

GOSPORT AND FAREHAM GROUP OF THE MULTIPLE SCLEROSIS SOCIETY

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November 2019 Newsletter

To the gentle folk of Gosport and Fareham MS

I'm just in from a lovely walk on Lee beach with the hound. It was beautiful, bright and sunny but boy was it cold. I would definitely say Autumn has arrived. I'm having to dig out my jumpers, scarf, hat and gloves. Sat nice and snug and warm now in front the fire, munching nuts and listening to some tunes. We have some interesting times ahead and I hope to tell you of some here.

I've had a request from Southampton University for people to take part in a survey about care. I'll let you read the details they sent me.

RESEARCH STUDY – CAN YOU HELP BY PARTICIPATING?

We're a team of researchers based at University Hospital Southampton led by Consultant Neurologist, Dr Christopher Kipps. We would like to invite local MS Society members to take part in an online survey research exploring care needs in people with Multiple Sclerosis.

The Neuro LTC study aims to identify and better understand the factors and events that influence the care needs of people with long term neurological conditions such as MS, Parkinson's, Huntington's, MND and Epilepsy. It will identify the factors that predict levels of care. It will also identify the events that can lead to an increase in care either at home or with an admission to hospital. It will also identify the impact of fatigue for people with MS. The long term objective of the project is to help to better match available resources to individuals' care needs.

The study is sponsored by University Hospital Southampton and is supported by the National Institute for Health Research (NIHR), Collaborations for Leadership in Applied Health Research and Care (CLAHRC) Wessex. It has also been approved by an independent National Research Ethics Committee.

We are currently looking for people living with MS, people caring for someone with MS, or people who have been caregivers in the past to take part in a short survey which takes about 15-20 minutes. People with MS are invited to fill in a separate survey on fatigue which taken another 15 minutes. We're also able to supply paper forms for those participants who wish to fill in information by hand.

Detailed study information can be accessed online by using this link
<https://www.isurvey.soton.ac.uk/25611>

Talking of surveys, I had a lovely chat with a lady, Mel Attewell, who is currently leading a working group with MS Society to understand and improve Hampshire patient's access to MS Services. The survey will hopefully highlight which local NHS services for MS are in greatest need of improvement. The information will enable them to make a business case and work with the NHS providers to make changes. The survey is being formulated as I type and should be sent out shortly. I urge you to complete and return it.

Crafting

Who fancies joining me for a cupcake decorating class? Christmas themed no less! It's on 5 December at Kestrels, 164 Portsmouth Road, Lee on Solent, PO13 9AE at 11:00. I admit to being really excited about this one. It's £10 a ticket which includes cake and a coffee. You can get your tickets by contacting Jenny on 07974 660461 or emailing gospport@mssociety.org.uk. The event can only accommodate 10 people so please be quick in obtaining your ticket to avoid disappointment. The parking is on the road in front of the shop. I hope to see you there.

Ruth is doing a fantastic job organising the usual craft events. She tells me that the class on Monday 10 December will be making Christmas table decorations which we will be use at the Christmas lunch and then people can take their creations home. How fabulous and thank you.

On 7 January 2019 the craft subject will be pottery. You will all agree that Ruth does an amazing job finding people for craft projects. Please can you let her know you will be coming so that she can make sure the necessary materials are available and as the room comfortable sits just 10 people, call early to book your place. Unfortunately, if you just turn up on the day without contacting Ruth first you may not be able to take part. Her number is 07817 358672.

Christmas Lunch

Who would like to join me celebrating Christmas at our lunch on Thursday 13 December from 12:00 noon at Harmony Hall, the Masonic Hall in Fareham. It's £15 for 3 courses or £13 for 2. The yummy food and how to order is in the rather delightful flyer produced by Tina. She's even told you how to find the place, park and to enter by the door at the side. Very thorough! Do get your orders back to Tina by 26 November so that she ensures the event is one to remember. I have a rather fun envelope game I would love for you all to join in and play with me. It'll all become clear on the day but bring a pound coin.

Talking of celebrations, the New Year Dinner will be held on Saturday 12 January 2019 at Palmerston Bowling Club, starting at 18:30. I shall miss my partner in crime this year but hope she is having fun with her family in the Midlands. Keep the date free in your diaries and Juliette will have a flyer ready for you to fill in for the next newsletter.

The activity dates around Christmas break are:

Activity	Last class	Begins again
Yoga	11 December	8 January
Pilates	17 December	7 January
Physio	20 December	3 January

Let's have some fun and try and wear something Christmassy at Physio before Christmas. A hat, socks or even a jumper, you choose. I can just see young Kevin with his flashing Santa earnings, can't you? I hope he doesn't hurt me when he reads what I've written!

The MSMOOT on 26 December at Strawberry Field is cancelled but the rest of the MSMOOTs continue as normal in their allotted slots. I did suggest to Tina she might like to hold a Boxing Day party at her place on 26 December in replace of the MSMOOT. She wasn't very polite in her reply, but I can condense it to one word, no!!

Buy and Sell

I have an electric wheelchair, used 3 times I've been told, for sale. The lady would like to sell it for £800 but I'm sure she will be happy to negotiate regarding the price. Please let me know if you are interested and I will pass your details on to the seller.

Next, I have a gentleman asking if anybody has a breakdown scooter, I call them boot scooters. He states he has a mobility chair, in good condition. If you are interested in the chair or have a boot scooter you no longer need please let me know and I will put you in contact with the gentleman.

Skydive

George is organising our big fundraiser for 2019 and it's a skydive, Wow! Do you want to take part? Email gosport@mssociety.org.uk if you are interested and the necessary risk forms will be sent to you. You can also contact George McAleese on 07825 410680 or by his email george.mcaleese@btinternet.com. Good luck to all those on the skydiving team and enjoy! If you require help setting up a fundraising page, I'm more than happy to help.

Gosport Community Lottery

Gosport has just started the Gosport Community Lottery and we have signed up as one of the charities. Our next task is to ask the fabulous people within the group and their friends and family to purchase tickets. A flyer is included with the newsletter. For a £1 you pick a 6-digit number. You can use a birth date for example or have the game select a number for you. If you get all 6 digits in the same order as the number drawn you win £25,000. A smaller sequence of the same numbers means a smaller price. More information is given on the website when you sign up. <https://www.gosportcommunitylottery.co.uk> and search for MS Society. The draw is made every Saturday. Go on, join in the fun. You could have £25,000 in your pocket one Sunday morning, good luck!

Bonus Ball

We also have our very own Bonus Ball game. Barry had a quiet word with me having handed over a cheque for £2000 to the Group. He asked that I thank all the wonderful people who take part. Without all of you we wouldn't be able to raise such an amazing amount of money for the Group. I would like to thank the amazing Hale family for running the 2 bonus ball games because without them, there would be no Bonus Ball games at all. In conclusion, thank you everyone involved with the game, the subscribers and the facilitators, you all Rock! Barry has some numbers available. Give him a call on 01489 578257 if you would like to join in with the fun.

Jenny