

Gosport and Fareham Multiple Sclerosis Society

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From the Secretary;

Juliette Hewitt

11, Beech Grove

Gosport, Hampshire

PO12 2EJ – 023 9258 1406

January 7th 2010

Dear

JANUARY NEWSLETTER

A very happy New Year and Decade to everyone!

I feel sure that by the end of the next ten years we will be nearer to unlocking the mystery of MS. Just think how many new treatments have been introduced and how broad and worldwide research has become even since the millennium.

The Christmas period was very busy but I know I can say that it was a happy and successful time and brought us all together.

CHRISTMAS BAZAAR

The Bazaar raised the highest amount ever £1,367 with both halls crowded with those who now regard our Bazaar as a “not to be missed event.

Our grateful thanks to all those who helped, and to all those who donated goods to sell. Thanks also to the generous United Reform church who only charged us £60 for two halls.

We now have the use of a garage to store items and we have room to start collecting immediately – it is never too soon. Any unwanted Christmas presents will be gratefully received.

FUND RAISING

Our Fund raiser, Karen Reeves, has booked the following dates for store collections in 2010 -

- Asda Gosport, Saturday January 30th**
- Fareham Precinct Saturday February 20th**

- **Morrison's Gosport Saturday 3rd April (this date to be confirmed.)**

These store collections are our main fund raising activity and are vital to the future prosperity of the Branch.

We recently made a research Grant of £3,000 to the MS National Centre and the needs of our members are numerous and ongoing. On top of this we have to pay for all our various activities – for example the Neuro-Physio now costs over £7,000 per year.

If you can spare even an hour to collect, it will be much appreciated – helpers are urgently needed – phone Karen 078372707979

BINGO AND FISH AND CHIP EVENING

By popular request

MONDAY January 25th -7.30pm - Club Hampshire, the Anchorage, Willis Road, and Gosport – please note the change of date from the date published in the pre-Christmas newsletter.

These evenings are fun and chance for a chat – but not during the Bingo which is taken very seriously – only joking!

Please choose what you would like to eat from the following:

**Cod and Chips - £2.65
Haddock and Chips - £2.80
Chicken and Chips - £3
Scampi and Chips - £3 -40
Jumbo Sausage and Chips £1-95
Veggie Burger and Chips £2.65**

Please let me know your choice by 19th January – the fish and chips are always excellent.

CRAFT MORNINGS

- **Monday 11th January - The Golden Bowler Stubbington Lane - pottery with Debbie - starting time 11am**

- **Monday 8th February - The Golden Bowler – subject to be arranged**
Monday 8th March – The Golden Bowler - subject to be arranged

PHYSIO AND LUNCH

We recommence after the Christmas break on Thursday 14th January – the Parish Centre, Green Road, Alverstone at 10.30 and then every fortnight from that date.

YOGA

Yoga on alternate from Tuesday 19th January. Yoga is very enjoyable and we would welcome new members – 10.45 start.

COFFEE MORNINGS

Please see the enclosed diary for dates

WHEELCHAIRS

We have two wheelchairs available - one folding self propelling chair made by Invacare. Good condition - will be serviced for new user.

Second is an Enigma folding wheel chair in new condition but is not self propelling

Phone me if you are interested – 023 9258 1406

RAISING MONEY – EQUITY RELEASE

MS Society Insurance Services now offer an equity release service in partnership with Key Retirement Solutions, the UK's leading equity specialist

WHAT IS EQUITY RELEASE

Equity release is a way for home owners aged over 55 to transform the cash locked in their property into a tax free cash lump sum or income.

The cash can be used in any way:

- **for home improvements, holidays or may be**
- **used for assistance with every day living costs**

With so many equity release plans available, some of which take account of your health in the terms offered, it is important you

receive independent advice on the range of plans available and understand the features and risks,

By releasing equity from your home the value of your estate will be reduced and there may be an effect on your entitlement to means tested benefits.

For more information about the features and risks plan and an equity release guide call 0800 783 3157 or email mssociety@heathlambert.com

EMAIL ADDRESS

Graham wanted to send some photos of the Christmas Dinner but we do not hold the Email addresses for some of our members who we know have them. Where appropriate please could you complete the enclosed form and send to Graham

I hope you are managing to keep warm and safe and the snow soon clears so that we will see you at our activities.

Remember Spring is just around the corner !

Best wishes Juliette