

Gosport and Fareham branch of the Multiple Sclerosis Society

Activity Programme –April-May 2016

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Date	What	Where
Thursday, April 7, 11.30am	Coffee morning	The Bun Penny, Manor Way, Lee-on-the-Solent, PO13 9JH
Monday, April 11, 11am	Craft	Golden Bowler, 122 Stubbington Lane, Fareham, PO14 2NQ
Thursday, April 14, 10.30am	Physio	St Mary's Parish Centre, Green Road, Alverstoke, PO12 2ET
Saturday, April 16, 10:30-15:30	Eating, Drinking and Swallowing in MS	Organised by David Light at King's Community Church, Upper Northam Road, Hedge End, Southampton, SO30 4BZ - website has link to register
Tuesday, April 19, 10.45am	Yoga	HEDCA, Combe Road, Elson, PO12 4JB
Thursday, April 21, 13:30-15:30	Fatigue Management	Masonic Hall, Clarence Road, Gosport - Phone Simon 023 9268 1067 or email Simon.Ghafur@southernhealth.nhs.uk
Thursday, April 21, 10:30	Mums, Dads and Tots	Playzone, Portsmouth, PO 3TJ Phone Jane Cameron, MS Nurse Portsmouth 07771 506257
Thursday, April 21, 11.30am	Coffee morning	Golden Bowler, 122 Stubbington Lane, Fareham, PO14 2NQ
Sunday, April 24	MS Week starts	
Tuesday, April 26, 9am onwards	Stall in Gosport market	High Street, Gosport
Thursday April 28, 12:30-15:30	Fatigue Management	Masonic Hall, Clarence Road, Gosport - Phone Simon 023 9268 1067 or email Simon.Ghafur@southernhealth.nhs.uk
Thursday, April 28, 10.30am	Physio	St Mary's Parish Centre, Green Road, Alverstoke, PO12 2ET
Sunday, May 1	MS Week ends	
Tuesday, May 3, 10.45am	Yoga	HEDCA, Combe Road, Elson, PO12 4JB
Thursday, May 5, 13:30-15:30	Fatigue Management	Masonic Hall, Clarence Road, Gosport - Phone Simon 023 9268 1067 or email Simon.Ghafur@southernhealth.nhs.uk
Thursday, May 5, 11.30am	Coffee morning	The Bun Penny, Manor Way, Lee-on-the-Solent, PO13 9JH
Monday, May 9, 11am	Craft	Golden Bowler, 122 Stubbington Lane, Fareham, PO14 2NQ
Thursday, May 12, 13:30-15:30	Fatigue Management	Masonic Hall, Clarence Road, Gosport - Phone Simon 023 9268 1067 or email Simon.Ghafur@southernhealth.nhs.uk
Thursday, May 12, 10.30am	Physio	St Mary's Parish Centre, Green Road, Alverstoke, PO12 2ET
Tuesday, May 17, 10.45am	Yoga	HEDCA, Combe Road, Elson, PO12 4JB
Wednesday, May 18, 11.30am	Chalet day and lunch	The Wheel House Chalet, Salterns Lane, Hillhead, PO14 3LR
Thursday, May 19, 13:30-15:30	Fatigue Management	Masonic Hall, Clarence Road, Gosport - Phone Simon 023 9268 1067 or

		email Simon.Ghafur@southernhealth.nhs.uk
Thursday, May 19, 11.30am	Coffee morning	Golden Bowler, 122 Stubbington Lane, Fareham, PO14 2NQ
Thursday May 26, 13:30-15:30	Fatigue Management	Masonic Hall, Clarence Road, Gosport - Phone Simon 023 9268 1067 or email Simon.Ghafur@southernhealth.nhs.uk
Thursday, May 26, 10.30am	Physio	HEDCA, Combe Road, Elson, PO12 4JB
Saturday, May 28, 11.30am	AGM	St Mary's Parish Centre, Green Road, Alverstoke, PO12 2ET
CONTACTS		
General queries	Juliette Hewitt	02392 581406
Yoga/coffee mornings/chalet	Mave Hiseman	02392 641124
Craft	Ruth Moorhen	01329 318451
Chairman	George McAleese	07825 410680
Treasurer	John Habberley	01489 572899
Welfare	Julie Hawksworth	01329 510819
Social Secretary	Sian Barker	0788896 140157