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**The Marjorie  
Collins  
Wellbeing  
Centre**

**Working for  
and caring  
about  
You**

**NEWSLETTER  
September  
2021**

In this issue:

- Welcoming you back
  - Centre News
  - Centre Activities
  - Special Thanks
- \* Opening Letter

**Welcome back everyone!!!**

**On Monday 6<sup>th</sup> September 2021, we are relaunching our  
Centre as**

**The Marjorie Collins Wellbeing Centre: Multiple**

## **Sclerosis (MCWC).**

**Time: 11:00 until 14:00**

**Please join us for a buffet lunch to celebrate the reopening of our Centre and to meet our Trustees i.e.**

**Martin Goodie, Melvyn Warrick and Malik Chowdhury.**

***Please note the Marjorie Collins Wellbeing Centre will officially be open to all centre users on Tuesday 7<sup>th</sup> September 2021***

***Opening Times : Monday 10-12 -Exercise class only  
: Tuesday 09.30-15.00  
: Thursday 09.30-15.00***

***If you are arranging your own transport please ensure you book your return trip , latest 15.00***

**A letter from Barry Bates to clarify the reasons for the new guidelines:-**

**"Dear member**

**I hope that you and your family are as well as can be expected in these most difficult times. However, we can now look forward to better times ahead, although it will be some time until we are back to 'normal' as we know it and there are some people who think the virus will be with us for many, many years.**

**On a brighter note, with the Government relaxing some of the**

rules around the virus, that have been in place, and with the MS National Centre's blessing, we are going to open the Centre on Monday September 6th. This will mean meeting up with our friends and get back to our normal activities.

If, as a result of the lock down, you have been doing things at home, like crafts, which you think maybe enjoyed by others at the Centre, you may like to bring it to the Centre for us to adopt, if we can arrange a package and get enough support from members. Some of you maybe aware that we have been negotiating, with the MS National Centre, to divorce ourselves from them and set up our own Charity, in the name of the Marjorie Collins Wellbeing Centre(MCWC). This action was forced upon us by the MS National Centre, who did not want to be responsible for day centres any more. We will now be governed by a Board of Trustees lead by Martin Gudde. The move to the new charity will take place on 31<sup>st</sup> December 2021.

I will be pleased to answer any questions you may have.

Kind Regards

Barry

Centre Co-ordinator

## Centre News

**If you are feeling unwell, have a temperature, cough, loss of taste or smell or have flu like symptoms please stay at home.**

Please can I ask everyone to sanitise their hands before signing in and each time you enter the building. There are several sanitising stations around the centre for our use during your visit. Whilst it is no longer a legal requirement to exercise hygiene practices, wear face coverings or

follow social distancing measures the MS Society strongly recommend that we all continues to follow these systems where possible as the virus is still circulating . If you are coming in via our transport we would ask you to wear a face mask if you can, you may also want to bring an extra jumper as the windows will be open to ensure ventilation.

Please stay safe.

\*\*\*\*\*

### Personal Assistance:

If you require **ANY** assistance with walking, eating or your personal care - please note -

You **must** bring a career with you as we are unable to provide assistance at this time.

\*\*\*\*\*

### Lunch:

For the first few weeks, please can you bring in your own prepared ready to eat lunch (including disposable cutlery).

### TRANSPORT:

At the moment, Centre transport is extremely limited. We can only run one minibus for the first few weeks. Please could we ask you to arrange transport to and from the Centre for the first few

weeks?

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### Contactless payment:

Wherever possible please use our contactless service to pay for lunch, treatments etc.

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### Memory Clinic

The Memory Clinic will return. Dates to be confirmed.

\*\*\*\*\*

### Members and Centre Users contact details

If any of your address details, phone number/email address etc have changed in the last 18 months - Could you let us know so that we can have the latest details on file for you.

As many of you know, Del Lynch passed away this year. He started coming to the Centre in 1996 and so was one of our long standing centre users and member. Del will be very missed by all of us. We'll miss his dry wit and seeing him in his usual place on the guys table playing cards and swapping banter. Our deepest condolences go to June and her family.

