You will be able to speak to him confidentially

Just to let you know.....

That Gill Goss, MS Nurse Professional, will host monthly visits to the Centre as follows:

Tuesday 29 th January	Time:	10.30
Thursday 28 th February		as above
Tuesday 26 th March		" " "
Thursday 25 th April		" " "
Tuesday 28 th May		" " "
Thursday 27 th June		" " "

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 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.

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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 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!!!

If you would like a birthday mention, please let Pauline know and it can appear in our newsletter.

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 9 January 2019: 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 30 January 2019. Please note that the clinics are free of charge

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Computer Club: Thursdays 2-4

A beginners club, established at the Marjorie Collins Wellbeing Centre a couple of months ago, continues to go from strength to strength thanks to our tutor, Dave. 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.



One for your diaries: (it's never too early)

PLUS:

- Race Night Saturday 23 February 2019
- Quiz Night (1) Saturday 16 March 2019
- The Marjorie Collins Wellbeing Centre will be hosting a Mother's Day Pamper day - details to follow
- Summer Barbeque Saturday 20 July 2019
- Masked Ball Saturday 7 September 2019
- Race Night Saturday 26 October 2019
- Quiz Night (2) Saturday 9 November 2019
- Christmas Fayre Saturday 30 November 2019
- Christmas Dinner Saturday 7 December 2019
- *Tuesday 17 December 2019: Christmas Dinner and last day at the Centre *

Further details re times and ticket prices to follow

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 Dates as listed in centre activities pages
Dance & Movement Class	Not available at present
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.

<p><i>“Love all Trust a few Do wrong to none”</i></p> <p><i>From: All's well that ends well by: William Shakespeare</i></p>	<p><u>Special Thanks</u></p> <p>To each and every one of you who Volunteer at and Support The Marjorie Collins Wellbeing Centre.</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

DIRECTORY

Contact DWP

General information

Telephone: 0345 850 3322

Textphone: 0345 601 6677

Monday to Friday, 8am to 6pm

**DWP - Personal Independence Payment
claims:**

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>

0208 514 1878 (for general enquiries only - not an
advice line)

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

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@womenagainstms.org.uk

020 8542 1712

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