

**GOSPORT AND FAREHAM  
BRANCH OF THE MULTIPLE SCLEROSIS SOCIETY**

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**SUMMER NEWSLETTER 2014**

Dear

With so much activity within the Branch it's time for another newsletter to bring you all up to date



M.S. Specialist Team – are on the move!! They are relocating on 20<sup>th</sup> May to Aerodrome House, 2 Oaklands Road, Aerodrome Road Gosport PO13 OGY. The e-mail address will stay the same :- hp-tr.MSTeam@nhs.net. Telephone 02392 681067



Hillhead Chalet – a reminder of the dates during the summer months when we shall be meeting at the Chalet - the dates are Monday 23<sup>rd</sup> June, Monday 21<sup>st</sup> July (and because we take a break in August) Wednesday 17<sup>th</sup> September.

We meet at about 11.30am until about 2pm (very informal, just drop in)

Address Wheelhouse Chalet Salterns Lane car park, Salterns Lane Hill Head PO14 3LR.

Coffee, Tea or soft drinks are provided and you can bring a picnic or we can send out for fish and chips – they always taste better beside the sea.

Do come and join us – even on a wet day the chalet is very cosy and you have some fine views of the Solent. Phone Mave on 07789 511124 if you want more details.

Craft The craft sessions will be held at the Golden Bowler on Monday June 9<sup>th</sup> with Lorraine and Monday July 14<sup>th</sup> with Rachael starting at 11am.

PLEASE ring Ruth on 07817 358672 beforehand if you would like to attend because we do need to know numbers for this.



### Quiz Evening with Fish and Chip Supper – Friday 11<sup>th</sup> July

I enclose details and a booking form for what is always a fun evening .Look forward to seeing you there!



### Summer Break

As usual we will not be meeting formally during August. This gives everyone a chance to “recharge their batteries”. The last physio session will be held on Thursday July 24<sup>th</sup> and will recommence on Thursday 4<sup>th</sup> September.

The last yoga session will be held on Tuesday 29<sup>th</sup> July and will recommence on Tuesday 9<sup>th</sup> September.



### Outing on Tuesday July 8<sup>th</sup>

There is a day trip organized on Tuesday, July 8<sup>th</sup> to Portsmouth and Southsea using a 15 seat community coach. It will leave from Fernham Hall in Fareham and our first stop will be the award winning Blue Reef Aquarium.

We will enjoy looking at the displays and learning about wonders of the deep. We can then have a picnic/snack in the the aquarium’s outdoor Blue Reef Beach Club, where there is seating in the sun – or under cover- enjoying the sea view. The second stop is the “D –Day” museum which is currently commemorating the seventieth anniversary of the “D-Day” landings, There should be time for a walk along the sea front, after which we will be heading to the Queen’s Hotel for high tea in the restaurant or terrace (both of which have views across the common to the busy Solent.

This trip will be part subsidized by the Branch and the cost will be divided equally amongst those on the trip once the final numbers are known.

If it would be difficult for you to get to the Fernham Hall , I am sure that ansport could be arranged.

For more details please contact Sian Barker (Social Secretary) on 07896-140157 - sianebarker@Hotmail.com



Sailing Sclerosis – Oceans of hope is a project to raise awareness and change perceptions of M.S. by sailing around the world with a crew including

people with M.S. The boat will be launched in Copenhagen on World M.S. Day on Wednesday 28<sup>th</sup> May. It will be visiting Gunwharf Quays between 3 – 6<sup>th</sup> July. They are keen to link up with local people with M.S. who are interested in sailing a leg of the voyage as well as linking up in relation to the in port programme. Contact [www. Seagrasscommunications.com](http://www.Seagrasscommunications.com) who are their local contact or their website is [www.sailingsclerosis.com](http://www.sailingsclerosis.com) or by facebook is [www.facebook.com/oceansofhope](http://www.facebook.com/oceansofhope)



### Result of abseiling event

Although George has more money to collect , we are already over the £10,000 mark and the majority of this money will be going to research. Look on the website to the see joy on the faces of those who took part

Well I think that's all for now (and Maves run out of pictures to insert), enjoy the summer. I'm off to North Norfolk for two weeks in August – not exactly an exotic location but a very peaceful one. After 18 years of family holidays this will probably be the last. Our eldest grandson will (hopefully) be off to medical school in September. You never know he might become a neurologist! With every good wish

Juliette