

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

**From the Secretary – Juliette Hewitt, 11 Beech Grove, Gosport,  
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Dear member

Time for another Newsletter which brings us to the end of another year.  
Where have all the years gone since our inaugural meeting in 1982!



**Donation instead of Christmas Cards** – Thank you to everyone who has generously supported this idea in the past. You can make a donation to the Branch rather than sending Christmas cards to everyone - Mave will make a sheet available that you can put a greeting on and will display this at our events. Money we obtain from this is used by Juliette to buy gifts for housebound members. Contact Mave on 07789 511124 , or email [m.hiseman@hotmail.co.uk](mailto:m.hiseman@hotmail.co.uk)

**BLOG** – can I remind you of the blog Jo has started. If you would like to visit and take a look at the stories so far MySociety is currently available at the following web address”

**[www.mysocietyuk.wordpress.com](http://www.mysocietyuk.wordpress.com)**

“Alternatively each post is shared on our Branches Facebook page and there is also a link to the blog on the Branch Website.

## **WHITE HART CHRISTMAS LUNCH**

Sorry to bring up the subject of the swiftly approaching Christmas period but I enclose a copy of the White Hart Christmas Lunch menu. This will be held on Thursday 15<sup>th</sup> December 1pm for 1.30pm. The White Hart is in Stoke Road Gosport PO12 2JE opposite the United Reform Church.

Please return your menu order and payment to Sian by mid-November at the latest please. The lunch is always a very jolly event helping us to get into the “Christmas spirit”.

**CHOOSE YOUR MENU ON PAGE 5...**

## **PHYSIO SESSIONS**

Annabella and the M.S. Specialist Team have given me the dates of Thursday 10<sup>th</sup> November and Thursday 8<sup>th</sup> December when they will be attending to give help and advice.

They have asked that if anyone wants to see them for a consultation would they kindly notify them in advance. This will enable them to action some issues more efficiently.

Whilst on the subject of physio the last session before Christmas will be on the 22<sup>nd</sup> December. Lets make it a bit of a pre-Christmas Party. There will be a glass of wine for those wishing to indulge and a range of Christmas nibbles instead of a hot meal.

## **PREVIOUSLY OWNED EQUIPMENT**

The Branch has been donated a range of medical and mobility equipment over the past year, all currently in a lock-up at St Vincent.

The items will all deteriorate if not put to good use. They are:-

Oxford mini 125 Hydraulic Hoist

Trixie Lift electric hoist – in excellent condition with charger

Infinity Mobility Scooter – with charger

Viper electric wheelchair with charger

Stand Assist patient lift with charger – almost new in excellent condition

There are also 3 electric wheelchair held in the Solent Mobility's workshop in Lee on Solent.

All items would be checked and serviced before being passed on. A "viewing" could be arranged. Please contact if you are interested.

## **WENDYLETT 2 WAY SLIDE SHEET**

I visited a member recently, who was very enthusiastic about this bedsheet, which helped him turn in bed independently or with the help of a carer. It also helped because of its low friction in getting in and out of bed. At £65-£80 (excluding VAT) its not cheap but his was supplied by Social Services.

### **LIGHT WEIGHT WHEELCHAIR**

The Branch has recently purchased a lightweight wheelchair which anyone can borrow for things such as a trip to hospital. Those hospital corridors can be very long! It would also make it easier for anyone accompanying you having to lift it in and out of their car boot.

### **COMMUNITY ACTION AND GARDENING**

Steve Irving who is our fundraising organiser is also a trustee of Fareham Community Action and tells me that there are volunteers available to help with gardening.

At a recent "freshers fair" that Steve attended the Officer for Employability told him that students studying IT were keen to help anyone struggling with their computer.

Either e-mail Steve on [irvingfam@btinternet.com](mailto:irvingfam@btinternet.com) or phone 01329 234581

### **FUND RAISING**

Our next store collection is on Tuesday 20<sup>th</sup> December at Tesco North Harbour. This is a very lucrative venue but a cold one even though we are in the foyer.

Help if only for one hour would be appreciated but wrap up warm. Contact Steve on the above e-mail or phone number

**STALL AT THE LIONS CHRISTMAS FAYRE** in Stubbington on Saturday 26<sup>th</sup> November starting at 11am. We are intending to make it a Tombola if we can obtain enough items – so any donations would be very welcome.

