

MULTIPLE SCLEROSIS SOCIETY GOSPORT AND FAREHAM

Email jennyjessup2013@gmail.com
Group Email gosport@mssociety.org.uk

Newsletter August 2019

Dear Friends and Colleagues

I hope you are all enjoying the summer. Eliza and I decided to stay at Costa-Del-Lee-on-Solent. What's not to like, sea with its ever-changing views and temperament or walks in the country park. It keeps us busy anyway.

Quiz and Chips

Tina would not forgive me if I didn't mention her quiz and chips night on Saturday 31 August at Crofton Club. It should be lots of fun with the fabulous Les and Lyn Heyhoe. If you don't want food it's £5 each and you can leave it to the night itself but if you fancy something from the fish and chip shop get the completed form, with £10 per person, back to Tina by 24 August. Give Tina a call if you have any queries. 07970 539235 twalker@sky.com. Bring a team or make a team when you get there, Tina is happy either way. We would really appreciate any items you could donate to the raffle. Give them to either Tina or Jenny.

Exercise classes

Pilates is still running through the summer on a Monday at Lee Community Centre, except the August bank holiday of course. Movement at Titchfield is also running fortnightly through the summer, next class being on 22 August. Do join us if you can.

Moots, tea and chat, and a pub lunch

Jo would be delighted if you could join her at the Discovery Centre on 21 August and Tina would welcome a visit on 28 August at Strawberry Field. Do join the ladies for a chat over a drink. Cake or chips do not necessarily need to be eaten, well that's what I tell myself before I get there!

Rotary Wheelhouse/Chalet



We have our last trip to the fully accessible rotary wheelhouse in Hill Head on 4 September. Fish and chips by the sea, what's not to enjoy? We have at our disposal a community First bus which can come and pick you up. It can manage wheelchairs and scooters. Not been to the wheelhouse before but fancy some fish and chips by the seaside. Give Steve a call on 07976

054003 and he can arrange for you to be picked up, you just pay for the cost of the fish and chips. Steve will need to know your address and if you will be using either a wheelchair or a scooter. Do come and join us for a natter, some food and enjoyable company.

Sky Dive



I was delighted to be able to watch 8 of our wonderful skydivers on Friday 2 August. It was a wonderful atmosphere with so many fantastic supporters cheering on the participants. They were fabulous but none more so than the 3 with MS. Thank you, Paul Bieles, Tina

Walker and Sam Findlay. The remaining 4 arrived for their jump of Sunday 11th August but sadly the weather took a turn for the worst and although all were all dressed and ready, they were turned away at the last minute. Gutted for them but thank you to the wonderful ladies from Dimensions Different, Gosport and Cat Anderson for agreeing to take part and we will be with you in spirit on 25 August when you will be visiting Old Sarum to skydive again. Keeping fingers crossed for good weather for you all.

Seated Zumba

Zumba Gold starts on 11 September at 10:30 at Our Lady of the Immaculate Conception Catholic Church, Bells Lane, Stubbington with the fabulous Robin Eyre. There is plenty of parking and entering the church from the front, full accessible. You can find the hall on the right-hand side. We will finish with a drink and a natter. There is a £3 suggested donation for the class. I must admit I'm really excited about this and can't wait for it to start.

Mental Health Workshop

We are running the mental health workshop again on 24 September between 10am and 12 noon at the Masonic Hall in Fareham. I found this very helpful last time around. Not only the words from the 2 instructors but listening to my fellow sufferers' experiences and worries, it really does make you feel you are not on your own with the the ups and downs that MS brings. The instructors did offer a more in-depth class and we are taking them up on their offer. This second workshop will run on 22 October between 10am and 1pm again at Fareham Masonic Hall. If you attended the previous workshop or are attending the one in September and find it useful, do join us for the more in-depth class. Give Steve a call on 07976 054003 to book your place.

Michaelmas Fayre



We have the Michaelmas Fayre on 28 September and Juliette will be having her usual stall. Any items you can donate would be greatly appreciated and any assistance given would be wonderful. Thank you.

Tins

Can you recommend a shop or pub a place that we could display our collection tin? We are always looking for new places where we can place one of our orange tins. Give Steve a call on 07976 054003 if you have some ideas. Thank you.

Rocketman

Join us in watching Rocketman at the Ritz at St Vincent College on Saturday 5 October. Its £3 per person if you would like to attend. Give Tina a call on 07970 539235 to book your place.

Calendar

I hope you like the new format for the calendar. I much prefer this view when I look at my tablet and I hope you do as well.

As you can see yoga starts back on 3 September and physio on 12 September. Craft is on 9 September with Ruth back in charge again. Give her a call on 07817 358672 if you would like to attend and unlock your inner artist. It really is a lot of fun.

Check out the calendar and see what interests you. New members for any of our activities or events are always most welcome.

You can see the google calendar on our website which is being kept up to date by the delightful Caroline, thank you. You can find out all sorts of useful information there as well as the winners of the weekly bonus ball game run by the fabulous Hale family <http://www.gosportandfarehamms.org.uk>

Like our Facebook page where we post useful information about local activities or interesting information regarding MS. Search for MS Society Gosport and Fareham Group.



Have you spotted our lovely volunteers on our new collections banner? They all look rather splendid don't you think.

Best wishes

Jenny