

# **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 a spring and early summer newsletter to bring you up to date with all our activities.

Talk on continence – on Wednesday 22<sup>nd</sup> April starting 7pm at St Mary's Parish Centre, Green Road, Gosport PO12 2ET

A reminder of this information subject no one wants to talk about but can be a problem for people with MS. Adele (who is a nurse) will give a general talk on their products and will then be available for anyone to see privately. The aim is to give information and help people maintain their independence and sense of control. I have booked the hall until 9.30pm. So feel free to drop in any time during the evening. Refreshments (some of a liquid kind) will be available.

Annual General Meeting – Saturday 6<sup>th</sup> June starting 11am also at St Mary Parish Centre.

This is your chance to elect the members of the committee of your choice. (I enclose a nomination form) and to hear how the money is spent. After all many of you help to raise it!

Following the reports we have a speaker from Healthwatch Hampshire to talk about their work. They are an independent, transparent and accountable organization, who have the strength of the law behind them.

They rely on the experiences (good and bad) of people regarding both health and social care to change things for the better. Health watch uses your feedback to hold services to account.

Do come along and show your support. A buffet lunch will be served afterwards, you can be sure of a warm welcome.

Hillhead Chalet – Mave has booked the chalet for the following dates all on a Wednesday 27<sup>th</sup> May, 17<sup>th</sup> June, 15<sup>th</sup> July and 16<sup>th</sup> September.

The Wheelhouse Chalet is located in the car park at the end of Salterns Lane (nearest postcode PO14 3LR). We meet between 11.30am and 3pm. Tea Coffee or soft drink are provided. Bring a picnic if you wish, otherwise we can send out for fish and chips. Do come along and join us, it's a lovely spot on a sunny day and the chalet is cosy and well appointed even on a wet one. Parking is good and there is a disabled toilet.

For more details ring Mave on 02392 641124 or mobile 07789 511124.

Proposed summer outing – to Wilton House in Salisbury – details are to follow but it will probably be Wednesday July 1<sup>st</sup> – it should be a lovely one.

Power chairs – we have been donated two power chairs, which have all the paperwork and look in very good condition. One is a Shoprider Nippy and the other is an Escape Mid Wheel Drive Powerchair. If anyone is interested I can arrange to meet them at the garage where they are stored. We would have them serviced before allocating them to anyone. They do work, ive tried them!

Craft Sessions – because of rising expenditure within the Branch it has been decided to raise the cost of taking part in the craft sessions to £3 a head.

I hope you will understand the reasons for this and will still come along. The dates for the craft mornings are in the diary – they are on the 2<sup>nd</sup> Monday of every month at the Golden Bowler Stubbington. Phone Ruth on 01329 318451 if you would like to attend as we need to know numbers attending in advance.

Pamper Day – a reminder of the Pamper Day which Karen has organized and will be held on Saturday 25<sup>th</sup> April at Crofton Community Centre starting at 11am and finishes at 5pm. Teas, coffee and light meals will be available. Tickets cost £1 and are available from Karen – 07779996004 or at the door. Do come along and give yourselves a treat!

Stalls in Gosport Market and MS Week - George has booked stalls in Gosport Market during MS week on Tuesday April 28<sup>th</sup> and on Saturday May 2<sup>nd</sup>.

We will set up about 9am and continue until the early afternoon. We will be selling books and good quality bric-a-brac. We also have permission to collect.

Helpers are needed to man the stalls and collect. Besides raising money our aim is to raise the awareness of MS during this special week.

We will also be presenting a cheque for £8,000 to Dave Denholm on Thursday April 30<sup>th</sup> at our Physio Session.

Dave is the South's member of the English Board of the MS Society and is keen to see the Gosport and Fareham Branch in action.

The £8,000 was raised during last year's abseil to help fund research into progressive MS.

Warsash Choral Society are presenting a concert at St Peters Church Titchfield on Friday 17<sup>th</sup> April starting at 7.30pm.

One of our members sings in the choir and they are excellent. The concert is free but a retiring collection will be divided between church funds and the M.S. Society.

New Age Kurling – I have recently been sent information on new regular indoor sports sessions which take place at Wallington Village Hall PO16 8ST, which is located near Sainsbury's at Broadcut in Fareham.

The hall is fully accessible with free parking.

Two sessions of Indoor Petangue and New Age Curling run in parallel and are suitable across the whole age and ability spectrum. In fact they are for anyone who would benefit from some not too strenuous exercise and some social interaction.

Sessions run from 2.30 to 4.30pm every Tuesday afternoon and cost £3.30 which includes full support and tuition where required and refreshments. For further information contact Mik Norman 02392 2210048 or email [opw@portchesterca.org.uk](mailto:opw@portchesterca.org.uk)

That's all from me for now. All our other activities are listed in the diary which comes with this newsletter. Hoping to see you at some of our events – you can be sure of a warm welcome.

Best wishes

Juliette

Support us when shopping online by using [www.easyfundraising.org.uk](http://www.easyfundraising.org.uk) and chose the Gosport and Fareham Multiple Sclerosis Society.