



**10.30 – 12.00**

***Thurs 21<sup>st</sup> September 2017***

***Thurs 19<sup>th</sup> October 2017***

***Thurs 21<sup>st</sup> November 2017***

***Thurs 18<sup>th</sup> January 2018***

***Thurs 8<sup>th</sup> February 2018***

***Thurs 15<sup>th</sup> March 2018***



Unit A4 Oak Park Industrial Estate, North Harbour Road, Portsmouth, PO6 3TJ

From the West we are just off the M27, Junction 12

From the East we are just by the A27 Port Solent/Cosham turn off

There is plenty of free parking.

Fancy joining other Mums OR Dads with MS who would like to meet up and have a social time interacting with other parents and babies/tots under the age of 4 yrs

You are welcome to bring along a friend as well to support you. **Donation to MS Society welcomed.** This includes a Coffee, Tea or Hot Chocolate. **The Portsmouth and District Branch of the MS Society is supporting this group with a monthly contribution towards costs.**

**Contact Jane Cameron MS Specialist Nurse 07771 506257 (Portsmouth)  
Annabella Pearce/Simon Ghafur MS Practitioner 02392 681067 (Hampshire)**

