



Exercise Classes

We have an exercise class every day of the working week, our latest being Dance-Fit on a Wednesday Evening. If you've not tried it yet, pop along and give it a go - you will definitely have a giggle as you try and remember the sequences and if you're you're like me mess them up.

The exercises are provided by way of a grant from Sports England.

GOSPORT AND FAREHAM MS GROUP

WEEKLY EXERCISE CLASSES

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLASS	PILATES	YOGA	DANCE-FIT	KEEP-FIT	MOVEMENT TO MUSIC
TIME	2PM	11:30AM	5:45PM	11:30AM	11:30AM
PLACE	Lee on Solent Community Centre Twyford Drive Lee on Solent PO13 8JU	Lee on Solent Community Centre Twyford Drive Lee on Solent PO13 8JU	Our Lady of the Immaculate Conception Church Bells Lane Stubbington PO14 2PL	Our Lady of the Immaculate Conception Church Bells Lane Stubbington PO14 2PL	Our Lady of the Immaculate Conception Church Bells Lane Stubbington PO14 2PL

All classes can be performed while sat in a chair

Physio Drop-in

11 April 2024
25 April 2024
9 May 2024
23 May 2024
6 June 2024
20 June 2024

MS Nurse Drop-in

5 April 2024
3 May 2024
31 May 2024
28 May 2024

Physio with Marion. If you would like to see her during Keep-Fit class, please let us know on arrival. If you are unable to join our class and have misbehaving limbs or mobility issues you can contact Jo our lovely support volunteer on 07758 699080 who would be happy to arrange a home visit with Marion for you.

Counselling If you are struggling mentally with a diagnosis or changing function Sue is happy to help listen to you, please arrange this through Jo on 07758 699080.

MS Nurse Drop-in is on Friday during Movement. If you would like to see the nurse, please let us know on arrival.

Crafting Projects in the weeks ahead.

GOSPORT AND FAREHAM MS

CRAFT

Date	Time	Workshop	Cost	Place
2 April	2pm	Paper flower making with Jo Afonseca	£4	Our Lady of the Immaculate Conception, Bells Lane, PO142PL
16 April	2pm	Pave flower arranging with Jo Parker	£20	Our Lady of the Immaculate Conception, Bells Lane, PO142PL
7 May		Cancelled		
14 May	1:30pm	Glass Fusion – glass cutting with Sue	£60	10 Kingsmead Avenue, Stubbington, PO14 2NL
21 May	2pm	Learn to Crochet Lorraine/Caroline	Free	Our Lady of the Immaculate Conception, Bells Lane, PO142PL
4 June	2pm	Glass Fusion with Sue	*	Our Lady of the Immaculate Conception, Bells Lane, PO142PL
18 June	2pm	Polymer Clay wall hanging with Tracey	*	Our Lady of the Immaculate Conception, Bells Lane, PO142PL
2 July	2pm	Decopatch boxes with Tina/Jenny	£5	Our Lady of the Immaculate Conception, Bells Lane, PO142PL
16 July	Wpm	Misfit Class – bring your own	Free	Our Lady of the Immaculate Conception, Bells Lane, PO142PL

*not costed the workshop yet

Let Jenny know on 07974 660461 if you would like to join one of the classes so we can ensure we have enough supplies

From 26 April we will also be having Lorraine's nail bar joining us on a fortnightly basis during Movement. Contact her directly to book your appointment on 07504 620979

Mini Nail Bar

for

Gosport & Fareham MS Society

every

2 weeks on a Friday

by

appointment via Lorraine on **07504 620979**



Mini manicure £10

{includes - nail cut/file & cuticle tidy}



Mini pedicure £10

{includes - toe nail trim & cuticle tidy}



Add **£7** for **Varnish**

or

£15 for **Shellac** or **Dipping Powder**

Social Meet ups (Moots)

Alver Valley Garden Centre, Barrington Close, Gosport, PO13 8NZ – is every second Friday of the month at 2pm the meetings are in the function room, through the canteen and towards the garden area. Angie and Jo would be there to greet you and have a chat. 10 May, 14 June and 12 July.

