

## **Fareham & Gosport MS Society Newsletter**

### **October, November and a little sneak peak of December 2024 & January 2025**

Welcome to the last newsletter off 2024 – where has the year gone? I hope you are all well and have been able to attend one of our amazing venues that our lovely Jenny and Tina has been busying organising throughout the year?

This newsletter will cover all event over next few months, please read and add the date(s) to your calendars. Reminders will also be posted on-line if you have access to this.

#### **September**

**Sport England** - A lovely meet during and after Movement with Dame Caroline Dinenage and Sport England. We have been awarded £15,000.00 by Sport England for our exercises groups to carry on free of charge.

Dame Caroline Dinenage wrote this about our meeting;

“It was a privilege to join the Gosport and Fareham Multiple Sclerosis for their weekly ‘keep-fit’ class at Our Lady of The Immaculate Conception Church in Stubbington”.

“A £15,000 Sport England grant has meant that the group is able to help those with MS keep active, which helps with the condition”.

**Hog Roast** - Our Hog Roast was a great success by all that attended, this event was able to go ahead the meal we supported by a grant given by One-Stop store. Thank you.

#### **October**

**All Things Continent** - Thursday 10<sup>th</sup> October, Isabelle and Nurse Marie joined us to talk about incontinence and what products they can offer.

If you want to know more, please contact Isabelle Osbourne Key Account Manager,

Clinisupplies Ltd, 1 Blackmoor Lane, Watford, Hertfordshire, WD18 8GA

Tele:No. 0800 304 7434

Mob:No. 07774 643 181

**Breast Cancer Tickled Pink Month** - Asda Ladies joined us after Fridays Movement on the 18 October to talk to us about Breast cancer, we raised £28 during the chat with a raffle.

Please ladies and gentlemen check yourself regularly if you don't already, first signs of cancer are not to be brushed aside. There is so much help there for you today.

**Halloween Quiz Night** – A Fantastic night of entertainment put together by Tina and Jenny and our Quiz Masters Derek and Sharman.

Thank you to all that attended and those that were brave enough to come in fancy dress & all contributions that were donated, the draw raised £400.00, we were also presented with a further cheque of £600.00 from Portchester Bowling Club. Thank you all.

**Solent Mobility** – joined us on Thursday 31<sup>st</sup> October to talk about their products which they can offer. If you missed the visit and would like to pay them a visit they can be found on Lee-On-Solent High Street.

If you purchase anything please quote our code 12, this will give us a donation.

**Online Saving App – Give as you live** – An easy and simple way for you to shop and raise some money towards Gosport and Fareham MS Society.

This app is designed to work with your daily/weekly shop.

It's easy and simple to use. Download the app and follow the instructions.

Join to generate free donations for charity - [www.givesyoulive.com](http://www.givesyoulive.com)

**Co-op** homepage <https://www.coop.co.uk/get> Go on-line with the Co-op for £1 and start giving a donation towards Gosport and Fareham MS Society.

This is in the Blue Card Store in Stubbington NOT the yellow/brown of the Lee Co-op. As a member you will be able to select a charity, hopefully us for the coming year. We could be in with a chance to be awarded £5000 by the end of the year. <https://membership.coop.co.uk/causes/92990>

All support is appreciated, Thank You

## **DECEMBER**

### **Christmas Lunch 2024**

Christmas Lunch 10 December 2024 from noon, food service at 12:30 At Harmony Hall, Fareham Masonic Centre, 34 Queens Road, PO16 0NN Please ensure all responses are received by 3 December 2024. If you would like to attend but can't access the form, have special dietary requirements or would need transport, please contact Tina Walker directly 07970 539235.

<https://forms.gle/Q8vFACbjzuRzEaPD9>

## **PLEASE NOTE**

All our exercise classes will finish for Christmas on Friday 20<sup>th</sup> December with Seated movement and resume on Monday 6th January 2025 with Pilates with Lynn at 2pm, Lee-On-Solent Community Association, 51 Twyford Dr, Lee-On-Solent PO13 8JU

Have a pleasant and peaceful Christmas.

MERRY CHRISTMAS and a HAPPY NEW YEAR all the best for 2025

## **Exercise Sessions**

### **Monday**

**Pilates with Lynn** 2-3pm at Lee-On-Solent Community Association, 51 Tywford Dr, LeeOn-Solent PO13 8JU

### **Tuesday**

**Yoga with Audrey** 11:30am – 12:30pm at Lee-On-Solent Community Association, 51 Tywford Dr, Lee-On-Solent PO13 8JU

### **Thursday**

**Keep-Fit with Audrey** 11:30am – 12:30pm Our Lady of the Immaculate Conception Church, Bella Ln, Fareham PO14 2PL

### **Friday**

**Seated Movement to music with Audrey** 11am – 12:30pm at Our Lady of the Immaculate Conception Church, Bella Ln, Fareham PO14 2PL

-: Please note all our workout sessions are free of charge

## **Extra to workout sessions**

**Lorraine** with her Mini Nail Bar, attends every fortnight during Seated Movement on Fridays. Lorraine offers a range of pampering and a pedicure the list as below:

Mini manicure £10

Mini Pedicure £10

Add varnish £7 for varnish or £15 for Shellac or dipping

Lorraine also offers a voucher system if you would like to treat someone special for Christmas, their birthday or just because.

Please call Lorraine to book an appointment on 07504 620979

## **Social Meetings – Not running in December**

**The Solent Male Carers Group** – for all our men who cares for someone, this could be your husband, partner, brother, son or even your dad. They get together every

3<sup>rd</sup> Wednesday of the month at 7.30pm The Wheasheaf, 1 East Street, Titchfield, Fareham, PO14 4DA

An evening meal and a soft drink is provided for them. This is an opportunity for the male carers to have a break away and meet other carers in the same boat.

If you would like to know more about this event, please contact Mark on 07964 191367

## **The Seagull Pub with Julie and Nicole – Not running in December**

A meet up is for all MSers with families and carers. The pub offers enough car parking space and enough room to maneuver inside the pub for disability needs. Food and drink(s) can be bought on site.

Come along every last Wednesday of the month for 11:30am – 1:30pm

The Seagull Pub, Cornaway Lane, Portchester,

PO16 9DB A happy easy going chatty fun group,

welcome all.

## **Alver Valley Garden Centre with Angie and Jo – not running in December**

A meet up for all MSers with families and carers. The garden centre offers lots of parking spaces and enough room inside for disability needs. Angie and Jo can be located in the function room towards the back of the restaurant.

Food and drink can be purchased on site. You are welcome to browse through the garden centre where you may be able to pick up a bargain

or two. Come along every 2<sup>nd</sup> Friday of the month for 2pm – 4pm Alver

Valley Garden Centre, Barrington Close, Gosport PO13 8NZ

A happy easy going chatty fun group, welcome all.

**Useful Contact(s) and Number(s)** - to have MS Specialist Nurse Team

Southern Region, Aerodrome House, 2 Oaklands, Aerodrome Road, Gosport Hampshire PO13 0GY

Telephone:- (023) 8231 1823

Email – [MSTEAM@southernhealth.nhs.uk](mailto:MSTEAM@southernhealth.nhs.uk) Web - [www.southernhealth.nhs.uk](http://www.southernhealth.nhs.uk)

Do come to one of the classes or events our team of MSers work hard to bring to you. If you are a little nervous for the first time you are welcome to bring someone for support, we are also 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](mailto:Jennyjessup2013@gmail.com)  
Tina 07970 539235 [Twalker@sky.com](mailto:Twalker@sky.com) Jo 07758 699080 [AfonsecaJoanne@gmail.com](mailto: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>