

free MS Helpline:

 **0808 800 8000**

open 9am - 9pm Mon - Fri

**Gosport and Fareham
Branch**

**Gosport and Fareham Branch
Reg Charity no. 1139257**

**Contact your local MS
Specialist Nurse Team at:-**

**Aerodrome House
2 Oaklands**

**Aerodrome Road
Gosport**

PO13 0GY

Tel: 02392 681067

Fax: 02392 681001

Email: ht-tr.MSTeam@nhs.net

**M.S Society UK
372 Edgware Road**

LONDON

NW2 6ND

Tel 020 8438 0700

www.mssociety.org.uk

**For more information
and local support
ring Juliette Hewitt
Support Officer on**

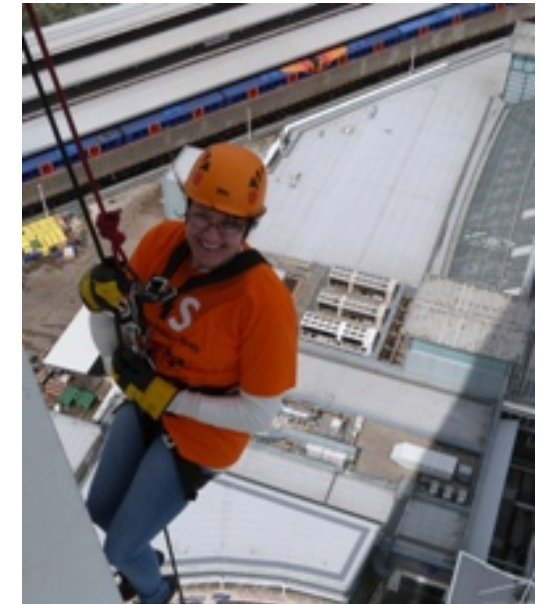
02392 581406

We can help!



- Asian
- Armed forces
- Lesbian & Gay
- Jewish

**National support
groups**



**Branch website is:-
www.gosportandfarehamms.co.uk**

**Find us on
Facebook**



|
|

Being diagnosed with Multiple Sclerosis can leave people feeling very alone and bewildered as to what to do next

If you need help or advice or just someone to talk to we are here for you.

Whether you're a person with MS, a carer, relative or just a friend the Gosport and Fareham Branch offers you a warm welcome

**Remember
You are not alone!**

Here is a list of some of our regular and varied activities :-



Group neuro physio session -

On alternative Thursdays at St Marys Parish Centre Alverstoke. Following the mainly seated exercises there is an opportunity to chat over a hot meal. Check out the diary on the website for times or contact Juliette on 02392 581406 for details.

Yoga - Alternative Tuesdays at HEDCA Coombe Road, Elson. All carried out sitting on chairs, suitable for all! Coffee and a chat after. Check out the diary on the website for times or contact Mave on 02392 641124 for more details.

Craft Group - Usually first Monday of month at Golden Bowler Stubbington. You may discover hidden talents, we try various arts and crafts! Ring Ruth on 01329 318451 for more information.

We understand MS, you can make true friends and get support!



Informal Coffee Morning -

Held fortnightly alternating between the Golden Bowler Stubbington, and the Bun Penny, Lee on the Solent from 11.30am
Ring Mave on 07789 511124

Plus a range of other social activities !

Full range of excellent information leaflets produced by the MS Society available.

You dont have to be a member of the MS Society to come along - but if you do

join (for £5 a year) you will receive an excellent bi-monthly award winning magazine - MS Matters, and our regular local newsletters.