

GOSPORT AND FAREHAM BRANCH OF THE MULTIPLE SCLEROSIS SOCIETY

From the Secretary – Juliette Hewitt, 11 Beech Grove, Gosport,
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Dear

I started to put this newsletter together in my cabin whilst being tossed about on the South China sea. We had two days “at sea” and I got a bit bored. Now safely back at home and over the jet lag here is the final draft.

Annual General Meeting

This will be held at St Mary’s Parish Centre, Green Road, Alverstoke PO12 2ET on Saturday 28th May, starting at 11am. After the official business has been dealt with a buffet lunch will be served, when you will have the opportunity to meet up with old friends and maybe meet some new ones.

The guest speaker will be Joe Vick former member of the English Council of the M.S. Society and a Gosport man. You will find a nomination paper enclosed with this newsletter. We do need some “fresh blood” on the Committee. So if there’s anyone there willing to stand? You can nominate yourself.

Dates for HillHead Chalet

Mave has booked the Hillhead Chalet at the end of Salterns Lane PO14 3LR for the summer season on the following dates:-
Wednesdays 18th May, 22nd June, 27th July and 28th September from 11.30am until 3pm. Fish and Chips can be ordered or you can bring your own picnic if you prefer. Tea, coffee and soft drinks will be provided. This is a very pleasant venue and even on a wet day its very cosy inside and there is a lovely view. There is a disabled toilet and parking nearby. Do come and join us. We often have a quiz after lunch.

Private Indoor Heated Swimming/hydrotherapy Pool for hire

This pool owned by one of our members has disabled access with a hoist and warm water at 34 degrees. Use of a spa pool is included. The pool measures 24 by 12 feet by 4 feet deep. It’s in Fareham Town Centre and there is private parking. Hire is £18 an hour for 2 people, £24 for 3.

For details and appointment email edwinandian@gmail.com. Or phone Edwin on 01329 828178

Adjustamatic Bed

Free adjustamatic single bed. Lovely profile bed, electric features include head and back riser, legs riser, bed height riser and massage facility. This bed is in very good condition with a fairly new mattress. It must be collected from Stubbington and is quite heavy, but I'm sure the Branch could assist in some way. If you would like to see it ring Alan Brind on 01329 662395

Summer Outing

Our Social Secretary Sian is organising a summer outing. We propose to visit Milestones a great interactive Museum of country life at Basingstoke. This will be on Friday, July 1st. A coach which takes wheelchairs has been booked - Would you indicate on the enclosed form if you would like to come. We always have fun on these days out and I am sure this outing will not be an exception

Hedge End Store Collection

We have been granted permission to hold a store collection at the Marks and Spencer/Sainsbury Store Hedge End on Wednesday 8th June.

Such a busy store this will provide us with an amazing opportunity to raise funds and it will be under cover of course. Contact George on 07825 410680, if you are able to help, even if it's only for an hour.

Asda Dock Road Gosport Collection

We also have a collection Asda on Friday May 20th, please contact George if you can help.

M.S. Week

This year is between Sunday 24th and Saturday 30th April.

We have a stall in Gosport High Street on Tuesday 26th when we will be selling books and bric-a-brac (I have been donated some lovely Portmerion China) and handing out information. Do come along and see us, you might even pick up some bargains.

Waitrose Locksheath

Waitrose Locksheath have contacted us to say that the Branch is to be one of the three charities during May to be part of their Community Matters Scheme.

Each month Waitrose donate £1,000 to be divided between three local charities. The public choose between them by dropping a token into whichever box they wish to support. Beside raising funds this will also give us some good publicity.

North Norfolk Holiday Home

I have had an email from the North Norfolk Branch asking me to publicise their fully accessible, purpose built holiday lodge, which is available to hire for people with M.S. their carers and family. It sleeps 6 people with a double room, with an overhead hoist running into a wet room. There is a mobility scooter for use during the holiday and parking adjacent for one car.

It is situated at Cherry Tree Park, Burgh Castle near Great Yarmouth. For details of the park amenities visit www.parkdean.com. Care is available through the North Norfolk Carers Trust. Cost is £300 Saturday to Saturday. For further information please contact sue on 01263 512689 or email just bobandsue@yahoo.co.uk

Bonus Ball

Pam Hale is running a Bonus Ball game every week from the Lottery. Do you fancy having a bit of fun and want to join?

