



GOSPORT AND FAREHAM BRANCH OF THE MULTIPLE SCLEROSIS SOCIETY

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Dear

Time for a short newsletter to bring you up to date with all the Branch events until the end of the year.

Monday Nov 19th – A talk on Conductive Education – and its use in M.S. at Club Hampshire off Willis Road Gosport, by Magdi Kovacs the Service Manager at the Rainbow Centre. The Rainbow Centre works with children who have cerebral palsy enabling them to reach their potential.

Experience now shows that this type of therapy can help people with M.S.

Particular emphasis is placed on developing skills to:-

- * Assist in the reduction of spasticity, improving control of movements.
- * Use of rhythm to help fully utilize your movements
- * Increase stamina and reduce fatigue
- * Also many other aspects of daily life with M.S.

Do come along to what will be a very fascinating and thought provoking evening.

Thursday 15th November – Late night shopping for carers at Fareham Shopping Centre. Shopmobility equipment can be hired free after 4.30pm until 8.00pm. Rest area for person you care for with a volunteer sitting service available at Café Giardino from 5.30pm until 8.00pm. To register an interest or for further information contact Barrie on 01329 282929 or email bhill@farhamaction.org.uk



Wednesday December 5th Abbey Nurseries Christmas

Shopping Afternoon – we are unable to have our usual evening at Abbey Nurseries Mill Lane Titchfield, as they have got builders in then, but we are going to have an afternoon from 2.00pm until 5.30pm!

All friends and family welcome too all with 10% off all goods!! (Get a slip from Mave at Café area to prove you are with our group). Wheelchairs and scooters available with carry back to car service. Tel Mave 02392 641124 if you need more info.



Saturday 1st December Christmas Bazaar – at the

David Bogue Hall (at the corner of St Andrews Road and opposite the White Hart Pub) Doors open **1.30pm**. We have a reputation to maintain in the quality of the goods we sell! This is more than just a money making event it makes an enjoyable start to the Christmas activities.

Come along and get involved, its really good fun. Watch Father Christmas arriving in his sleigh **about 1.15pm** (his horse and carriage was double booked, so he's gone back to his sleigh)!

Many thanks to all who have already donated items for sale. We still need toiletries, cakes, toys and suitable Christmas gifts. If you would like to help on the day you would be most welcome. We will be setting up the stalls from 11am.

Bottle Stall – this raises lots of money but we need **lots** of bottles. Please contact any of the committee members if you are able to donate – we can collect.

Cake Stall – Wendy is in charge of the cake stall. So that she knows what to expect on the day please phone her on 01329 510609.

- - - - - but we need customers!! If any one is able to help deliver leaflets in the week before the bazaar please contact Graham.

Friday 21st December Christmas Dinner Party – 7pm for 7.30pm. Once again at The Palmerston Indoor Bowling Club which is a fully accessible venue, there is good parking and the food is excellent.

I enclose a menu. As you will see there is the choice of a traditional Christmas Meal together with other dishes.

Please mark the enclosed menu with your choice, writing your name on the left and your partners on the right. Cost is £7.50 each

I think most of you know how to find the club by now but if not please indicate on the menu and I will send a map. This year there will be some “light” entertainment.

Report on Joint Social Night at HEDCA with Madison Heights

– Thanks to the hard work of Mave, Ruth and Karen the Joint Social Night in which the profits were shared between the Gosport and Fareham Branch of the M.S. Society and the Solent M.S. Therapy Centre in Portsmouth raised £800.

The evening was a very enjoyable one attended by many members from both organizations and was the first venture of this kind. We had arranged this even before the M.S. Society had started campaigning for us to work more closely with other groups, something most people with M.S. wanted to see happen. Thanks to all who supported us.

Report on Regional Quiz – 7 members of the Branch traveled to the Isle of Wight to take part in the now regular event of a regional quiz. We acquitted ourselves quite well in coming third – only 3 points behind the winners Lymington. We are sure that we would have been the winners if it had not been for the anagrams, which we were not very good at tackling!

Store Collections - we have 2 store collection before Christmas

- a) **Morrisons Gosport Saturday November 17th**
- b) **Waitrose Gosport Saturday December 15th**

Please ring Karen on 01489 570450 or 07888842041 if you can help.

The Yoga, Physio and Pub Coffee mornings will continue over the Christmas period (although NOT the actual Christmas week) Lets turn the physio on December 20th into a bit of a party!

Congratulations to Nikki our yoga teacher who got married on 20th October. We gave her a £30 M+S voucher!



ADVANCE NOTICE!!

Curry Night at Café Garlic - we are planning a meal at Café Garlic, the Indian Restaurant in Forton Road (opposite Lidl's) on Monday January 7pm for 7.30pm. More details in the New Year, when we have negotiated a price.

The restaurant is accessible and there is a disabled toilet. We will take advantage of the buffet menu. I know this might prove awkward for some people but we have been promised lots of help from the staff and we will ensure you are looked after.

Hoping to see you at these events Best wishes

DECEMBER DIARY DATES

- 1st Dec CHRISTMAS BAZAAR – helpers 10.30 – Opens 1.30
- 6th Dec Physio Massage Lunch 10.30 Parish Centre
- 10th Dec Craft Morning – Golden Bowler 11am
- 11th Dec Yoga HEDCA – 10.30am
- 13th Dec Coffee Morning Golden Bowler 11am
- 15th Dec Waitrose Collection all Day contact Karen
- 20th Dec Physio Massage Lunch 10.30 Parish Centre
- 21st Dec Christmas Dinner Party - Palmerston 7 for 7.30
- 22nd to Jan 2nd - Happy Christmas & New Year – No Activities
- 3rd Jan Physio Massage Lunch Parish Centre 10.30am
- 8th Jan Yoga HEDCA 10.30am
- 10th an Coffee Morning Golden Bowler 11am +

