

**MULTIPLE SCLEROSIS SOCIETY
GOSPORT AND FAREHAM**

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Newsletter July 2019

Dear Friends and Colleagues

What can I say, it's England and summer so its raining and I've been wet from top to toe through to my underwear! I didn't time that walk very well did I? And boy was it cold!

Where to start on the list of items our rather fabulous Coordinating Team have asked me to mention.

Skydive

Better start with the top man, George, and his Skydive. Tina has involved a rather lovely reporter to take part, Harry Acton, and he's doing some film work with some of our participants before the event to put on the internet to boost our donations. Watch this space for the lovely Tina and Sam and the ever so handsome Paul. How exciting! Steve is organising a Community First bus to take some of our members to the event on 19 July to cheer the fabulous volunteers on. If you want to join them give Steve a call on 07976 054003 but be quick as spaces are limited. The café serves drinks and has a toilet but pack a picnic lunch for midday.

Flag Collecting

Now on to Steve's bits. We are forever trying to think of new places to put our static tins. Can you think of anywhere within the area? Call or txt Steve on 07976 054003 if you can think of a place, some of your ideas have been brilliant so far, thank you.

The next Flag Collection on our agenda is on Saturday 13 July at Gosport Morrisions. They have 2 entrances, so your help is really important, please give Steve a call on 07976 054003 if you have an hour, maybe even 2 to lend a hand. Thank you.

Waitrose at Locks Heath have Gosport and Fareham MS as one of their token scheme charities this month. The banner photos with the vivid orange should show you the way. Please can you pop your tokens in our box, thank you.

Road Trip/Moot on the move

We are looking at different places for another road trip and Steve is taking one for the team and test driving the different pubs on a Friday night with his wife. It's a hard life being a volunteer but someone has to do it! Then again we don't want to be caught out again by being told somewhere is full accessible to arrive and find what they actually meant was accessible if you ignore the steps. Do give him a call or txt with any suggestions for pubs you think would be good for a pub lunch outing 07976 054003.

I was checking out disabled toilets myself today, I'm getting a reputation for my obsession although I haven't a photo gallery like someone I could mention. Anyway, they were rather nice toilets, nice and roomy you could say, well if you could get in them with all the junk they were storing in there. That's 3 now that I've come across that use the extra wheelchair space to store a folding wheelchair. I'm thinking of setting up a Facebook page titled disabled toilets, the storing room of tomorrow. Yes, I know I'm obsessed. I do wonder what they will try and store in a changing places toilet, I suppose the standard mop and bucket will have a much smaller footprint compared to the current disabled toilet.

Mental Health Workshop

Last year we held a Mental Health Workshop and many of you have asked for a more in-depth course. Of those that went, please let Steve know by txt or phone on 07976 054003 if you would like a further course. We would also like to repeat the first course in September, date not yet finalised. Please let Steve know so he can start arranging the accommodation and lining up the instructors if you would like to take part. Below the belt issues and depression have such an impact on our everyday lives but people are so reluctant to talk about them. Please do sign up to the Mental Health Talk if you didn't go last time around. It was really very interesting and thank you for organising it Steve.

Bonus Ball Game

Now I move onto another subject and 2 very special people I'm so very lucky to know. They are Barry and Martin Hale and they and their family run the groups Bonus Ball game. The game was started by the wonderful Pam Hale who has since passed away. We have renamed the game to Pam's Bonus Ball, in her honour, but Barry, Martin and Julie are still beavering away in the background. We wouldn't have Pam's Bonus Ball game if it wasn't for all of

you though. Your weekly £1 bet has led to an amazing amount of money raised. I thank each and every one of you that takes part, you are fabulous. How it works - you pay £13 on a quarterly basis after picking your number and we have a few numbers free at present. Do you want to join in? The numbers 9, 13, 25, 28, 29, 30 are free and you could win £25. Give Barry a call on 01489 578257 or email him at finbarhale@btinternet.com to tell him your number choices. I pay mine by standing order every 3 months, even Eliza has her own number although she leaves the payment side up to me!

Quiz and Chips

On 31 August we will be holding a quiz & chips night at the Crofton Club in Stubbington, our first event there. Details are in the enclosed form. Les and Lyn are our fabulous quiz masters. They are the same wonderful people from Race Night. If you joined us, you know what an entertaining evening we had, and Quiz & Chips promises to be as much fun. It's £10 per person if you want the food and £5 if you just want to take part in the quiz but you are more than welcome to bring your own food. Can you imagine not having fish and chips when everyone else on your table is tucking in? OK it's just me that would have trouble resisting then... But people it's chip shop fish and chips! What with a bar, great entertainment and food, don't miss out and get your forms back to Tina. She's gone high tech and you should be able to add your details and food choices to the online form and just send back to her. She'll then send you details of the address to which you can send your money or hand them to her at one of our events and activities. Whatever is easiest for you.

Talking of Race Night, thank you everybody who came, we raised £900. Also, thanks go to Tina for organising the event. I picked the date, and only I could choose the day of the FA Cup Final and Eurovision Song Contest. We are hoping for a repeat performance next year and we will endeavour to choose a date with fewer outside activities going on. A huge thank you to Les and Lyn Heyhoe for a very enjoyable evening.

Fatigue Management

Simon Gharfur will be running a Fatigue Management Course at Lee on Solent Community Centre, PO13 8JU from 13:30 to 15:30 for six weeks starting on Monday 1 July. Ring or email the MS Nurses team on 02392 681067 hp-tr.MSTeam@nhs.net to book your space.

To Finish

I finish with a few words about our AGM. Dr Mel Attewell talked to us about her experiences and the voluntary works she does for the MS community along with some films from shift MS. She was so enjoying herself afterwards, talking to you all, she was late for her next engagement. Thank you, Mel! We had not 1 but 5 new members join the coordinating team, how exciting. Juliette has volunteered for the local MS group for over 40 year and told us at the AGM she was retiring from her role as Lead Support Volunteer. She will continue with both physio and yoga and visiting some of the local MS sufferers who have become her friends over the years. Thank you for all your hard work, your time and dedication over the years. Plenty of changes ahead for the Group.

I do hope to see you at one of our events or activities over the coming months. The diary is enclosed, and as usual physio and yoga stop for the summer period. Pilates and movement will run through the summer months along with Strawberry Field, Highland Hub and Golden Bowler moots. Jo is taking a break this summer and we won't be at the Discovery Centre or Westbury Manor Museum.

In summary

Extra visit to the Wheel House Chalet on 7 August, join us for some fish and chips by the seaside

Craft on 8 July is Iris Folding, nothing in August then back on 9 September

Physio last class before the break 18 July and it returns on 12 September

Yoga last class before the break 23 July and it returns on 3 September

There is no Pilates on 29 July but continues through the rest of the summer

Movement continues on a fortnightly basis as normal

There will be no Westbury Manor Museum Moot on 14 August

There will be no Discovery Centre Moot on 21 August

Fatigue Management starts on Monday 1 July and continues each Monday to 5 August.

Jenny

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Find the latest information on our website

<http://www.gosportandfarehamms.org.uk/>

