



## Welcome to 2020! - A new Decade

In this issue:

Centre News

**\*\*Important new change for**

**The Marjorie Collins Wellbeing Centre\*\***

Fundraising:

Appreciating the many ways, YOU help us to raise funds

Centre Activities: Dance with physio classes returning in 2020.

## Centre News

As you may be aware, From April (hopefully), The Marjorie Collins Wellbeing Centre will be a stand-alone charity. The Centre will then be known as:

**The Marjorie Collins Wellbeing Centre,  
Multiple Sclerosis.**

This decision will be greatly to our advantage in that every penny raised will go towards maintaining all the facilities that keep the Centre running and making a pleasant and safe place for all the centre users and volunteers who enjoy coming here. We hope to bring in lots of new services too.

There will be no change to way our Centre is run. The changes are in the background.

The Marjorie Collins Wellbeing Centre will have the support of the New Board of Trustees and the MS Society for advice.

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

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*This is a great photo of Sue A (and someone having an Elton John moment) at our Christmas 2019 Dinner and Dance*

## **Christmas Dinner and dance 2019**

A very good evening with good music and food. Because this event was so well attended by members, friends and family the raffle raised a brilliant £917.00. Let's get our names down for Christmas 2020

Thank you to organisers and helpers and to all who attended. . Photos will be displayed in the centre shortly.

A motivational poem to start 2020:

***"If I Can't"***

*If I can't walk that fast  
Then I'll start a new race*

*If I can't keep my balance  
Then I'll sing as I sway*

*If I can't use my hand  
Then I'll learn a new trick*

*If I get so very tired  
Then I'll run in my sleep*

*Continued.....*

*If the heat is too much  
Then I'll waive at the sun*

*If I forget the answer  
Then I'll find a new question*

*If I can't sleep at night  
Then I'll say good morning to the stars*

*(This beautiful poem is by Julie Stephens, a poet and a PWMS)*

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## 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:

### Bingo Night

Our last bingo night (in conjunction with the Barkingside and Redbridge Rotary Club) was a great success and well attended.

Many thanks to all those who worked hard to make this event a success. £500.00 was raised for the Centre.

### Monday Events:

**1<sup>st</sup> Monday of each month:**

### June's afternoon Tea Room!

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 do something for the centre** **Call: 0208-983-8148.**

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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



*At the Marjorie Collins Wellbeing Centre*

This is your chance to be heard and to make a difference for your fellow members.

Our very own Angela and Jazz are nominated 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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**Celia Gray:** I am sorry to announce that Celia passed away in November. Celia (who had been a wonderful nurse in her earlier years) came to the centre for many years and is remembered as a kind person. Celia would, and did, help other centre users without a second thought.

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### Just to let you know....

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

### Gill Goss's dates for 2020:

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

Thursday 30 January

Tuesday 25<sup>th</sup> February

Thursday 26 March

Tuesday 28 April

Thursday 28 May

Tuesday 30 June

### 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 Pauline 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

Don't forget our Laughter Yoga Activity is available for everyone to take part in.

Rama leads 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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**\*\*CHAIR BASED EXERCISE: PLEASE NOTE\*\*:**

Rama's class will NOT take place on the first Tuesday of every month.

\*Rama will lead the remaining Tuesday classes as usual\*

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## 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 February 2020: Time: 2-4. All sessions will take place on the second Wednesday of the month.

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

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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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### GOOD NEWS

As of January 2020, CoDa (dance as physio) will be returning to the centre for 12 weeks to deliver creative movement sessions to support the wellbeing and physio of people living With MS.

#### DATE TO BE CONFIRMED

This is a highly enjoyable class and was very well received when they were here last. It is led by Nicki Watson. Nicki encourages everyone to use their imagination as well as their bodies in some well thought out exercises specially adapted to our abilities. There is a lot of enjoyment and laughter in this class. It takes people out of themselves. Come and give this class a go.

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## Memory Clinic

The next Memory Clinic which is sponsored by Barkingside and Redbridge Rotary Club usually on the last Wednesday of every month will take place on Wednesday 5<sup>th</sup> February 2020. Please note that the clinics are free of charge.

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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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## 2020

**Events: 22/02/20 : Quiz Night With Fish and Chip or  
Chicken and Chip Supper 19.00 start**

**Centre closure dates:**

### Closed

Monday 13 April

Monday 27 July

Monday 21 December

### Opens

Monday 27 April

Monday 10 August

Monday 18 January 2021

## Redbridge Group MS Society

### The Marjorie Collins Centre Weekly Timetable

<u>Chair Based Exercise *Free*</u> . <u>*The 1<sup>st</sup> Tuesday session of each month will not take place*</u>	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-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	Returning January 2020
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.

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## 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)

