



Reg Charity no. 1139257

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

**Aerodrome House
2 Oaklands
Aerodrome Road
Gosport
PO13 0GY**

**Tel: 02392 681 067
Fax: 02392 681001
Email hp-tr.MSTeam@nhs.net**

The National and Local Society
welcomes and provides help and support
for people affected by M.S.

**Free MS Helpline:
Tel : 0808 800 8000
Email:
helpline@mssociety.org.uk
9am—9pm Mon-Fri**

**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 Lead Support
Volunteer on**

02392 581406

Or email the team

Gosport@mssociety.org.uk

Gosport and Fareham Group



Website

www.gosportandfarehamms.co.uk

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 Group offers you a warm welcome.

We understand MS, you can make friends and get support. Join us in some of our regular activities, details of which you can get from the Diary on the website along with the contact name of the person running the activity.

Like us on Facebook and we will keep you up to date with our events and activities.

**Remember
You are not alone!**

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

Group exercise (physio) -



Held on alternate Thursdays and led by a neuro physio the class is suitable for all abilities.

It is followed by a home cooked meal which giving the opportunity to chat with other participants. For details ring Juliette on 02392 581406 or check out the website.

Yoga - Held on alternate Tuesdays and is suitable for all abilities. Sit in a chair, remain in a wheelchair or sit on the floor, the choice is yours. We finish with a hot drink and a chat.

Ring Mave on 07789 511124 for more information or check out the website.



Pilates - Held every Monday. A mat based class for the more able bodied. Ring Jenny on 07974660461 for more information or check out the website.



Craft Group - Held on the 2nd Monday of each month. You may discover hidden talents! A different craft is tackled each month. Ring Ruth on 07817 358672 to find out more information and to book a place. It is rather popular you know!

Meet Ups - Held on the 2nd Wednesday of the month at Westbury Manor Museum, Fareham and 3rd Wednesday of each

month at the Discovery Centre in Gosport. You can find us in the café



sampling the lovely cakes. Give Jo a call on 07758 699080. . On the first Friday of the month you can find us at Golden Bowler, Stubbington give Di a call on 07990 554656 and on the 4th Wednesday we will be at Strawberry Field Tavern, Locks Heath, give Tina a call on 07970 539235.

You do not have to be a member of the MS Society to come along - but if you do join (for £5 a year) you will receive MS Matters, and our regular local newsletters.