

GOSPORT AND FAREHAM BRANCH OF THE MULTIPLE SCLEROSIS SOCIETY

From the Secretary – Juliette Hewitt, 11 Beech Grove, Gosport,
Hampshire PO12 2EJ. Tel 02392 581406

Email graham@grahamhewitt7.wanadoo.co.uk **Sept 10**



Dear

I hope you all enjoyed the summer and were not too affected by the high temperatures. Hopefully we've still some nice sunny days ahead but without the searing heat.

This newsletter will cover the period up until Christmas (sorry for mentioning the word!)

The Physio, Massage and Lunch group starts up again at the Parish Centre on **Thursday 9th September**, starting 10.30am. These are always very lively and friendly occasions and we are fortunate in our neuro physios Sandra and Marian and Audrey, who does the massage. We meet fortnightly.

Yoga, Hedca, Coombe Road Elson – these sessions also take place fortnightly – alternating with the physio. Start back **Tuesday 31st August**. They start at 11am, last for an hour and are followed by coffee and “buns”. The yoga is tailored to suit people with M.S., its all done sitting on chairs. Everyone who comes along finds the sessions very enjoyable. Come along and enjoy some “me” time – all welcome.

Apparently recent research shows that yoga could help fight off depression as it boosts the levels of a chemical in the brain essential for a relaxed mind! Phone Mave on 02392 641124 or mobile 07789 511124 if you have any queries.

Fish and Chips and Quiz Evening - Monday 15th November, Club Hampshire, Willis Road, Gosport at 7.30pm.

I know members enjoy these evening “get togethers”.

If you would like to come I will need to know in advance what you would like to eat. The choice is

Cod and Chips -	£2.95
Haddock and Chips -	£3.00
Chicken and Chips -	£3.30
Scampi and Chips -	£3.70
Jumbo Sausage and Chips -	£2.25
Veggie Burger and Chips -	£2.70



Christmas Dinner – advance notice – **Wednesday 15th December**, 6.30pm for 7pm at Palmerston Indoor Bowls Club, Plamerston Drive Fareham PO14 1DJ.

This was the only date available to us as the venue is so popular. I will send out the menu choices in early November. Last Christmas I saw an excellent group of entertainers who I thought would be very appropriate as our entertainment after Dinner. They are a touring company from Kent and will be performing a show called “White Wonderland” – songs and dances from the Christmas Shows. They are a very professional group. Cost of the Dinner is £10.00 a head which includes food entertainment and wine.

Christmas Bazaar – The Nicholson and David Bogue Halls, opposite the White Hart Pub in Stoke Road on **Saturday 4th December** doors open 1.30pm.

This event is always a good fund raiser – last year we raised the largest amount ever of £1317. A gentle reminder to you all to start looking out those unwanted gifts, particularly toiletries and bottles for the bottle stall, also home made cakes. We have a reputation to maintain of only selling quality items and many people look on our bazaar as an event “not to be missed”. Please encourage friends and family to come along – Father Christmas will, as ever, be present!

Michelmas Fayre – Alverstoke Village on **Saturday 25th September**, opening 1pm. We have once again booked a stall and will be selling plants, home-made cakes (hopefully) and a range of M.S. Society Christmas Cards. All offers of help and donations to sell, gratefully received.

We will also be running a stall at the Leesland Park Festival on **Saturday 18th September**. This will be a new venture for u and so please come along and help.

Craft group – We meet for these popular sessions on the second Monday of the month at the Golden Bowler Public House in Stubbington, starting at 11am.

The craft work ranges from card making to pottery. The work is remarkably therapeutic and what is more you can do it sitting down.

The dates for the group are as follows:-

Monday 13th September – pottery

Monday 11th October – Christmas card making

Monday 8th November – to be arranged

Phone Ruth who is the organizer and needs to know numbers beforehand or for more details on 01329 318451.

Hillhead Chalet – on **Wednesday 15th September** from 11am until about 3pm. This will be our last chalet “get together” of this summer, so hopefully we might just catch some late sunshine. We usually send out for fish and chips, which you can order on arrival. Even on a wet day its quite cozy sitting looking out over the sea!

Pub get togethers – These fortnightly chances to meet up will be recommencing after the summer break on **Thursday 2nd September** at the Golden Bowler Stubbington from 11.30am onwards. The dates and venues for these informal get togethers are listed in the Diary of Events included with this newsletter.



M.S. Christmas Cards – You will have received a Christmas Catalogue with your most recent M.S. Matters. If you wish to place an order could you **please quote our Branch Code wich is 360104**. This will ensure that the profits go to us – your local Branch.

We always do a bulk order of cards and diaries to sell at the Michelmas Fayre. Any left over I will bring along to events.

Fundraising – We have made some large welfare grants recently and have sent £4000 for research, so we need to do some more fundraising.

Karen, our very active fundraiser has booked the following dates for collection. She needs lots of helpers to make these a success. The public are very supportive towards the M.S. cause and you meet some really nice people.

Saturday 4th September - Fareham Shopping Centre – We will be collecting and manning an information stall

Monday 4th and Tuesday 5th October - Sainsburys Broadcut – We will be collecting in the foyer.

Please ring Karen on 07779996004. Even if you only do an hour we would be very grateful.



Wheelchair services – At last our complaints about the wheelchair service are being acknowledged. Our views were shared by many others.

The PCT has decided to sack the existing providers and to appoint a replacement service controlled by strict guidelines.

As you know Graham has been in the forefront and has been appointed to the committee charged with the responsibility of examining the problems and setting up the new service – so fingers crossed!

We are hoping to see you at some or even all of our events. Please Feel free to make contact at any time.

Best wishes.