

**MULTIPLE SCLEROSIS SOCIETY
GOSPORT AND FAREHAM
gosportandfarehamms.org.uk
gosport@mssociety.org.uk**

Newsletter May 2020

Dear Friends and Colleagues

What a glorious spring bank holiday we had. Mind you I'm even more confused these days over what the day is let alone the fact that's it's a bank holiday.

Activities

I'm not sure when we will return to meeting face to face but our wonderful instructors have adapted amazingly well and can now provide the classes online through either video or zoom. The local group are funding the classes but any donations you wish to make would be gratefully received but are not necessary for you to take part in one of the classes.

You can download zoom from zoom.us for your PC or find the zoom app by Meet Happy for your tablet or phone. It allows you to see both the instructor and other participants for both exercise or a chat. The groups meeting ID and password are as follows:

Meeting ID: 899 1972 3519

Password: GosFarMS

All of our activities will begin at 11 in the morning and are as follows:-

Tuesday – general chat, a zoom moot you could say

Wednesday – Seated Zumba Gold with Robin

Thursday – general chat, another zoom moot

Friday – Chair Exercise with Audrey, like our normal physio class

Helen, our Pilates instructor, is providing the group with 3 30 mins videos a week, 2 to be performed on the floor and the third standing or sitting in a chair. She provides the videos on a Monday, Wednesday and Friday during the week and I will email the videos to those in the group that are interested.

Please email gosport@mssociety.org.uk if you wish to receive these videos.

As we can't have you complete the health and safety forms the MS Society have asked that we share the following disclaimer at all points of access to our exercise classes.

STREAMING FITNESS ACTIVITIES DISCLAIMER.

LIVE OR BY VIDEO

- The session is not tailored to any specific needs
- The session is designed for guidance, motivation and educational purpose only
- No information should be taken as medical or professional health advice
- Each person taking part in the session, should assess the activity and determine if it is appropriate for them
- Each person taking part in the session, is responsible for ensuring they have appropriate space, facilities and practical support as needed
- Each person taking part in the session, is responsible for ensuring that any equipment they use for the activity is suitable and sufficient

The group also have a WhatsApp group, G&FMMS virtual moot, where we share jokes, useful bits of information and can ask questions. People have been posting lovely pictures of their pretty flowers in their gardens recently which puts my lone rose to shame. You can join in by following the link on your mobile phone. <https://chat.whatsapp.com/EzmyrvCLfuO2cEBCT4qq2N>

MS Nurses

Mel Attewell published the results from the survey she did on the MS Nurses in Hampshire, you might have seen the full report on the Facebook page. It was great to see our MS Team doing so well and I didn't realise how lucky we were with the team able to refer MS sufferers to the Continence Team and Neuro Physio's themselves, whereas patients in other areas need to ask their GP for such referrals. The MS Nurse Team have again begun their clinics with phone/video consultations. They can still be contacted on 02392 681067 or by email SHFT.MSTeam@nhs.net. Leave a message and they will return your call.

Support

How are you coping in this strange world we are now finding ourselves in? Julie Hawksworth, our Lead Support Volunteer, can be contacted on 07812 997178 for help by way of a grant, emotional and or physical help. Our psychologist, Sue, can consult by phone and video conferencing and our physiotherapist, Marion, is trying her best to help with specific problems by

phone and video chat. Please do give Julie a call if the group can help in anyway.

Future ideas

How else could we use zoom? Quiz Nights, Race Nights, Bingo, Book Club? Do we have any budding quiz masters who would like to run a quiz for the group members or an avid book reader who fancies their hand setting up a Book Club? Do you have an idea of how we can use technology to stay in contact with others and have some fun as well? Drop me a line at gosport@mssociety.org.uk

Donation/for sale

I received an email from a member about some equipment they no longer need.

We have three wheelchairs that are no longer used. The details are below.

1. Kuschall self propelled with attendant handles/brakes.
The chair has a 16" wide seat. Would suit someone small to medium sized.
We will give this chair to someone who needs it.
2. Pride Go electric wheelchair.
This is a small, highly manoeuvrable chair. It will have no charger. The battery may be flat, it hasn't been used for two years. We will give this chair to someone who needs it.
3. Kuschal self propelled chair, 16" wide seat. Fitted with Lithium ion battery powered wheels by alber. It will be complete with battery and charger and the original (unused) self propelled wheels. The chair is as new, it was used for only 3 or 4 months. The chair is fitted with attendant controls, but the control unit can be attached so it can be driven by the occupant. It cost us about £7000. We would like to sell it for £3500.

If you are interested in any of the pieces of equipment contact Roly using the email compodumo@gmail.com.

I hope to see virtually at one of our exercise classes or chats over the coming months but most of call stay safe and keep as well as you can.

Jenny