

# GOSPORT AND FAREHAM BRANCH OF THE MULTIPLE SCLEROSIS SOCIETY

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*Dear Friend,*

As the August break draws to a close its time for another newsletter to bring you up to date with what is happening in the Branch

## MS Specialist team

Changes are taking place within the team. Firstly Annabella Pearce will be returning from Maternity leave around the 21<sup>st</sup> September. Julie Gee the M.S. Nurse, who had been filling in for her was offered a permanent job elsewhere and consequently left early to take it up.

I know Julie was very well thought of by everyone who came into contact with her. We all wish her well in her new job. She has promised to pop into the Thursday physio group if she is ever in the area.

Simon Ghafur is on pre booked leave from the 8<sup>th</sup> to the 21<sup>st</sup> September, so consequently we are without cover for this period. Messages can be left on 02392 681067.

You can ring me on 02392 581406 or Julie Hawksworth on 01329 510819 who is part of the Branch Support Team, we may be able to help MS Nurse Team email [hp-tr.M.S.Team@nhs.net](mailto:hp-tr.M.S.Team@nhs.net)

## Fatigue Management Course

Many people with M.S. describe their fatigue as an overwhelming tiredness with no known cause. M.S. Fatigue is not just the tiredness experienced after a hard days work. For some people it is the symptom that troubles them the most.

There are ways of managing your fatigue so that it impacts less on your everyday life. To find out more about these strategies why not take part in one of the courses run by the M.S. Specialist Team?

The next course will take place in The Masonic Hall, Clarence Road, Gosport, PO12 1BB and starts at 1.30pm.

The dates are 23<sup>rd</sup> September, 30<sup>th</sup> September, 7<sup>th</sup> October, 14<sup>th</sup> October and 21<sup>st</sup> October - all are on a Tuesday. To book a place phone 02392 681067

### The M.S. Society and Disability Law Service

Not everyone is aware that the Society runs such a service. It promotes free confidential legal advice covering such areas as employment, disability discrimination, goods and services, community care and welfare benefits.

To contact the service you can call, write, email or submit an enquiry via the D.L.S. website to the Legal Officer.

Should you wish to receive legal advice over the phone the M.S. Legal Officer has telephone advice sessions on Mondays and Fridays between 10am and 1pm and Wednesdays between 2pm and 5pm.

To make an appointment please contact the D.L.S.:- email [misadvice@dis.org.uk](mailto:misadvice@dis.org.uk) or phone 0207791 9800 - press option 1

### Regular Activities

The physio, massage and lunch group recommences after the summer break on Thursday 4<sup>th</sup> September at 10.30am, the Yoga restarts on Tuesday 9<sup>th</sup> September at 11.00am. I hope you all saw the article in M.S. Matters on the benefits of taking part in Yoga for people with M.S!

The coffee morning "get together" restart Thursday 11<sup>th</sup> September at the Bun Penny from 11.30am.

Times, dates and venues are listed in the diary which accompanies this newsletter. You can be sure of a warm welcome.

Hillhead Chalet - The last chalet visit of the summer is on Wednesday September 17<sup>th</sup> starting at 11.30am. Haven't we

been lucky with the weather this year, but haven't the days passed by quickly?

So do come along for the last of the season. We can always retreat inside. Once again we will send out for fish and chips. Ring Mave on 07789 511124 if you need more details.

Craft Activities - The craft mornings at the Golden Bowler will take place on the following dates. They all commence at 11am and are on a Monday.

8 <sup>th</sup> September	-	making pottery
13 <sup>th</sup> October	-	glazing and painting the above pottery
10 <sup>th</sup> November	-	jewellery making
8 <sup>th</sup> December	-	something Christmassy with Rachael

Please ring Ruth on 07817 358672 to book your place as we need to know numbers; its great fun and very therapeutic.

### Fund Raising

Michaelmas Fayre in Alverstoke village on Saturday September 27<sup>th</sup>, opening at 12 mid-day.

Traditionally we always run a stall at this event and this year is no exception. I am making an appeal for homemade cakes and plants. I can collect or you can deliver straight to the stall. I can guarantee that Deli Smith's "bread pud" will be on sale together with a selection pf M.S. Christmas cards.

### PHOTO DISC LAUNCH

We shall launch our new fund raising DVD at the Michaelmas Fayre. Our son Phil has produced a superb disc "Gosport then and now", using Graham's old photographs of Gosport with each photo accompanied by a photo of how it looks now.

We are very pleased with it - it will make an ideal present for your friends and family - the cost is £5 with all proceeds to the Branch.

We also need helpers to man the stall. The Fayre is always a very happy event and gives us a chance to promote the Branch.

## Christmas Bazaar

I am loath to mention Christmas when we are still enjoying the summer but I have booked the Nicholson and David Bogue halls for our Christmas Bazaar on Saturday 6<sup>th</sup> December.

I promise no more details other than to ask if you could start to "look out" any unwanted toiletries, jewellery, toys and bottles of drink for the bottle stall etc. Our Bazaar has a very good reputation which it would be good to maintain!

### Store Collections

The store collections organised by Karen remain our main source of income and a very reliable one.

Karen has booked collections for the following dates:-

Tescos Fareham - Friday 5<sup>th</sup> September

Tescos North Harbour - Friday 12<sup>th</sup> and Sat 13<sup>th</sup> December

Please contact Karen on 07779 996004 if you are able to help even if it's just for an hour. People are very friendly and respond well to the M.S. Society as a charity.

### Abseil down the Spinnaker Tower

We can anticipate the final amount raised by this event as being over £13,000 the majority of which will be donated to research.

Our grateful thanks go to all those who took part or supported this amazing event.

### FOOT MASSAGER

We have a "Foot Massager" available to anyone who would like it. It is little use and cost £100.

Hope to see you soon

Best wishes

*Juliette*