

GOSPORT AND FAREHAM GROUP OF THE MULTIPLE SCLEROSIS SOCIETY

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Newsletter December 2018

It's December, can we say the Christmas word yet? I'm sure the shops have been selling the Christmas sweets since August. Tina was telling me she is a green triangle lady, me I'm more of a purple Brazil nut type of person. Is it the purple or "nut" part that's most appropriate, who knows?

We have a cracking New Years Dinner lined up for you this year on Saturday 12 January at the Palmerston Bowling Club. Check out the delicious menu and get your completed forms back to Juliette. Entertainment is from Karen Barnett. She sang the year before last, remember those lovely Karen Carpenter songs?

Marion, the lady who has been running the physio-led classes at our fortnightly sessions recently is offering her services for hire. Do you think she can help with your mobility? Give her a call and see how she can help.

My name is Marion and I have lived here in Alverstoke for the last 22 years with the exception of a brief stint abroad with my husband and the Royal Navy. I have 2 grown-up children and 3 dogs now my daughter Darcey has moved to London.

Having worked for the last 30 years as a physio both in the NHS and for several charities including Scope and the MS Society, I am now able to offer a local physiotherapy service to our community.

I am able to offer rehab following a stroke, or other neurological conditions.

I can help with getting mobility back after orthopaedic surgery such as hip or knee replacement.

Had a fall and need a bit of help to get your confidence back?

I am also fully qualified as a children's physiotherapist.

Fully registered with HCPC (Registration Number PH33990) and holding an Enhanced DBS certificate, I can offer home visits and am happy to have a free initial consultation with you to discuss your specific needs.

Please contact me on 07716 723839 if I can help you with any of the above.

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Thank you all who contribute each week to our Bonus Ball game run by the Hale family. If you've not yet joined give Barry a call on 01489 578257 as there are a few numbers going spare. I received my cheque in the post today as I was one of the lucky winners last week. I wonder if I can find a bargain in all these sales before Christmas?

Have you heard of the Gosport Community Lottery? It's £1 a week and you pick a 6-digit number. Birthdays are good, or you can ask the system to generate one for you. I had 2 numbers come up and I won 3 free numbers for the next Saturday draw. Keeping my fingers crossed for 3 numbers and I would win £25, mind you all 6 would be even better. Imagine what you could do with £25,000. Gosportcommunitylottery.co.uk or phone 02393 190222 and support Gosport MS if you fancy a go.

Merry Christmas one and all. Enclosed is the menu for the new year dinner and the diary for January and February 2019 and I leave you with words from Juliette Hewitt.

Hello everyone!

Firstly a very happy Christmas and New Year to you all.

As you may know, my husband Graham has had a pretty rough time of it recently - seven weeks in Queen Alexandra, followed by time in a nursing home. The aim is to get him home - the place that everyone wants to be. And after 56 years of marriage, it is where he belongs.

You will appreciate that caring for him, even with help, will take a lot of time and effort. I have come to the conclusion that I will need to cut back on some of my MS activities. The activity which takes most planning and time is preparing a cooked two-course meal for the physio sessions.

From the New Year, this will be replaced by a snack lunch such as soup and bread and cheese etc. There will still be plenty of time and opportunity to chat. It will still be a fun and sociable occasion. But as I am sure you will understand, I just need to change priorities a little bit.

I will continue in all other aspects of MS support.

Love to you all, Juliette.