

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

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**Newsletter March 2019**



As I sit down to write this, I've just come in from a lovely walk around Alver Valley with Eliza. I count myself very lucky to have such a beautiful place on my doorstep and that I have a scooter that allows me to get out the house and explore the places around where I live. It always brings a smile to my face when I spot the cows in Highbury Meadow.

OK, that isn't quite correct I first sat down and checked the diary for March and April was correct, to make sure I haven't missed anything. Boy, we do have a busy couple of months ahead. I do hope you spot something that interests you.

**Research Matters**

Let me start with the rather fabulous Research Matters on Friday 29 March starting at 7pm sharp at Crofton Community Centre. Dr Sorrel Bickley, Head of Biomedical Research at MS Society will be giving the talk and answering questions. The event is free but we do ask that you purchase a ticket so we can keep an eye on numbers. You can find the link to Eventbrite on our website. <https://www.eventbrite.co.uk/e/research-matters-talk-from-the-ms-society-research-team-tickets-55987928401>

If you don't have access to a computer but would like to attend, do give Steve, the event organiser, a call on 07976 054003 and he will ensure a ticket is allocated to you.

## MOOTs

A lady called Lorraine has recently joined the Pilates class and felt like she could help those local to her with MS by arranging a coffee morning at Highlands Hub, what a wonderful idea. Do you live in the Highlands area and fancy joining Lorraine for a coffee? You know me and my MOOTs, well its now been named the Highlands Hub MOOT and will meet on the first Wednesday of month between 11:30 and 14:00. The Highlands Hub, 103 Highlands Road, Fareham, PO15 6HZ. Hope to see you there sometime. Our MOOT family is growing, Jo, what have you started? Jo is still running the Discovery Centre MOOT on the 3<sup>rd</sup> Wednesday of the month and the Westbury Manor Museum MOOT on the 2<sup>nd</sup> Wednesday of the month. We also have Tina hosting the Strawberry Field MOOT at Locks Heath on the 4<sup>th</sup> Wednesday of the month and lastly we have Di and Penny who host the Golden Bowler MOOT on the 1<sup>st</sup> Friday of the month. Different times and places around the Gosport and Fareham area, hopefully connecting with more people suffering with MS in our gathering of like minded souls.

## Flag Collections



It was great to meet so many kind souls at Tesco, Grange Road Flag Collection in February. We do seem to be given a fair few days over the next couple of months, can you help? On Saturday 9 March we are collecting at Tesco, Whiteley, PO15 7LL, Saturday 23 March at ASDA, Gosport, PO12 1SH and Friday 12 April at Tesco Bursledon, SO31 8GN. If you can spare an hour to help, please contact Steve on 07976 054003. The people you meet are so kind and it feels great when you engage with a newly diagnosed person and are able to make them feel less alone.

I can't forget young George (he has one of those special birthdays this year and no it's not his 21<sup>st</sup>). The MS Trust have an MS week near the end of April and George will be collecting on his MS Stall, on 23 April, in Gosport High Street. Do you have items you would like to donate? Can you lend a hand on the day? Give George a call on 07825 410680.

### **Ritz Cinema**

Have you ever tried the Ritz Cinema at St Vincent College? We thought we would give it a go; do you fancy joining us? We will be seeing Bohemian Rhapsody on Saturday 6 April between 10:30 to 12:30. There is room for 8 wheelchairs at the front and 3 further rows behind, each up a step. The barrier at St Vincent should be up, drive through the watch tower entrance, turn right past reception and turning left you should find disabled parking and electrically operated glass doors which lead to the cinema room. Contact Tina on 07970 539235 if you would like to come so we can allocate seating with the college. The cost of a seat is £3 payable to Tina.

### **Movement with Marion**

Movement with Marion had its first class on Thursday. We had some seated, a bit of floor work and standing as well. Marion watched Nikki's yoga class earlier in the week to see how all abilities could be accommodated. I've now added these classes to the diary, please do join us if you can. I appreciate sometimes the mind is willing, but the body has other ideas, but I do like the MS slogan, "Move more with MS". Co-op in Lee on Solent have kindly donated the tea, coffee and biscuits and there is a suggested donation of £3. Do join us on 7 March at Titchfield Community Centre from 13:15. It's the long white building at the bottom of the car park.

