



Reg Charity no.
1139257

Contact your local MS Specialist
Nurse Team at:-

Aerodrome House
2 Oaklands
Aerodrome Road
Gosport
PO13 0GY

Tel: 02392 681 067

Fax: 02392 681001

Email:

MSTEAM@southernhealth,nhs.uk

The National Society and local MS
Group welcomes and provides help and
support for people affected by M.S.

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Free MS Helpline:

Tel : 0808 800 8000

Email:

helpline@mssociety.org.uk

9am-7pm Mon-Fri

For more information and
local support ring Julie
Hawksworth, Lead Support
Volunteer on

07812 997178

Or her deputy, Joanne
Bardall on

07758 699080

or email the team

Gosport@mssociety.org.uk

Website:

Gosportandfarehamms.org.uk

Facebook:

GosportFarehamMS

Gosport and Fareham Group



Gosport
and Fareham
Multiple Sclerosis
Group

We are one of a network of groups throughout the
UK who give practical help, professional information and
support to anyone affected by MS.



Being diagnosed with Multiple Sclerosis can leave people feeling very alone and bewildered as to what to do next.

If you need help or advice or just someone to talk to we are here for you.

Whether you're a person with MS, a carer, relative or just a friend the Gosport and Fareham Group offers you a warm welcome.

We understand MS, you can make friends and get support. Join us in some of our regular activities, details of which you can get from the calendar on the website along with the contact name of the person running the activity.

Like us on Facebook and we will keep you up to date with our events and activities.

**Remember
You are not alone!**

Here is a list of some of our regular and varied activities :-



Pilates - Held on a Monday. A mat based class for the more able bodied.

Yoga - Held on Tuesdays and is suitable for all abilities. Sit in a chair, remain in a wheelchair or sit on the floor, the choice is yours .



Seated Zumba - held on a Thursday. It feels more like a party.



Seated Movement to Music - Held on a Friday and suitable for all abilities .

All our exercise classes are followed by social time. For a list of days, times, places and contact information please check out the calendar on the website.