

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 August 2013

Dear Member,

If you are receiving this newsletter as an e-mail its because you have indicated that you would be happy to receive it in this format.

I am sure there are many more members, who would be happy to receive it in this way, if so please e-mail pierswatson@hotmail.com . Piers is our newly elected Membership Officer.

If you do not have access to the Internet or would prefer a hard copy I am more than happy to send the newsletter by post. After all its sometimes nice to receive something through the door, which isn't a brochure or a bill!

Update on our M.S. Nurse Specialist

Annabella is now back at work but will be taking maternity leave later in the year. We have been re-assured that we will have M.S. Nurse cover during her maternity leave.

She has been extremely unwell and I am sure you will join with me in sending her our sincerest congratulations and hopes for a smooth ride throughout the rest of her pregnancy.

She is attending our physio sessions on the following dates:-

September 19th

October 17th

November 21st

December 19th

We have working alongside Annabella, Simon. who has provided us with some history about himself -

Simon Ghafur – MS Practitioner

“I qualified as an Occupational Therapist (OT) in 2004 and have worked mainly in the community setting with a wide range of patients, conditions and age range.

My interest in MS stems from my friendships with several people with MS, experiencing some of the issues they have faced and realising that, as an OT, I could play a part in helping people with MS to manage some of the issues they face.

As my experience of working with people with MS grew, I began to be seen as a resource for other professionals to call upon in their work with people with MS. In order to better support both other professionals and people with MS, and their support networks, I felt that I needed to gain a more detailed knowledge of MS and, to this end, I completed a Post Graduate Certificate in MS Practice (Leeds University Masters Course) in 2010.

I have worked closely with both Shelia Chartres and Annabella Pearce, MS Specialist Nurses, mainly in the Havant and Waterlooville Community Areas, and have been actively involved with MS training, support sessions, Community Groups and MS services.

I am excited at the opportunities that have arisen with the development of the MS Practitioner post. Both Annabella and I feel strongly that our complimentary professional skills will lead to a more holistic service for people with MS.

I am based at the Fareham Reach office and can be contacted on the same number as Annabella.”

Multiple Sclerosis Team (South East Hants)
Unit 110 Fareham Reach
166 Fareham Road
Gosport
Hampshire
PO13 0FH
Tel: 01329 224532
Team Email: hp-tr.MSTeam@nhs.net

The Cinnamon Trust – The trust is a specialist national Charity which seeks to relieve the anxieties and problems of a disabled pet owner if they have to go into hospital or become house bound.

There is a network of some 18,000 Community Service volunteers, who can provide practical help when any aspect of day to day care becomes a problem. For example – walking a dog for a housebound owner or fostering an animal if its owner faces a spell in hospital. Contact their headquarters direct if you need their help. Tel 01736 757900 or web www.cinnamon.org.uk

NHS Wheelchair Services

Brenda Woon, who is the Engagement and Development Officer for Fareham Gosport and South Eastern Hampshire has contacted the Branch.

The wheelchair service contract is due for renewal and they are trying to get the views of as many wheelchair users as possible. They would particularly like to involve people with M.S.

We know Brenda as a very hard working and dedicated person and it would be good to support her work.

The link to the survey is

<https://www.surveymonkey.com/s/wheelchairserviceuserJuly2013>

Local Research Information

Researchers at the University of Southampton are looking for people with a diagnosis of Primary Progressive Multiple Sclerosis (PPMS) able to travel to the Wessex Neurological Centre in Southampton.

A pilot study is exploring the effects of infections on progression of multiple sclerosis over a two year period. It is funded by Wessex Medical Research. For more information please contact the research nurse by email sheila.chartres@nhs.net or Dr Ian Galea by email Ian.Galea@uhs.nhs.uk or phone 02380 795340

FES and robotics to improve arm arm movement in people with MS – The research team behind this innovative study are looking for someone with MS to become a member of their core team.

This is an exciting opportunity to work with researchers to ensure the views and needs of people with MS are taken into account – from reviewing information sheets to commenting on research methods to ensure they are suitable to people with MS, and much more!

The project team, based at University of Southampton, would like someone with MS to participate in monthly meetings until March 2014 (although taking part in every meeting is not a requirement). Attendance can either be physical or via Skype and travel expenses will be covered.

