



between 23 December and 4 January so we can all enjoy the Christmas festivities.

**Craft** Tuesday 2pm-4pm Our Lady of the Immaculate Conception, Bells Lane, Stubbington PO14 2PL

17 September – paper flowers with Jo - Free

1 October – Halloween t-lights with Jenny - Free

15 October – Calligraphy with Bridget - £10

5 November – Steven Brown colouring with Jenny - Free

19 November – Xmas themed glass fusion with Sue - £20

**Hog Roast** Sunday 29 September 1:30pm -£5 per person

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

Please fill out the Google form to book your meal. Family and friends most welcome. The Hog Roast is sponsored by One-Stop, thank you.

<https://forms.gle/TxLfpkKTbymunWpu9>

**Quiz Night** Sunday 27 October 7pm start -£5 per person

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

Run by the fabulous Derek and Sharman team. They do a cracking quiz. Please fill out the Google form so we know numbers attending.

<https://forms.gle/DLjKYv7QuJGXR8a8>

**Christmas lunch** will be on 10 December at the Masonic Hall in Fareham. Save the day and more details nearer the time.

### **Male Carers**

They meet on the 3rd Wednesday of the month at The Wheatsheaf, Titchfield, PO14 4AD from 7:30pm. Contact the organiser and carer himself Mark Moorhen on 07964 191367 for more details.

### **Extras**

10 October Isabelle and Marie will be joining us after the class at 12:30 to discuss **all thing continence**.

18 October Heidi will be joining us after the class at 12:30 to talk about **Tickled Pink**.

### **Moots aka meet-ups**

Nicole and Julie at **Seagull**, Cornaway Ln, Porchester, PO16 9DB  
last Wednesday of the month 25 Sept, 30 October, 27 November

Jo and Angie at **Alver Valley Garden Centre**, Gosport, PO13 8NZ  
2nd Friday of the month 13 Sept, 11 October, 8 November, 13 December

Do join the fantastic ladies who run these meet-ups. MS can make you feel isolated and alone but coming to the classes or meet-ups, you meet others who feel much the same as you. You then end up finding an entirely new collection of friends.

Jenny and Tina  
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