

Monday November 19th Talk on Conductive Education – Magdi Kov'acs the Service Manager from the Rainbow Centre is coming to talk to us about Conductive Education. For some time this has been used to help children with cerebral palsy make the most of their abilities and grow in confidence. The therapy is about to be extended to help people with M.S. overcome problems of movement and body control in everyday living. The theory is that it is possible to find new and different ways of using your body which will assist in directing your efforts and energy to the activity at hand. This can reduce the fatigue so often associated with M.S.

Im sure you will agree that this sounds a very positive approach to coping with M.S. and I hope you will come along to what will be a very interesting evening.



Friday 21st December Our Annual Christmas

Dinner Party – 7pm for 7.30pm at the Palmerston Bowling Club, Plamerston Drive off Newgate Lane. The turning down towards the entrance is just past the Royal Mail Depot. I will send a copy of the menu choice nearer the date.

Physio, Massage and Lunch Group – These sessions are still proving very popular and everyone can be sure of a warm welcome. Sheila Chartres (our M.S. Nurse Specialist) attends when she can and is available for private consultations. You should work hard but there's time for a chat over lunch afterwards. There's always a real "buzz" in the air at these sessions and lots of laughter! These dates are on the Diary Page.

Sheila's no and Email address are:-

Tel 01329 229 403 Sheila.Chatres@ports.nhs.uk

Pub Coffee Mornings – These take place on the Thursday's when there is no physio and alternate between the Golden Bowler Stubbington and the White Hart in Gosport from 11.30am onwards. See Diary or ring Mave on 02392 641124 for details.

Yoga sessions – These take place on alternate Tuesdays (opposite weeks to the physio group and same week as coffee mornings) at HEDCA Coombe Road Elson. Cost is £2.50 followed

by coffee and biscuits (there's even usually Penguin biscuits for those who like them!)

Here is a quote from M.S. Connect the Magazine of the M.S. Society in Scotland which I think very clearly explains the benefits of Yoga for PWMS.

“Yoga is more than just exercise, it means uniting the mind and body. The physical movements of yoga can be adapted to suit all abilities because the shape of the movements is less important than the fact that we move and breathe with awareness. When we work with awareness we bring relaxation and lightness to the mind and body. This helps us to let go of fear and worries and to find ourselves at peace in the present moment. What better place to be” Sally Roach, Yoga teacher

Fund Raising

Our newly appointed Fund Raiser Karen Reeves has been very active and has booked the following dates for store collection – her phone number if you are able to help (and we hope you will) is:-
01489 570450

Mobile 0788 8842041

Email stevekaren@reeves1111fsnet.co.uk

The dates are as follows:-

Sat 1 st September	Fareham Shopping Centre and West Street
Sun 23 rd September	Sainsbury's Broadcut Fareham
Sat 17 th November	Morrisons Gosport
Sat 15 th December	Waitrose Gosport

Alverstoke Michelmas Fayre

This will take place in Alverstoke Village on Saturday 29th September opening at 1pm. We have booked a stall on which we will be selling M.S. Christmas Cards and plants and cakes. Donations of cakes would be very gratefully received. I will be away at the M.S. Society AGM in Birmingham on that day so could you kindly deliver directly to the stall.



Annual Christmas Bazaar – Saturday 1st December

at the David Bogue Hall (opposite the White Hart Pub)
Doors open 1.30pm but we shall be in the Hall from 10.30am onwards. Our attic is already beginning to fill up with items to sell but we **still need more**, particularly **toiletries, toys and bottles** for the Bottle Stall. We have a reputation for selling quality goods so we need to keep this up! Father Christmas will be on hand as usual to add to the Christmas Spirit (health permitting!) Rumour has it that he will be arriving in a pony and trap!

Joint Social Night - Saturday 13th October

This is a joint night between the MS Society and Solent MS Therapy Centre (which is based in Hewitt Road in Portsmouth and are part of a national network of therapy centres providing such things as Hyperbaric Oxygen treatments and Physiotherapy to MS patients. Centre Telephone no is 02392 699116.)

Madison Heights group are booked for the night and should provide a great atmosphere! Fun fund raising items such as a raffle and Billy having another back wax.

Tickets £10 each which will include a ploughman's lunch

Ring Mave on 02392 641124 or Mob 07789 511124

Or Ruth on 01329 318451 or Karen on 01489 570450 for tickets

Equipment Available

A Car hoist is available

Bed

Shower Chair

Contact Juliette

The Outside Clinic – your local domiciliary Optician wherever you live. This is an eye-care service for all those who cannot visit an Optician unattended and is carried out in your own home. This is a free service and there is a range of spectacles to those, who are in receipt of appropriate benefits.

For further advice call Freephone 0500 295 245

Branch Development Day and Regional AGM – Saturday September 8th Starting 10am at the Donnington Valley Hotel Old Oxford Road Newbury. As well as our Regional AGM there will be presentations on Fund Raising, Support for Branches, Arranging Events and Conferences and Branch Out Activities. Lunch is included and we can help with transport for any who wish to attend.

Disability Information Centre

The Centre has now moved into its permanent home – Martin Snape House, Pavilion Way which is behind Morrisons which it shares with Gosport |Voluntary Action.

They are open from Mondays to Thursdays between 10.00am and 3.00pm. Pop along and see them if you need any information on disability issues.

Craft Group

The Craft Group run by Ruth is proving popular. Many members have been amazed to find they have artistic abilities they did not know they had. These are held at the Golden Bowler in Stubbington. They kindly give us use of the room free of charge. Start time is 11am on the following dates:-

Monday Sept 10th - Craft Work with Jane

Monday Oct 8th - Christmas Acetate with Ann

Monday Nov 12th - Art with Tony White

Please ring Ruth on 01329 318451 to book a place.

Hamble Boat Trip Sunday Sept 2nd

Sorry we cannot take anymore bookings for this trip as all places have now been filled. We will be contacting those who have booked with details of the trip. We will see what it is like and if successful will book more trips next year.

STOP PRESS!! Another chalet date

Monday 17th September

Because the dates so far this summer have been a bit wet we have booked another day at the Wheelhouse Chalet at Hill Head hoping to make the most of an Indian Summer? Starts at 11.30am until about 3.30pm, just drop in. We will probably send out for Fish

and Chips again or bring a picnic, tea and coffee provided. Note **MONDAY** this time as all Wednesdays had been booked!

Don't forget the Wednesday 29th August date at the Wheelhouse!

Hoping to see you at some of even all our events. With very best wishes. Juliette