

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

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Dear member

It doesn't seem possible but it's time for an early autumn newsletter. It seems you spend all year waiting for the summer and suddenly you find it's come and gone!

I'm sure the cooler days have brought some welcome relief. I know just how debilitating many of you found the heatwave.

Physio, Massage and Lunch Sessions

These restart on Thursday 14th September commencing at 10.30am at Alverstoke Parish Centre, Green Road. Simon Gafhur has given me dates when one of the M.S. Specialists will be attending, and there will be the opportunity for a consultation starting on Sept 14th, October 12th, 9th November and December 7th.

We are later returning after the summer break this year because August 31st falls rather too near the Summer Bank Holiday.

Yoga sessions on alternate Tuesdays

These restart on September the 5th at HEDCA, Coombe Road, Elson, starting at 10.45am.

Many who attend report that yoga is helping them to maintain their core stability. The coffee and cake go down well afterwards too!

Tea and Chat – between 2-4pm in Gosport Discovery Centre (library).

Jo runs these sessions on the third Wednesday of every month. The next one is on 20th September.

The Centre has designated us a nice quiet area in a corner with a large table to sit round. Hot drinks and delicious cakes are available to buy.

Do come along and get together with others on a very informal basis.

Craft Sessions

These are held at the Golden Bowler Public House in Stubbington Lane on the second Monday of each month, starting at 11am.

Creating something is very therapeutic even if it turns out to look nothing like you had originally intended. Combined with an opportunity to chat, it makes for a very enjoyable morning.

If you would like to come along, please ring Ruth on [078173 58672](tel:07817358672) as we need to know numbers.

You can be sure of a warm welcome at all of these activities. There is always a friendly relaxed atmosphere.

The Wheelhouse Chalet – Salterns Lane, Hillhead PO14 3LR.

The last visit of the summer season (it doesn't seem possible!) is on Wednesday 13th September, starting 11.30am. Bring a picnic or we can send out for fish and chips. You never know - we might have an Indian summer. Ring Mave on [07789 511124](tel:07789511124) for any more details required.

Get Together Dinner on Tuesday 26th September

At the Bun Penny, Lee on the Solent, from 18.30 onwards. I enclose a booking form for this evening out which I'm sure will be good fun.

The menu sounds delicious and the Bun Penny is a very convivial, accessible venue. Thanks to all involved in the organisation of this event.

Abseil Down the Spinnaker Tower

Martin Hale is the last of our intrepid supporters to take part in the abseil fund raiser. This will take place on Saturday 26th August at 4pm. Do come along and give him your support. Martin has worked very hard to raise a substantial amount of money for the group and for research.

The Princess Royal Trust for Carers in Hampshire

Anyone who is a carer may well be concerned about what would happen to the person you care for if you ever become ill. The team at the Trust will provide you with support to discuss, develop or implement an emergency plan. Up to 48 hours free care may be available for the person you care for in the event of an emergency. This will give you peace of mind and information about other services available. Be prepared and have peace of mind by calling [0800 169 1577](tel:08001691577).

Now onto the ever present subject of fund-raising.

Alverstone Michaelmas Fayre on Saturday 30th September.

I have booked a stall for this event on our usual site on the corner outside One-Stop.

We urgently need items to sell such as plants, books, jewellery and cakes. Bread pudding will be available as usual. We set up about 11am.

This is a very sociable event and we always meet up with people who know about the group. Ring me on [02392 581406](tel:02392581406) if you can contribute or help with selling.

A Harp Concert in St Mary's Church Portchester Castle on Friday 22nd September at 7.30pm. This will be given by Elizabeth-Jane Baldry in aid of Multiple Sclerosis.

The discounted price for those with M.S. is £6 and parking can be arranged inside the Castle.

To book tickets contact Sir Michael Moore at macmoore@outlook.com. Apparently these concerts sell out very quickly.

Finally – **Collection in Fareham Shopping Centre** on Saturday 16th September from 9am onwards. Please contact Steve our fundraising organiser if you can help. His number is [07976 054003](tel:07976054003)

Someone is always on hand to give support whenever you need it. Don't feel you are alone.

Hoping to see you at some of our activities.

Very best wishes

Juliette