

GOSPORT AND FAREHAM BRANCH OF THE MULTIPLE SCLEROSIS SOCIETY

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Dear

Its newsletter time again, now we've had our summer break!
Thank you. This one will give you information on all the Branch
activities until Christmas. What an awful thought – just where do
the years go!

Hopefully we may catch the end of an Indian Summer! with our last
Hill Head Chalet date on **Wednesday 30th September** from 11am
until about 3.30pm. We usually send out for fish and chips and if it
is cold or raining there is heat and lighting. Ring Mave or Juliette if
you haven't been before and need more information, the fact that
was the only date available on a Weds in September shows you
how popular this location is with people!

Regional Quiz and Fish and Chip supper – Sat October 24th

At St Marys Parish Centre, Green Road Alverstoke.

Although we did not win the last regional Quiz we have been asked
to host the next one.

We need two teams of six to represent the Branch – so phone
02392 581406 if you would like to take part. Its good fun and not
at all serious.

Physio, Massage and Lunch Group

This starts again on the **27th August** following the summer break
and then follows on alternative Thursdays. The venue as most of
you know is St Marys Parish Centre, Green Road Alverstoke
commencing at 10.30am.

As I explained in the last newsletter we now have a second neuro-physio (Marian) who carries out passive exercises with those who need them and will see people individually to give advice and help with any new or special problems.

So with Audrey providing the massage, Shelia the M.S. Nurse, who attends to help people with any problems, all followed by lunch and a time to socialize there's hopefully something for everyone. I think we can honestly say that we've achieved our objective of having a "drop in centre" even if we do have to improvise sometimes!

Yoga

The yoga group at HEDCA Coombe Road, Elson starts again on Tuesday **1st September** 10.45am for a prompt 11am start. This is on alternative Tuesdays. The regular attenders are all very keen and gain a great deal of benefit, but we would like some more members to join us. The hour of gentle chair based yoga is followed by coffee/tea and penguin biscuits. On some occasions some delicious home made cakes have been known to appear. You can be sure of a warm welcome.

Phone Mave on 02392 641124 or mobile 07789 511124 with any queries.

Craft Group

We meet for these popular sessions on the second Monday of the month at the Golden Bowler Public House in Stubbington Lane Starting at 11am. The craft work ranges from card making to pottery. Members find it very rewarding and therapeutic being able to produce something and what is more you can do it sitting down.

The dates for the group are as follows:- Monday **14th September**, Monday **12th October**, Monday **9th November**.

Please phone Ruth, who is the organizer on 01329 318451 if you want any details or would like to attend.

Pub get togethers

These regular chances to meet up will be recommencing after the summer break on the **3rd September** at The White Hart Pub in Gosport from 11.30am onwards. The dates and venue for these informal get togethers are listed in the Diary of Events included with this newsletter.

New Activities?

Alan Brind has come up with the brilliant idea of finding out if there is any member who used to enjoy a particular activity but now finds it difficult or impossible to carry out without some help and support.

Is there any way the Branch could help or put you in touch with anyone with a similar interest. I enclose a list with this newsletter. We would love to hear from you.

Christmas Dinner

This year dinner will again be held at the Palmerston Indoor Bowling Club, Palmerston Drive, Fareham PO14 1DJ on **Friday 18th December**. The evening will start earlier at 6.30pm for 7pm as we have been lucky enough (thanks to Alan) to have entertainment and music following the meal from the very popular Shep Woolley.

The cost per head will be £10, but I think you will agree its good value – with a three course meal, wine and entertainment. I will send out details of the menu nearer the time. Meanwhile don't forget to put this date in your dairies.

Christmas Shopping

We are proposing to organize a trip to Southampton shopping Centre in early December for those who find it difficult to get there without help and transport. Barrie Hill from Fareham Shopmobility will arrange with their scheme to have scooters for us. Bit too early to talk in detail about Christmas shopping so a date in the next newsletter!

MS Christmas Cards

I promise the last mention of Chritmas! You will have received a Christmas Catalogue with your most recent M.S. Matters. If you wish to place an order could you please **quote our Branch code** which is **396108**. This will ensure that the profits go to us your local branch.

We always do a bulk order of cards and dairies to sell at our stall at the Michelmas Fayre. Any left over I will bring along to events.

Fundraising

Our very active fundraiser Karen has booked the following dates on which we will be holding a collection. If you go to our Web Site www.gosportandfarehamms.org.uk there is an area which tells you of any slots that we need your valued help with, it can be great, people are really supportive of us.

IMPORTANT NOTE – Karens mobile no is now 07837270979

Please contact her if you can help at these events:-

Saturday 5th September – Gosport Market stall from 9am onwards. We will be both collecting and giving information from the stall plus trying to off load at bargain prices some of the huge numbers of good books what we have acquired.

Saturday 3rd and Sunday 4th October

Fareham Shopping Precinct. We will be collecting and manning an information stall.

Saturday 21st and Sunday 22nd November - Sainsbury Broadcut, Fareham, collection.

Alverstoke Michelmas Fayre – Saturday 26th September – We have booked a stall at the Fayre and will be selling Christmas cards, plants and homemade cakes. All contributions for this event would be very welcome.

Waitrose – in November (thanks to Karen) we will once again be benefiting from Waitrose's Community Matters Scheme. Each Branch of the store has £1000 each month to share amongst three local charities. Customers are asked to place a green disc into a named box as a way of choosing their favorite charity. The £1000 is divided between the three charities proportionally to the number of discs each one receives. Last time we gained the most tokens by a very large amount.

Strength in Numbers – For many years we have known that the figures quoted by the M.S Society of 85,000 seriously understated the number of people with M.S. in the UK.

Our own membership figures and the GP's survey carried out throughout Gosport and Fareham confirmed this. At last years National AGM Graham proposed on behalf of Gosport and Fareham and the Region that the figures be urgently investigated.

Some progress has been made during the last year and the M.S. Society now confirms that the number is in excess of 100,000. We feel that this is a cautious figure because if the Gosport and Fareham Survey was replicated Nationally the figure would be at least 125,000.

It is essential that we know an accurate figure if we are to succeed in persuading the Government and Health Authorities to increase their funding.

Mike Bray (the Chairman of Lymington) and the regional Committee will pursue this matter.

Swine Flu - the MS Society AGM has had its associated events cancelled to reduce any risks, but this was more of a precaution.

How does swine flu affect people with MS? (taken from MS Society leaflet)

Although the government has put all people with MS into the high risk group, there is no evidence to suggest that if you have MS you will be affected differently by swine flu than the general population. If you are on certain disease modifying drugs or are taking immunosuppressants you may be more at risk of picking up infections and you may be more severely affected by swine flu. If you are concerned about contracting swine flu you should contact the NHS swine flu information line on; 0800 1 513 513

Finally a very big thank you from all of us to Danny Glavin, Wendy Broomfield and Mark Cunningham for running the London Marathon on behalf of the Branch and raising in total between them the magnificent total of £4,500!

There are an awful lot of very kind people out there and those who support the M.S. Society are certainly amongst the kindest. Thanks from us all. For Danny it was his very first marathon.

Hoping to see you at Branch activities. Always feel free to contact us if you need support or advise

Best Wishes