

## **GOSPORT AND FAREHAM GROUP OF THE MULTIPLE SCLEROSIS SOCIETY**

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The sun has arrived. At least I haven't ended up sat on the scooter in a wet puddle this year. Waterproofs rock! I suppose there's still time though, it's Jenny again by the way.

I have rather fantastic news to tell you all. The wonderful Juliette has been nominated for an award by the MS national centre. Volunteer of the year no less. How amazing but very much deserved I'm sure you will agree. She's off to London on 27<sup>th</sup> April with her son to a dinner with the other nominees. No matter the outcome, Juliette you are a winner in my book every time. That said good luck on 27<sup>th</sup> April. <https://www.mssociety.org.uk/meet-our-finalists#volunteer> see what was said about her here.

Still on the theme of the wonderful volunteers, Mave has decided to step down from the committee (Coordinating Team) and running the Chalet visits to the rotary's Wheelhouse in Hill Head. She will still be organising our Yoga classes though and remains a volunteer with the group. I would like to take the opportunity of thanking her for all her hard work over the past 10 years. We are lucky in that she began both Yoga classes and instigated our summer outing to the Chalet. I wish her good luck with her future endeavours. Mave's husband, Paul, and Robert, her son, have been our quiz masters for all the quizzes I have been attending. A true family of volunteers, thank you.

Talking of quizzes, the recent quiz on 14 April raised a fantastic £670. Thank you to the amazing team of wonderful people involved in organising the event and an event bigger thank you to all those who attended.

Yvonne Flory has taken on the role of running the summer Chalet trips to the Rotary Wheelhouse, Salterns Lane, Hill Head, PO14 3LR. The dates for this year are 2 May, 6 June, 4 July and 26 September. We gather from 11:30, order fish and chips or bring our own lunch. Hot drinks are available on the day. If the sun is shining, we can sit outside. Rainy days have us nattering

and playing games inside. The Wheelhouse has level access and a disabled toilet. If you've not been before, why not give it a try, meet up with old friends or make new ones.

What are you doing for the summer holidays? Ever thought of swapping homes with another family with similar circumstances as yourself? Check out <http://matchinghouses.com/>, the holiday house swap website for disabled people. What a great idea, if you give it a go, do let me know how it goes.

I've seen our store collections called Flag collections in another group. I'm trying to work out if I like this other name, I'm undecided at present, so here goes with trying it out, see what you think.

Steve has arranged some days for Flag collections over the next few months. On Friday 25 May at Tesco's Whiteley, Friday 15 June at Tesco's Bursledon, and Saturday 16 June at Sainsbury's Fareham. We also have another at Tesco's Fareham on Saturday 14 July. Because the dates are so close together Steve and his very kind wife are going to collect on their own at the Bursledon Tesco's store leaving the Group to cover Sainsbury's on 16 June. We have such an amazing group of orange flag wavers and if anybody could lend a hand for an hour on any of these days, it would be very much appreciated. If you can manage longer it would be fantastic. If you fancy having a go for the first time, we sit with an orange tin at the entrance to the shops and meet some lovely members of the public. Give Steve Irving a call on 07976 054003 and thank you.

A time for thank you's now.

Both Tesco's and Sainsbury's kindly donated prizes for the raffle at the quiz on Saturday 14 April.

A lovely lady called Sallyanne Foster, a local Fitness and Zumba Instructor, organised a Dance-a-Thon and raised an amazing £1022 for Gosport and Fareham MS. What a fantastic achievement and a huge thank you to all involved.

The son of one of our members, Jack Anderson, ran the Brighton Marathon on 15 April to raise money for the Gosport and Fareham

Group. His target was to raise a £1000 and he achieved his goal. Despite a leg injury he completed the run, thank you Jack, what an amazing achievement.

The Co-op have a local community fund and every time you shop 1% of selected own brand products along with carrier bag sales add to the local community fund. Every 12 months a new set of charities are selected, and we have been chosen for this year. After joining you select online your chosen charity to whom you want your 1% to go to and well, go shopping. Couldn't be simpler...oh sorry, got stuck on the go shopping bit. I do urge you to join and select us as your charity. Even if you only shop for little bits every time, every little helps!

Jo is doing a marvellous job organising our Tea and Chat sessions at the Gosport library every 3<sup>rd</sup> Wednesday of the month in the afternoon. Jo needs your help though. She would like to set up another Tea and Chat in Fareham, perhaps on a different day of the week even. It would need to be on a bus route, be accessible with the necessarily toileting facilities, provide hot drinks and cakes! (Well OK that's just me again). Do you know of a place that would be suitable? Give Jo a call on 07758 699080 if you can think of anywhere and she will investigate it and hopefully extend Tea and Chat's reach locally for people affected by MS.

