

# **GOSPORT AND FAREHAM GROUP OF THE MULTIPLE SCLEROSIS SOCIETY**

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Dear member

Welcome to the Spring newsletter. There are lots of events happening in the group over the next few weeks on which I need to keep you informed.

Firstly a message from David Light our Local Networks Officer (England – South):-

“You may be aware that we are making some changes to the way the M.S. Society delivers services and support locally, following a two-year period of consultation with staff, volunteers, committees and people affected by M.S. These changes are being introduced to ensure that we continue to attract the volunteers and funds we need to enable us to continue to deliver the vital services and support that people want.

These changes were voted on and approved by M.S. Society members at last September’s AGM. Therefore in 2017 you will see some changes to the way branches work and the language we use.

What this means to your branch:-

Some of the terminology we use is changing.

As agreed last year, all local groups will stop using the word branch – and will be known simply as M.S.S Derby or M.S.S Belfast, for example.

Collectively we will be referring to branches as groups. You might notice the use of this language in M.S. Matters and in other M.S. publications.

What we have referred to as the committee will be known as the coordinating team.

This team will be led by a group coordinator, which replaces the chairman, with support from the finance volunteer (was the treasurer) and other roles, as fit the needs locally.

To reduce the bureaucracy of running a group there will no longer be a requirement for groups to elect key volunteers or hold an annual general meeting every year. Groups can run an AGM, but it won’t involve elections. Instead it will be an opportunity to review work done in the past year,

discuss plans for the coming year and get feedback from you, the members, to help in forming those plans.”

So, as for us in Gosport and Fareham, nothing will really change other than the terminology and doing away with elections. Coordinators will from now on be “selected” not “elected”. These new rulings are part of a wider range of changes happening across the M.S. Society. So watch this space!!

### **Fatigue Management**

Simon Ghafur (the M.S. specialist) has organized another fatigue management course every Thursday for six weeks between 1.30pm and 3.30pm starting on June 1st, June 8<sup>th</sup>, June 15<sup>th</sup>, June 22<sup>nd</sup> and June 29<sup>th</sup> ending on July 6<sup>th</sup>. If you would like to attend, contact Simon on [Simon.ghafur@southernhealth.nhs.uk](mailto:Simon.ghafur@southernhealth.nhs.uk). The venue is the Masonic Hall, 5 Clarence Road, Gosport, PO12 1BB.

### **Children’s Educational Day**

Annabella Pearce and Amy Harbour are hosting a children’s educational day on April 8<sup>th</sup> at St Francis Church, Clayhall Road, Alverstoke, Gosport, PO12 2AX between 2.30-5pm. The day involves educating and empowering children to understand the science and theory behind M.S. and allowing them to understand why their parents are experiencing a variety of symptoms. Designed by experts, it includes drama and is aimed at 6-12 year olds. Telephone 023 9268 1067. This will be on a first come, first served basis.

### **Library Gettogethers**

Organised by Jo Bardall, at Gosport Discovery Centre. Don’t forget these sessions on the third Wednesday of every month between 2pm and 4pm. The venue is very accessible. Any queries contact Jo on 07758 699080.

### **Hillhead Chalet**

It doesn’t seem possible but it won’t be long before it’s time for our monthly dates at the Hillhead Chalet. These get togethers are all on a Wednesday from 11.30am onwards and are on the following dates this year :- May 10<sup>th</sup>, June 28<sup>th</sup>, July 12<sup>th</sup> and September 13<sup>th</sup>– booked by Mave. Usual format – fish and chips for those not on a diet, or bring your own picnic for those that are.

Address is The Wheelhouse Chalet, Salterns Lane, Hillhead, PO14 3LR (It’s basically as you drive into the car park, disabled loo inside and heating if it’s cold!)

### **Open House/Cake Break**

I enclose/include a flyer with this newsletter giving details of the open house which Siân Barker is kindly holding for us. Please come along and give her your support. If fine, it will be held in her newly-accessible garden.

Advance notice – Siân who is also our social secretary has booked an adapted coach for a day trip on Wednesday, June 14<sup>th</sup>. The day will end as usual with a cream tea. More details later as we are still doing the research as to where to go!

### **Fund-raising**

Steve Irving, our fund-raiser, has organized a store collection at Sainsbury's Broadcut, Fareham on Friday April 7<sup>th</sup>. We will be in the foyer and the Sainsbury's shoppers are very friendly and generous. Even if you can only manage an hour, we would be very grateful. Contact Steve on 07976 054003

### **Jo's Blog**

A reminder that Jo's blog can be found at [www.mysocietyuk.wordpress.com](http://www.mysocietyuk.wordpress.com)

### **Power Chair**

I have had an email from a member to say that he has a power chair available free of charge. The chair is a YOU-QXT bought from GMA in Southampton. It cost in excess of £6,000. The seat rises to some considerable height and it also fully reclines. It was built to its original owner's specification. He was 5ft 7inches tall. If you think the chair might be suitable for you, please contact Roly Dumont on [compodumo@gmail.com](mailto:compodumo@gmail.com). He lives in Fareham.

### **Regular Activities**

Don't forget our regular activities such as physio, yoga and craft. All of these are in the enclosed diary, and you will be made very welcome.

### **Finally an amusing scenario!**

I'm always trying to encourage people to help with store collections by saying how pleasant and friendly it can be. Well, it can also be very amusing. When Graham and I were collecting together recently, a lady approached Graham and asked me if she could give him a kiss. I said yes and thought "help yourself!" Then she told Graham "It's four years since we lost Wally, you know!" Graham replied "Is it really? It doesn't seem possible!" I was intrigued. After the lady departed, I asked Graham "So who was Wally then?" He replied "I haven't a clue!"

Such a diplomat, my husband!

Hope to see you soon

Very best wishes

Juliette