

Fareham & Gosport MS Society Newsletter

July, August, September 2024

Welcome to our latest newsletter and hope it finds you all well? Our amazing MS Team have been busy keeping activities going for you all to enjoy.

JULY 2024

- **Quiz Night** held on Saturday £453, well done Jenny and Tina for organising the event.
- **Clinisupplies** Isabelle joined us Friday 26th July joined us and gave an easy talk on what Clinisupplies can offer us, also showing some of their equipment. Clinisupplies is a company that offers equipment to help with your incontinence if you suffer with bowel and bladder problems.
If you would like to know more on what the company can offer please contact Isabelle Osboun, Key Account Manager on 0800 3047434 or email; isabelle.osbourn@clinisupplies.co.uk

AUGUST 2024

- **Tesco Blue Token Scheme 1.4.24-30.6.24**
We are delighted to let you know that the following the Tesco Stronger Starts Vote in your local Tesco stores, your project came first and has been chosen by Tesco stores to receive a grant of £1,500
Voting was held at Tesco store(s) between 1st April 2024 to 30th June 2024 and proved to be very successful with millions of votes being cast by Tesco Customers across the UK.
Thank you for your help in the Blue Token Scheme.

SEPTEMBER 2024


Solent Mobility If you are buying something from Solent Mobility inform them you attend Gosport and Fareham MS Group, and have been told about them quoting 0012 as we are entitled to 5% on whatever your purchase is. Need to be a new customer making a purchase of a new item.



#solentmobility #GosportFarehamMS

Fundraising

<https://www.gosportcommunitylottery.co.uk/support/gosport-and-fareham-ms-society?leafletId=c1667528-b31d-460c-8508-da366ac57c2f>

Refer a friend
TO BE IN FOR A CHANCE
TO WIN £200!



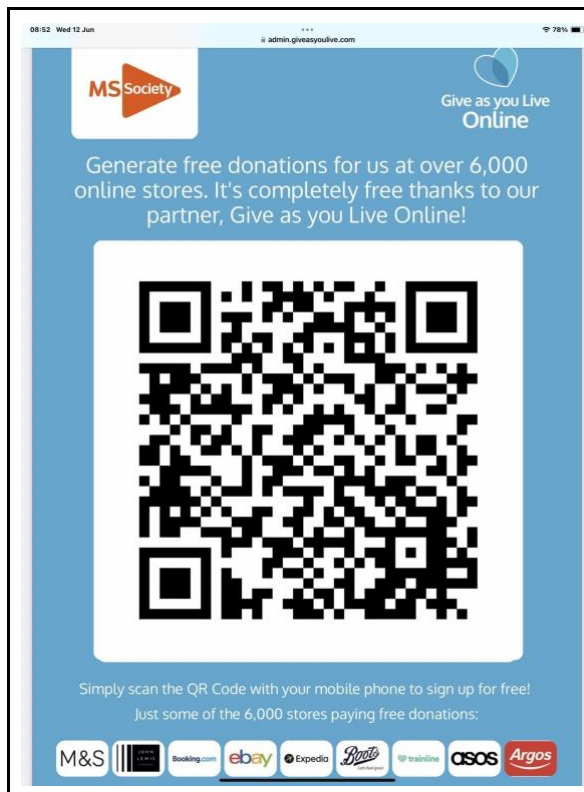
Support Gosport and Fareham MS Society on Gosport Community Lottery

Fareham Lottery

https://www.farehamlottery.org.uk/referral/1450081094/84112256?utm_source=manual

If you fancy a win or two.
the link and refer a friend as well.
There is two different links one for
Fareham

Good Luck



Another great way to fund

It's free, simply scan this QR Code by searching through their websites. Gosport and Fareham MS Group

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. Alver Valley also offers a wide range of beautiful gardening equipment and plenty more goodies.

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.

Food and drinks can be purchased at both of these sites.

Solent Male Carers Group The Wheasheaf, 1 East Street, Titchfield, Fareham PO14 4DA - This is every third Wednesday of the month at 7.30pm, this group is for any male(s) who is looking after someone with MS, they can be situated to the back of the pub near the garden. If you are unable to find them, please ask a member of staff. Mark will be running the group and can be contacted on 0796419136

Upcoming Craft Session

These sessions are charged at £5 unless stated otherwise as we need to cover the cost of people who would like to attend please let us know as we already have a few sessions already booked and full.

Upcoming Weekly Exercise Classes

All our workout sessions are free of charge to attend.
They are all seated or standing depending on you and your ability to work.

Fridays have a lovely social gathering if you would like to stay.

CRAFT					
Date	Time	Event	Location	Price	Remarks
15th October	2pm - 4pm	Calligraphy	Our Lady of the Immaculate Conception	£10 per per	Please let Jenny know if you would like to attend
5th November	2pm - 4pm	Steve Brown Colouring	Our Lady Of the Immaculate Conception	Free	Please let Jenny know if you would like to attend
19th November	2pm - 4pm	Glass Fusion Xmas Bites, with Sue	Our Lady of the Immaculate Conception	£20 each	Please let Jenny know if you would like to attend
3rd December	2pm - 4pm	Xmas Theme Decorations	Our Lady of the Immaculate Conception	Free	Please let Jenny know if you would like to attend

Fitness Classes

Aurdrey and Lynn are taking some time off throughout October, All classes are still going ahead. They will either be taken by The Amazing Alanna or The Fabulous Marion - A chance to try a different kind of movement, so please still come along.

Pilates -on Monday 7th October - has been moved for one day only. This Session has been moved to RC Church, Stubbington, still at the same time of 2pm

DAY	Monday	Tuesday	Wednesday	Thursday
CLASS	Pilates	Yoga	Dacin-Fit MS Style	Keep-Fit
TIME	2pm	11.30am	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 Immacula Conception Bells Lane Stubbington PO14 2PL

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.

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

If you need home equipment for your disability the local Government maybe able to help, <https://www.gov.uk/apply-home-equipment-for-disabled>

Isabelle and a nurse from All Things Continence will be joining us after Keep-Fit on Thursday 10th Oct to give a talk. There will be tea and cake.

Heidi Ford will be joining us on Friday 18th October after Movement to tell us about her charity Tickled Pink. There will also be a raffle involved.

Halloween Quiz Night Sunday 27th October at 7pm, Lee Community Centre. £5 per person, bring your own food/nibbles, drinks to be purchased on site. There will be a raffle, a 2023 Laptop has been kindly donated to us among other fantastic prizes. Further donations are welcomed.

Halloween Themed Keep-Fit, Thursday 30th October, cobwebs are being dusted off the playlist as I am typing, please feel free to dress up.

Loz's Mini Bar, please keep in mind Lorraine still attends Friday Movement Sessions once a fortnight. If you would like your nails done or a pedicure, please give her a call on 07504620979 to reserve your place. Lorraine also offers a voucher system if you would like to purchase some pampering for loved ones birthday or xmas present.

Please note you do not have to attend Movement to have your nails done, please come in and have a cuppa and also see what movement is about.

December -

Tuesday 10th Dec, Yoga has been cancelled due to our Xmas Lunch.

Friday 20th Dec, Movement with Aurdrey is the last work out session of the year.
2025

Monday 6th January will start with Lynn and Pilates 2pm at Lee-On-Solent Community Association, Twyford Dr, Lee-On-Solent PO13 8JU

Jenny just has to dig out the Xmas songs, how long do you think we have?

Thank you everyone for reading. You usually find me on Facebook keeping you all up to date on what is happening within the group on Facebook If you've not joined, come along and like the page.

Have a wonderful Christmas and Happy New Year to you all.

Nicole X