

# GOSPORT AND FAREHAM BRANCH OF THE MULTIPLE SCLEROSIS SOCIETY

From the Secretary – Juliette Hewitt, 11 Beech Grove,  
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Dear Member

Just a short newsletter to bring you up to date with what is happening within the Branch until the end of August.

Plans have now been finalized for the Itchenor Boat Trip on Sunday 27<sup>th</sup> June. Such was the interest in the trip that we have booked another trip for the following Sunday.

There will be no organized activities within the Branch during August other than the Quiz which Karen is organizing. Details of this are included with this letter. There are now so many events regularly taking place that we feel that everyone needs a break – myself included!

The last physio will take place on Thursday 29<sup>th</sup> July and will recommence on Thursday 9<sup>th</sup> September.

The last yoga session before the break will be on Tuesday July 20<sup>th</sup> and will restart on 3<sup>rd</sup> August.

Also there will be no Strawberry Tea Party this year. The numbers attending have gradually been declining and last years attendance was very low. All the children and grandchildren of our members who used to come along have grown up, the only ones to use the bouncy castle last year were those of more advanced years!!

### **Hillhead Chalet:**

A reminder of the dates for the next meet up at the chalet

Wed 16th June

Wed 14th July

Wed 15th September

Times from 11am to approx 3pm (usually send out for fish and chips, tea and coffee available) Mave 07789 511123 for details

### **Craft at the Golden Bowler**

From 11am

Mon 12<sup>th</sup> July - Card making

Ring Ruth on 07817 358672 to book a place

### **Stall in Gosport Market** – on Saturday 31<sup>st</sup> July.

Karen has organized a stall and collection on this date. If you are able to help please contact her on 07837 270979

Finally a left sided straight stair lift is available to anyone in need. Contact me on 02392 581406 if interested.

Enjoy the summer – we hope to see you at our events. Feel free to contact the Branch at anytime if you feel we can be of help,

Best wishes

Juliette