If you would like to find out more about this opportunity please contact Patricia Sampson on P.Sampson@soton.ac.uk or call 02380 59 8255. You can find out

more about the project here: <http://www.mssociety.org.uk/ms-research/projects/symptom-relief#FES>

Expert Patient Programme

This programme is about to be relaunched later this year. I know that some people have benefitted by taking part in these courses in the past.

The aim is to help people learn to manage the day to day issues associated with living with a long term condition. Other courses are being run for carers, people with mental health conditions and those in persistent pain.

The courses are free= for details about courses in your area telephone either 0800 988 5560

Or 01925 320000

Or their website - Get.info@eppcic.co.uk

Display Club - Jackie Brooks, who organizes the Club has asked me to give them some publicity.

The Club meets on the 1st and 3rd Wednesday of the month at The Masonic Lodge, Clarence Road, Gosport. They meet between 10.30 and 2.30pm and transport can be arranged.

The group is lively and friendly and a cooked meal is served. They have entertainment and a speaker on alternate weeks. Ring Jackie on 01329 315241 if interested.

Regional Activities

By the time you receive this newsletter you will hopefully have received a copy of the Hampshire and Islands News which gives details of the various events being organized over the next few months.

They look very interesting and varied and I am sure there will be something of interest for everyone. There is a booking form attached so hurry up and book your place. I'm sure they will soon be "snapped up"

Quiz Night Friday 20th Sept – with Fish and Chips supper

Included with this newsletter is an attachment giving details of what I am sure will be a very enjoyable event. Make sure you print off the order form and send back to Karen as soon as possible.

Hillhead Chalet

The last Hillhead Chalet visit of this summer will be on Wednesday 4th September from 11.30am until about 3pm.

The well equipped chalet is situated in the car park at the end of Salterns Lane postcode PO14 3LR. You can bring a picnic or we will send out for fish and chips.

Coffee, tea and cold drinks are provided. For more details ring Mave on 02392 641124 or 07789 511124.

Old Gosport on film evening – Wednesday 20th November

Graham has an excellent film on Gosport as it was in the 50's and 60's, makes you realize how much has been lost. He will also show a DVD of some wonderful and little known postcards of Gosport.

We plan to hold this evening at the Parish Centre, Green Road, Alverstoke starting 7pm for 7.30pm on Wednesday 20th November cheese and wine available afterwards – I think we'll have eaten enough fish and chips by then! Please encourage friends and neighbours to come along, they will be made very welcome.

Could you please indicate or ring me on 02392 581406 if you would like to come for catering purposes.

Warhorse – Mayflower Theatre Southampton

A message to all those who expressed a wish to see the show. I have now purchased the tickets for Wednesday 26th February 2014 at 7.30pm. A bit in advance I know but they are selling like the proverbial "hot cakes"!

We will arrange transport for the night and I will distribute the tickets after the holidays. We will need payment in advance.

Fund Raising

Store collection, Karen who is our hard working fund raiser, has arranged for us to have a collection and information stall on **Saturday 7th September** in Fareham Shopping Centre. Please contact her on 01489 570450 if you can help. Even an hour would be appreciated.

Another in advance notice but Karen has managed to book the large Tosco's at North Harbour on **Saturday 14th December** for a collection – Portsmouth Branch are quite happy about this. Again helpers will be needed. There is a Café there.

Michelmas Fayre

Alverstoke Village on Saturday 28th September.

The Fayre opens at Mid-day and we can set up about 10.30am. Helpers again needed to man the stall.

Donations of home-made cakes would be very welcome. Either deliver to me or straight to the stall. We plan to also sell plants – and dare I mention it M.S. Christmas Cards!!

Equipment

We have three very good wheelchairs in our store plus a set of expanding ramps. If anyone could make use of any of this equipment give me a ring.

A member has also returned a page turner which is now also available.

For sale – Rascal 302 road scooter in good condition and hardly used. Fitted with new batteries. Cost nearly £2000 about three years ago. Going for £500 or near offer. Contact George on 07825 410680

Shoprider electric wheelchair – 18 months old, full working order £500 ono 01329 667310 answerphone.

Regular Activities

The Branches regular activities are listed on the diary page.

These include yoga, physio, craft and pub get "togethers" to which you can be sure of a warm welcome.

Can I remind everyone that we will fund up to three "at home" Physio sessions for anyone who cannot get to the group session and is experiencing extra problems. Phone me on 02392 581406.

I hope you will find something of interest in this newsletter and enjoy receiving it in e-mail format.

Hoping that the heatwave we have had this year have not made things extra difficult.

Best Wishes

Juliette