



Redbridge Group  
Working for and caring about You

In this issue: Centre News  
Fundraising: Keep the Marjorie Collins Centre Open  
Centre Activities

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*Lots of sun so far this month. Apparently June is going to be a lovely sunny month - hope so, we all need vitamin D. Lots to read in this month's newsletter, let me know if there is anything you want to add or comment on. Pauline x*

**Quote:**

"Don't knock the weather: nine-tenths of the people couldn't start a conversation if it didn't change once in a while." (Kin Hubbard)

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Centre News

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

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## The Marjorie Collins Centre has the Contactless system

Paying for lunch and therapies etc. just got easier.

Everyone will be able to make contactless payments at the Centre. This method will also be used for collections and will be available to you should you wish to make donations to the Centre.

### 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. \*\*

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*This beautiful bush (lilac, I think) is in our very own garden and fragrant cuttings from it are in the centre for us to enjoy.*

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## AGE UK'S CARE NAVIGATION SERVICE:

Recently, Helen from Age UK, came in to the Centre to give a talk explaining how the Care Navigation Service can help to support people who have long standing health conditions.

This service is available to over 55's living in the Redbridge, Havering, Barking and Dagenham areas. As I had missed the talk, Helen rang me at home. She is a very pleasant woman to talk to and outlined some of the ways Age UK can reach out to us when we need the support the most.

Loneliness can sometimes be a factor of long term illness. This service addresses this by offering an introduction to a volunteer befriender. This person can call you at home or arrange a home visit to discuss ways to help you.

Age UK offer (for example):

- Benefit advice and information
- Links to local community and social activities
- How to stay safe at home - home adjustments
- Helping a person get back into the community - what's on in your area
- Advice on transport links
- Help to increase your well-being

### FIRST STEPS....

- By ringing 0208 220 6000, The Care Navigator at Age UK will arrange convenient time with you to have a conversation. They may ask about your likes/dislikes, your circumstances.
- They will be able to make a plan to assist you with your queries.
- If you prefer a home visit, this can be arranged too.
- If they don't immediately know the answer, they will find out and come back to you.
- They have a whole range of information at their finger tips

Age UK are there for you.

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## FUNDRAISING:

### Spread the word and keep the Marjorie Collins Centre open:

It is so important for people to show their support by attending these events. It means a great deal to our centre users with MS and to all the staff and volunteers who work tirelessly for the Marjorie Collins Centre.

Some 80% of our donations come from fund raising.

Our Centre relies on the kind hearts and goodwill of individuals to continue our work in helping people affected by MS. The work of local groups and everyone's support is vital in ensuring the future of our Centre.

Every penny raised goes towards the provision of electricity, the upkeep of the Centre and its gardens and more. Plus the provision of good meals and continuing to help deliver the therapies and respite and support needed for people who are affected by MS. In short - everything that keeps this Centre going for our Centre users.

This is our aim and goal. We cannot continue to do this without your help.

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### URGENT!! Our usual Flag Day is on: Saturday 1 June.

We have 2 venues - the Ilford Exchange and Sainsbury's Chadwell Heath.

If you can spare 2 or 3 hours to collect at either of these venues - please let Lorna know. **Pauline:** I'll be at the Ilford with my collection bucket and could use some company.....

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# Cake Bake Shout Out for Sunday 2 June

We have been invited to attend Sainsbury's "Great place to work" fete in Witham. We will be holding a cake bake to raise funds there. If you would like to bake for us - please could you deliver your delicious cakes to the Centre on **Saturday 1 June**? So baking hats on please.

Transport will be provided from the Marjorie Collins Centre if you want to attend the fete - please let Lorna know soonest.

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## Did you know?....

### 1. Re: Medical Driving Assessment

Jazz wanted to share this concern with us. Recently she had been advised by her MS consultant to give up driving. She was upset by this decision as she felt perfectly able to continue driving. If you are a driver with MS, then you know this is part of your independence. Jazz spoke with Gill Goss, who is a MS nurse professional, for advice. Gill was able to refer Jazz to a Driving Assessment Centre. Happily Jazz passed with flying colours. You can pay around £65.00 for the driving test (well worth the two hours) but there may free options. There is a bit more to the referral process of course. Gill will be able to give more clarity to this subject. **Gill will next be at the Marjorie Collins Centre on Tuesday, 28<sup>th</sup> May.**

### 2. Re: Council Tax discounts

You may qualify for a discount as a disabled person. To find out what the conditions are, please contact your local council (Redbridge is: <https://www.redbridge.gov.uk> ). Thanks to Jazz for this tip.

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## Monday Events:

June's afternoon Tea! *Please note that due to the Spring bank holiday in May, the next afternoon tea will be on Monday 3<sup>rd</sup> June. We look forward to seeing you.*

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## Redbridge Group, MS Society Cinema Club:



Every 3<sup>rd</sup> Monday of the Month: 1-3pm

Big Screen Blockbuster Movie:

**TBA**

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

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## MEDICATION INFO UPDATE

Gabapentin: I would like to make everyone aware that Gabapentin has now been classed as a controlled drug. I only heard about this when I ordered it very recently on-line. Following on from April's newsletter, I can now order this drug on-line. Check with your GP. (info via Pauline)

PREGABLIN: Please note this is also now a controlled drug. (thanks to Jazz for this info).

Further clarification can be obtained from your GP.

# THANK YOU .....

To: Sainsbury's Chadwell Heath for donating chocolate eggs this Easter - delicious!

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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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Welcome back from all of us, to Del L. Now back in his rightful place at the table with the chaps. Good to see you.

