



Redbridge Group  
Working for and caring about You

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Appreciating the many ways YOU help us to raise funds

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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 \*\***

### 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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# MONEY, MONEY, MONEY

Although it's claimed to be the root of all evil, it clearly makes the world go round and your Redbridge Group and the Marjorie Collins Centre couldn't exist without money from members, supporters and friends. It's needed to pay for the upkeep and maintenance of the Centre and to provide for the services we all use.

So how can we receive and account for what is paid in.

## **Card Payments:**

Many people use Debit and Credit cards for everyday purchases: some people now don't carry cash at all.



## **The Card Reader:**

We now have a card reader to enable you to pay this way if you wish. By simply tapping your card on the reader for payments under £30, or entering your PIN for larger amounts, the payment will reach our bank account within a couple of days without any further intervention.



The facility can be used to make any payment to the Centre including membership fees, services including lunches and therapies, and tickets for our events.

The system we use is fully secure and is recommended by MS National Centre so come on, give it a try.

## **Cheques:**

Although many retailers won't accept cheques we continue to be happy to do so. However, modern banking practices are making things difficult.



It has always been the case that the payee should exactly match the name on the bank account. Until recently our good relationship with the cashiers at our

local branch has allowed us to accept cheques containing slightly different wording. For example there is no bank account in the name of "Marjorie Collins Centre" but cheques made out in that name have generally been accepted.

**But no more.** Our bank has recently upgraded its counter software to take away all discretion from the cashier. Cheques will only be accepted if they contain the exact name of our account - "**MS Society Redbridge**".

If you write a cheque for our group or the Centre you must enter this exactly. If somebody gives you a cheque to pass on you must tell them the same.

Anything else can't be accepted; the bank will simply not pass it through our account.

**Cash:**

Yes, we continue to accept cash. We can even provide a service not available elsewhere.



Over the past couple of years new £10 and £5 notes and pound coins have been introduced and the old ones withdrawn.



The good news is that although shops won't accept the old versions, we can. Our bank continues to accept them so I can pay them in if you use any you find to make payments or donate to the Group.



I hope you find this helpful, but don't hesitate to ask myself or Lorna if you have any questions.

John Harragan,  
Lead finance volunteer

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Listen to this.....

## THE RIGHT TROUSERS

New 'robo-shorts' help frail to walk and athletes to sprint faster

A pair of robotic shorts which could help frail people to walk more easily and improve the performance of athletes have been unveiled by engineers.

The shorts, weighing 11 lbs, are fitted with sensors and pulleys which help the wearer move as if they were a stone lighter.

The US inventors say they are slim enough to be worn every day and - crucially for athletes - can switch from walking to running.

The shorts are a real life version of the mechanical trousers featured in the Wallace and Gromit film *The Wrong Trousers*.

They feature straps around the waist and a motor on the lower back that connects to pulley cables. The shorts were developed at Harvard University in the US and were initially designed to help soldiers maintain stamina etc.

The 'exo-suit' system helps to lift the legs making each step a little lighter. It works out the equivalent of a person walking or running with a stone less weight.

Dr. Conor Walsh of the Harvard biodesign lab said: 'We were excited to see that the device performed well during uphill walking and at different running speeds...which showed the versatility of the system.

'Our study demonstrates that it is possible to have a portable wearable robot assist more than just a single activity, paving the way for these systems to become ubiquitous in our lives' A special algorithm has been installed in the shorts, meaning they can detect when a person moves from running to walking, and adjust their pace accordingly.

Last year, Bristol University developed a prototype pair of trousers which would help frail people stand up, walk upstairs, and get around without using wheelchairs.

Pauline: 'I'm not making this up (it had a picture of Wallace and Gromit alongside the article) - it really was in the Daily Mail. Not sure about the running bit, but to walk better, that would be amazing.'

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### THIS IS INTERESTING....

Breath test to spot MS:

"Scientists say multiple sclerosis could one day be diagnosed by a breath test. When we exhale, we release microscopic particles and compounds. Most originate in the bloodstream, so they can reveal hidden physiological changes happening in the body, include disease activity.

Early trials have already indicated the presence of specific breath compounds in MS, which researchers hope to confirm and ultimately translate into a new diagnostic tool.

Dr. Susan Kohlhaas, research director at the MS Society, says "a breath biopsy test may sound futuristic; but MS researchers today are achieving some incredible things. These findings are very encouraging"

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## FUNDRAISING:

The many kind ways that many of the centre users, clients, volunteers (and their families) help us to raise monies for the Centre:

- Recently Lorna emptied the collection pot that stands in the foyer. It contained £118.68. This was raised by people putting their bingo winnings straight into the pot, many

different kinds of items donated by clients, family and friends. These may seem small acts but they mean a great deal.

The £118.68 will pay for the dishwasher call out fee (thankfully, we are covered for the actual parts).

- Our raffle supporters who unselfishly donate items for our Tuesday weekly raffle and all of our special event raffles.
- Making sure our tea and biscuit trolley that we all enjoy, is kept supplied
- The flowers you see at the centre and the many useful and much needed items donated to the centre.

