

Gosport and Fareham MS Group Newsletter January 2024

What a glorious morning as I sit and write this, bright and light...admittedly cold and crisp...but no rain. Oh boy has there been rain.

Classes

What have we got in store for you over the coming months. The usually weekly parcel of exercise classes. Thanks go to Sports England for funding these activities this year.

Lee on Solent Community Centre, 51 Twyford Drive, PO13 8JU

Monday 2pm Pilates with Lynn. Seated/mat

Tuesday 11:30 yoga with Audrey. Seated/mat

Our Lady of Immaculate Conception, Bells Lane, PO14 2PL

Thursday 11:30 keep-fit with Audrey seated/standing

Friday 11:30 movement to music with Audrey seated

Movement will be zoom only on 26 January, Yoga is cancelled on 12 March and Pilates on 25 March and no classes will be running on Good Friday (29 March) or Easter Monday (1 April).

*******New Class Alert*******

We have a new evening class starting with the lovely Alanna Pharaoh. Alanna is a professional dancer, owner and instructor of Dance Fit. You might have seen adverts for her classes around the area. She has kindly agreed to run a class for the group between 17:45 and 18:45 at Our Lady of Immaculate Conception, Bells Lane, PO14 2PL starting Wednesday 21 February. Can't get to the classes during the day because you work, now is your chance join in with one of the classes, come and join us for some exercise, fun and laughter.

Marion, a physio, drops into the keep-fit classes once a fortnight, next being 18 January, if you have any issues with misbehaving limbs or mobility. If you can't make the class, she may be able to pop around and visit you at home. Contact Jenny 07974 660461 or Jo 07758 699080 who can arrange this.

Counselling

We also have the lovely Sue who offers 6 one to one counselling sessions at her accessible home. If you are struggling mentally with a diagnosis or changing

function, do contact Jenny 07974 660461 or Jo 07758 699080 who can arrange this.

MS Nurse drop-ins

Sadly, one of our lovely nurses is poorly herself at the moment so they are a little short staffed, but it is hoped they can make the movement class for an MS nurse drop-in session on 12 January, 9 February, 8 March. Before making a special journey give Jenny a call the day before on 07974 660461 to ensure the drop-in is running.

Meet-Ups AKA Moots

Alver Valley Garden Centre Moot, PO13 8NZ has moved to the 2nd Friday of the month at 2pm in the function room. Join Jo and Angie for one of the amazing cakes and scones and a natter on 12 January, 9 February or 8 March.

Seagull moot, PO16 9DB is still on during the last Wednesday of the month starting at 11:30. Come and see Nicole and Julie for a catch-up and treat yourself to lunch. 31 January, 28 February, 27 March

Craft

It is on Tuesday afternoon, 2pm at Our Lady of Immaculate Conception Church Hall. I've put the expected donation next to the items we will be making. Do let me know if you hope to attend so we can make sure we have sufficient supplies for you. There is also a limit on the number attending the paper flower making so please book a space with me.

16 January – needle felting pictures with Jessie £5

30 January - Pom Pom friends with Jenny £2

6 February – macrame feathers with Jenny/Tina £2

20 Feb – deco patch with Jenny/Tina £2

5 March glass fusion with Sue £20

19 March paper flower making with Jo £5

There is an extra 3 hr glass fusion workshop at Sue's home on the afternoon of Monday 25 March from 1:30 making such things as sun catchers. So many beautiful items and you make them, misbehaving hands and all. The workshop is in her converted garage so accessible, and she has 5 workstations we can sit at. The price is £60 each and includes a talk on how the glass and kilns are used to make the amazing pieces of craft. Please let me know if you wish to

book one of the 5 spaces. If I end up with more than 5 people, I can always arrange another class with Sue. Further in workshop classes are cheaper with a standard fee plus the cost of the glass you use.

Dinner Night

On Saturday 10 February we have a Dinner Night/Spring Fling (I'm ever hopeful for spring) at Palmerston Bowling Club, Palmerston Business Park, Fareham, PO14 1DJ

[link to menu choices and to book your place](#) Any problems or concerns phone Tina on 07970 539235. The bar will be open at 6:30pm for a 7pm start. The entertainment will be provided by the fabulous Mick who you might remember from last year. Do come and join us, friends are most welcome as well. Let's dust off the winter blues, or should that be wring out the rain water, and look forward to a bright and sunny 2024. 3 course meal is £22.50, and the bar is card only. I've discovered my lovely friend Mary is now managing the bar and she will be a fabulous help on the night.

Well-being workshop - back to basics

Thank you to Gosport Lottery for help towards funding this workshop

Tuesday 12 March, arriving at 10 for a 10:30 start at Bun Penny, Manor Way, Lee-on-the-Solent

A workshop with Sue and Graham looking at how we think and manage the ever-changing world we live in, let alone what MS or any other illnesses throws at us along the way. Meet others affected by MS. The workshop is suitable for those with MS and their carers and family. There is a buffet lunch supplied by the Bun Penny – worth coming for that alone – and we finish in the afternoon with a demonstration with Audrey on breathing techniques and relaxation methods that we regularly use in the yoga classes she teaches. Do let Jenny know you are coming so we can make sure we have sufficient food for you and if you need help with transport getting to the event also give Jenny a call 07974 660461 as a community first bus has been reserved.

Solent Male Carers Group

19:30 to 22:30 18 January 2024 at Weavers Arms, 1 East Street, Titchfield, PO14 4AD.

The group is run by Mark Moorhen, a carer of someone with MS himself. Contact him on 07964 191367 if your carer is unsure if it is right for them and to join the carers WhatsApp group. At each meeting they decide the date of the next month's meeting, but they do run each month up to 10 times during the year. We will be updating the group calendar with the future dates when

we know them. The great camaraderie we receive from finding others who 'get MS' I'm sure is felt by those that care for us with such a group.

Donated items

We have a few donated manual wheelchairs, walkers, Zimmer frames and crutches stored at our lock-up in Gosport. Please ask I'd they can be of use to you in any way. We have been donated an electric wheelchair which has been serviced by Solent mobility. Would it be of any use to you? Would you like to borrow it while you wait for wheelchair service to supply you with a chair. I'm a great believer that equipment enables us to function in an able-bodied world. Give Jenny a call on 07974 660461 if you can make use of any of the equipment mentioned or you no longer need equipment hanging around at home and wish to donate to the group.

Fundraising

We will be collecting at Newgate Lane ASDA on Saturday 20 April between 9am and 2pm at the start of MS awareness week. If you can lend a hand collecting, an hour is fabulous, even longer brilliant and much appreciated. Do contact Jenny who is working out the rota. 07974 660461.

Do you go to any local shops who would take one of our collection tins? It's a great way to collect funds. I admit with the push towards card payments that I thought cash was in short supply but amazingly we do really well with the collection tins. Do ask around locally and grab a tin from us at one of the classes. All help gratefully received.

We have an enthuse account if you wish to donate online towards the classes [class donations](#).

You can also pay directly into the group bank account
Multiple Sclerosis Society Gosport and Fareham
20-82-94
50972649

And put craft, dinner night, exercise etc in the reference field.

I've decided I need a list of lists these days but thankfully technology lends me a hand. I would be lost without my phone. Indeed, I was, I left the darn thing at a friends over Christmas. Alexa was ringing away but I couldn't answer the call – how does it do that? We were thankfully reunited after a couple of hours, but you do feel lost without them nearby.

Do come to one of the events, classes or workshops this year. We are a friendly bunch who readily offer the hand of friendship to all those affected by MS.

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