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## Speak confidentially 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

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*At the Marjorie Collins Wellbeing Centre*

This is your chance to be heard and to make a difference for your fellow members. In April, our very own Angela and Jazz were nominated to be voices for you.

Jazz and Angela will be able to put forward your opinions and ideas at the Co-ordinating Team meeting which takes place once a month. This will be at 1.30pm (please confirm time with Lorna). If you don't tell us how you feel about the centre - how will we know? Speak to Jazz and Angela, they are happy to listen. P.s: if you would like your birthday to feature in our newsletter, tell Angela or Jazz. They can let me know.

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## THE MARJORIE COLLINS CENTRE

### Is Hosting a Hog Roast Fund Raising Event

On 14<sup>th</sup> September

With entertainment and a raffle (please bring your own drink)

Tickets £25.00 pp

Please come and support us

**\*\*Don't forget to book transport with Martin on 0208 983 8148\*\***

Please return the slip below with your cheque to June Lynch, 237 Grove Road, Chadwell Heath, Essex, RM6 4XF. Tel 0208 983 8178

CUT.....HERE

To: June Lynch, 237 Grove Road, Chadwell Heath, Essex, RM6 4XF. Telephone 0208-983-8148.

I would like .....tickets @ £25.00 pp for the Hog Roast Event on Saturday 14 September 2019 I enclose my cheque for £..... made payable to **Redbridge MS Society**,

**PLEASE ENCLOSE a Stamped addressed envelope for return of tickets.**

CUT .....HERE

Name.....Address.....

.....Tel.....



**Just to let you know.....** That Gill Goss, MS Nurse Professional, will host monthly visits to the Centre as follows:

**Time: 09:30 - 13:00**

Tuesday 28<sup>th</sup> May

Thursday 27<sup>th</sup> June

Tuesday 23<sup>rd</sup> July

Thursday 29<sup>th</sup> August

Tuesday 24<sup>th</sup> September

Thursday 31<sup>st</sup> October

Tuesday 26<sup>th</sup> November

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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.**

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## **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 12 June 2019: Time: 2-4. All sessions will take place on the second Wednesday of the month. (Apologies for misinformation).

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

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## Carers Info

Redbridge Carers Support Service

Health and Wellbeing Event:

Wednesday 12 June 10.30 - 2.30

Lunch provided

Venue:

The Salvation Army

15 Clements Road, Ilford, IG1 1BH

**If you would like to go, please call:0208 514 6251 by 7 June**

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## The Art Class has returned:

**Update:** We are awaiting confirmation that the class (run by Kitty, our new Events Organiser) will take place on a Thursday. Lorna will advise.

To help towards the cost of materials, a £2.00 donation is requested per person, per session

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## 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 29<sup>th</sup> May 2019. Please note that the clinics are free of charge

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## COMPUTER CLINIC

- NEED ADVICE WITH A COMPUTER RELATED PROBLEM?
- SOFTWARE & APPLICATIONS NOT WORKING?
- ONE-TO-ONE TUITION AT THE CENTRE.
- SOME REPAIRS UNDERTAKEN.

CONTACT DAVE (TUESDAYS & THURSDAYS)

.\*\*THIS SERVICE IS FREE TO CENTRE MEMBERS ONLY\*\*

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- **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.

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## 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.

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## One for your diaries

- Summer Barbeque Saturday 20 July 2019
- Hog Roast Saturday 14 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

**JUST TO PUT THIS OUT THERE.....**



You are cordially invited to our Annual Christmas Dinner and Dance

On Saturday 7<sup>th</sup> December 2019

For a 3 course sit down dinner and live entertainment (please bring your own drink)

Tickets: £26.95pp

Followed by a raffle later in the evening

Profits to go directly to The Marjorie Collins Wellbeing Centre

We look forward to seeing you.

**\*\*Don't forget to book transport with Martin 0208-983-8178\*\***

Please return the slip below with your cheque to June Lynch, 237 Grove Road, Chadwell Heath, Essex, RM6 4XF. Tel 0208 983 8178

Cut.....here

To June Lynch, 237 Grove Road, Chadwell Heath, Essex, RM6 4XF I would like .....tickets at £26.95 for our Annual Christmas Dinner and Dance 2019

I enclose my cheque for.....made payable to Redbridge MS Society,

**PLEASE ENCLOSE a Stamped addressed envelope for return of tickets.**

Name.....

Address.....

.....

Tel... ..

## 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
Arts Class (£2.00 pp per session)	Thursdays (awaiting confirmation) 13.30 - 14.30
Reiki, Massage, Aromatherapy (£15 per session)	Monday: 10am-2pm Tuesday: 10am-2pm Thursday: 10am-2pm
Reflexology (By Appointment) (£15 per session)	Mondays 12pm onwards and Tuesdays 13.00 onwards, appointment only
Hairdressing/Nails	Tuesdays
Boccia (Free)	Thursdays 11am-12pm
Foot Care (£15) MS Nurse	1 <sup>st</sup> Thursday of Month Dates as listed on centre activities pages
Dance & Movement Class	Not available at present
Computer Clinic	Tuesdays and Thursdays
Counselling/Therapy	By appointment only
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.

## Special Thanks

To each and every one of you who Volunteer at and Support The Marjorie Collins Wellbeing Centre.

### 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)

### 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

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#### **Barking Citizens Advice**

Barking Learning Centre 2 Town Square  
BARKING  
Essex  
IG11 7NB

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

020 8594 6715/020 8507 5969

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### 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)

### 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](mailto:info@womenagainstms.org.uk)

020 8542 1712

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#### **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)

