



Redbridge Group
Working for and caring about You



Welcome to 2020! - A new Decade

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The Marjorie Collins Wellbeing Centre**

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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. ****

Important new changes for The Marjorie Collins Wellbeing Centre

Dear Lorna, Members, Service Users and Volunteers,

The MS Society Marjorie Collins Centre

In December we held a meeting of our local members and service users to discuss our planned change to the management of the MS Society's Marjorie Collins Centre in Grove Road, which is currently run by our Redbridge Group.

This change involves supporting a group of volunteers to establish a new independent charity called the **Marjorie Collins Wellbeing Centre for Multiple Sclerosis**. We will be transferring the running of the centre to the new charity later this year.

This transition is the outcome of a review of our small number of day centres, which highlighted a number of risks involved in managing property and staff through our local groups. It concluded that the MS Society does not have the structure or resources in place to manage these risks appropriately and ensure that staff and volunteers are adequately supported.

Because only five of our 260 local groups run day centres, our systems and processes are not set up to support volunteers to manage the complexities of running this type of operation. We therefore believe that the people who attend our centres would be better served by locally based charities with the appropriate expertise to focus on providing this type of service.

This change in approach is not in any way a reflection on the commitment or dedication of our volunteers, but how we think we can best meet the needs of people affected by MS. We believe this positive change will open up new funding opportunities and provide greater flexibility for the centre to meet the needs of the people it serves.

We would like to take this opportunity to reassure people who attend that there are currently no plans to change the services available at the centre. Staff and volunteers will continue to provide the dedicated services you

Continued....

currently enjoy. This change will not affect your membership of the MS Society or the national services and support we provide.

The process of transferring the centre is a complex piece of work with lots of detail still to be finalised, but we are working together to make progress as quickly as possible. We will write to you again to confirm a date when this change will come into effect. In the meantime, please do feel free to contact us on the numbers below if you have any questions.

With Best wishes

David Light
Local Networks Transformation Manager, MS Society
020 8438 0780
David.Light@mssociety.org.uk

Martin Guide
Chairman - Marjorie Collins Wellbeing Centre for MS

FUNDRAISING:

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

Redbridge Group, MS Society Cinema Club:



Every 3rd 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

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.

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.

UNFAIR PIP ASSESSMENTS: THE STORY SO FAR...

23 January 2020:

"I knew coming to London would take everything I have physically, but people need to know about this indignity, and **the UK Government must act now.**"

This is what Ashley (living with MS) said today, as she joined the MS Society's Downing Street delivery team (which was made up of people from our campaigns team and our wider MS community - including our [MS Society Ambassador Janis Winehouse](#)) to deliver an open letter to Downing Street, calling on the Prime Minister Boris Johnson to end unfair PIP assessments. Ashley felt so strongly about the assessments, she decided to travel down from Leeds to take part.

More than 21,000 of us added our names to the letter in just four weeks, sending a clear message: changes to PIP must be top of the agenda for the UK Government.

And we're raising the issue elsewhere too. Last week, we met with Disability Minister Justin Tomlinson MP, and with the companies that provide PIP assessments."

PLACE YOUR BETS!

The Marjorie Collins Centre

RACE NIGHT



SATURDAY 29th FEBRUARY 2020

STARTS 19.00

FIRST RACE

19.30

£10.00 PER PERSON

TABLE SNACKS PROVIDED * BRING YOUR OWN DRINKS

Redbridge Group MS Society

237 Grove Road, Chadwell Heath, Essex RM6 4XF 0208-983-8148

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

Tuesday 25th February

Thursday 26 March

Tuesday 28 April

Thursday 28 May

Tuesday 30 June

ALSO,

Gill Goss now holds a special PIP workshop containing invaluable tips to any member who is facing an assessment. Workshop from 10:am Gill will commence with a talk and then will be available for 1 to 1's.

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!

FEBRUARY!

Race Night Saturday 29 February 2020



To: Pauline on the 2nd
Leslie and Wendy both on the 20th

Apologies if I have missed anyone out this month. If you would like a birthday mention, please let Pauline know and it can appear in our newsletter.



FOR SALE.....

2 AQUATEC ELECTRIC BATH CHAIRS

This Aquatec Orca Reclining Bath Lift is an exceptional bath lift that has been designed with those that require a little assistance whilst bathing in mind. Orca Reclining Bath Lifts incorporate a clever lightweight battery within the ergonomic hand control so that users with limited hand strength can still operate the smooth and gentle lift with minimum fuss. The side flaps are hinged flush to the main seating surface and allow safe and secure lateral transfers

Features:

- *Floating hand controller
- * Reclining backrest
- *Battery with Sony technology and charger
- *Quick release hand control
- * Auto unlock for quick removal
- * White covers

PRE-OWNED GOOD CONDITION.

2 AVAILABLE @ **£85.00 each.** (RRP £190.00)

Please contact Dave at the Centre on 0208-983-8148

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**

****CHAIR BASED EXERCISE CLASS: 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

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.

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.

GOOD NEWS

In early 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.

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 26 February 2020. Please note that the clinics are free of charge

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.

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.

2020

Event: Race Night

Saturday 29 February 2020

Centre closure dates:

Closed

Opens

Monday 13 April

Monday 27 April

Monday 27 July

Monday 10 August

Monday 21 December

Monday 18 January 2021

Redbridge Group MS Society

The Marjorie Collins Centre Weekly Timetable

<input type="checkbox"/> <u>Chair Based Exercise *Free*</u> . <u>*The 1st 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 st 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.

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

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@womenagainstmms.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