### **PIP**

We know several of you have been getting the dreaded DLA to PIP letters. On our website under Benefits are some very good links to various things that may help you. I also have some copies of the MS Society booklet it mentions if you want one.

### **YOGA**

The last yoga session will be on 29<sup>th</sup> November and they will recommence on Tuesday 10<sup>th</sup> January. Dates have worked out badly for us this year (we have agreed not to meet when there is a childrens party) Sorry that its such a long break.

### **CRAFT**

A reminder of the Craft Sessions at the Golden Bowler Stubbington Lane starting at 11am

These are on November 14<sup>th</sup> making poppies with Rachel and December 12<sup>th</sup> making Christmas cards.

Phone Ruth on 07817 358672 if you would like to attend. You can be sure of a warm welcome, its good fun and very relaxing.

### **PROPOSED MEET UPS IN GOSPORT LIBRARY**

Jo Bardall our new, young and enthusiastic committee member is exploring the possibility of starting monthly meet ups in the New Year.

As an alternative to meeting in a pub she feels it may attract people new to the Branch. Walking straight into a pub might be a bit intimidating.

Whereas if you don't like the look of what you see you can always pretend you've come to borrow a book if its based in a library!

The library is very accessible and there is a large table that we can sit around. Coffee and cakes are available. So watch this space!

**A NOTE FOR YOUR DIARY** – Our New Year Dinner Party has been booked for Saturday 14<sup>th</sup> January at the usual venue of The Palmerston Bowling Club.

It's a very accessible venue and the food is always excellent. I will send the menus out in early December. Two menus with one newsletter would just be too complicated!

Remember don't hesitate to contact us if we can help in any way

Very best wishes

Juliette

**Gosport & Fareham Branch MS Society Christmas Luncheon**

**Thursday, 15 December 2016 – The White Hart, Gosport**

Name(s) of Attendees:

Contact Telephone Number:

Contact e-mail:

2 courses £9.99 or 3 courses £11.99 + tea/coffee & mince pie 50p (please tick the relevant box to show each person's choice)

| <b>STARTERS</b>                                                                                                                                                                                                              | <b>1<sup>st</sup> Person</b> | <b>2<sup>nd</sup> Person</b> |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|------------------------------|
| <b>Tomato &amp; Thyme Soup (v)</b><br>with bread                                                                                                                                                                             |                              |                              |
| <b>Crispy Louisiana Chicken Strips</b><br>with BBQ sauce & a dressed salad garnish                                                                                                                                           |                              |                              |
| <b>Prawn Cocktail</b><br>on a bed of mixed leaves with half a crusty baguette                                                                                                                                                |                              |                              |
| <b>MAINS</b>                                                                                                                                                                                                                 |                              |                              |
| <b>Hand-carved British Turkey</b><br>with a sage and onion stuffing ball, a pig in blanket, Yorkshire pudding, roast potatoes, seasonal vegetables, cauliflower cheese & gravy                                               |                              |                              |
| <b>Boz Rump Steak</b><br>with chips, peas, grilled tomato, onion rings & peppercorn sauce                                                                                                                                    |                              |                              |
| <b>Festive Feast Burger</b><br>A beef burger topped with a sausage patty, bacon & Brie served in a seeded brioche bun with mixed leaves, sliced tomato & cranberry sauce with your choice of fries or roast potatoes & gravy |                              |                              |
| <b>Brie &amp; Cranberry Nut Roast (v)</b><br>on a tomato sauce with new potatoes, seasonal vegetables & cauliflower cheese                                                                                                   |                              |                              |
| <b>DESSERTS</b>                                                                                                                                                                                                              |                              |                              |
| <b>Christmas Pudding (v)</b><br>With custard                                                                                                                                                                                 |                              |                              |
| <b>Lemon Meringue Cheesecake (v)</b><br>With vanilla flavoured ice cream & raspberry sauce                                                                                                                                   |                              |                              |
| <b>Mint Matchmaker Sundae (v)</b><br>Chocolate & vanilla flavoured ice creams with mint chocolate sauce & mint Matchmakers, topped with cream                                                                                |                              |                              |
| <b>Millionaire's Brownie (v)</b><br>With vanilla flavoured ice cream & chocolate flavoured sauce                                                                                                                             |                              |                              |
| ENJOY A TEA OR COFFEE AND ADD A MINCE PIE FOR 50p                                                                                                                                                                            |                              |                              |

