

GOSPORT AND FAREHAM BRANCH OF THE MULTIPLE SCLEROSIS SOCIETY

From the Secretary – Juliette Hewitt, 11 Beech Grove, Gosport,
Hampshire PO12 2EJ. Tel 02392 581406 January 2014
Email graham@grahamhewitt7.wanadoo.co.uk

Dear

A very Happy New Year to everyone. I hope you all had a good Christmas and were not left exhausted.

Thanks to everyone who contributed to and/or helped at the Christmas Bazaar. After all expenses we raised £800. Slightly less than usual and in spite of the fact that the two halls we hired were packed! I think it's because in these difficult economic times people were prepared to barter! They're all been watching too many of those "cash in the attic" type programs. (Mave – the bottle stall completely sold out though!!). Now onto events over the next couple of months.

Fund Raising - Store collections

Karen has arranged a collection in Fareham Shopping Centre on
Saturday 8th February

If you can spare an hour or two we would be most grateful. Collecting is good fun and you meet lots of very nice people. Karen has also booked :-

Friday 4th and Saturday 5th April at Morrison's Gosport

Phone Karen on 01489 570450 mob 07779 996004

Pamper Day

Karen has arranged another of the very popular pamper days for Saturday 12th April at Crofton Community Centre Stubbington Lane PO14 2PP between 11am and 4pm. Tickets cost £1 and are available in advance from Karen or at the door. The cost is £5 for each "taster session" of the various treatments which will be available. Refreshments and light lunches will be available.

Book stall

George has booked the charity pitch in Gosport High Street Market on Tuesday 29th April and Saturday 3rd May. These dates are during MS Week and will give us the chance to raise the Branch profile. We can collect and give out information. Helpers are needed on both dates between 9am and 2pm.

Get the prayer mats out for some decent weather. That High Street can be very draughty! Come and browse, we have some excellent books!

Abseiling Event – at the Spinnaker Tower on Saturday 24th May.

George now has 20 people taking part in this event.

We have permission to collect at the bottom of the tower, so we need supporters and collectors between 12.30 and 4pm.

Social News

Outings – this summer we plan to organize some outings which have proved so popular in the past. Sian Barker our new Social Secretary, who has experience in planning events has taken over the organising.

If you would like to be included and/or have any ideas on places to go please send the enclosed form back to Sian. The form has also got her contact details.

Sorry its all a bit “up in the air” at the moment but it would be useful to Sian to have some idea of the numbers of people who might want to go.

Hillhead Chalet Mave has booked the Chalet for the following dates

Wednesday 21st May

Monday 23rd June

Monday 21st July

Wednesday 17th September

All a bit in advance but diaries get filled up quickly.

The Wheelhouse chalet is located in the car park at the end of Salterns Lane Hillhead Post code PO14 3LR.

We meet between 11.30am and 3pm. Coffee and soft drinks are provided. Bring a picnic if you wish otherwise we can send out for fish and chips. Do come and join us, it's a lovely spot on a sunny day and the chalet is cosy and with all facilities even on a wet one.

For more details ring Mave 02392 641124 mob 07789 511124

Regular Activities

The Branches regular activities are listed and detailed in the activity programme, which accompanies this newsletter. Do come along and give them a try. (If you want to try the Craft group we do ask that you contact Ruth 07817 358672, as we need to know numbers beforehand) You will be made very welcome and I think you gain a lot of support from meeting up with such positive and lively people.

M.S. Life is coming

M.S. Life the biggest national event for people with M.S. is taking place on the 26th and 27th April at Manchester Central. The National Centre is asking Branches to promote the event.

I know it seems a long way to go but I understand there are grants available to get you there. John and Mave have attended in the past and found it a wonderful experience. Contact Jenny Harris 020 8438 0941

More details can be found on the National Web site.

Information on PIP (Personal Independence Payments)

Two new resources are now available from the M.S. Society for people making a new claim or being re-assessed.

- 1) Claiming Personal Independence Payment (PIP). A 52 page booklet which has information about PIP, the benefit that has replaced Disability Living Allowance (DLA).
- 2) (For people who currently claim DLA) Changing from Disability Living Allowance (DLA) to Personal Independence Payment (PIP). A four page factsheet that explains the process of switching over from DLA to PIP. (When this is going to change for you your local office will contact you)

Both of these resources are available to download at <http://shop.mssociety.org.uk>. I also have some copies of the factsheet.

WAMS (working Age with MS) is a Portsmouth based group that has been set up to help and provide mutual support and meet on the first Wednesday of the month at the Mountbatten Centre Portsmouth between 7pm and 9pm have a **P.I.P Talk on 5th February** by Sylvia Hutchins Ring 07591 822033 WAMS Helpline or their facebook page is <http://www.facebook.com/group.php?gid=304411140297>.

News on the M.S. Practitioners

Annabella our M.S. Nurse Specialist gave birth to a son, Morgan Jesse on the 3rd of January. I am sure you will join with me in sending her our heartfelt congratulations. She plans to return to work at the end of September, the beginning of October.

Simon Ghafur is acting as Team Lead until then and Julie Gee (who is a nurse) started as his support on January 13th.

A reminder of how to contact Simon – simon.ghafur@southernheath.nhs.uk
Phone 01329 224532

Fatigue Management Programme for 2014

Simon is starting a new programme of courses. The first course will start on Tuesday 18th February and then will follow on from 24th February, and on 4th, 11th, 18th and 25th March. All will be held at the Masonic Hall, Clarence Road, Gosport PO12 1BB. Starting at 1.30pm and ending at 3.30pm. Tea/coffee and biscuits will be provided. Would those interested please contact Simon on 01329 224532 or use the Team e-mail address hp-tr.MSTeam@nhs.net

Sandra Mowatt

Sandra our neuro-physiotherapist works with us and the M.S. Therapy Centre Portsmouth. She has organized a display cabinet there containing foot-drop splints and wrist supports which people can try before they buy. This will hopefully prevent people making an expensive mistake.

You will need to book an appointment with one of their physios first by ringing 02392 699116. Their address is 56 Hewett Road, North End, Portsmouth PO2 OQP

And Finally! -

Julie Hawsworth

Julie is a member of the Committee. She is a trained psychiatric nurse, has a teenage daughter and has had M.S. for several years.

She has joined the welfare team as the Society is very keen that the role should be shared thereby increasing the range of skills available and sharing the work load.

Julie has attended the course that the M.S. Society has recently run for support volunteers and is keen to make use of her skills. She would have difficulty traveling but her home is fully adapted for anyone who would like to meet up with her. She is also available for anyone who needs a listening ear over the phone. Her number is 01329 510819

Well I think that's quite enough from me! Hope to see you at one of our activities. Remember we are always here for you

Best wishes

Juliette