The NHS Focus Group will be joining us on 18 July at Tea and Chat, firstly to explain their purpose for joining the group but to then ask where the NHS performs well and where it is letting people with long-term health conditions down. If you want to join the discussion, come to Gosport library on 18 July and have your say.

Our outing this year is on board Wetwheels on Monday 25 June. A trip around Portsmouth Harbour seen from the water and a bit of speed out into the Solent. The boat can take 3 people in wheelchairs and 7 ambulatory persons per trip. The boat leaves from Gunwharf Quay and people would need to make their own way to the boat. We will have a booking form ready for you shortly but keep the date free if you fancy water adventure with us this year.

We have our Yearly Group Meeting (AGM) on 2 June where John tells us what is happening regarding the groups money, we have a guess speaker

followed by a bite to eat. It will be held in St Mary's Parish Centre, Alverstoke so put the date in your diary. We haven't finalised the guest speaker yet but I'm making enquiring along the lines of 4 legs and a waggy tail, again watch this space. Juliette has just reminded me - you must mention the lunch afterwards - always a good time to catch up with friends as well.

The MS National Centre is making lots of changes this year. The IT side of things seems to be having an overhaul and hopefully you will see a new format to their website shortly. Committee is out and it's now a Coordinating Team...too many words for me so I'm going to think of it as a Team which to be fair I rather like. Do you think you have something to contribute to assist with the running of the Group or would like to join the Team because you want to help. Have a chat with our Group Coordinator, George McAleese, on 07825 410680 if you would like to be part of the Team.

We have arranged for a member of the MS nurse team to attend our physio sessions once a month. The MS nurse Team would like some idea as to who would like to see them so ask that you call the MS Team number on 02392 681067 and let them know you would like to see the nurse on one of the prearranged dates. If you don't call the nurses will think nobody wants to see them and might not attend the physio session after all. They are trying to make the best use of their time and see as many people as they can in a day. 10 May, 7 June and 5 July are the next dates in their diary to attend our physio sessions.

The MS Society have informed us of this new website, "Give as You Live". It raises funds for the Group each time you shop, and you can even set up a fundraising page with them or make a one off donation. Sign up and start shopping today <https://www.everyclick.com/mssociety-gosportfareham>.

Pilates, do come and join us on a Wednesday morning at Lee on Solent Tennis Club from 10:00am. Bring a mat and a bottle of water. Helen is an instructor with 6 years of experience. Hopefully you can join us on the floor but if not, Helen is adapting the moves, so they can be performed in a chair. Details are in the diary, but the plan is to have weekly classes that follow the school calendar. We ask for a weekly donation of £5 for this class. We finish with a hot drink and a natter in the bar afterwards.

Have you tried our monthly craft sessions held at the Golden Bowler Pub on the 2<sup>nd</sup> Monday in the month? Find your inner artist and see what you can create but do give us a call first as spaces fill up fast.

Monday 14 May we have Pottery Painting

Monday 11 June will be with Rachel

If either of these dates interest you, give Mave a call on 07789 511124

Monday 9 July is to be confirmed

Monday 10 September will be with Jo

If either of these dates interest you, give Ruth a call on 07817 358672

Keep an eye on the website [gosportandfarehamms.org.uk](http://gosportandfarehamms.org.uk) which will be kept up to date on what project we will be tackling during the month.

The MS national centre have advised us that people who renewed their membership online became confused with the tick boxes and a few of the membership ticked they didn't want to hear from the local group when in fact they do. The national centre has now changed the online tick boxes. With the new data protection rules coming into force on 25 May though this means that if you haven't filled in one of our consent form and incorrectly ticked the wrong box when renewing your membership, we won't be able to send you our newsletters anymore.

You can contact the membership team on 0300 500 8084 (9am to 8pm) Monday to Friday or email them at [membership@mssociety.org.uk](mailto:membership@mssociety.org.uk) if you want to check your subscription details. Have you forgotten to renew your membership and failed to receive the recent copy of MS Matters? Give them a call on the number given above and make sure you don't miss out on the next MS Matters. Its £5 for the year.

Jenny

Website - [gosportandfarehamms.org.uk](http://gosportandfarehamms.org.uk)

Facebook - [facebook.com/gosportfarehamms/](https://facebook.com/gosportfarehamms/)

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