Please send your payment (cash or cheque made payable to Gosport & Fareham Branch MS Society) to:

Mrs Siân Barker, 42 Blackbrook Road, FAREHAM, Hampshire PO15 5DQ

Telephone: 01329 515842 Mobile: 07896 140157 e-mail: [sianebarker@hotmail.com](mailto:sianebarker@hotmail.com)

# Gosport and Fareham Multiple Sclerosis Society



## Activity Programme –Nov-Jan 2016

| Date                                | What                                                 | Where                                                                                 |
|-------------------------------------|------------------------------------------------------|---------------------------------------------------------------------------------------|
| Thursday, November 10,<br>10.30am   | Physio – MS nurse attending                          | St Mary's Parish Centre, Green Road, Alverstoke, PO12 2ET                             |
| Monday, November 14,<br>11am        | Craft – poppies with Rachel                          | Golden Bowler, 122 Stubbington Lane, Fareham, PO14 2NQ                                |
| Tuesday, November 15,<br>10.45am    | Yoga                                                 | HEDCA, Combe Road, Elson, PO12 4JB                                                    |
| Thursday, November 24,<br>10.30am   | Physio                                               | St Mary's Parish Centre, Green Road, Alverstoke, PO12 2ET                             |
| Saturday, November 26,<br>11am      | Stall at Crofton Community Centre – Christmas bazaar | Crofton Community Centre, Stubbington La, Fareham PO14 2PP                            |
| Tuesday, November 29,<br>10.45am    | Yoga –last before Christmas                          | HEDCA, Combe Road, Elson, PO12 4JB                                                    |
| Thursday, December 8,<br>10.30am    | Physio                                               | St Mary's Parish Centre, Green Road, Alverstoke, PO12 2ET                             |
| Monday, December 12,<br>11am        | Craft – making Christmas cards                       | Golden Bowler, 122 Stubbington Lane, Fareham, PO14 2NQ                                |
| Thursday, December 15, 1 for 1.30pm | Christmas lunch                                      | The White Hart, 195 Stoke Road, Gosport PO12 2JE                                      |
| Tuesday, December 20, from 9am      | Store collection                                     | Tesco's North Harbour, Clement Attlee Way, Portsmouth PO6 4SR                         |
| Thursday, December 22,<br>10.30am   | Physio                                               | St Mary's Parish Centre, Green Road, Alverstoke, PO12 2ET                             |
| Monday, January 9, 11am             | Craft                                                | Golden Bowler, 122 Stubbington Lane, Fareham, PO14 2NQ                                |
| Saturday, January 14, 6.30 for 7pm  | New Year Dinner                                      | Palmerston Bowling Club. Palmerston Business Park, Palmerston Drive, Fareham PO14 1DJ |

|                                            |                                   |                     |
|--------------------------------------------|-----------------------------------|---------------------|
| <b>Physio resumes on January 5</b>         | <b>Yoga resumes on January 10</b> |                     |
| <b>General queries</b>                     | <b>Juliette Hewitt</b>            | <b>02392 581406</b> |
| <b>Yoga/coffee mornings/chalet</b>         | <b>Mave Hiseman</b>               | <b>02392 641124</b> |
| <b>Craft</b>                               | <b>Ruth Moorhen</b>               | <b>01329 318451</b> |
| <b>Chairman</b>                            | <b>George McAleese</b>            | <b>07825 410680</b> |
| <b>Treasurer</b>                           | <b>John Habberley</b>             | <b>01489 572899</b> |
| <b>Welfare – if you would like a chat!</b> | <b>Julie Hawksworth</b>           | <b>01329 510819</b> |
| <b>Social secretary</b>                    | <b>Siân Barker</b>                | <b>07896 140157</b> |
| <b>Fundraiser</b>                          | <b>Steve Irving</b>               | <b>07976 054003</b> |