

# GOSPORT AND FAREHAM BRANCH OF THE MULTIPLE SCLEROSIS SOCIETY

From the Secretary – Juliette Hewitt, 11 Beech Grove, Gosport,  
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Dear

Our August break has give us all a chance to recharge our batteries and its now time for another newsletter which will cover the next few months ahead. I hope you've all enjoyed the recent spell of good weather.

We are starting off the next season with :-

**Thursday 13<sup>th</sup> Sept. starting 7pm for 7.30pm Quiz and fish and chips evening**  
at St Mary's Parish Centre, Green Road Alverstoke PO12 2ET (where we hold the physio sessions).

Our good friend Owen , who organizes our website, is running the Quiz. Graham and I have been to a quiz he organized earlier this year and it was very enjoyable.

Please let me know as soon as possible if you would like to come. Fish and chips as usual from our other good friends at Lee-on-Solent Chippy.

The choice is as follows

Cod & chips	£3.30
Haddock & chips	£3.35
Chicken & chips	£3.80
Scampi & chips	£4.00
Jumbo sausage & chips	£2.40
Veggie burger & chips	£2.80

**Monday 24<sup>th</sup> September Hill Head Chalet** – Starting at 11.30am the last visit of the year. It's situated in the car park on the seafront at the end of Slatterns Lane. Bring a picnic or we can send out for fish and chips. Tea, coffee and soft drinks will be provided. There is a disabled toilet and parking is good.

I don't suppose we'll need the gazebo but you never know it might just be a lovely sunny early autumn day! Phone Mave on 02392 641124 or mob 07789 511124 with any queries.

**Coffee Mornings** – Our fortnightly coffee mornings are now alternating between the Golden Bowler Stubbington and the Bun Penny Lee-on-Solent.

On our first visit to the Bun Penny we were very impressed. The food was excellent and the area we were allocated was spacious. Disabled toilets were also good. The full address is 36 Manor Way Lee-on-Solent PO13 9JH. The dates for the coffee mornings are listed on the Events Diary.

**Michelmas Fayre** – Saturday 29<sup>th</sup> September in Alverstoke village. We have been running a stall at this event for many years and it's always a happy event. People have come to expect to see us there and it certainly helps to raise our profile.

We will be selling MS Christmas cards, plants and hopefully lots of cakes (including Delia's bread pud)

I'm making an appeal for cakes here!!! Either hand them in on the day or I can collect. Anyone who wants to help would be most welcome. We shall be setting up about mid-day.

**Sky Dive** – A very big thank you from George to all those who took part in the Sky-dive either by jumping or sponsoring!

We are on target to rise well over £10000 all of which will be donated to the Cambridge Myelin Repair Project. The day of the Sky-dive was a lovely sunny one and there was a real family atmosphere amongst the group. At least until the wind increased and several people jumps had to be postponed for that day!

**Fund-Raising** – I thought you would like to know that we raised over £1,000 in the two days that we collected at Morrison's in July. I think it shows how well established we are in the town as a Society and the amount of goodwill the public have toward M.S.

The Race Night organized by Karen raised over £800. Almost as important as the money raised was the fact that it was a fun evening in which everyone could participate.

Collections – Karen has arranged the following collections:-

Saturday 8<sup>th</sup> September - Collection and information stall, Gosport Market

Saturday 20<sup>th</sup> October - Fareham shopping Centre between 9am and 4pm

Saturday 1<sup>st</sup> December – New Tesco Fareham

Volunteers are needed, even if you can only manage an hour, it would be much appreciated. Ring Karen on 01489 570450

### **Equipment available**

The following is available to anyone in need of it :-

2 folding wheelchairs, 2 strollers and a wheelchair for use in the shower (only used twice)

There is also a Balder Powerchair available at a price which could be negotiated. Let me know if you are interested.

### **Fatigue Management Course**

The next course for those using mobility aids is starting on Tuesdays on 11<sup>th</sup>, 18<sup>th</sup> and 25<sup>th</sup> September and 2<sup>nd</sup>, 9<sup>th</sup> and 16<sup>th</sup> October from 1 – 3pm. The course is being organized by Annabella Pearce one of our M.S. Specialist Nurses and will take place in the Masonic Hall, Clarence Road Gosport.

I believe there are still places available. Contact Annabella on 01329 224532 or e-mail [hp-trM.S.Team.nhs.net](mailto:hp-trM.S.Team.nhs.net)

**Looking ahead to Christmas!** – I'm not going to be very popular even mentioning the word but we can't ignore it otherwise it creeps up on us!  
**M.S. Society Christmas catalogue** 2012. You will have received a copy with your August M.S. Matters.

If you, your family and friends wish to place an order could you **please quote our Branch no of C.M.A 202**. We will then receive 25% of the value of your purchases. Many thanks.

**Christmas Bazaar** – Saturday December 8<sup>th</sup> 1.30pm in the Nicholson Hall opposite the White Hart.

**After a morning sorting out the garage, where we store the Christmas “items” left over from previous years I have come to the realization that all we have left is to put it bluntly “a load of tat!”**

Can I make an appeal for toiletries, unwanted gifts and toys? We have a good reputation amongst the people of Gosport for selling only quality items!

**Easy Fundraising** – With the buying of Christmas presents fast approaching a reminder of this really easy way of fundraising that everyone who uses the internet can use. I enclose a flyer explaining it to anyone who has not yet accessed the site.

**Regular Activities** – Our regular activities such as Yoga and Physio are listed in the enclosed diary of events.

In addition we have a craft group which meets at the Golden Bowler on the second Monday of the month starting at 11am. Dates are as follows:-

Monday 10 <sup>th</sup> September	Painting pottery from last time with Amanda
Monday 8 <sup>th</sup> October	Something with Rachael
Monday 12 <sup>th</sup> November	To be arranged

Please ring Ruth Moorhen on 01329 318451 if you would like to come – she needs to know the numbers in advance. You can be sure of a welcome – its great fun and very satisfying.

**Fire walking at Gunwharf Quays** – on Monday November 5<sup>th</sup> at 8pm. No the Society has not gone mad! It's an event organized by Mark Haynes the new Area Fundraiser to involve the local branches and raise funds. If you are interested look at this website link!

<http://www.mssociety.org.uk/ms-events/2012/08/firewalk-portsmouth>

**Supported Short Breaks** – a new partnership between the M.S. Society and the Carers Trust.

From this summer people with M.S. can access care and support during their holidays and short breaks.

This service is being piloted in England and Wales. At your chosen destination care will be provided by trained care support workers from local Crossroads care schemes. This will give the family carer also a chance to have a rest and a well earned break.

The care can be paid for independently with a grant or direct payment following an assessment by your local authority or other agreed funding. I have seen some promotional leaflets I can pass on to you or you can download from the M.S. Society Website or there was a copy in the recent M.S. Matters.

Well I think that's quite enough from me. Just one final reminder from Alan that you can find us on Facebook (Gosport and Fareham MS Society) – we are putting a direct link on our website.

Very best wishes

