

GOSPORT AND FAREHAM GROUP OF THE MULTIPLE SCLEROSIS SOCIETY

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Newsletter April 2019

Dear Friends and Colleagues

Hope everyone enjoyed the Easter weekend. It was a much cooler walk over Alver Valley for us today, but my faithful furry friend chose to roll in something that didn't smell particularly nice. She in turn didn't think the subsequent shower when we go home was particularly nice!

We have a new banner for our Flag Collections. It's great to see our members immortalised for some years to come but I have to say the stiff spring and 2 metre height defeated me when I went to put it up. Luckily, we have the able bodied and tall Steve in charge of our Flag Collections. We have a Flag Collection on 11 May at ASDA, Gosport and another on 13 July at Morrison's, Gosport. Give Steve a call on 07976 054003 if you can lend a hand for an hour. George has plans for a stall in Walpole Park, Gosport on bank holiday Monday, 27 May. If you can help give him a hand give him a call on 07825 410680.

I really enjoyed watching Bohemian Rhapsody at the Ritz Cinema at St Vincent's College, thank you Tina for organising it. They are happy to put on another film for the group but here's where we are stumped. What film to watch? We thought we would ask you for suggestions. Let Tina or myself know the titles and we will see what we can do.

The tickets have finally arrived for Race Night on 18 May. £8 a ticket and a buffet supper, from 6:30pm at Lee on Solent Community Centre, 51 Twyford Drive, Lee on Solent, PO13 8JU. Les Heyhoe is our compare and he provides an excellent nights entertainment. Contact Tina to purchase your ticket on 07970 539235 or spot her at one of our exercise classes or moots or email gosport@mssociety.org.uk. Friends and family are most welcome.

UCL are running the trial into statins slowing the progression of MS. Southampton University is one of 30 participating sites. They are still looking for people diagnosed with secondary progressive MS. Sign yourself up to the trial and select Southampton, or the participating site nearest you, as you go through the boxes on the form.

<https://www.ucl.ac.uk/ion/research/centres/queen-square-multiple-sclerosis-centre/ms-clinical-trials/about-ms-stat2>

Researchers at UHS are investigating the effects bladder infections have on the brain for people with progressive MS. Would you like to take part? If you don't have a bladder infection at present but you have repeated infections and are able to travel to Wessex Neurological Centre contact Dr A Varatharaj or a member of the research team on 02381 205108 or email

NeuroMS@uhs.nhs.uk

The diary has taken a new format, taken from the google calendar on the website, I do hope you like it. We are very busy, aren't we? From the wonderful people that organise the events and activities to the fabulous volunteers and the committee (team) that manage it all, a big thank you. Do you fancy joining the committee and volunteering some of your time? Give George a call on 07825 410680 to ask about joining the team.

The visits to the Wheelhouse, Chalet, start back up again on 1 May and will be held on the following 4 months on the first Wednesday of the month. Visit the seaside and enjoy some fish and chips, a natter and some games. We also have the moots, gatherings, at Highlands Hub on the first Wednesday of the month, Westbury Manor Museum on the second Wednesday of the month, Discovery Centre, Gosport on the third Wednesday of the month and Strawberry Field Tavern, Locks Heath on the fourth Wednesday of the month. Check the diary for dates and times but plenty to chose from throughout the area.

On Saturday 8 June we have our AGM at St Mary's Parish Centre, Alverstoke. John, our treasurer, will talk about our finances then the fantastic Dr Mel Attewell will give a talk. Mel and Debbie run the Facebook group, Hampshire MS Support, a closed group run by people with MS for people with MS. Mel has recently initiated and designed one of the surveys run by the MS Society you might have filled in that relates to the access you have to the MS Nurses, a 24% response rate so thank you for your input. Come and hear what she has to say.

George is still looking for people to take part in his Skydiving Fundraiser on Friday 19 July. Do you want to take part? Go on you know you want to be strapped to a handsome chap and jump out of a plane. Imagine that amazing view. Give George a call on 07825 410680 if you, a friend or a family member are interested in taking part.

I hope to see you around at some point.

Jenny

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