

GOSPORT AND FAREHAM BRANCH OF THE MULTIPLE SCLEROSIS SOCIETY

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Dear Friend

First of all a belated Happy New Year! This newsletter is coming rather late because I have been waiting for some dates to be confirmed.

Apologies for mentioning Christmas but just to let you know that we raised £800 at our Christmas Bazaar. Our grateful thanks to all who donated and helped on the day.

Physio group at St Marys Parish Centre Alverstoke Gosport. Either Annabella or Simon (from the M.S. Specialist Team) are planning to attend the physio sessions on Thursday February 19th, March 19th and April 16th. They will try to avoid any changes at short notice.

Anyone wishing to see them for advice etc should come along to the Parish Centre on these dates (from approx 10.30 – 12 noon)

Fatigue Management Course 2015

Many people with M.S. describe their fatigue as an overwhelming tiredness that cannot be attributed to anything in particular.

Some have described it as like “having the plug pulled out”. Its not just the tiredness experienced after a hard days work and for some people it’s the symptom that troubles them most.

There are ways of managing your fatigue so that it impacts less on your everyday life. To find out more about these strategies why not take part in the course being run by the M.S. Specialist Team?

The course will take place in the Masonic Hall, Clarence Road Gosport PO12 1BB. Its starts on Tuesday April 14th and will run each Tuesday until the 19th May. To book a place phone 02392 681067.

Talk on Continence on Wednesday 22nd April – starting 7pm at St Mary’s Parish Centre Green Road Gosport PO12 2ET.

Contenance – a subject no one wants to talk about but which features very much in the lives of some people with M.S.

Lornie and Adele (who is a nurse) will first of all give a general talk on their products and will then give advice to people individually and privately.

Their aim is to give information on what is available to help maintain people's independence and sense of control. They are not seeking to make a sale as Coloplast products are available on prescription.

Lornie and Adele came along after one of the physio sessions and it was obvious that more people would have liked advice than we had time for. Hopefully the evening will provide the opportunity for them to reach more people.

The two ladies really impressed everyone by their enthusiasm for their subject and their approachability. I have booked the hall until 10pm so feel free to drop in at any time during the evening. Refreshments will be served.

Fund Raising

Pamper Day – rather advance notice but Karen has booked Crofton Community Centre on Saturday 25th April for another of the very popular Pamper Days. More details nearer the time but meanwhile do put the date in your diary.

Zip Wire

The M.S. National Centre have organized a fundraising Zip Wire Event at Bethesda North Wales on Saturday 18th July. This is the longest and fastest Zip line in Europe and a number of our Branch Members have already signed up to take part.

Full details of the event are on our Website and should you wish to take part please contact George (our chairman) on 07825 410680.

Easy Fundraising

This has raised nearly £500 for us

By shopping online, thousands of stores including Argos, Amazon, Play.com, M&S, Toys R Us, etc.etc. donate a cash percentage to our branch.

It is so easy to do and it's free so please do it and save the website on your favourites to use all year. Ideally, make it a shortcut on your desktop to remind you to use it. <http://www.easyfundraising.org.uk/>

Social Events

Theatre trip – some people have shown an interest in going to see “Barnum” when it arrives at the Mayflower Southampton between Tuesday 9th – Saturday 20th June.

I know many people enjoyed last years summer outing to Beaulieu. If anyone has any thoughts on where they might like to visit this summer or are interested in seeing Barnum contact Sian our Social Secretary on 07896 140157 or email her on sianebarke@hotmail.com. Its good to have something to look forward to!

Free Driver Awareness Workshop – This is to be held at the Thorngate Hall in Gosport on Friday 27th February from 10am to 12.30pm. This is aimed at drivers who are 60 years or older and forms part of Hampshire County Council “Driver Skill Scheme 60+.

The workshop will aim to update Highway Code knowledge and give advice on all aspects of driving including medical conditions and eye-sight requirements.

People living in Fareham are also able to attend. For enquiries or to book your place contact the Hampshire Road Safety Team on 01962 846100 or email road.safety@hants.gov.uk

Activities – our regular activities are listed in the diary up until the beginning of April. You can be sure of a warm welcome.

Best Wishes

Juliette