

Fareham & Gosport MS Group Newsletter January, February and March 2025

Welcome to the first newsletter of 2025 – I hope this newsletter finds you all well and everyone had a pleasant Christmas and New Year.

Are you ready for an eventful year of activities and sessions? Our lovely team have been working hard to deliver a fantastic and exciting couple of months for all to enjoy.

All our workout sessions, social meet up and gatherings are back to normal times and dates.

Please take the time to read this newsletter as we have some lovely social meet ups that you are all welcome to join in with.

January

January has been a quiet month; however, all our workout sessions and social gathering are back to normal. Please see below for details.

February

Loz Mini Nail Bar - We have Lorraine and her lovely Mini Nail Bar visiting us on Valentine's Day during Seated Movement.

If you are going somewhere special or just want to feel special, then let Lorraine help you.

Please give Lorraine a call on 07504 620979 as she would be happy to book you in for you to have your nails done or a pedicure and enjoy. Lorraine also offers a wide range vouchers if you would like to purchase some as gift for someone special, please call Lorraine and she would be happy to give you more details.

Physio Drop-in with Louise – we are happy to announce we have a new neurophysiology lady called Louise joining us from Friday 21st during Seated Movement. Louise will be joining us once a month, please let us know on arrival if you would like to be seen.

We can also a home visit with Louise. We are asking for a donation of £30 per visit, payable to the group, max 3 visits per person. If you would like a home visit, please contact Jenny on 07974 660461

Collection Tin(s) We are always looking for places that will accept our collection tins. If you visit any of the local shops regularly, do ask if they would like to have one of our tins and let either Tina or Jenny know.

March

March Mayhem 15th March 6:30 arrival for 7pm food service, Palmerston Indoor Bowling Club

A delightful social evening with a meal for everyone to enjoy, all welcome.

£20 for 3 courses or £18 for 2 courses to obtain a menu and place your order to reserve your choice(s) please follow the link below. One booking form per person.

<https://docs.google.com/forms/d/e/1FAIpQLSeP7ZYVIJEfv2kLsZx6YUdpvqll1dPq6FXeUlcxwIEm2om06g/viewform?pli=1&pli=1>

If you are unable to use the link, please contact Tina on 07970 539235 Twalker@sky.com and she will be happy to assist you.

Please note only card will be accepted over the bar on the night.

Donations for the raffle are welcomed.

The closing date for you to place your order(s) is the 8th March

Managing Anxiety Workshop by Sue Topham and Graham - they will be leading a workshop exploring anxiety and how it affects us living with MS and how it can be managed. A buffet lunch will be provided.

If you would like to attend, please let us know. We are also providing community transport service for those that are unable to travel to the event, to arrange, contact Jenny on 07974 660461

This will be on Wednesday 26th March, 11am – 3pm at Our Lady of the Immaculate Conception Church, Bells Lane, Stubbington PO14 2PL

Online Saving App – Hey I wanted to let you know about a website I've been using to raise FREE donations for charity when I shop online. It's called Give as you Live Online, and it's a great way to raise for a charity of your choice when you do your online shopping.

All you have to do is sign up, choose a charity and shop like you would normally. They have over 6,000 stores including eBay, Sainsbury's, Tesco, John Lewis and M&S. Every time you shop, a donation is made for free!

https://www.giveasyoulive.com/refer/R9UpYQ40iXtKIOzNYoXzxT-2F-2Bq02-2Blg-3D-3D?incentive=nov2024&utm_campaign=share&utm_source=Osharesocial&utm_medium=Oshare_email&utm_content=refer&utm_term=20241115

Give as you Live Online will donate an extra £5 to my charity when you raise £5 through your shopping. I thought you might want to give it a try - it's such an easy way to help out.

Co-op homepage <https://www.coop.co.uk/get> Sign up with Co-op for £1. 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

Exercise Sessions

Monday

Pilates with Lynn 2-3pm at Lee-On-Solent Community Association, 51 Tywford Dr, Lee-On-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

In addition to Yoga our lovely Mark is leading the carers for a pleasant stroll while MSers are working out, men and women carers are welcome to join in. If you would like more information, please contact Mark on 07964 191367 Afterwards please come and have a cuppa & a biscuit with us.

Wednesday – Day of Rest

Thursday

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

Friday

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

If you are a carer for someone with MS, join other carers for a stroll down to the beach during yoga and movement to music. Afterwards please join in with a cuppa and a biscuit.

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

-: We can offer a zoom link for both Thursday and Fridays class. Let us know if you want to join in this way so Audrey sets her phone up.

Meeting ID: 555 719 9132

Passcode: Love

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

Please note you do not have to join in with Seated Movement to have your nails done, please come and enjoy followed with a friendly social afterwards.

Social Meetings

The Solent Male Carers Group – for all our men who cares for someone with MS, this could be your husband, partner, brother, son or even your dad. They get together every 3rd 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 – A meet up is for all MSers with families and carers. The pub offers enough car parking space and enough room to manoeuvre inside the pub for disability needs. Food and drink(s) can be brought 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 – 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. Jo and Angie 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 2nd 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 Web - 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 qfriendly group. We welcome family and friends as well.

Contact Hampshire County Council Occupational Therapy department if you need equipment or home adaptations as your abilities reduce. The group are still considering grants for equipment to help you function day to day. Contact Jo for a grant application form.

Tina 07970 539235 twalker@sky.com

Jenny 07974 660461 jennyjessup2013@gmail.com

Jo 07758 699080 AfonsecaJoanne@gmail.com

Nicole