

GOSPORT AND FAREHAM BRANCH OF THE MULTIPLE SCLEROSIS SOCIETY

**From the Secretary – Juliette Hewitt, 11 Beech Grove, Gosport,
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January 2013

Dear

A Happy New Year to everyone. I hope you had a good and not too tiring Christmas. Also that you managed to keep clear of all the bugs that seem to be flying around at the moment.

I feel proud to be able to tell you that the Branch recently donated £12,000 to the Myelin Repair Project. £10,000 of this was raised through the sponsored Tandem Sky-Dive which was inspired and organized by, our Chairman, George McAleese, the balance coming from Branch funds.

Christmas Bazaar - This event raised £847 a slightly lower amount than usual as the hall next door had also been let out on the same day for a similar event. They also had a Father Christmas in his grotto! So as you will gather there was a lot of competition! Nevertheless it was a good amount of money to raise. Our grateful thanks to all those who helped and donated goods for sale. Don't forget to put aside those unwanted Christmas gifts for this years Bazaar.

Events Diary – Enclosed with this newsletter is a diary of all our regular events such as the physio, yoga and craft. Annabella Pearce (M.S. Nurse Specialist) will attend the physio group on the 21st February, 21st March, 18th April and 16th May when she will be available for anyone who wishes to see her.

Meanwhile the search for a second M.S. Nurse carries on. Our Chairman George together with other Branches and the PCT are aiming to establish a full time position working with Annabella.

The PCT have recruited an administrative position to take all referrals to Annabella whilst she is out working in the Community, so you will hopefully get to speak to a person -not an answer phone.

M.S. Information Day – Saturday 26th January at the Holiday Inn, Telegraph Way, Winchester SO21 1HZ. There will be light refreshments from 12.15pm and speakers from 1pm – 3.30pm.

They will speak on the role of Vitamin D in M.S. and M.S. Society Research Projects.

To book your free place contact David Light by 18th January. Places are apparently being quickly filled phone 02084 380780 or email Dlight@mssociety.org.uk

Family and Friends – Saturday 9th February at Gosport Masonic Hall, Clarence Road Gosport PO12 1BB. Two free workshops on Well Being and Changing Relationships for people living with friend or relatives with M.S.

Note - You may have had a direct mailing sent to you about these events – this is just a further reminder and bit of promotion –

Equipment – The Branch has been given two items of equipment in excellent condition. An Arjo Trixie battery operated hoist and slings which can be folded down to transport. & a Milford person Lift – this has been designed for lifting people from their wheelchair into a vehicle and out again. It fits most 4 door cars and all two door ones. It also comes complete with sling. Contact me if interested.

Fund Raising

Karen has been busy booking store collections for 2013 and has obtained the following dates:

Morrison's - Gosport 9th February

Asda - Gosport Saturday 2nd March

Tesco Whitely – Saturday 27th April

Sainsbury Broadcut Fareham – Saturday 18th May – this is always a good venue.

If you can spare an hour or two please contact Karen on 01489 570450. You are under cover at all of these stores and the public always respond very positively to our cause. Also you meet some very nice people.

Pamper Day – Stubbington Community Centre Saturday 20th April. Back again by popular request and one just for the ladies I'm afraid. On second thoughts some of the men might thoroughly enjoy some of the treatments! More details nearer the time.

Paul Turner – Paul is a great supporter of the Branch and will be running the London Marathon on our behalf this year. He hopes to raise at least £2000. He needs all the support he can get so if you feel you would like to sponsor him let me know and I will provide a form or a link to his fund raising page is <http://uk.virginmoneygiving.com/PaulTurnerRuns>

Coffee Mornings – There will be no coffee morning at the Golden Bowler on Thursday 17th January. The majority of those who usually attend will be at the funeral of our dear friend Grahame Miller- this will take place at Portchester Crematorium at 11.30am.

Concert – Warsash Choral Society (to which two of our members belong) are staging a concert on Friday 22nd March at St Mary and St Margaret Catholic Church, Middle Lane Parkgate starting 7.30pm. The programme consists of Mozart's Mass in C and Requiem by Faure. The concert is free but donations will be divided between the Church and the M.S. Society.

Spring is not too far away and I noticed last night that the evenings are beginning to get lighter, and we have even got our first date for the Chalet booked – Monday 27th May (I will remind you later)! Look forward to meeting you at our various activities during the year.

I hope you find something of interest in this Newsletter.

With very best wishes