

# GOSPORT AND FAREHAM BRANCH OF THE MULTIPLE SCLEROSIS SOCIETY

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

A very Happy New Year. I hope you had a good and not too tiring Christmas.

Our grateful thanks to all those who helped and/or contributed to the Christmas Bazaar, we managed to make £1,000 on the day in spite of the icy conditions and the fact that the “heavens opened” just as we were about to open.

## **M.S. NURSE SPECIALIST**

Sadly we start the year without an M.S. Nurse as Sheila Chartres has decided to retire. I'm sure you all send her good wishes for a happy retirement. We have been assured that there will be a replacement and will be keeping an eye on events.

Meanwhile for those on Disease Modifying Therapies, who have a problem, please contact the M.S. Nurse Carrie Day on 02380 796864.

## **RESPIRE AND SHORT BREAKS UPDATE**

This month the M.S. Society launches its new Short Breaks & Activities Fund. £500,000 of grants will be made available to people with M.S. and their carers to help them access a broad range of short breaks or respite care. The new fund is administered through the grants team at the M.S. Society's National Office in London.

All requests will need to be accompanied by a letter of support from an appropriate health or social care professional. For more information contact the Grants Team at the M.S. National Centre on 020 8438 0700. Any problems contact me.

## **OFFER OF ADVICE TO ANYONE WORKING WITH MS**

Mike Kreindler worked for Boots the Chemist for 15 years following his diagnosis with M.S. During that time he built up a considerable amount of knowledge and expertise on living with a disability and wanting to work. He is very happy to talk to anyone in the Branch who is having problems coming to terms with their situation. You can ring him direct on 02392 554129.

## **GUIDE TO BENEFITS**

For those of you with internet access there is a basic guide to benefits as of 11<sup>th</sup> November 2010. Dozens of different benefits are available to claim in the U.K. but some are better known than others. Please log on to:

<http://www.bbc.co.uk/go/em/fr/-/news/business-11717254>

## **REGULAR ACTIVITIES**

Included with this newsletter is a diary of events setting out all our regular activities. Could you please keep it somewhere safe, perhaps on the fridge as suggested! You can be sure of a warm welcome.

## **FUND RAISING**

Our Fund Raiser Karen has organized collections at:-

Sainsbury's Broadcut Fareham for the weekend of 2<sup>nd</sup> and 3<sup>rd</sup> of April.

Please phone Karen on 07779996004 if you are able to help. It's very enjoyable and you meet lots of nice people!

## **THE RAINBOW CENTRE FOR CONDUCTIVE EDUCATION**

The Rainbow Centre helps children with cerebral palsy to maximize their abilities. They also treat some of our members.

They have asked us to join in their "Marathon in Installments" fund raising activity and will share the proceeds with the Branch.

It's rather complicated to explain so I have photo-copied their leaflets. It's an excellent way of getting fit and helping two very worthwhile charities. It is of course open to family and friends.

## **WHEELHOUSE CHALET**

It shows we must be starting to head towards spring that the first Chalet date is in our listing! We had to book early this year as dates were going fast, as it's so popular now with groups.

This year's dates Weds 18<sup>th</sup> May, 15<sup>th</sup> June, 13<sup>th</sup> July and 14<sup>th</sup> Sept.

We will be sending out for fish and chips on the day, tea and coffee available. Ring Mave on 07789 511124 if you need more details.

## **A MESSAGE FROM OUR CHAIRMAN**

George has been donated the contents of Gosport's last remaining book shop. They are now filling his son Davids's garage!

He is hoping to organize a couple of book stalls in Gosport High Street during the Tuesday and Saturday of M.S. Week 2011, which runs from Monday 23<sup>rd</sup> May to Sunday 29<sup>th</sup> May> This is instead of the last week of April as previously advised because of the Royal Wedding!

Hoping to see you at some or all of our events. Remember we're always there to help

Best wishes