

Gosport and Fareham Multiple Sclerosis Group – June-August 2017

Date	What	Where
Thursday, June 1, 1.30-3.30pm	Fatigue Management course starts	Gosport Masonic Hall, 5 Clarence Road, Gosport, PO12 1BB
Saturday, June 3, from 9am	Store collection – to help, call Steve 07976 054003	Tesco's, Grange Rd, Gosport PO13 8ZW
Saturday, June 3	Abseiling down the Spinnaker Tower	Gunwharf Quays – in aid of MS
Thursday, June 8, 10.30am	Physio	St Mary's Parish Centre, Green Road, Alverstoke, PO12 2ET
Thursday, June 8, 1.30-3.30pm	Fatigue Management course starts	Gosport Masonic Hall, 5 Clarence Road, Gosport, PO12 1BB
Saturday, June 10, 11am	AGM and lunch	St Mary's Parish Centre, Green Road, Alverstoke, PO12 2ET
Monday, June 12, 11am	Craft – painting pottery. Please phone Ruth if you want to come 01329 318451 as we need to buy the pottery in advance	Golden Bowler, 122 Stubbington Lane, Fareham, PO14 2NQ
Tuesday, June 13, 10.45am	Yoga	HEDCA, Combe Road, Elson, PO12 4JB
Wednesday, June 14	Outing to Bombay Sapphire Distillery	And pub lunch
Thursday, June 15, 1.30-3.30pm	Fatigue Management course	Gosport Masonic Hall, 5 Clarence Road, Gosport, PO12 1BB
Wednesday, June 21, 2-4pm	Tea and Chat – Jo on 07758 699080	Gosport Discovery Centre (ie Library), High St, PO12 1BT
Thursday, June 22, 10.30am	Physio – nurse attending	St Mary's Parish Centre, Green Road, Alverstoke, PO12 2ET
Thursday, June 22, 1.30-3.30pm	Fatigue Management course	Gosport Masonic Hall, 5 Clarence Road, Gosport, PO12 1BB
Friday, June 23, 9am onwards	Store collection – to help, call Steve 07976 054003	Morrison's, 15 Walpole Rd, Gosport PO12 1NQ
Tuesday, June 27, 10.45am	Yoga	HEDCA, Combe Road, Elson, PO12 4JB
Wednesday, June 28, 11.30am	Hillhead chalet	The Wheel House Chalet. Salterns Lane Hillhead PO14 3LR.
Thursday, June 29, 1.30-3.30pm	Fatigue Management course	Gosport Masonic Hall, 5 Clarence Road, Gosport, PO12 1BB
Thursday, July 6, 10.30am	Physio	St Mary's Parish Centre, Green Road, Alverstoke, PO12 2ET
Thursday, July 6, 1.30-3.30pm	Fatigue Management course	Gosport Masonic Hall, 5 Clarence Road, Gosport, PO12 1BB
Monday, July 10, 11am	Craft – with Jo	Golden Bowler, 122 Stubbington Lane, Fareham, PO14 2NQ
Tuesday, July 11, 10.45am	Yoga	HEDCA, Combe Road, Elson, PO12 4JB
Wednesday, July 12, 11.30am	Hillhead chalet	The Wheel House Chalet. Salterns Lane Hillhead PO14 3LR.
Wednesday, July 19, 2-4pm	Tea and Chat – Jo on 07758 699080	Gosport Discovery Centre (ie Library), High St, PO12 1BT
Thursday, July 20, 10.30am	Physio – nurse attending Last physio before August break	St Mary's Parish Centre, Green Road, Alverstoke, PO12 2ET
Thursday, July 25, 10.45am	Yoga Last yoga before August break	HEDCA, Combe Road, Elson, PO12 4JB

YOGA RESUMES	AFTER SUMMER BREAK	ON TUESDAY SEPTEMBER 5
PHYSIO RESUMES	AFTER SUMMER BREAK	ON THURSDAY SEPTEMBER 14
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 – if you would like a chat!	Julie Hawksworth	01329 510819
Social secretary	Siân Barker	07896 140157
Fundraiser	Steve Irving	07976 054003
Monthly library meeting	Jo Bardall	07758 699080