

# 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](mailto:graham@grahamhewitt7.wanadoo.co.uk)  
January 08*

Dear

I hope you all had a happy and not too stressful Christmas. Let's hope 2008 is a good year for us all and it brings us closer to an effective treatment for M.S. A cure would be even better!

Many thanks for you're your help, friendship and support over the past year, which has made the branch such a success. The Christmas Bazaar raised £1,100 and a collection at Waitrose, on what must have been the coldest day of the year raised £502. The public always shows a lot of good will towards the M.S. cause.



## **Curry Evening at Café Garlic on Monday 21<sup>st</sup>**

**January** starting 7pm. (opposite Lidl's in Forton Road. We gave out details of this event at the Christmas Dinner and the last physio session just in case I didn't get this letter out in time. Here are the details for those who may have missed out.

The buffet meal will consist of three courses, starter, main course and sweet. Cost is £8 per person. There is easy access ,disabled toilet and a car park opposite (in Lidl's) or just along the road at White's Place.

If a lot of people want to go (although the venue can easily cater for large numbers) we could arrange a second evening on January 28<sup>th</sup>. Please indicate whether you could come on either date.

## **Monthly meetings at Club Hampshire**

After 26 years of arranging events and speakers I have to confess I am running out of ideas. There are now so many other activities taking place within the Branch, such as the Physio, Yoga, craft group and pub coffee morning get togethers that the monthly meeting is no longer the focal point of the Branch.

I know people enjoy the fish and chip evenings so we could hold these perhaps twice a year and on a couple of other occasions invite along a serious speaker on an M.S. related topic. I hope you will be happy with this decision.



**Monday March 17<sup>th</sup> 7.30pm** at Club Hampshire  
Bingo and fish and chips. I will be ordering the Fish and Chips from our usual shop in Lee-on-Solent which is always excellent. Please choose from

Haddock and Chips	- £2.80
Jumbo Sausage and Chips	- £1.90
Scampi and Chips	- £3.20
Chicken and Chips	- £2.90

**Physio Massage and Lunch Sessions** at St Marys Parish Centre  
Green Road Alverstoke (opposite St Marys Church) starting  
10.30am on alternate Thursdays (see diary)

These sessions are open to all and continue to be good fun and friendly as well as physically beneficial. Sheila Chartres attends when she can and can be seen privately by anyone who wishes.

Physio at home – because we want the Branch to be inclusive, we are now offering the services of Sandra Mowatt our much valued neuro-physio to those unable to get along to the physio group.

This is a message from Sandra – *“If you are struggling with a new physical problem, have had a rapid alteration in mobility, increase in spasms or pain or just need to work through a specific physical issue please contact us as we are able to offer a limited number of sessions of one-to-one physio in your own home.*

*This is not meant to replace any existing physiotherapy input you are currently receiving (or waiting to receive) but to enable you to target a problem as it arises.”*

Please contact me on 02392 581406 if you feel you would benefit.

### **Craft Group**

The next meeting of the craft group at the Golden Bowler Pub in Stubbington will be on :-

**Monday 14<sup>th</sup> January** – This will be run by Jane and we will be doing card making.

**Monday 11th February** - again this will be run by Jane. Please ring Ruth Moorhen in advance if you would like to attend on 01329 318451.

### **Fund Raising**

Karen Reeves, the Branch Fund Raiser, has booked collection days at local stores throughout the year.

Here is a list in advance. I the hope that some of you will be able to spare an hour or two. The general public are always very nice to our collectors and people say they really enjoy the experience. The dates are as follows:-

**Saturday 26<sup>th</sup> January** - Asda Store Dock Road Gosport

**Saturday 1<sup>st</sup> March** - Sainsburys Broadcut Fareham

**Saturday 5<sup>th</sup> April** and  
**Sunday 6<sup>th</sup> April** - The Range Gunners Way Gosport

Phone Karen Reeves on 01489 570450 or mobile 07888842041 if you are able to help.