It works by everyone having a number between 1-59. You pay £1 a week and whoever has the Bonus Ball number that week wins £25 and the remaining money goes to our Branch funds. It really is a great way to raise money for the Branch and have a bit of fun at the same time.

Pam would like to collect the money every quarter, so it would be £13 a time with the next quarterly collection being on the 4th July, but you can join anytime and just pay for the remaining weeks in the quarter.

If anybody is interested please could they contact Pam on 01489 578257 or email her on finbarhole@btinternet.com. The best way to make payment is by standing order

Name of account	MS Bonus Ball
Account number	52124629
Sort Code	40-21—03
Amount	£13
Frequency	Every 13 weeks (quarterly)
Reference	Your Name and Number you've chosen

Alternatively if you attend physio on a Thursday Pam is usually there so you can give her cash or arrange to send her a cheque.

So to begin :-

- 1) Pick a number (1-59)
- 2) Contact Pam to give her your address (for the winning cheque to be sent to) and your chosen number. www.gosportandfarehamms.org.uk should have an up to date list of the numbers available on the Bonus Ball page.
- 3) Arrange to make quarterly payments, cheque, cash or standing order.

4) Sit back and wait for your cheque! Good Luck!!

Mum, Dads and Tots Group

Fancy joining other Mums and Dads with MS who meet up and have a social time interacting with other parents and babies/tots under the age of 4years? You are welcome to bring along a friend to support you.

Contact Jane Cameron M.S. Specialist Nurse (Portsmouth) 07771 506257, Annabella Pearce/Simon Guafer M.S Practitioners on 02392 681067. One of them will be present for more information if required. The group is held at:- Playzone, Unit A 4 Oak Park Industrial Estate, North Harbour Road, Portsmouth, PO6 3TJ. There is plenty of Free Parking.

Dates are Thursday May 19th, Thursday June 16th and Thursday July 14th between 10.30 – 12.00. Donation to M.S. Society welcome after initial costs. This includes coffee, tea or hot chocolate. The Portsmouth and District Branch of the M.S. Society is supporting this group with a monthly contribution towards costs.

M.S. Nurse

Amy Harbour has been employed as an M.S. Specialist Nurse to assist Annabella in her role. She will be working Thursdays and Fridays. She came along with Annabella to physio on her first working day. She is very friendly and approachable.

Her employment means that we now have the equivalent of one full time M.S Nurse. Something which we have long fought for.

P.I.P Support

If any of you have had the dreaded DLA to PIP letter you may find this website will help you with filling it in.

www.pip-assessment.support

Members have also used:-

<http://www.fightback4justice.co.uk> a group of X CAB peeps who were made redundant when legal aid was cut. They have a free FB page.

<http://www.benefitsandwork.co.uk>

Research News

A study funded by the M.S. Society has found a drug currently used to treat epilepsy could become a neuroprotective treatment for people with all types of M.S.

The trial tested the effectiveness of Phenytoin on 86 people with early symptoms of optic neuritis. The results showed people who received the drug experienced on average 30% less nerve damage than those on a placebo.

The study supports the concept of neuroprotection – protecting nerves to keep them alive. A vital strategy for the future of M.S. treatment.

It should encourage a phase 3 trial of Phenytoin in optic neuritis and other demyelinating conditions thus paving the way for the development of a neuroprotective drug for people with M.S.

Wheelchair Services in South Hampshire

We have been emailed a report of a Public Meeting between West Hampshire Clinical Commissioning Group, Millbrook Healthcare and Service Users held in March. This was commissioned by Health Watch Hampshire (who spoke at our AGM). It runs to 34 pages and I cannot even begin to précis it for you! If anyone wants to read it for themselves let me know and I will send them a copy. Or its available online at www.healthwatchhampshire.co.uk/files

Complaints initially should be sent to the Hampshire Wheelchair Service so they can be resolved locally:-

Hampshire Wheelchair Service
Unit D, Centurion Industrial Park
Bittern Road West
Southampton
Hants SO18 1UB

Or email hampshirewheelchairservice@millbrookhealthcare.co.uk

If you remain dissatisfied once it has been internally reviewed it is then escalated on to the Parliamentary and Health Service Ombudsman.

Another point is that Millbrook are currently recruiting a Patient Engagement Officer and will have someone in post by April. Their role will be to build and improve close working relationships with service users!

Well I think that's more than enough from me for now. Hoping to see you at our events. Sadly the coffee mornings at the Golden Bowler and the Bun Penny have had to be suspended at least for a while.

Very best wishes

Juliette

