

GOSPORT AND FAREHAM BRANCH OF THE MULTIPLE SCLEROSIS SOCIETY

*From the Secretary - Juliette Hewitt, 11 Beech Grove, Gosport,
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Dear Friend

Time for another newsletter, which will cover the spring and early summer. Every year the Branch sends a sum of money towards Research, and over the past 26 years we have sent over £100,000. This year we decided we would designate the money to a specific research project, which had appealed to the many people, who had read about it in the National Papers.

We decided to donate £4,000 to the stem cell research project being carried out by Prof. Neil Scolding at the Frenchay Hospital in Bristol. Sarah Woodhouse had corresponded with him and had been very impressed by his dedication.

We received a very warm personal thank-you letter back from Prof Scolding not just thanking us for the money but to say just how much it boosted and stimulated his research team.

27th AGM on Saturday 10th May at Alverstoke Parish Centre Green Road Alverstoke starting at 2.30pm. This is always the most important meeting of the year and gives a chance for members to find out just what we have been doing during the past year and how the funds have been spent – not to mention voting for the Officers and Committee members.

Unfortunately Wendy Cunningham, who has been Chairman for the last 2 years, will not be seeking re-election again due to ill health. I know you would like to join me in thanking her for her input and wish her well.

Nomination forms for the Officers and Committee Members are included with this letter. **Please return by the end of April.**

We are fortunate in having the Chief Executive of the M.S. Society **Simon Giles** as our guest speaker. He is an excellent and stimulating speaker. I am sure listening to him will further inspire us!

Please stay behind afterwards for “afternoon tea” and the opportunity to meet old and new friends.



Hillhead Chalet - Mave has booked the Chalet for the following dates during the summer – all on a Wednesday:-

7th May, 4th June, 9th July and 27th August (please note the July date has been changed from that previously stated as it coincided with the Tutankhamen trip which is now full, sorry).

We meet between **11am and 3pm**. Coffee, tea or a soft drink are available but please bring your own picnic, or fish and chips can be ordered on the day from Lee-on-Solent fish and chip shop. There is an accessible toilet within the Chalet.

Do come along and join us – it’s a lovely spot on a sunny day, and its nice and cozy inside even if it is raining! Let me know if you need a map. The large chalet is in the car park on the seafront at the far end of Salterns Lane. Mave’s no is 023 9264 1124 if you need more details.

Summer Strawberry (we hope) Tea Party – Sunday 20th July at St Mary’s Parish Centre Green Road Alverstoke starting at 2.30pm onwards. We like to make this a real family event so there will be the usual “bouncy castle” plus the chance to have a horse and carriage ride.

Horse and carriage once again kindly provided by Kevin Bedford of Charity Farm Elson Gosport.

Do come and join us for what will prove to be a really enjoyable afternoon out – some delicious food and a chance to meet up with others.

M.S. awareness Day 27th May – The entertainment Hall ,St James Hospital, 10 – 4pm.

This Awareness Day has been organized by the PCT MS Steering Committee and Sheila Chartres.. Funding has been given by the MS Regional Committee and Branches.

There will be presentations on various aspects of M.S. to include :-

- *Coping with diagnosis,
- *Dealing with difficult symptoms such as neuropathic bowel and bladder
- *Research Development by Lee Dunster, Head of Research or the M.S. Society.
- * Benefits – what is available and how to apply – Lynne-Murdock-Smith from The Benefits Agency.

Free Parking and a Buffet Lunch.

This promises to be a very interesting day. Places are very limited and must be booked by completing the enclosed form and sending to Graham who is co-ordinating the day.

River Hamble Boat trip – Sunday June 8th, this is now full already, but if you particularly wanted to go give Mave a ring on 02392 641124 as we may be able to book another date this year.

Craft Group – The craft group meets on the 2nd Monday of the month from 11am onwards at the Golden Bowler Public House in Stubbington. To book a place phone Ruth Moorhen on 01329 318451

April 14th - Card making with Jane

May 12th - Pottery with Debie

June 9th

Fundraising - Our fundraiser Karen has organized the following store collections. I know she already has some volunteers but could always do with more.

The Range – Elson Gosport Saturday 5th April & Sunday 6th April

Fareham Shopping Centre – Outside the library, in the shopping centre and at main points in West Street Saturday May 3rd

Morrisons Gosport – Saturday 31st May

Waitrose Gosport – Saturday 28th June

These store collections are a wonderful source of income and people are always very generous and friendly. We collected £730 at Sainsbury's in Fareham on March 1st. Alan's tin had 104 £1 coins in it!

If you are able to help please contact Karen on 01489 570450 or on her mobile 07888842041



Quiz Evening with Fish and Chip Supper –
Friday 20th June 7pm – 11pm

Enclosed with this newsletter are details of this Fund Raising evening which Karen has kindly planned and organized. It sounds really good fun so do get together with a group of friends and make up a team!

ACTIVITY DIARY

I enclose with this newsletter the diary itemizing all our other regular activities which include the **Yoga, Physio Group** , and **Pub get “togethers”** to which you are all very welcome.

M.S. Awareness Week – 21st – 27th April 2008. During this week activities will take place at both national and local level. This is a great chance to get us in the public eye for one week of the year. Keep an eye on the branch zone of the M.S. Society's website in the weeks ahead to find out what is being done for M.S. Week.

Our contribution will be an information (plus a bit of fundraising) stall in Gosport Market on Saturday 19th April.

As part of MS Week we shall be selling Cakes - cake contributions will be very welcome

It's surprising just how many people approach these stalls wanting information either for themselves or family and friends. If you can spare an hour in helping to man the stall please make contact me.

www.everyclick.com - Sarah Woodhouse was told about this site which could help raise funds for the M.S Society –Every click is a search engine with a difference. It works just like any other major search engine but the difference with Everyclick is that you can raise money for your favourite charity. If you go onto their homepage you can find the M.S Society.

Floyd at Port Solent –

Portsmouth MS have an excellent “Mr Motivator” who runs a class at Port Solent David Lloyd fitness Centre on a Wednesday for £3. Ring Linda Stones on 02392 816926 for details.

CONDUCTIVE EDUCATION

Many of you will have heard of the Rainbow Centre in Fareham, where they use conductive education to improve movement and the quality of life in children and young people with cerebral palsy. Trials have been conducted on people who have MS and the results have shown improvements in several areas such as emotional well being and cognitive function.

Magdi Kovacs who is the service manager of the Rainbow Centre would like to give people with MS a “taster” session which would be free.

Following on from this if any one wanted to take part in more individual groups there would be a charge, which is still to be negotiated.

The taster session will be on May 1st between 2 and 4 pm at The Rainbow Centre which is located behind the Palmerston Bowling Club where we held our Christmas Dinner) Palmerston Drive, Fareham. To book a place phone Jo Candy on 01329 289500

IT FIXERS

One of our members has passed this useful piece of information on to me. Did you know that there is service to help disabled people fix computer problems at home? The British Computer Society IT Can|Help Network offers practical support with anything from connecting to the Internet to installing new software. They have just launched a new remote assistance service.

They work in partnership with AbilityNet UK – a UK charity with expertise in computing for disabled people . To request help from the Client Helpline call Ability Net Freephone 0800 269545 or email - enquiries@abilitynet.org.uk. To find out more visit [www itcanhelp.org.uk](http://www.itcanhelp.org.uk)

DISABLED EQUIPMENT

A Parker Bath and an adjustable height wash basin are available to any member who could make use of them. Please phone Cheryl Hill 023 9250 2047

In Conclusion

We hope to see you at our various functions; you will always be given a warm welcome, Best wishes Juliette