

# **GOSPORT AND FAREHAM BRANCH OF THE MULTIPLE SCLEROSIS SOCIETY**

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Dear

A very Happy New Year to you! I hope you had a good and not too exhausting Christmas. This year should prove to be a very interesting one – so many things going on to both celebrate and commemorate.

Christmas Bazaar – this raised £1150 in just a couple of hours. So many people came along and there was a really friendly family atmosphere. Many families left the hall happy with their bargains (or with pictures with Santa photo orders)!

It was good to feel we were giving something back to the community.

Many thanks to all who donated items for sale and helped run the event. It's not too early to start building up our stock for this year – perhaps some of those unwanted Christmas gifts!

Skydive on Friday 25<sup>th</sup> May 2012 – Planning for this fundraising event is well underway and a provisional booking has been made for 20 people. This number can be amended when we go firm on numbers, deposits medicals etc on 1<sup>st</sup> March.

The aim is to raise £10000 for M.S. Research. We have just given £4000 to Myelin Repair research but it would be good to be able to help more to try to find a cure/alleviate symptoms of M.S. The skydive will be at Old Sarum near Salisbury and we plan to make it a branch “day out”. More details nearer the date. There's still time to contact George on 07825 410680 if you or anyone you know would like to take part.

Gowrings Mobility Roadshow 2012 – this year one of the Roadshows is to be held nearer to home at Explosion, The Museum of Naval Fire Power, Heritage Way, Priddys Hard Gosport PO12 4LE.

The dates are Tuesday 28<sup>th</sup> February and Thursday 1<sup>st</sup> March from 10am – 4pm. The museum and café will be open and there will be various stands and vehicles on display.

Disabled people and their carers are admitted free to the show and the museum by applying for a free invitation and entry to a draw beforehand.

For more information please contact Gowrings Mobility on 0845 608 8020. (From Mave – I have been to these events in the past and there is no hard salesman tactics, just a genuine free ticket to great places).

**Physio session visits from the M.S. Nurse Specialists (note the plural!)**

Annabella has given me a list of the dates over the next year when either she or Sheila will attend the sessions at the Parish Centre.

You are welcome to attend on these dates for advice, review or to have blood tests if on Disease Modifying treatments – although they plan for this to be done more through their clinics.

**Home Trust Loans** – I recently picked up information on this trust from one of our members, who had used it and been very satisfied.

This is a non-profit organization which gives help and advice with essential repairs and adaptations for people with a disability.

It works with local authorities and has the facility to top up a local authority disabled facilities grant. If you are interested look at their website - [www.hometrustedloan.org.uk](http://www.hometrustedloan.org.uk)

Or phone Nick Webb on 02392 375921

**Respite Care** - things seem to be “looking up” in the provision of respite care. As you may have seen on page 30 of the Nov/Dec M.S. Matters, Brambles Respite Care Centre in Horley and Helen Ley House in Leamington Spa could well be saved from closure following new agreements between the M.S.Society and two potential new owners.

**Partnership between M.S. Society and Vitalise** - Vitalise will match the Society’s funding for every applicant wishing to use the Society’s Short Breaks and Activities Fund in order to take a break at a Vitalise Holiday Centre. This offer continues up until February 2012 and hopefully it will continue through 2012. Call 020 8438 0700 to apply.

**South Coast Information Day** - I enclose a flyer giving details of this event. It deals with subjects such as Power of Attorney and Emergency Care Plans, subjects that we all put off thinking about but if dealt with gives everyone – both you and your family, peace of mind.

Also enclosed is a diary giving the dates of all our regular activities to which you are all very welcome.

These include, Physio and lunch sessions at St Mary’s Parish Centre, Coffee and lunch get together at either the Golden Bowler or the Wyvern, Lee on the Solent and Yoga at HEDCA Coombe Road Elson. Also craft sessions at the Golden Bowler, Stubbington. PLEASE NOTE - if anyone is planning to

come to the February session please could you bring any brushes and watercolours you may have! Also please let Ruth know if you are intending to come to a session beforehand 07817358672. The tutors need to know numbers for materials.

Fund Raising – Karen has organized a store collection at Tesco Whiteley on Saturday 11<sup>th</sup> February. Ring her on 07779996004 if you are able to spare an hour.

Karen has also planned another PAMPER DAY on Saturday 28<sup>th</sup> April at Stubbington Community Centre. More details nearer the time.

I look forward to meeting up with you sometime during the year. You can be sure of a warm welcome whatever you choose to attend. Feel free to contact me if you need any help or advice and I will try and help

Best wishes