

GOSPORT AND FAREHAM GROUP OF THE MULTIPLE SCLEROSIS SOCIETY

From the Secretary – Juliette Hewitt, 11 Beech Grove, Gosport, Hampshire, PO12 2EJ. Tel 02392 581406.

Email juliettehewitt@gmail.com

Email jennyjessup2013@gmail.com

May 2018 Newsletter

Life seems to be speeding by, I can't believe June is nearly here, what happened to May? Well we can definitely say the sun has finally found us, hope you all enjoyed the bank holiday weekend and the rather spectacular thunder and lightening show.

Wet Wheels

We still have some places on Wetwheels for Monday 25 June. Contact Siân Barker on 07896 140157 sianebarker@hotmail.com if you would like to go but transport or anything else is a concern and we will do what we can to help. Steve Irving plans to sit and mind any items you plan to leave on the dockside such as scooters or wheelchairs. Seeing Portsmouth harbour from the water is an amazing experience, you don't realise it's so big. For those not in wheelchairs there is also the chance to get behind the wheel. It finishes with opening the engines out in the Solent, a total blast.

Grants

Can we help you? Sometimes an adaptation or a bit of equipment can make life so much easier, but you can't afford the expense. Give Juliette Hewitt a call on 02392 581406 and she will talk you through how we can help with a Grant. A mat for Pilates, driving lessons, help towards a scooter or an electric tricycle are just some examples of the help we can give you, but we can't help you unless you ask.

Telecare

Hampshire County Council Provide a range of alarms and sensors to keep you in good health and safe in your home. From personal alarms worn in the home which connect via your phone line to a call centre enabling you to call for help when there's something wrong to a GPS type alarm you wear when out, again a button to summon help when there's something wrong. There is a multitude of different sensors and bits of equipment that HCC provide under its Telecare scheme. They've recently run a trial using an Amazon Alexa which with the appropriate equipment allows you to turn on lights on and off with your voice and unlock door to mention a few things. A couple of our members were lucky enough to be part of the trial and they had very positive results. You can refer yourself to Occupational Therapy directly on tel: 0300 5551390

adult.services@hants.gov.uk. The Telecare equipment is provided by a company called Argenti, check out their website Argenti.co.uk if you wish to purchase the equipment directly.

Form filling

Age UK are offering help with filling out benefit forms for those people in Gosport. They can even visit you in your own home under certain circumstances. To access this service call Gosport CAB on 03444 111 306 and they will refer you to Age UK. Our very own Juliette will also help with filling out benefit forms. Call her on 02392 581406 if you need assistance.

AGM

On Saturday 2 June we have our annual meeting followed by lunch. This year the speaker is a lady called Chris Turner, a volunteer with Canine Partners. A charity very close to my heart as it's aim is to promote independence within the disabled community, giving people the confidence to be the people they were meant to be within the limits of their abilities. From helping a person dress and undress, doing household chores to giving a person confidence to leave their own home; a fraction of the many ways a canine partner helps, I do hope you will join us. So that Juliette has an idea of the number of people wishing to attend for lunch please reply to this email with numbers if you intend to join us. Juliette's number is 02392 581406 if you received the email by snail mail or find it an easier way of contacting us.

Pilates

Pilates starts back on 6 June at Lee Tennis Club at 10am and we have our 2nd trip of the year to the Rotary Wheelhouse, the Chalet, in Hill Head starting at 11:30 also on 6 June. It was raining heavily on the last trip to the chalet. Let's hope the sun shines for the 6 June and we get to enjoy the sea views. For people wishing to attend both activities we can ring through the fish and chip order from Pilates, so you don't miss out on lunch. Exercise and then the chance to socialise by the sea, how cool is that?

Michaelmas Fayre

We have a stall at this year's Alverstoke Michaelmas Fayre on Saturday 29 September from 12 noon to 4 pm. Any bits and bobs you care to donate would be gratefully received. Cakes, potted plants, books etc.. Either drop them around to Juliette or hand them over at one of our activities, thank you.

Tea and Chat

Ever heard of Westbury Manor Museum? Well I haven't but it has a Café and Jo Bardall will be organising a monthly Tea and Chat group meeting there when all our

activities begin again in September in addition to the one she currently runs in the Discovery Centre in Gosport. I see cakes in the picture of the café on the website, so I might have to find my way there. Day, timing and directions will be given in the next newsletter and I do hope you can join me in testing the quality of the baked goodies, it would be rude not to sample them...OK just me again then!

We have a Tea and Chat meeting scheduled for 20 June but unfortunately the Discovery Centre, Gosport Library, is closed while they make some changes to the internal structure. We have therefore relocated the meeting place to Coffee#1, 74 High Street, Gosport, PO12 1DR. You find it at the ferry end of the high street and you will be greeted by Jo Bardall sampling the cakes there from 2pm on 20 June.

Bonus Ball

We have a couple of Bonus Ball games run by the Hale family. It's based on the bonus ball number from Saturdays Lotto draw. Pay £1 a week and you could win £25. We have the numbers 25, 30 and 50 free at present. Do you fancy joining us in playing along? The money is collect every quarter, so that would be £13, on 4 given dates during the year. Pay by cash or standing order. Call Barry Hale on 01489 578257 or email him on finbarhale@btinternet.com for more details and to sign up to play, even Eliza's got a number...she has her eye on some doggie treats she tells me.

Male Carers Support Group

An informal gathering of men who care for loved ones who have MS. They meet monthly to share a meal and gain mutual support at The Titchfield Mill, Mill Lane, Titchfield, Fareham, PO15 5RF. Dates and times vary so contact Caroline Birch on 01590 623933 carolinebirch@clara.co.uk for more details.

Oceans of Hope Challenge UK Bewl Water

A residential weekend of sailing, BBQ's and picnics at the beautiful Bewl Water in Kent, 10-12 August 2018. Food and fully accessible en-suite accommodation is provided and there will be a variety of vessels to meet everybody's needs on the water. Email challenge@sailingsclerosis.com for an application form.

We have orange flag collections on

15 June 2018 – Tesco's Bursledon, Southampton, SO31 8GN

16 June 2018 – Sainsbury's, Broadcut, Fareham, PO16 8SU

14 July 2018 – Tesco's Fareham, PO16 0LE

If you can spare an hour to help it would be fantastic, please contact Steve Irving on 07976 054003 or irvingfam@btinternet.com, thank you.

Our regular activities

The wonderful volunteers take a break from organising our regular activities during the summer so here is a summary of when the activities finish and begin again. I'm thrilled that Pilates will be returning in September, I just need to confirm the date with the instructor.

Last Yoga is 24 July 2018 but it will be returning on 4 September 2018

Last Physio is 2 August 2018 but it will be returning on 13 September 2018

Last Craft is 9 July 2018 but it will be returning on 10 September 2018

Last Pilates is 25 July 2018 but I'm delighted to say it will be returning in September.

Tea and Chat will continue through the summer and watch this space for the new monthly visit to Westbury Manor Museum.

I hope to meet you at one of our activities and events.

And finally, Juliette Hewitt received a Certificate declaring her "Highly Commended" at the MS Society Awards 2018, well done Juliette and congratulations.

Jenny

Website - gosportandfarehamms.org.uk

Facebook - facebook.com/gosportfarehamms/

Group email gosportfareham@mssociety.org.uk