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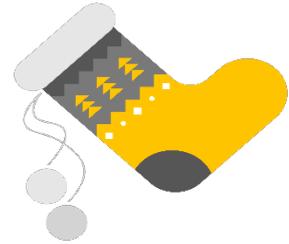
Twitter: [@msredbridge](https://twitter.com/msredbridge)

The Marjorie Collins Wellbeing Centre

Working for and caring about You

NEWSLETTER DECEMBER 2021

Produced by Pauline
Connolly: Volunteer
and PWMS



In this issue:

- Centre News

Last day at the centre: Buffet to remember
Del, Denise and Michael

Barkingside Rotary Club Community Lunch,
June's Christmas Afternoon Tea Room
(With Christmas Jumper Competition)

Donation information update

- Centre Activities:
- Special Thanks



Opening Times:

Monday 10-12: will only be open for:

***Rama's Fit for Fun class and for
therapies which are by appointment only***

***Tuesdays and Thursdays are open for lunch and usual
activities:09.30-15.00***

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.

Lorna orders our tasty fish and chips from The Golden Fish Bar in Becontree Heath - who were voted the best fish and chip shop in the UK.

The delicious pie and mash/sausages and mash come from the Brook Pie and Mash Shop in Dagenham Road.

Both choices are really enjoyed by our centre users.

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.

A warm welcome to: Amanda (number 2), Paulette and Claire. I know everyone will continue to make them feel a part of the centre's community and encourage them to take part and come to any activities that are or will be taking place.

Next year the Centre will be hosting our usual fund-raising events to keep us going. However poor attendance is hampering the Centre's efforts.

Contactless payment:

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

Memory Cafe: The Memory Cafe is back.

The next café, which is sponsored by the Barking and Redbridge Rotary Club, is Wednesday 26th January 2022. Thereafter it will be on the last Wednesday of the month. As usual the café 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.

Unwanted items

FOR THE TIME BEING, PLEASE DO NOT BRING ANY UNWANTED ITEMS FROM HOME TO THE CENTRE.

Decluttering the home is a good thing and we appreciate centre users wanting to donate items to the Centre.

Up until recently we have had certain items donated that were in bad condition and could neither be recycled for further sale nor given to charity shops. This led to the Centre having to take piles of things to the dump.

Tabletop sales and raffles will resume next year. We would really appreciate new or unused clothes, china, unwanted presents (but in good condition please). Lorna will ask you to only bring them two weeks before any announced date. Items such as china, clothes, shoes etc must be of a quality so that they can be used in raffles or to benefit clients.

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

The Centre desperately need 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:

Did you know you can donate to the Marjorie Collins Wellbeing Centre while shopping on Amazon?

If you tap in www.smile.amazon.co.uk to begin - then it will say

start. Once in, you will see a box containing a list of charities. All you need to do then is to type in the full name of our charity.

Amazon will then donate 0.5% of any product you buy.

This donation will go straight to our Charity at no cost to you. You will then be able to continue shopping in the usual way as it is still Amazon with the same prices, services etc.

A second choice is to either continue to donate through our JustGiving page on: www.msredbridge.online or in person at the Centre. Kind regards, Lorna Lawrence.

On Thursday 16th December (the last day at the Centre), there will 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.

Centre Activities



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JUNE'S
CHRISTMAS AFTERNOON TEA
MONDAY 6TH DECEMBER 2021

11-2pm

As it's the last afternoon tea of the year, let's celebrate by having a best Christmas Jumper competition. So, dig out those Christmas Jumpers or T Shirts – borrow one if you can.

The best or indeed worst one wins a gift card.

Tempting sandwiches, mince pies and cakes. All for £4.99 a person! Delicious!

It's a great way to relax and do something for the centre. Friends and family are welcome.

Oxygen Therapy: next year the Centre will be planning a trip to the MS Action Limited which is situated in Walthamstow. This one of the few MS centres to have an Oxygen treatment centre. A minibus will be available to take some centre users to see how MS Action Walthamstow operates and what they offer. You may have heard or visited the Oxygen Centre. I believe Mary has - you can ask her what she thought of it, what happens there.

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

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</u>	<u>Centre</u>	<u>Centre Activities</u>
<u>Activities:</u> Fit for fun free classes: delivered by Rama: NB: contact her directly. Number available from reception Mondays 11:00-12:00 Tuesdays	<u>Activities</u> Hairdressing: Katy is back Tuesdays: 10.30-13.30	 Card Craft: Tuesdays: 2pm- 3pm Bingo - Tues 11.30am -12pm and Thurs 12pm-12.30pm Foot Clinic - Thurs 1pm-3pm (Appointments only)

12:00-1:00		
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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

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

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

enquiries only - not an advice line)

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