

# Gosport and Fareham Multiple Sclerosis Society

## Activity Programme – Sept-Nov 2016

Date	What	Where
Thursday, September 1, 10.30am	Physio	St Mary's Parish Centre, Green Road, Alverstoke, PO12 2ET
Saturday, September 3, from 9am	Collection	Sainsbury's Broadcut – phone Steve Irving if you can help: 07976 054003
Tuesday, September 6, 10.45am	Yoga	HEDCA, Combe Road, Elson, PO12 4JB
Monday, September 12, 11am	Craft – making Christmas cards	Golden Bowler, 122 Stubbington Lane, Fareham, PO14 2NQ
Thursday, September 15, 10.30am	Physio – MS nurse attending	St Mary's Parish Centre, Green Road, Alverstoke, PO12 2ET
Tuesday, September 20, 10.45am	Yoga	HEDCA, Combe Road, Elson, PO12 4JB
Wednesday, September 28, from 11.30am	Chalet day and lunch	The Wheel House Chalet. Salterns Lane Hillhead PO14 3LR.
Thursday, September 29, 10.30am	Physio	St Mary's Parish Centre, Green Road, Alverstoke, PO12 2ET
Tuesday, October 4, 10.45am	Yoga	HEDCA, Combe Road, Elson, PO12 4JB
Monday, October 10, 11am	Craft – pottery	Golden Bowler, 122 Stubbington Lane, Fareham, PO14 2NQ
Thursday, October 13, 10.30am	Physio – MS nurse attending	St Mary's Parish Centre, Green Road, Alverstoke, PO12 2ET
Tuesday, October 18, 10.45am	Yoga	HEDCA, Combe Road, Elson, PO12 4JB
Thursday, October 27, 10.30am	Physio	St Mary's Parish Centre, Green Road, Alverstoke, PO12 2ET
Tuesday, November 1, 10.45am	Yoga	HEDCA, Combe Road, Elson, PO12 4JB

Thursday, November 10, 10.30am	Physio – MS nurse attending	St Mary’s Parish Centre, Green Road, Alverstoke, PO12 2ET
Monday, November 14, 11am	Craft – poppies with Rachel	Golden Bowler, 122 Stubbington Lane, Fareham, PO14 2NQ
Tuesday, November 15, 10.45am	Yoga	HEDCA, Combe Road, Elson, PO12 4JB
Thursday, November 24, 10.30am	Physio	St Mary’s Parish Centre, Green Road, Alverstoke, PO12 2ET
Tuesday, November 29, 10.45am	Yoga	HEDCA, Combe Road, Elson, PO12 4JB
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