Thank you to each and every one of the clients, members, volunteers and not forgetting their families, who go the extra mile who ensure that we can continue to enjoy the centre.

A massive shout out to all our contacts who unselfishly donate to our centre:

- Tesco's, Barkingside
- Sainsbury's, Barkingside
- B&M Stores, Chadwell Heath
- Wickes, Chadwell Heath
- Marks and Spencer, Romford
- Waitrose, South Woodford
- London Tour Buses (Afternoon Teas)

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Monday Events:

**1<sup>st</sup> 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.**

**NB: the next Afternoon Tea will be on Monday 7 October 2019**

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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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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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## 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.



# 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 (By card or please complete form below\*)

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 **MS Society Redbridge** ,

**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 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**

**A NEW ACTIVITY.....** started on 12 August - Laughter Yoga will be available for everyone to take part in.

Rama will lead this new activity which will be from 12.15-1.15 in the gym area. Laughter, and the chance to improve your flexibility and mobility - in the same class. Sounds good to me.

**\*\* NB: the classes will be free at present\*\***

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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.

\*\*\*\*\*

# **Reiki Meditation Group**

## **Every Monday 7pm to 8pm**

### **with Stephanie**

**For more info contact me on:**

**07808 857 097**

**Amazing for: stress relief, relaxation,  
pain management, taking a mind break...**



**Location: Marjorie Collins Centre**  
**237 Grove Road,**  
**Chadwell Heath, RM6 4XF**



## Newly Diagnosed with MS?

### The MS Society are holding a free event for anyone recently diagnosed with MS

Come along to hear more about MS, medication and options, dealing with your diagnosis and the support available. As well as a range of workshops.

On: Saturday 5th October 2019

At: The Union Jack Club. Sandell St, Lambeth, London SE1 8UJ

From: 10.30 - 4.00pm (lunch provided)

The event is free but booking is essential: <https://www.eventbrite.co.uk/e/newly-diagnosed-event-tickets-68127602493>

☎ 020 8438 0888 or 020 8438 0718 ✉ [lauren.sampson@mssociety.org.uk](mailto:lauren.sampson@mssociety.org.uk) [mssociety.org.uk](http://mssociety.org.uk)

Multiple Sclerosis Society. Registered charity nos 1139257 / SC041990. Registered as a limited company in England and Wales 07451571



## Carers Support Group at the Marjorie Collins Wellbeing Centre

The next monthly Group session run by Redbridge Respite Care Association will take place on 11 September: 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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**9<sup>th</sup> November: This night, originally designated as a Quiz Night, will now be a Bingo night - eyes down for a full house!**

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## **REFLEXOLOGY SESSIONS - MONDAYS, TUESDAYS AND THURSDAYS:**

For the time being, Rama or Viv will be happy to take over Linda's clients until she returns. If you would like to have a Reflexology treatment, please book in at Reception. The fee will be £15.00 per session as before. NB: Lorna will clarify appointment times.

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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 25<sup>th</sup> September 2019. Please note that the clinics are free of charge

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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

- |   |  |
|---|--|
| • Hog Roast   | Saturday 14 September 2019                   |
| • Race Night  | Saturday 26 October 2019                     |
| • Bingo Night   | Saturday 9 November 2019                     |
| • Christmas Fayre   | Saturday 30 November 2019                    |
| • Winter Wonderland   | Friday 6 December 2019                       |
| • Christmas Dinner  | Saturday 7 December 2019                     |
| • *Thursday 12th 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

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**\*\*There are two Christmas events coming up. One is a fundraiser and the other is an outing\*\*:**

## **CHRISTMAS WINTER WONDERLAND**

### **AT HYDE PARK**

**DATE: FRIDAY 6 DECEMBER 2019**

**Winter Wonderland is FREE TO ENTER - so stroll through and soak up the festive atmosphere.**

**TIME TO BE ADVISED**

**Daytime is great for everyone where you can enjoy Winter Wonderland at a leisurely pace.**

**Come and eat and drink at London's biggest Christmas market at any one of their restaurants, cafes and themed bars**

**Treat yourself to a festive glass of mulled wine**

**Transport will be available from the Centre**

**IF YOU WOULD LIKE TO GO - PLEASE SPEAK TO DEL  
DIRECTLY OR CONTACT  
HIM ON: 0208 983 8148**

**AND....**



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 (By card or please complete the form below)\*

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 MS Society Redbridge,

**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)	Date and time to be confirmed
Reiki, Massage, Aromatherapy (£15 per session)	Monday: 10am-2pm Tuesday: 10am-2pm Thursday: 10am-2pm
Reflexology (By Appointment) (£15 per session)	Mondays, Tuesdays – book at reception
Hairdressing/Nails	Every Tuesday. Time: starting after 10.30 am
Boccia (Free)	Thursdays 11am-12pm
Laughter Yoga – <u>Free at present</u>	Starting: 12 August Mondays: 12.15-1.15
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
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.

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