

GOSPORT AND FAREHAM BRANCH OF THE MULTIPLE SCLEROSIS SOCIETY

From the Secretary – Juliette Hewitt, 11 Beech Grove, Gosport,
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Dear Member,

February 2016

I hope its not too late to wish you all a very Happy New Year!

2016 has certainly started on a positive note. The Panorama programme, which showed how a stem cell trial in Sheffield had transformed the lives of some people with highly active relapsing M.S. not only showed promise but has also put M.S. very much in the eye of the public.

Those who took part in a recent store collection found that people wanted to comment on the programme and seemed more aware of the facts regarding MS.

Many members have made the point that it's great news but too late for those who have the progressive form. It seems that the M.S. Society nationally has been bombarded with this comment.

In response an email has been sent out from the head of clinical trials to say that there are several ongoing trials for treatments that could stop or slow M.S. progression, which the society is playing a big role in funding.

Since the programme another study has shown that a cheap epilepsy drug already prescribed on the NHS could prevent nerve damage in people with MS. If the findings are confirmed by larger studies it could lead to a new treatment that protects nerves both in optic neuritis and throughout the central nervous system. This would be beneficial for all types of MS

There's an old saying that "every disease has its day". When you think of the diseases that were rife many years ago and are now unheard of perhaps it's the turn of Multiple Sclerosis!

M.S. Specialist Nurse

The other good news is that interviews are currently taking place to find an additional part time M.S. Nurse.

This will ease the work load on Annabella & Simon & aid access to their expertise.

Practice Nurses

The Practice Nurses from Gosport & Fareham are holding a conference on the 3rd March. Graham & Mave have been asked to man an information stall and to take part in discussions. Involvement of this kind will aid awareness in GP Practices.

M.S. Life (advance Information)

The M.S. Life Conference will be taking place in London on the weekend of the 17th/18th September this year. This is the first time in several years that the

conference has been held in the south, so it's a great opportunity for people from our area to take part. Do look out for further booking information in M.S. Matters.

M.S. Life 2016 will be Europe's leading M.S. lifestyle and information event – so look out for it!

Fund Raising

We have permission to have an information stall and collect on Saturday 19th March in Fareham Shopping Centre. If anyone is able to help collect and man the stall even for an hour could you please contact George McAleese on 07825 410680.

M.S. Awareness week begins on Monday 24*-

April. George has booked a stall in Gosport High Street on Tuesday 25th April, which is a market day.

We will be selling books, bric-a-brac etc plus displaying information items. If you are able to help please contact George.- phone 07825 410680

Lets hope that Gosport High Street does not prove to be too much of a “wind tunnel” on the day.

Sponsored Walk

Some friends of Di Coggan (known as the “Port to Port Plodders) are doing a sponsored walk from Portland to the Gosport Ferry in late June. This is to be our main fund raising event of the year.

More details later, this is just some advance information.

Fatigue Management.

Simon Ghafur (MS Practitioner) has programmed a 6 week Fatigue Management course at the Masonic Hall, Gosport on Thursday afternoons (1.30 to 3.30PM) on April 21st, April 28th, May 5th, 12th, 19th and 26th

please ring Simon on 923 9268 1067 or Email : hp-tr.msteam@NHS.net

Citizens Advice Gosport

If you feel you are paying more than you need to for your energy supply Citizens Advice Gosport are offering you help in choosing the best energy deal.

Please contact Valerie Kelly on 02392 604605 or email

bom@gosport.cabnet.org.uk

Web Site

Don't forget to take a look at our excellent web site which is brilliantly masterminded by Jenny – latest news, activities and photographs.

www.gosportandfarehamms.co.uk

Finally a reminder that you will be made very welcome at all our regular events listed in the recent diary I sent out. I realize that I missed out the yoga session on Tuesday March 22nd. There's nothing as boring as perfection!!

Very best wishes Juliette