### **Dont MS with US**

The group, Dont MS with Us, are having a fundraiser for MS. It's An Evening with Jenny Docherty - medium. I have my ticket. Friday 5 April at The Holiday Inn, Cartwright Drive, Titchfield, PO15 5RJ. Give Jan a call on 07742 400242 to purchase your ticket, which are £10 each.

### **Chalet**



The Chalet trips begin again on 1 May. We meet at Wheel House, Salterns Lane, Hill Head, PO14 3LR between 11:30 and 14:00 for a chat, fish and chips by the seaside and even some quiz questions. Do join us if you can. Any questions contact Yvonne on 01329 286207.

### **Pam's Bonus Ball**

Have you heard about the Bonus Ball game started by the late Pam Hale. It has raised £10,000 so far, how amazing is that? In honour of Pam it has been renamed Pam's Bonus Ball game and the Hale family are still running the games. Do you want to join in with the fun? The numbers 13, 25, 28, 29 and 30 are free at present. Give Barry a call on 01489 578257 or email him [finbarhale@btinternet.com](mailto:finbarhale@btinternet.com). Its £1 a number each week. Barry collects the money quarterly or you can set up a standing order yourself. When you contact Barry he can tell you where we are in this quarters cycle. If your number is the Bonus Ball in Saturdays Lotto game you win £25. Eliza bought a supply of doggy treats when her Bonus Ball number was picked, always thinking of her stomach!!!!

### **Collection Tins**

Steve is looking for suggestions for places for his collection tins. Can you help him? Can you suggest a place that Steve can investigate to see if they would like to have one of our tins on their counter? Contact Steve on [irvingfam@btinternet.com](mailto:irvingfam@btinternet.com) or 07976 054003. Your help is much appreciated.

### **Adventure Holiday Anybody**

Calvert Trust Kielder have sent me a flyer about their holidays for people with MS. Would you love the opportunity to take a break, try new experiences and challenges, or simply relax in the peace and tranquillity of Kielder Water and Forest Park. Family, friends and carers are welcome to come along and enjoy the fun. 10-17 June and 30 September to 7 October. Contact them on 01434 250232 or email [enquiries@calvert-kielder.com](mailto:enquiries@calvert-kielder.com) for availability and prices. They have also sent me a list of places you can apply for funding should you be interested.

### **Physiotherapists**

I have been contacted by LBhealthcare Physiotherapy, Gull Coppice, Yew Tree Drive, Whiteley, PO15 7LS based in Whiteley, offering their services for people who suffer with MS. They have a medical gymnasium and heated indoor pool for hydrotherapy. Please note I do not personally know the team of physiotherapists and cannot vouch for the treatment you will receive. The MS Therapy Centre, 56 Hewett Road, Portsmouth, PO2 0QP also provide help for people with MS. Sandra and Audrey both work at the Therapy Centre. The Centre also offers oxygen therapy, have you tried it? I found the neurophysiotherapy department at War Memorial in Gosport to be excellent

myself. I just phoned the MS Nurse team and spoke to one of the MS Nurses who referred me. Did you know they can refer you to various other departments such as the continence team if you are having problems. Give them a call on 02392 681067 and leave a message. One of the team will call you back.

### **Future events**

You know me, always planning ahead but I just wanted to let you know about a Race Night Fundraiser on Saturday 18<sup>th</sup> May. Wooden horses, dice and a buffet. Steve is the compare and I've suggested he start watching day time TV so he acquires the skill of an auctioneer to sell the horses and then, the lingo from the racing channel as he counts the horses towards the finish line. Join us with friends and family if you can at Lee on Solent Community Centre, I'm sure it will be lots of fun.

Fatigue Management will also be running for 6 weeks starting on Monday 1 July at 13:30 at Lee Community Centre. Let Simon know that you hope to attend by calling the team on 02392 681067. We are using a new venue, Lee on Solent Community Centre, the activities room towards the front of the building.

Hope to meet you soon

Jenny