

Gosport and Fareham Multiple Sclerosis Group

December to February 2019

DATE	ACTIVITY/EVENT	WHERE
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	Harmony Hall, Fareham Masonic Centre, 34 Queen's Road, Fareham, PO16 0NN
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
Thursday, January 3, 10:30	Physio-led exercises. Contact Juliette Hewitt on 02392 581406	St Mary's Parish Centre, Green Road, Alverstoke, PO12 2ET
Friday, January 4, 11:30	Golden Bowler Meet Up. Contact Di Coggan 07990 554656	The Golden Bowler, 122 Stubbington Lane, Fareham, PO14 2NQ

Monday, January 7, 11:00	Craft – pottery – Please contact Ruth 07817 358672	The Golden Bowler, 122 Stubbington Lane, Fareham, PO14 2NQ
Monday, January 7, 13:45	Pilates. Contact Jenny Jessup on 07974 660461	Lee on Solent Community Centre, 51 Twyford Drive, Lee-on-the-Solent PO13 8JU
Tuesday, January 8, 10.45	Yoga. Contact Mave Hiseman 07789 511124	HEDCA, Combe Road, Elson, PO12 4JB
Wednesday, January 9, 14:00-16:00	Westbury Museum Meet up. Contact Jo Bardall on 07758 699080	Westbury Manor Museum, 84 West Street, Fareham, PO16 0JJ
Saturday, January 12, 6:30pm	New Year Dinner	Palmerston Bowling Club, Palmerston Business Park, Palmerston Drive, Fareham, PO14 1DJ
Monday, January 14, 13:45	Pilates. Contact Jenny Jessup on 07974 660461	Lee on Solent Community Centre, 51 Twyford Drive, Lee-on-the-Solent PO13 8JU
Wednesday, January 16, 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, January 17, 10:30	Physio-led exercises. Contact Juliette Hewitt on 02392 581406	St Mary's Parish Centre, Green Road, Alverstoke, PO12 2ET
Saturday, January 19, 9:00 to 17:00	FLAG COLLECTION Contact Steve Irving 07976 054003	Tesco Fareham, PO16 0LE
Monday, January 21, 13:45	Pilates. Contact Jenny Jessup on 07974 660461	Lee on Solent Community Centre, 51 Twyford Drive, Lee-on-the-Solent PO13 8JU
Tuesday, January 22, 10.45	Yoga. Contact Mave Hiseman 07789 511124	HEDCA, Combe Road, Elson, PO12 4JB
Wednesday, January 23, 12:00noon	Strawberry Field Tavern, Contact Tina Walker on 07970 539235	Strawberry Field Tavern, Locks Heath Centre, Central Way, Southampton, SO31 6DX
Monday, January 28, 13:45	Pilates. Contact Jenny Jessup on 07974 660461	Lee on Solent Community Centre, 51 Twyford Drive, Lee-on-the-Solent PO13 8JU
Thursday, January 31, 10:30	Physio-led exercises. Contact Juliette Hewitt on 02392 581406	St Mary's Parish Centre, Green Road, Alverstoke, PO12 2ET
Friday, February 1, 11:30	Golden Bowler Meet Up. Contact Di Coggan 07990 554656	The Golden Bowler, 122 Stubbington Lane, Fareham, PO14 2NQ
Monday, February 4, 13:45	Pilates. Contact Jenny Jessup on 07974 660461	Lee on Solent Community Centre, 51 Twyford Drive, Lee-on-the-Solent PO13 8JU
Tuesday, February 5, 10.45	Yoga. Contact Mave Hiseman 07789 511124	HEDCA, Combe Road, Elson, PO12 4JB
Monday, January 11, 11:00	Craft – Please contact Ruth 07817 358672	The Golden Bowler, 122 Stubbington Lane, Fareham, PO14 2NQ

Wednesday, February 13, 14:00-16:00	Westbury Museum Meet up. Contact Jo Bardall on 07758 699080	Westbury Manor Museum, 84 West Street, Fareham, PO16 0JJ
Thursday, February 14, 10:30	Physio-led exercises. Contact Juliette Hewitt on 02392 581406	St Mary's Parish Centre, Green Road, Alverstoke, PO12 2ET
Monday, February 18, 13:45	Pilates. Contact Jenny Jessup on 07974 660461	Lee on Solent Community Centre, 51 Twyford Drive, Lee-on-the-Solent PO13 8JU
Tuesday, February 19, 10.45	Yoga. Contact Mave Hiseman 07789 511124	HEDCA, Combe Road, Elson, PO12 4JB
Wednesday, February 20, 14:00 to 16:00	Gosport Discovery Centre Meet Up. Contact Jo Bardall on 07758 699080	Gosport Discovery Centre (library), High Street, PO12 1BT
Saturday, February 22, 09:00 to 17:00	FLAG COLLECTION Contact Steve Irving 07976 054003	Tesco, Grange Road, Gosport, PO13 8ZW
Monday, February 25, 13:45	Pilates. Contact Jenny Jessup on 07974 660461	Lee on Solent Community Centre, 51 Twyford Drive, Lee-on-the-Solent PO13 8JU
Wednesday, February 27, 12noon to 14:00	Strawberry Field Tavern, Contact Tina Walker on 07970 539235	Strawberry Field Tavern, Locks Heath Centre, Central Way, Southampton, SO31 6DX
Thursday, February 28, 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;