

GOSPORT AND FAREHAM GROUP OF THE MULTIPLE SCLEROSIS SOCIETY

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Dear member

A very Happy Christmas and a Happy and Healthy New Year.

My Christmas is looking a bit uncertain at the moment as Graham fell down the stairs a couple of weeks ago and badly fractured his femur. He is improving slowly so “onwards and upwards” as they say!

New Year Dinner Party

I enclose with this newsletter a menu for our **New Year Dinner Party on Saturday 13th January 2018**. As usual, this will be held at the Palmerston Indoor Bowling Club, Plamerston Drive, Fareham, PO14 1DJ **6.30pm for 7pm**. It's a very accessible venue and the food is always excellent.

We have our own “in house” entertainment this year – Kevin Jones and his band!! Anyone who knows Kevin will also know that he is great fun!

Diary of activities

I also enclose a diary of activities with this letter

The **last physio before Christmas is Thursday 21st Dec**. Let's make it into a bit of a party. There will be a Christmas buffet and a raffle. Amy Harbour (the M.S. Nurse) will be there.

Physio will re-start on January 4th. I hope everyone will have recovered from Christmas by then and feel the need for some exercise!

The last yoga before Christmas is Tuesday 12th December and this **re-starts Tuesday 9th January**.

Craft - on December 11th we will be making Christmas Cards with Jo. Then on Monday 8th January the craft session will be with Rachael. Phone Ruth on 07817 358672 if you would like to come as we have to let the tutor know so they can cater for numbers. This is £3 a session and we usually order lunch.

Donation instead of Christmas Cards

We are again offering the chance to make a donation (which we use to give gifts to housebound people with MS) instead of writing Christmas cards within the group. This was a great success last year – thank you for your support. We will be collecting this at Yoga and Physio where you can include a Christmas message

Fund Raising

Our next store collection is on **Friday 22nd December** at Tesco North Harbour. This is a very lucrative venue but a cold one even though we are in the foyer. Help – if only for an hour – would be much appreciated but wrap up warm! Either email Steve on irvingfam@btinternet.com or phone 01329 234581.

Tea and Chat

In Gosport Library. These sessions organised by Jo Bardall take place in Gosport Discovery Centre on the third Wednesday of each month between 2pm and 4pm. All very welcome. Delicious cakes and drinks available.

Donation to Research

Following your help in supporting our excellent fundraising event (descending the Spinnaker Tower), we decided at our Committee Meeting to give £10,000 to M.S. research. This comes at a time when M.S research has never been more exciting. Take a look at the latest Research Matters magazine or look at the research blog on the main M.S. website.

Many thanks to all of you – and also to those who took part!

Happy Christmas with very best wishes

From Juliette