### **Target Multiple Sclerosis**

Graham and I recently attended the launch of a new booklet entitled "Target Multiple Sclerosis" which has been produced by the Association of the British Pharmaceutical Industry (ABPI) I can really recommend the booklet, which is free and explains everything you ever need to know about M.S. and all the different therapies and drug treatments currently available.

All this is in a clear, concise and eminently readable style. I trudged the streets of London carrying as many as I could but obviously not enough for everyone! You can receive or download copies from the ABPI website [www.abpi.org.uk](http://www.abpi.org.uk) I do urge you to obtain a copy.

**Yoga** – this takes place on alternate Tuesdays at HEDCA Coombe Road Elson starting at 10.30. until about 12.30

Nikki has adapted the movements for people with M.S. and it all takes place sitting on chairs. It's a good opportunity to give a bit of time to yourself. The numbers attending have risen but we could still do with a few more. Ring Mave on 02392 641124 (p.s. there's tea, coffee and even a penguin biscuit afterwards!)

Some useful numbers –

**Gosport Disability Information Centre** 02392 604688

Will provide car and driver transport for pre-booked appointments. The cost is 40p a mile. The driver will wait for appointments of routine length.

**Gosport Borough Council** 02392 545385

A free fare pass or travel tokens are available to those listed below:-

- Anyone aged 60 or over
- Persons whose ability to walk is permanently impaired
- Where a driving license has been withdrawn or application refused on medical grounds.

### **Kingfisher Holidays**

I know some people have trouble getting away on holiday because they need a hoist to transfer them and the base of their hoist will not go under an ordinary divan bed.

Kingfisher Barn Holiday Cottages at Abingdon-on-Thames Oxfordshire have 2 cottages with Wispa ceiling tracks over the beds which can be fitted with hoists and slings free of charge plus shower chairs.

For a brochure and more details phone 01235 537538. The recommendation came from one of our members who I am sure would be happy to discuss her experiences with you.

### **Bequest to Branch**

Margaret Kilsby has sadly recently died. In her will she kindly left a van and two scooters to the Branch. They cannot yet be released until probate is complete in about a month's time.

The van is a Ford Fiesta Chairman converted to carry a wheelchair or scooter. The floor can be lowered and a ramp comes down at the back.

It's an L registration but has only done 57,000. The next MOT is due in October. One scooter is large and has a range of 30 miles. The second is smaller and hardly used. They both have four wheels.

If you would like to be considered for the van or scooters please contact me. At the moment everything is in the garage of Margaret's home in Guildford.

**Coffee Mornings** – these highly successful “get togethers” continue on alternate Thursdays (the week when there is no physio) at 11.30am alternating between the Golden Bowler Stubbington or the White Hart in Gosport.

For dates refer to the enclosed diary or ring Mave on 02392 641124

### **SUBSCRIPTION 2008**

You will find your membership form for 2008 enclosed with this newsletter together with a letter from Pam (the Treasurer). We will be really grateful if you could pay promptly. Pam is a very busy district nurse and it makes a lot more work for her if she has to do a lot of “chasing up”

### **Events for this year**

We have several events lined up for this year that we think you will enjoy and should give you something to look forward to! Look out for:-

- Trip to Tutankhamen exhibition in London (probably in July) - We will be taking a coach and we will have to purchase tickets in advance. Our Trip will have to be mid-week as the week-end tickets have been sold. Please let me know by the end of February if you would like to come.

- Trip to Milestones at Basingstoke (probably in October)

- Alison Macgregor boat trip 8<sup>th</sup> June

- Wheelhouse chalet at Hill Head – May 7<sup>th</sup>, June 4<sup>th</sup>, July 16<sup>th</sup> and August 27<sup>th</sup>

I think that is all for now. Hoping to see you at some or even all of these events – you can be sure of a warm welcome. Do not hesitate to make contact if you have any problems.

Best wishes

