



Redbridge Group
Working for and caring about You

Winds of March

*Winds of march, we welcome you,
There is work for you to do.
Work and play and blow all day,
Blow the Winter cold away*

In this issue:

Centre News

Fundraising: Appreciating the many ways, YOU help us to raise funds

Centre Activities: Dance with physio classes returning in 2020.

*Items for Sale * Minibus Appeal *

CONGRATULATIONS!!!

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. **

CONGRATULATIONS!!



A little bird told us that Amanda and Daniel become engaged on Saturday 29th February 2020. This year is, as you know, is Leap Year. He said yes!! All of us here at the Marjorie Collins Centre wish you both a hearty congratulations.

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.**

****June's Afternoon Tea raised £254.00 last month****

**** Last month's Race Night raised £770.00!****



Coming soon.... Good News! Due to the continued success of June's afternoon teas, there will now be a further Afternoon Tea, held every third Monday of the month - starting in May.

We need your help - we desperately need a new minibus.

20th JUNE 2020: We will be holding a Charity fund raising event at the centre. This will be an evening event.

FURTHER DETAILS TO FOLLOW

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

YOUR VOICE: 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 Coordinating 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.

PS: if you would like you birthday to feature in our newsletter, tell Angela or Jazz know.

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

- 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!

MARCH!

**HAPPY
BIRTHDAY**

To:

Caroline on the 2nd
June on the 7th
Wendy on the 12th
Eva on the 17th
Delroy on the 21st
Lisa on the 29th

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

IN THE SUMMERTIME WHEN THE WEATHER IS FINE



The Boat Trips are back.

The first 2020 Boat Trip will be on Friday 24 July. Ticket price: £17.00pp.

Transport will leave the centre at 9 a.m. and will return to the centre at 6pm (approx.). If you would like to go, please contact Delroy. The next Boat Trip is Friday 14th August.

Carers Support Group at the Marjorie Collins Wellbeing Centre

The next monthly Group session run by Redbridge Respite Care Association will take place on 11th March 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 25th March 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

Boat Trips:	Friday 24 July
	Friday 14 August
Minibus fund raiser	Saturday 20 th June
Summer Barbeque:	Saturday 15 th August
Race Night	Saturday 24 th October

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 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

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,

Asian MS: A national support group for Asian people with MS, their carers, friends and family. asianms@mssociety.org.uk

their dependants and carers.
support-team@mutual-support.org.uk