

# Gosport and Fareham Multiple Sclerosis Group

## August to December 2018

DATE	ACTIVITY/EVENT	WHERE
Monday, September 3, 13:45	Pilates. Contact Jenny Jessup on 07974 660461	Lee on Solent Community Centre, 51 Twyford Drive, Lee-on-the-Solent PO13 8JU
Tuesday, September 4, 10.45	Yoga. Contact Mave Hiseman 07789 511124	HEDCA, Combe Road, Elson, PO12 4JB
Thursday, September 6, 9:45-11:45	Social Care Forum book place Anna.bailey-bearfield@mssociety.org.uk	Eversley Room, Guildhall, Winchester
Friday, September 7, 11:30	Golden Bowler Meet Up. Contact Di Coggan 07990 554656	The Golden Bowler, 122 Stubbington Lane, Fareham, PO14 2NQ
Monday, September 10, 11:00	Craft – with Jo – Please contact Ruth 07817 358672	The Golden Bowler, 122 Stubbington Lane, Fareham, PO14 2NQ
Monday, September 10, 13:45	Pilates. Contact Jenny Jessup on 07974 660461	Lee on Solent Community Centre, 51 Twyford Drive, Lee-on-the-Solent PO13 8JU
Wednesday, September 12, 14:00-16:00	Westbury Museum Meet up. Contact Jo Bardall on 07758 699080	Westbury Manor Museum, 84 West Street, Fareham, PO16 0JJ
Thursday, September 13, 10.30	Physio-led exercises. Contact Juliette Hewitt on 02392 581406	St Mary's Parish Centre, Green Road, Alverstoke, PO12 2ET
Monday, September 17, 13:45	Pilates. Contact Jenny Jessup on 07974 660461	Lee on Solent Community Centre, 51 Twyford Drive, Lee-on-the-Solent PO13 8JU
Tuesday, September 18, 10.45	Yoga. Contact Mave Hiseman 07789 511124	HEDCA, Combe Road, Elson, PO12 4JB
Wednesday, September 19, 14:00 to 16:00	Gosport Discovery Centre Meet Up. Contact Jo Bardall on 07758 699080	Gosport Discovery Centre (library), High Street, PO12 1BT
Monday, September 24, 13:45	Pilates. Contact Jenny Jessup on 07974 660461	Lee on Solent Community Centre, 51 Twyford Drive, Lee-on-the-Solent PO13 8JU
Wednesday, September 26, 11.30	Chalet. Contact Yvonne Flory 01329 286207	The Wheel House Chalet, Salterns Lane Hillhead PO14 3LR

Wednesday, September 26, 12:00	Strawberry Field Tavern Meet Up, Contact Tina Walker on 07970 539235	Strawberry Field Tavern, Locks Heath Centre, Central Way, Southampton, SO31 6DX
Thursday, September 27, 10.30	Physio-led exercises. Contact Juliette Hewitt on 02392 581406	St Mary's Parish Centre, Green Road, Alverstoke, PO12 2ET
Friday, September 28, 11:30	Pop up Coffee morning, Contact Tina 07970 539235 or Jenny 07974 660461	The Seagull, Cornaway Lane, Fareham, PO16 9DB
Monday, October 1, 13:45	Pilates. Contact Jenny Jessup on 07974 660461	Lee on Solent Community Centre, 51 Twyford Drive, Lee-on-the-Solent PO13 8JU
Tuesday, October 2, 10.45	Yoga. Contact Mave Hiseman 07789 511124	HEDCA, Combe Road, Elson, PO12 4JB
Friday, October 5, 11:30	Golden Bowler Meet Up. Contact Di Coggan 07990 554656	The Golden Bowler, 122 Stubbington Lane, Fareham, PO14 2NQ
Monday, October 8, 11:00	Craft Please contact Ruth Moorhen 07817 358672	The Golden Bowler, 122 Stubbington Lane, Fareham, PO14 2NQ
Wednesday, October 10, 14:00-16:00	Westbury Museum Meet up. Contact Jo Bardall on 07758 699080	Westbury Manor Museum, 84 West Street, Fareham, PO16 0JJ
Thursday, October 11, 10.30	Physio-led exercises. Contact Juliette Hewitt on 02392 581406	St Mary's Parish Centre, Green Road, Alverstoke, PO12 2ET
Saturday October 13, 9:00 to 17:00	FLAG COLLECTION Contact Steve Irving 07976 054003	Fareham Shopping Centre
Monday, October 15, 13:45	Pilates. Contact Jenny Jessup on 07974 660461	Lee on Solent Community Centre, 51 Twyford Drive, Lee-on-the-Solent PO13 8JU
Tuesday, October 16, 10.45	Yoga. Contact Mave Hiseman 07789 511124	HEDCA, Combe Road, Elson, PO12 4JB
Wednesday, October 17, 14:00 to 16:00	Gosport Discovery Centre Meet Up. Contact Jo Bardall on 07758 699080	Gosport Discovery Centre (library), High Street, PO12 1BT
Monday, October 22, 13:45	Pilates. Contact Jenny Jessup on 07974 660461	Lee on Solent Community Centre, 51 Twyford Drive, Lee-on-the-Solent PO13 8JU
Wednesday, October 24, 12:00	Strawberry Field Tavern Meet Up, Contact Tina Walker on 07970 539235	Strawberry Field Tavern, Locks Heath Centre, Central Way, Southampton, SO31 6DX
Thursday, October 25, 10.30	Physio-led exercises. Contact Juliette Hewitt on 02392 581406	St Mary's Parish Centre, Green Road, Alverstoke, PO12 2ET
Monday, October 29, 13:45	Pilates. Contact Jenny Jessup on 07974 660461	Lee on Solent Community Centre, 51 Twyford Drive, Lee-on-the-Solent PO13 8JU

