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The Marjorie Collins Wellbeing Centre

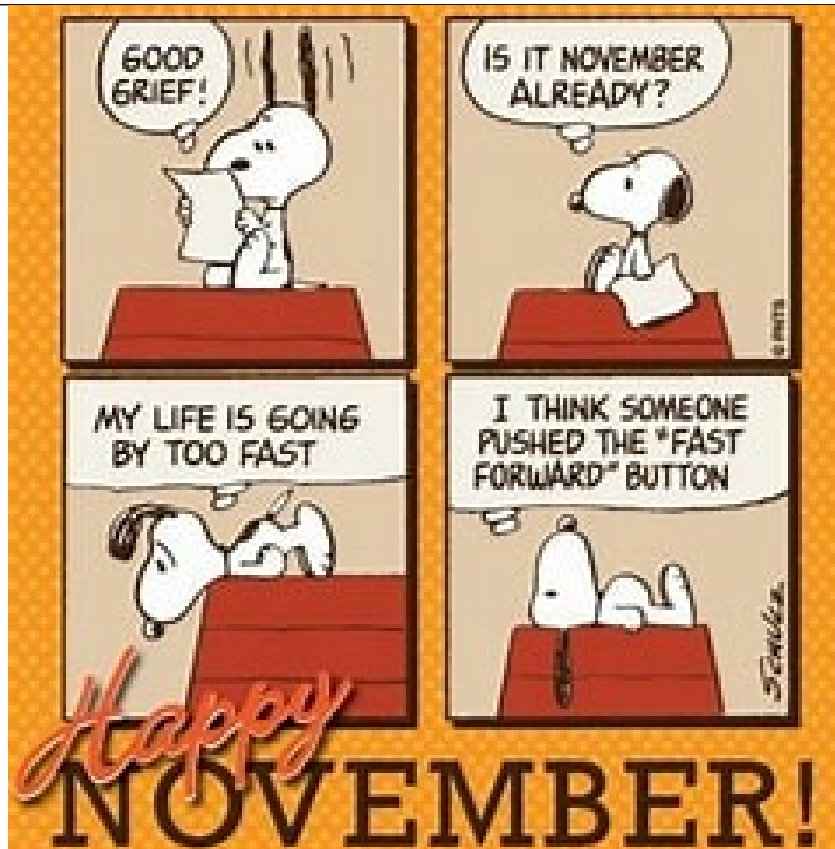
Working for and caring about You

NEWSLETTER NOVEMBER 2021

Produced by Pauline
Connolly: Volunteer
and PWMS

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Opening Times:

Monday: 10-12 (exercise and therapies only)

Tuesday: 09.30-15.00

Thursday: 09.30-15.00

Rama's therapies which are by appointment only

Monday: 10 - 2

Tuesdays: 10-2

Donnation Box

You may have noticed we have placed a donation box in the foyer, all donations are gratefully received 😊

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 continue 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 carer with you as we are unable to provide assistance at this time.

LUNCH: UPDATE

Lunches are now available on Tuesdays and Thursdays but with a very limited menu.

If you require lunch - Please ring Lorna before 11 to place your order

Otherwise - please could you continue to bring in your own prepared ready to eat lunch (including disposable cutlery).

TRANSPORT:

Centre transport is extremely limited. Currently only one minibus is available. If at all possible, please continue to arrange your transport to and from the Centre.

Contactless payment:

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

Memory Cafe

The Memory Cafe is back.

The next cafe, which is sponsored by the Barking and Redbridge Rotary Club, is Wednesday 24th November 2021. Thereafter it will be on the last Wednesday of the month. As usual the cafe is free of charge.

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.



The Barkingside Rotary Club Are hosting their Annual Community Christmas Lunch

On: Saturday 11 December 2021
1-4pm

There are 10 places available i.e. to make a
table for 10 from our Centre.

Please contact Lorna on 0208 983-8148 as soon as possible to book your free place at this very popular event. Please bring your own drink and make arrangements for transport.

Please ask friends and family if they could shout out for new volunteers to sign up:

The Centre desperately needs a good cook to provide hot meals for everyone. Do you know of a new retiree who could spare a few hours two days a week??

We still urgently need new volunteers (including volunteer drivers, passenger assistants). 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:

Thank you 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.

Going forward we are going to need so much more to keep the centre open? If you or friends want to make a donation, please look at our JustGiving page on: www.msredbridge.online. Kind regards, Lorna Lawrence.

On Thursday 16th December (the last day at the Centre), there will be a buffet and DJ from 11-3

This is to remember and also to say a fond farewell to Del, Denise, John and Michael. They are and will always be missed by our community.

During the Pandemic have you had problems getting appointments with a Neurologist or your MS team?

1 in 6 people in the UK live with a neurological condition. Yet neurology services have been stretched, underfunded, and overlooked for years. These services were neglected long before the pandemic - now the situation is critical.

We need urgent action to make sure everyone with MS has access to the right professionals and treatment, at the right time, across the UK.

Tell the UK government not to leave people with MS behind. Sign our open letter today!

Please use the following link (or ask a friend to access it for you) to view and sign the open letter for England i.e.

<https://mssoc.uk/3Dhcw1S>

Centre Activities

****June's Tea room returned on Monday 4th October 2021**

Although not a big turnout, everyone was pleased to see each other and really enjoyed the afternoon. £100.00 was raised that day.

This event has always flourished - lets help it to continue.

Tempting sandwiches, scones (with jam and clotted cream of course...) and cakes. All for £4.99 a person! Delicious!

It's a great way to relax and do something for the centre **Please call: 0208-983-8148.**

****The next June's Tea Room will be on Monday 1st November****

Please note: Our last day at the Centre is Thursday 16 December. The Centre reopens on Monday 17 January 2022

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.

Centre Activities

Fit for fun free classes:
delivered by Rama:

Mondays
11:00-12:00
Tuesdays
12:00-1:00

Centre Activities

Hairdressing: Katy is back
Tuesdays:
10.30-13.30

Centre Activities

Card Craft: Tuesdays: 2pm-3pm

Bingo - Tues 11.30am -12pm and
Thurs 12pm-12.30pm

Foot Clinic - Thurs 1pm-3pm
(Appointments only)

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 also for committing to collection dates and fundraisers. 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
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Contact DWP

General information

DWP Online Helpdesk 0800 169
0154

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)

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

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

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