The Seagull Pub, Cornaway Lane, Portchester, PO16 9DB – is every last Wednesday of the month at 11.30am, the meeting is in the room set aside to the left of the bar as you enter the pub. Nicole and Julie will be there to greet you and have a chat.

24 April, 29 May, 26 June, 31 July

Food and drinks can be purchased at both of these sites. Alver Valley also offers a wide range of beautiful gardening equipment and plenty more goodies.

Donated Items

We have a few items donated to us; - Manual Wheelchairs, Walkers, Zimmer Frames and Crutches they are stored at our lock up in Gosport. Please ask if they can be any use to you in anyway.

Fundraising

Saturday 20th April is the start of MS Awareness Week we will be having a collection at Asda's Newgate Lane. Come and say hello to the fabulous collectors if you are out and about shopping on the day. We will be located in the entrance to ASDA.

Tesco Blue Tokens

I am glad to delighted to share with you that Multiple Sclerosis Society Gosport and Fareham have been selected to take part in the Stronger Start Golden Grants with Tesco.

For those of you that don't know of this scheme, it's the blue coin that is given to you at the end of your shopping trip for you to place into a container for the charity of your choice. From the beginning of April to the end of June 2024 Gosport & Fareham MS Group are one of the selected charities. Please choose us.

The stores that are participating are listed below:

Gosport Forton Rd, Exp Small unit, PO12 4TL

Gosport Large unit, PO13 8ZW

Lee Solent Marine, Exp Small unit, PO13 9LD

Rowner, Gosport Exp Small unit, PO13 9XJ

Please the more the containers are filled with the blue coins the bigger the grant we will get. Every little helps.

Table Top sale in aid of Gosport and Fareham MS

Saturday 27th April, 10am – 12noon at St Columba Church, Hillson Dr, Fareham, PO15 6PF

The church are having a table top sale to raise funds for the Gosport and Fareham MS Group. Please come along and support them with their fundraising.

Race Night

Saturday 18th May

Fancy a night out with family & friends?

We are holding a Race Night at The Crofton Club £5 per person. Under 14 goes free. Pay online using ref RN or pay on the night in cash. Bring change to place your bets. Doors open at 6:30pm for a 7pm start. Please bring your own food/nibbles but drinks to be purchased at the bar.

Local lotteries

Join Fareham Lottery and support Gosport and Fareham MS [Here](#)

Join Gosport Lottery and support Gosport and Fareham MS [Here](#)

Useful Contact and Number to have

MS Specialist Nurse Team Southern Region

Aerodrome House

2 Oaklands

Aerodrome Road

Gosport

Hampshire

PO13 0GY

(023) 8231 1823

Email – MSTEAM@southernhealth.nhs.uk

Web – www.southernhealth.nhs.uk

Do come to one of the classes or events the team work hard to bring to you. If you are a little nervous for the first time, happy to meet you at the door. We are a lovely friendly group. We welcome family and friends as well.

Jenny

07974 660461

Jennyjessup2013@gmail.com

Tina

07970 539235

Twalker@sky.com

Jo

07758 699080

AfonsecaJoanne@gmail.com

Thank you everyone for reading my first newsletter. You usually find me on Facebook keeping you all up to date on what is happening within the group [FACEBOOK](#). If you've not joined, come along and like the page.

Nicole

Gosport & Fareham

Switchboard: 020 8438 0700

www.mssociety.org.uk  

Our [Privacy Notice](#) has been updated. Find out more about these changes and your rights by reading the notice.



Multiple Sclerosis Society. Registered charity in England & Wales number 1139257 and in Scotland registered charity number SC041990. Registered as a limited company in England and Wales (07451571). Registered office address: [8 City North Place, London, N4 3FU](#)
Mae Multiple Sclerosis Society yn elusen gofrestredig 1139257 / SC041990 a chwmni cyfyngedig dan warrant yn Lloegr a Chymru (07451571).
Swyddfa gofrestredig: [8 City North Place, London, N4 3FU](#)