

GOSPORT AND FAREHAM GROUP OF THE MULTIPLE SCLEROSIS SOCIETY

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August 2018 Newsletter

What a scorcher of a summer. How have you been coping in the heat? I'm more worried about my 4-legged friend, her treats are coming in frozen form at present.

Pilates is continuing over the summer but has moved to Lee-on-Solent Community Centre, on a Monday between 2 and 3 finishing in the bar/lounge area with a hot or cold drink. The class is mainly mat based. As both the main hall and the bar/lounge has air conditioning I'm wondering if I could move in for the rest of the summer. The details are on the diary. Come and see what it's all about.

We have a collection of meet ups planned for you during the summer months and into autumn, do join us if you can. The team have different places and locations for you to choose from.

The Golden Bowler in Stubbington will be hosting their meet up on the first Friday of every month from 11:30 starting in August.

The meet up in the Discovery Centre (library) in Gosport will still be running in August between 2pm and 4pm on the third Wednesday in the month. Always a lively discussion to be had and as Rose pointed out last time, I do like my cake!

On the fourth Wednesday in the month from 12noon to 2pm our meet up is in Strawberry Field Tavern, Locks Heath. Tina does like a little tippie!

Last but by no means least, starting in September we will have a meet up in Westbury Manor Museum, Fareham, on the second

Wednesday of the month between 2pm and 4pm. They have cake, just saying!

Hopefully with the different locations, meeting places and times you may be able to join us during the month. The diary details the date and times along with the places and organizers. What a fabulous team we have.

Yoga starts again on Tuesday 4 September at 10:45 at HEDCA. It is suitable for both sitting in a chair and for those that wish to take part on a mat on the floor.

Physio-led exercise followed by a home cooked lunch on Thursday 13 September at St Mary's Parish Centre from 10:30. This is mainly a chair-based exercise class with some standing activities included. You can just come for lunch which starts at 12 noon, just come for the exercises or take part in both activities.

If you wish to attend the Craft session on 10 September held at Golden Bowler Pub, Stubbington Lane give Ruth a call on 07817 358672 to be assured of a place.

The last visit to the rotary wheel house, Chalet, is on Wednesday 26 September. Do come along and join in with fish and chips by the sea. We natter, play games and enjoy the views over to the Isle of Wight. It has a kitchen for teas and coffees, a disabled toilet and has level access. Do come along if you've not been before, it's nice and relaxing.

Can we help you? Are you struggling with forms, equipment or maintaining your independence? Give Juliette a call on 02392 581406 or email gospport@mssociety.org.uk. A listening ear or helping hand is a but a number or a click of a button away.

The Alverstoke Michaelmas Fayre is on 29 September and Juliette is looking for bits and bobs to sell on the stall. Have you any ornaments, flowers, books etc.. that you know longer want? Give Juliette a call, she will be happy to collect the items, thank you.

We have a rather fantastic lady, Penny Herbertson, doing a Zip Wire challenge to raise money for the group. It's on 24 August on Velocity 2 in Wales. It would be wonderful if you could help her challenge by

sponsoring her. Her aim is to raise £1000, wow! Anything you can donate would be greatly appreciated. You can find her online at [Penny's Zipwire Challenge](#). She also has a paper sponsorship form that she's bringing with her to our summer activities. Thank you.

We have a flag collection arranged at Fareham shopping centre on Saturday 13 October. Can you lend a hand? Give our fundraiser, Steve Irving, a call or send a message on 07976 054003. An hour would be fantastic, longer even better, thank you.

[Hampshire MS Support](#) is a closed group on Facebook. They arrange various meet ups around Hampshire, but you can talk privately about any issues and concerns you might be having.

[Don't MS with Us](#) is a Stubbington based Fundraising Group you can also find on Facebook. They arrange Cake Brakes and Car Treasure Hunts and so much more. The money they are raising at present goes towards Myelin Repair. How fantastic is that? A cause we could all definitely benefit from. Good lucky Jan and the rest of the "Don't mess with Us" team and of course a big thank you.

The diary of events is also attached. It lists our activities for August through to October – it's what fits on 2 pages really. You can also find the information on our website and the activities and events are also posted on our Facebook page. You are most welcome to join in; new members will be assured of a warm welcome whatever activity they chose to join. Hope to see you around.

Jenny

[Group Website](#)
[Group Facebook Page](#)