

**MULTIPLE SCLEROSIS SOCIETY  
GOSPORT AND FAREHAM  
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Newsletter December 2019

Dear Friends and Colleagues

A day of thanks. I receive such a lovely heartfelt message this week thanking me for all that I do. It was much appreciated but I'm the lucky one to have met and made friends with such a wonderful crowd of people that belong to the group. As a group we are so very lucky with all those that volunteer their time to make the group such a vibrant and dynamic one. I therefore end 2019 with thanks to all of you for making the local MS Group the one that it is today.

**Stubbington Exercise Class**

Movement with Marion has moved to Stubbington from Titchfield and has undergone a name change in the process. It is beginning again on 9 January at Stubbington Methodist Church Hall, Mays Lane, Stubbington, Fareham, PO14 2ER starting at 13:15. It's still a physio-led class with the rather superb Marion and will be followed by a hot drink and biscuits. It's by Stubbington Carpets in Mays Lane with parking at the front. You can also park in front of the church entrance which is reached by Burnt House Lane. There is then a footpath past the church to the hall entrance in Mays Lane.

**Craft**

Ruth has lined up Pottery Painting on 13 January and Tracey will be with us on 10 February making some more polymer clay jewellery. Do let Ruth know on 07817 358672 if you would like to attend. We only have 10 spaces available and if you don't let her know in advance, we can't guarantee a space for you.

**Zumba**

Still the same day and place but we'll be starting 15 minutes later when it begins again on 15 January 2020. I hope Robin doesn't forget his dance moves while he's away from us all. I will never think of the song 'Fame' the same way again.

**Information Day 18 January 2020**

Alton and Petersfield MS Group have organised an Information Day at Holiday Inn, Winchester, SO21 1HZ on 18 January 2020 between 11am and 3pm. Lunch and refreshments will be provided. Two talks from leading professionals, Prof Paul Eggleton and Doctor Lucy Moore about the promising future of MS Treatments. Book now on Eventbrite, search for "MS Information Day Winchester". Contact is [marionironman@sky.com](mailto:marionironman@sky.com).

## **Moots**

Strawberry Field Moot with Tina has moved from a Wednesday to a Tuesday when Yoga isn't running. This will be 28 January and 25 February for the start of 2020. There's a discount on the food and coffee. Angie has a Valentine's Moot at Poppy's Tea Room from 11:00 to 14:00 on 11 February. Do join either moot if you are free, you would be most welcome.

## **Flag Collection**

We have a flag collection on Saturday 1 February at ASDA Speedfield Plark, Newgate Lane, PO14 1TT. Steve is away on holiday but do let George know, 07825 410680, if you can lend a hand for an hour. It's the first time we've managed to obtain a slot at Newgate Lane ASDA so fingers crossed it's a good day for the group.

## **MS Nurses**

We are blessed with a rather fantastic team of MS Nurses. Amy, Simon and Carly. They even have their very own Facebook page these days, purely to give out information on their service, not to correspond with you. Follow and Like "Multiple Sclerosis" if you are on Facebook and want to be kept up to date. If you don't see the nurses on a regular basis but feel they may be of help give them a call on 02392 681067. One of the admin ladies will answer the call but they will pass on your details to one of the nurses to call you back. I'm told they are up to date now following the period they were short staffed after Annabella left.

## **Facebook**

Talking of Facebook, have you joined "Hampshire MS Support" yet? It's for people who suffer with MS run by people with MS. It's a private place to ask questions and make new friends. You will be asked questions by the admins before you can join the group but it's a great source of information and advice.

## **CAB and filling in forms**

Filling out those ESA, PIP and UC forms are a "total joy"! With the help of Lorraine and Gill I've managed to get more of an understanding on what the local CAB offices can do to help us complete the forms.

Fareham CAB, admin 01329 237121 advice 03444 111306, have a few drop-in clinics around Fareham, such as at Highlands Hub, where you can have a 10-minute chat with a person from CAB. They would make an appointment for you to visit Fareham CAB Offices to help you complete the form. You could also ring up and make an appointment to attend at the office, or if you are housebound ask that they visit you in your home.

Gosport CAB, 0300 3309031, have appointments on a Wednesday for you to attend their offices and for them to complete the form with you. Morrisons car park is the nearest car park, you can park there for 2 hours which should give you enough time to attend the appointment. The other advisors can complete the forms on another day of the week but

that's more a case of sitting there and waiting for someone to become free. In these circumstances it may take over the 2 hours and I wouldn't suggest parking in Morrisons. If you are over the age of 55 Gosport Voluntary Action, 02392 583836, next door to the CAB Office in Gosport, have a couple of advisors who can complete the forms. Again, you would need to ring to make an appointment.

This left me a bit stumped with the housebound of Gosport until a lovely lady, recently retired and now volunteering with CAB, volunteered to go to people's homes and complete the benefit forms there, provided she's not away on holiday of course. If you have a PIP or ESA or indeed a UC form to fill in and need help but can't get to the Gosport CAB offices give me a call on 07974 660461 and I will ask Evelyn if she could visit and help you complete your benefit form. She's such a wonderful lady she will also drive into Fareham to assist people.

I'm very grateful for all the hard work Lorraine and Gill have done to gather this information for you. Thanks ladies.

### **Lead Support**

Have you met our new Lead Support Julie Hawksworth? Julie has taken on the role following Juliette stepping down in the summer. Julie is an MS sufferer herself and lives in Fareham with her husband and daughter.

Do give Julie a call on 07812 997178 if you feel you need emotional support. Do you need a grant for much needed equipment or a respite break? If you feeling you are struggling with a new diagnosis or the ever-changing nature of MS the group offers a course of counselling. Sue is the lecturer in our "How we Think" Workshops (old name Mental Health Workshops). She works from her accessible bungalow. Ring Julie for information about financial and emotional help or counselling.

We have access to 2 rather talented physiotherapists. If you are struggling with loss or impaired function, we can arrange for one of the physiotherapists to visit you in your home and for them to assess if physiotherapy can help. Again, give Julie a call and she can speak to one of the ladies.

### **Mosaic Artwork**

A friend received a grant from Postcode Lottery for groups to produce some Mosaic Artwork. He has one project left to complete and I've been volunteered. I will be asking for some help at some point during early 2020 to play around with some glue and mosaic tiles but it's going to be such fun, honest!

### **Finally**

Tina and I have arranged various activities for you next year. Put 4 April 2020 in your diaries for our Easter Eggstravaganza. We hope to resume our Saturday morning cinema outings on 25 April with "Yesterday". Do let us know what films would interest you but we have Fisherman's Friend and Peanut Butter Falcon in mind for the months ahead. I did so

enjoy the Polymer Clay Jewellery making in Craft recently I thought it would be great to bring it to the ladies that worked during the day. Tracey has kindly agreed to run an evening class and I've a Monday in the pub in mind. Would you like to join us? Watch this space!

Wishing you all a Merry Christmas and a, healthy as can be, Happy New Year. Thanks Tina for organising an excellent Christmas lunch and I see that Strawberry Field Moot is on 25 December....I hope Tina realises I don't eat meat! Our activities start again with Pilates on 6 January 2020. The calendar for January and February is enclosed and I do hope to catch up with you at some point in the new year.

Best wishes to you all

Jenny