

## **Fareham & Gosport MS Society Newsletter April, May and June 2025**

Wow, April and the following months are upon us already, I have to say it's nice seeing my garden come to life with beautiful colours, a bit of warmth, listening to the birds singing away & the days are staying lighter into early evening.

All our workout session{s}, social meet ups 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.

### **April**

- **Table Top Sale, Saturday 26th April**, - 10am-12pm at St Columba Church, Hillson Dr, Fareham, PO15 6PF

Are you able to spare some time to help us out looking after the table on the day? It would be very much appreciated, please speak to Jenny or Tina.

If you have anything you would like to donate, please pass them onto Jenny or Tina at one of our workout sessions, if possible.

Every little bit helps.

- **MS Awareness Week 28th April - 4th May** - MS Week is here once again, please can you ask your local shop(s) when you are next out if they are willing to take one of our collection tins? If you get a positive answer please inform Jenny and she can provide you with a tin.

Maybe you are feeling more adventurous and would like to do a challenge you never thought you would be able to do? Please check out MS Society Fundraiser 2025/Fundraiser for MS Society and sign up for your sponsor pack <https://www.mssociety.org.uk>

### **May**

- **Quiz Night with Nathan, Saturday 10th May** 7pm-10pm at Lee-On-Solent Community Association, 51 Twyford Dr, Lee-On-Solent PO13 8JU

If you would like to come for a pleasant evening of having a quiz and good company, please join us on Saturday 10th May at the above time and location. Top prize to be won is £30.00

£5 person, 8 people max per team

No need to book, just get your team together and come and enjoy the event. Family, friends, carers and anyone else you can think of are welcome.

## June

- June is a quiet month for all, however please come alone to one of our work out sessions, these are free of charge for you. We can also offer on Tuesday's and Friday's a carers walk for men and women led by Mark Moorhen while us MSers are working out. Afterward you are all welcome to join us for a chat and a cuppa. If you are unable to join us and your carer would like to have a walk and a chat they are welcome to join in, if you would like to know more details Mark can be contacted on 07964 191367
- Don't forget we have Craft, Alver Valley and The Seagull Pub meetups still going ahead.

## **General Information:-**

- **Sheep Quiz** Something new for everyone - who likes a good quiz? Whether you can make one of our quiz nights or not this is open to all. Our lovely Derek Callam is running a weekly quiz of 10 general knowledge questions every Sunday via email, with the answers on to be submitted by the following Wednesday, answers will follow before the next Sunday. If you would like to participate please contact Derek on [derekcallam@aol.com](mailto:derekcallam@aol.com) please let Derek know that you have MS and saw it via our newsletter.
- **Istvan Szucs** from The Rainbow Centre came and gave a talk in March. We have kindly been offered a free taster session for 5 people at TheRainbow Centre after Easter. We have 2 names on the list so far, would anybody else like to see how they can help you? The time and date to be agreed but please let Jenny know 07974 660461, if you would like to attend. Sessions at the centre cost £42 each payable in blocks in advance.
- **Alver Valley Garden Centre** meet ups have changed location within the centre's ground, now the warmer weather is coming, they will be meeting outside in the gardens near the dog friendly area.

**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 Christmas 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!

If you sign up using my link, we'll both have the chance to win a £100 Sainsbury's voucher!

[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](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> 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>

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

### **Wednesday – Day of Rest**

### **Thursday**

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

### **Friday**

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

## ● **Extra to workout sessions**

**On-Line Workouts** I am happy to inform you that Keep-Fit on Thursday and Seated Movement on Friday both with Aurdrey can be joined in with a zoom link, if anyone would like to join please follow this link;-

<https://us02web.zoom.us/j/5557199132?pwd=WIkzdDM4NFVKVE55NINnNXpxTVFnUT09>

Meeting ID: 555 719 9132

Passcode: LOVE

**Walking with Mark Moorhen** - In addition to Yoga on Tuesday's and Seated Movement on Friday's our lovely Mark will be leading the carers for a pleasant stroll while us 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 join us for a cuppa & a biscuit.

**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 a friendly social afterwards.

**Drop-in Physio** - Louise our new physio lady will be attending during Fridays Seated Movement once a month, everyone is welcome to come and see her just let us know on arrival. However she does home visits, £30 a time, max 3 visits per person/household. If you would like to take this opportunity please contact Jenny and she can arrange the details.

**Drop-in Nurse** - We have our nurse who drops in once a month during Fridays Seated Movement, if you would like to see the nurse, please contact Jenny. Please note you don't have to join in with Seated Movement to see the nurse. Please stay for a social and a biscuit and a of Tea or Coffee and meet other Mser.

## **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 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 careers to have a break away and meet other careers 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 meetup is for all MSers with families, friends 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 purchased 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. Angie and Jo will be meeting outside in the gardens near the dog friendly area, as the weather is starting to warm up.

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(s) at all our events, 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.

**Personnel Contact(s)**

Jenny 07974 660461 [Jennyjessup2013@gmail.com](mailto:Jennyjessup2013@gmail.com)

Jo 07758 699080 [AfonsecaJoanne@gmail.com](mailto:AfonsecaJoanne@gmail.com)

Tina 07970 539235

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

Occupational mTherapy are responsible for carry out assessments and providing services that help you to remain safe and independent in your daily activities in your home, for more information please follow the link.

[hhts://www.hants.gov.uk/socialcarehealth/adultsocialcare/occupational-therapy](https://www.hants.gov.uk/socialcarehealth/adultsocialcare/occupational-therapy)