

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

From the Secretary – Juliette Hewitt, 11 Beech Grove, Gosport, Hampshire,  
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### **Newsletter September 2018**

Happy September everyone, Eliza managed to split a nail, again, so is now sporting a sock to stop it catching and ripping further. She's not very impressed with me! It's a dogs life!

#### **Meet Ups**

1<sup>st</sup> Friday of the month at Golden Bowler, Stubbington from 11:30, contact Di Coggan 07990 554656

2<sup>nd</sup> Wednesday of the month, Westbury Manor Museum, Fareham between 14:00 and 16:00 contact Jo Bardall 07758 699080

3<sup>rd</sup> Wednesday of the month, Discovery Centre (library), Gosport between 14:00 and 16:00 contact Jo Bardall 07758 699080

3<sup>rd</sup> Wednesday of the month, Strawberry Field Tavern, Locks Heath, from 12noon, contact Tina 07970 539235

These dates and times are all listed in the diary. Different places and times so lots more choice to meet up and socialize with those affected by MS. Do come and join us. Tina's first gathering at Strawberry Field Tavern was well attended, the food was excellent, and we did have a laugh. I can't wait for Jo's first outing to the Museum of 12 September...did someone say cake!

#### **Pop-up Coffee Morning**

Come and join Tina and I for a coffee morning at Seagull, Cornaway Lane, Fareham, Hants, PO16 9DB on Friday 28 September from 11:30. Not much happens in Porchester so we thought we could meet up and invite whoever was free to come and join us. Hopefully we can arrange more of the Pop-up coffee mornings at difference places around the area the group covers in the future. Watch this space! You wouldn't want Tina to suffer my company all on her own, would you? Do join us if you can.

#### **Pilates**

Mat based Pilates has changed to a Monday, at Lee on Solent Community Centre, between 14:00 to 15:00. We then move to the bar for coffee and biscuits. Do come and join us if you've not been before. I didn't realise you could work so many muscles laying on your back on the floor!

### **Skydive**

I'm excited to say our 2019 Fundraiser will be a Skydive on Friday 19 July. Do you, your family or friends fancy having a go? We hope to raise £500 per person jumping. We have a form from goskydive that explain the risk issues and a medical form, depending on your health issues, that that needs to be signed by your doctor. One of our members, Mave, did it last time and she had an amazing experience. She still looks back with a thrill at the video that was taken at the time. If you want to register an interest or read the risks form give George a call on 07825 410680 or email me at [gosport@mssociety.org.uk](mailto:gosport@mssociety.org.uk). You jump strapped to the front of an experienced skydive but do need to be able to lift your legs off the ground when you land. Give it a go, you know you want to!

### **Social Care Forum**

The MS Society has been holding focus groups across the country over the last few months to find out more about people with MS's experiences of social care and how they think it should be funded going forward. Thursday 6 September they are holding a focus group at Eversley Room, Guildhall, Winchester between 9:45 and 11:45 with guest speaker Caroline Dinenge MP – Minister for Social Care. If you wish to attend contact [Anna.bailey-bearfield@mssocietyorg.uk](mailto:Anna.bailey-bearfield@mssocietyorg.uk) as the numbers are limited.

### **Adjustable bed**

2 nearly new adjustable beds has been donated to the group, one single and another 4 foot. Please let Juliette know on 02392 581406 or email [gosport@mssociety.org.uk](mailto:gosport@mssociety.org.uk) if you are interested. The beds will need to be collected.

### **Michaelmas Fayre**

Any items will be gratefully received by Juliette for the stall at the Michaelmas Fayre on 29 September, she is happy to collect.

### **Hampshire OT and group grants**

Have you asked Hampshire OT services for assistance (0300 555 1378) but not been successful or are on a waiting list. Contact Juliette or George because we

might be able to help with a grant. A piece of equipment can make a difference and help you navigate the ever changing world that MS gives us.

### **PA Opportunity**

I've received an email from a lady called Rachel Evans. She has been a PA to a lady in Hayling Island with MS. She has moved to Fareham and is looking for part-time work locally. Contact her on [glynpfc@virginmedia.com](mailto:glynpfc@virginmedia.com) if you would be interested in finding out more information.

### **Craft**

Starts back again on 10 September at Golden Bowler with Jo. Do give Ruth a call on 07789 511124 if you would like to book your place as space is limited. Ruth is busy organising the program of events for the remainder of the year which will be added to the website when she has finished.

### **Universal Credit**

Dorset were one of the first areas to begin with Universal Credit. I was sent a newsletter summarising how UC is meant to work. I confess I read it and agree with the sentiments of the writer, it's as clear as mud. Even those who are implementing the changes are struggling.

I have attached a copy of the universal credit notes, what do you think?

Diary also attached which lists our activities and meet up, days, times, places and person hosting the activity or meet up. With so much going on it's a bit of a beast. The information is also on the calendar on the website [www.gosportandfarehamms.org.uk](http://www.gosportandfarehamms.org.uk).

Jenny and a woof from Eliza

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