

The Marjorie Collins
Wellbeing Centre



Redbridge Group

Working for and caring
about You

NEWSLETTER

February 2019

Produced by Pauline Connolly:
Volunteer and PWMS

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

Welcome to snowy and chilly February - I hope everyone is keeping warm

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

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

Charity Abseil for The Marjorie Collins Centre



Saturday 4th & 5th May 2019 at the
Affinity Water Tower

If you're interested please visit

www.harlowtyerotary.org.uk

All Sponsorship money comes directly to
the centre 😊



Place your bets!

Race Night Saturday 23 February 2019

****7 for 7.30 £10.00 per person****

**Please bring your favourite drinks - nibbles are provided
First race is at 7.30**

Good Luck!

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.

A warm welcome to: Susan who has started coming to the centre for therapies. We hope to see much more of you.

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:

TERMINATOR 2

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.

THANK YOU

To: Terry, (June's son) for the new hall lights, hot water heater, hand dryers and for getting his amazing team in to restore our heating and hot water just prior to Christmas. Thank you for your support.

To: Thank you to Pat, Johns Sister, for donating the games table. This was a great choice and is already bringing such joy.



**A MIDDAY COOK IS REQUIRED FOR THE
MARJORIE COLLINS CENTRE:**

To cook delicious and nutritious food twice a week for 2½ hours on Tuesdays and Thursdays

Applicants should contact:

Lorna Lawrence, Centre Coordinator,

DD: 0208 983 8148

The Marjorie Collins Wellbeing Centre

237 Grove Road, Romford RM6 4XF

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:

Thursday 28 th February	as above
Tuesday 26 th March	" " "
Thursday 25 th April	" " "
Tuesday 28 th May	" " "
Thursday 27 th June	" " "

Further dates will be posted depending on uptake

Drop in Day

Monday's: The Centre will be open for you to drop in; 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.

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

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 13th February 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 27 February 2019. Please note that the clinics are free of charge

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****Computer Club:** The computer club is closed for the time being. ******

- 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
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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.

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One for your diaries

- Quiz Night (1) Saturday 16 March 2019
- Mother's Day Pamper day Saturday 30 March 2019
- 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
- *Friday 13 December 2019: Christmas Dinner and last day at the Centre * The Centre reopens on Monday 6 January 2020

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 on centre activities pages
Dance & Movement Class	Not available at present
Computer Class	Not available at present
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>Thought for February: "Look at the sparrows; they do not know what they will do in the next moment. Let us literally live from moment to moment." Mahatma</p>	<p><u>Special Thanks</u> 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:

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

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)

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