\*\*\*\*\*

**VOLUNTEERS:** Just to let you know that Delroy, Phil and Penny will not be returning. We would like to thank them for their years of valuable help and wish them well.

**Also:** Wendy, our manicurist is not returning so this service is not currently available.

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### **Shout out for new volunteers to sign up:**

The Centre urgently need new volunteers (including volunteer drivers, passenger assistants and a cook ). They will need to commit to a few hours on Tuesdays and Thursdays. If you know of anyone who would like to volunteer, please ask them to contact Lorna at the Centre.

### **Donations:**

Can I thank everyone for their wonderful donations via Facebook and Paypal during the lockdowns. Thank you for taking the trouble to do this. All donations go to very good use at the Centre.

We are going to need so much more to keep the centre open. Going forward - if you or friends want to make a donation, please look at our JustGiving page (which includes Kitty's Virtual Cake Bake) on

[www.msredbridge.online](http://www.msredbridge.online). Kind regards, Lorna Lawrence.

## **Centre Activities**

**\*\*June's Team room will return on Monday 4<sup>th</sup> October 2021**

**MONDAYS:** The Centre will only be open for:

- Rama's Fit for fun free classes which will resume on Tuesday 7th September: 11:00-12:00 as usual.
- Therapies - by appointment only
- June's Tea Room on the first Monday of every month.

**\*TUESDAYS:**

- Gill's Card Class is back on Tuesday 7 September, usual time of 2-3pm (£5.00 per class)
- Therapies - by appointment only
- Exercise with Rama 11.00 - 12.00
- Hairdresser: 7<sup>th</sup> September: Good news, Katie will be back. Time: 10.30 - 1.30
- Foot Clinic - Resumes 21/09/21 - appointments only
- Bingo: 11.30-12.00

**\*THURSDAYS:**

Bingo Thursday's 11.30 -12.00

*\*Please remember to bring in a prepared ready to eat lunch (including disposable cutlery) on Tuesdays and Thursdays for the first few weeks .*

## MS National Help Line

The MS National Help line has a world of information at their fingertips and is able to offer advice and support to anyone who needs it. Please, if something is worrying you or you don't know where to go for help or you just have a general enquiry then please give them a call on: 0808 800 8000 where a member of the dedicated team will help you.

<u>Centre Activities</u>	<u>Centre Activities</u>	<u>Centre Activities</u>
<b>Fit for fun free classes:</b> Mondays 11:00-12:00 delivered by Rama Tuesdays 11.00 - 12.00	<b>Hairdressing Katy is returning!</b> Tuesday 10.30-13.30	<b>Card Craft</b> returning Tues 7 September- 2pm-3pm  <b>Bingo</b> - Tues 11.30am -12pm and Thurs 12pm-12.30pm  <b>Foot Clinic</b> - Thurs 1pm-3pm



## Special Thanks

To each and every one of you who Volunteer at and Support The Marjorie Collins Wellbeing Centre, not only with your regular work but for committing to collection dates and fundraisers as well truly amazing, well done 😊

### 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)

#### **Barking Citizens Advice**

Barking Learning Centre 2 Town  
Square  
BARKING  
Essex  
IG11 7NB  
<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)

## **Contact DWP**

### **General information**

DWP Online Helpdesk 0800 169 0154

Telephone: 0345 850 3322

Textphone: 0345 601 6677

Monday to Friday, 8am to 6pm

### **DWP - Personal Independence**

#### **Payment claims**

PIP enquiry line

Telephone: 0800 121 4433

Textphone: 0800 121 4493

Monday to Friday, 8am to 6pm

### **Women Against MS:**

**confidential** Cosupport and advice for women who have MS, their carers, families, friends and employers. 020 8542

[1712info@womenagaistms.org.uk](mailto:1712info@womenagaistms.org.uk)

### **Newham (East End) Citizens Advice Bureau**

300 Mare Street, London E8 1HE  
0208 525 6350

<https://www.eastendcab.org.uk/newham>

### **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)

#### **Mutual Support (Armed Forces)**

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)