

Redbridge MS Society Newsletter Spring/Summer 2014

Welcome to our latest edition of our newsletter! It is filled with lots of info on things we have done over the last few months and what is coming up! If anyone would like to add to the newsletter or getting involved in writing something for the next issue (which will be Autumn time) then please speak to Tom.

IMPORTANT

THE MARJORIE COLLINS CENTRE WILL BE CLOSED FOR TWO WEEKS IN AUGUST. OUR LAST DAY AT THE CENTRE WILL BE THURSDAY 7th AUGUST AND WE WILL RE-OPEN ON TUESDAY 26th AUGUST

Volunteers Week!

Between 2nd June and 6th June the nation marked Volunteers Week. As you all know, volunteers are a hugely important part of our operation, not just as a branch but also as a day centre. We couldn't do it without them and to show our appreciation we all went down for a very civilised lunch at the local Harvester. I think everyone left with full stomachs, most notably the chairman who had one of the largest racks of ribs any of us had ever seen! Once again, a big thank you to all our volunteers and keep up the good work!

Cinema Club

Due to the success of cinema club we have decided to run it twice a month. The first will still be on the 2nd Wednesday of the month, and the second will be on the last. We are also altering the start time to 12.30. Hopefully by doing this we won't get as many people sleeping through the end of the films! We hope people continue to support this activity and show as wide a range as possible. After last months disastrous 'The Wolf of Wall Street' I promise not to pick another film for a while too! I will try and advertise the films that we choose as far in advance as possible but if I can't manage it just come and ask me! Its still £4 for the film and refreshments, you won't get a better deal anywhere else!

Out and About!

Over the last few months we have attended several events in the local area. Getting out and about in the community is hugely important, not just in a fundraising sense, but also for getting information out about our role in the area. Flag Day is one of these such events, and this year fell on the 31st May. We managed to raise £553.33 on the day and spoke to lots of people about our work. A special thank you to Sue Crate for organising the day. We also had a stand at the Redbridge Green Fair on 25th May. This was mainly a promotional exercise and we managed to tell lots of people about the work we do and speak to people with MS who we do not see at the day centre. It is incredibly important to remember that the Marjorie Collins Centre is only one part of our work as a branch and we must look for ways to engage those people affected by MS who do not use this service.

Redbridge MS Online!

As I am sure most of you are aware, we are continuing to develop our online presence in as many ways as possible. John Harragan does a fantastic job in keeping it updated and is constantly looking for new content. If anyone has any photos from events we could use or would like to write a piece on an event or trip please speak to either John or Tom. We also have several social media accounts now including Facebook, Twitter and now Instagram! It would be great is we could get everyone with these accounts to like our pages (details can be found at the end of this newsletter) and share onwards to friends. We have also started a new Young MS group on Facebook for those of you lucky enough

to be under 45 so please give that a look too!

Supporters

The branch continues to be well supported and we have received several large donations over the last few months. We received £1200 from Silver Jubilee Lodge, an organisation in Southgate, who held a Ladies Night down in Bournemouth. We also received £600 from Paul Lydon, who ran the Brighton Marathon in April.

London Marathon

As most of you will know I ran the London Marathon in April to raise money for the branch. I would like to thank everyone who supported me throughout my training and on the day. I am really pleased to say that the fundraising went really well and in total raised over £4500. So a big thank you to everyone who took a sponsor form for me and donated. This amount also includes the extremely well supported Quiz Night we held here in March, so again a big thank you to everyone who came.

Next year though I will not be taking part (I have a pretty big event taking place in my life 2 weeks before that my fiancée would prefer me to concentrate on) so it will be up to someone else to take on the challenge. The public ballot for the race has closed however the MS Society will be taking applications for its own places later this year so keep an eye on their website for more information. It is not something to be taken lightly, however I can honestly say that the experience of raising the money and the actual day itself is one of the best of my life and would recommend it to anyone! If you or any family or friends are interested in doing any sort of fundraising on behalf of the branch then please let me know.

Carers Week

The people that care for those with MS are an important part of our community here at the centre and we are looking at ways of giving them as much support as possible.

On 9th June, we held our first Carers Support group. Although we had a modest turn-out, the conversations that came from it reiterated to us that this is something we should keep doing. The next one will be on **Wednesday 6th August at 10.30am**. It would be great to see some new faces and get a good discussion going.

We were also looking to get a new carers exercise class going on Friday lunchtimes, but unfortunately we haven't had the numbers. If anyone is interested in this, then please let me know asap and we will get it started again.

Transport

Unfortunately our transport service has not been running as smoothly as we would have liked over the past couple of months. Both mini-buses have had their share of mechanical problems, as well as us having significant driver shortages due to one thing or another. We strive as much as possible to run the service as best as we can, however sometimes circumstances beyond our control mean we may have to alter or even cancel pick ups. We will try to inform people with as much notice as possible if we cannot run the service for whatever reason. We would also like to remind all members to be ready by 9.30am each day they are to be picked up as transport can arrive at any time from then. Due to the changes in pick-ups daily we cannot offer time slots or promise any specific time. If anyone would like any information on Dial-a-ride or taxi cards for alternative travel, please speak to Tom or Dennis.

Day Centre Activities

As mentioned in the last edition of this newsletter, we have a full list of activities going on throughout the week at The Marjorie Collins Centre. We still have yoga, bingo, card class and art classes on throughout the week. Please see the Weekly Timetable for more info on

times of these activities.

MS Society News

The last week in April was MS Awareness Week and this saw the launch of the MS Society's new 'Treat Me Right' campaign. The main focus of this campaign is to highlight the differences in treatment and services across the country.

For more info on 'Treat Me Right' and to sign the online petition, visit:

<http://www.treatmerightms.org.uk/>

New treatment for MS

The new drug Lemtrada has received the final stamp of approval from NICE and will be available on the NHS for people with relapsing remitting MS. The NHS now has 3 months to make the necessary arrangements to make the drug widely available.

For more news on what is going on nationally in the MS community, please go to

www.mssociety.org.uk

Passing of members

Sadly we lost two of our members May. Don Egner of Bramston Close, Hainault and Michael Illet of Rosedale Drive, Dagenham both passed away at the end of May. Both were had been attending the centre for many years and had lots friends. All of our thoughts are with their friends and families.

List of upcoming events

Unfortunately due to lack of support we have taken the decision to cancel our Prohibition Evening on Saturday 5th July. These sorts of events take an immense amount of planning and hard work, and to make this all worthwhile there has to be a decent amount of people showing interest. However we will continue to plan events in the future that will hopefully appeal to a wider audience and will keep you updated with what is coming up!

Here are the dates so far confirmed for events for the rest of the year!

- Saturday 9th August – Race Night – 7 for 7.30pm - £5 per person.
- Sunday 24th August – BBQ – 2pm - £10 per person includes food. (Please book at reception or give us a call for a ticket) – Please note that the centre will be closed two weeks prior to this so please book early.
- Saturday 20th September – 11am – Table Top Sale

As well as these events we will also be running our usual trips.

At present we have three canal trips booked for: 27th June, 11th July and 25th July. The price of this is £15.

Please call us to book a place if you wish to go.

We will keep you informed of any more trips we plan to do, so keep checking our website for more details.

And finally....

As some of you may already know our treasurer Joe and former chair Maggie Hill have moved to Cornwall. Both Maggie and Joe have been integral parts of the centre over the

years and we all wish them all the best in their new home. Keep in touch!

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Marjorie Collins Centre Opening Times:

Monday – Thursday : 9.30 – 3.30

(Wednesdays at present are open 2nd and last of the month for cinema club).