Tuesday, October30, 10.45	Yoga. Contact Mave Hiseman 07789 511124	HEDCA, Combe Road, Elson, PO12 4JB
Friday, November 2, 11:30	Golden Bowler Meet Up. Contact Di Coggan 07990 554656	The Golden Bowler, 122 Stubbington Lane, Fareham, PO14 2NQ
Monday, November 5, 13:45	Pilates. Contact Jenny Jessup on 07974 660461	Lee on Solent Community Centre, 51 Twyford Drive, Lee-on-the-Solent PO13 8JU
Thursday, November 8, 10.30	Physio-led exercises. Contact Juliette Hewitt on 02392 581406	St Mary's Parish Centre, Green Road, Alverstoke, PO12 2ET
Monday, November 12, 11:00	Craft – with Jo – Please contact Ruth 07817 358672	The Golden Bowler, 122 Stubbington Lane, Fareham, PO14 2NQ
Monday, November 12, 13:45	Pilates. Contact Jenny Jessup on 07974 660461	Lee on Solent Community Centre, 51 Twyford Drive, Lee-on-the-Solent PO13 8JU
Tuesday, November 13, 10.45	Yoga. Contact Mave Hiseman 07789 511124	HEDCA, Combe Road, Elson, PO12 4JB
Wednesday, November 14, 14:00-16:00	Westbury Museum Meet up. Contact Jo Bardall on 07758 699080	Westbury Manor Museum, 84 West Street, Fareham, PO16 0JJ
Monday, November 19, 13:45	Pilates. Contact Jenny Jessup on 07974 660461	Lee on Solent Community Centre, 51 Twyford Drive, Lee-on-the-Solent PO13 8JU
Wednesday, November 21, 14:00 to 16:00	Gosport Discovery Centre Meet Up. Contact Jo Bardall on 07758 699080	Gosport Discovery Centre (library), High Street, PO12 1BT
Thursday, November 22, 10.30	Physio-led exercises. Contact Juliette Hewitt on 02392 581406	St Mary's Parish Centre, Green Road, Alverstoke, PO12 2ET
Monday, November 26, 13:45	Pilates. Contact Jenny Jessup on 07974 660461	Lee on Solent Community Centre, 51 Twyford Drive, Lee-on-the-Solent PO13 8JU
Tuesday, November27, 10.45	Yoga. Contact Mave Hiseman 07789 511124	HEDCA, Combe Road, Elson, PO12 4JB
Wednesday, November 28, 12:00	Strawberry Field Tavern Meet Up, Contact Tina Walker on 07970 539235	Strawberry Field Tavern, Locks Heath Centre, Central Way, Southampton, SO31 6DX
Monday, December 3, 13:45	Pilates. Contact Jenny Jessup on 07974 660461	Lee on Solent Community Centre, 51 Twyford Drive, Lee-on-the-Solent PO13 8JU
Thursday, December 6, 10.30	Physio-led exercises. Contact Juliette Hewitt on 02392 581406	St Mary's Parish Centre, Green Road, Alverstoke, PO12 2ET

Friday, December 7, 11:30	Golden Bowler Meet Up. Contact Di Coggan 07990 554656	The Golden Bowler, 122 Stubbington Lane, Fareham, PO14 2NQ
Monday, December 10, 11:00	Craft – with Jo – Please contact Ruth 07817 358672	The Golden Bowler, 122 Stubbington Lane, Fareham, PO14 2NQ
Monday, December 10, 13:45	Pilates. Contact Jenny Jessup on 07974 660461	Lee on Solent Community Centre, 51 Twyford Drive, Lee-on-the-Solent PO13 8JU
Tuesday, December 11, 10.45	Yoga. Contact Mave Hiseman 07789 511124	HEDCA, Combe Road, Elson, PO12 4JB
Wednesday, December 12, 14:00-16:00	Westbury Museum Meet up. Contact Jo Bardall on 07758 699080	Westbury Manor Museum, 84 West Street, Fareham, PO16 0JJ
Thursday, December 13 12:00-14:00	Xmas Lunch	To be Adviced
Monday, December 17, 13:45	Pilates. Contact Jenny Jessup on 07974 660461	Lee on Solent Community Centre, 51 Twyford Drive, Lee-on-the-Solent PO13 8JU
Wednesday, December 19, 14:00 to 16:00	Gosport Discovery Centre Meet Up. Contact Jo Bardall on 07758 699080	Gosport Discovery Centre (library), High Street, PO12 1BT
Thursday, December 20, 10.30	Physio-led exercises. Contact Juliette Hewitt on 02392 581406	St Mary's Parish Centre, Green Road, Alverstoke, PO12 2ET

**General queries** – Juliette Hewitt 02392 581406; **Group Coordinator** – George McAleese 07825 410680;

**Finance Volunteer** – John Habberley 01489 572899; **Fundraiser** – Steve Irving 07976 054003;

**Welfare** (if you would like a chat!) – Julie Hawksworth 01329 510819;