

**MULTIPLE SCLEROSIS SOCIETY  
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Newsletter October 2019

Dear Friends and Colleagues

Steve mentioned to me that a newsletter must be due, time is passing by so quickly I almost forgot. I then was caught short as I couldn't think of anything to tell you. As the calendar covers the Christmas period and I needed to know when all our lovely instructors and volunteers planned on ending and beginning their classes I then sent around an email asking for the necessary dates. We are a busy little group but I really enjoy meeting so many of you at all the different events and activities.

#### Changing Roles

Now I can introduce the lovely Caroline who has taken over keeping us all up to date with the Google calendar on the website. She's doing an excellent job keeping us all on track with such a busy calendar of activities and events.

I must also introduce you to the handsome young chap, Martin, who has taken over Facebook. He's doing a great job keeping you up to take with the activities and events as they happen each week. One way or the other you can find out what we have planned for you each week. I have put together a paper calendar which you can pop on your fridge if that's the way you keep a track of what we as a group are up to.

The other change we have in store for you is a new website. Steve has been in contact with Fareham College and the students project is to design a new website for the group. As the existing website is 12 years old now it will be great to be making use of new technology. Anybody interested in maintaining it once it's been handed over and is up and running do let Steve or myself know.

#### Road Trip 19 November – Bold Forester

Steve did such an excellent job with the last road trip people have been asking when the next one will be. Steve is a little tied up so Tina is taking the lead but

Steve definitely picked a winner with the pub so we are returning to the Bold Forester to sample their autumn menu on 19 November. Let Tina know your choice of food by 3 November and whether you need a lift with Community First Bus. Call or email on 07970 539235 [twalker@sky.com](mailto:twalker@sky.com).

### Moots

Our moots are proving popular and Angie has volunteered to run a pop up Moot at Poppy's Tea room at Park Place Farm Nursery, Titchfield Road, Wickham, PO17 5HB on Tuesday 5 November from 10:30 to 12:30. I peeked at the website and I have to say the cake looks lush. Thank you Angie, I hope to see you there. If you've not been to any of our moots before do pop along. It's a great way to meet people and find out what's going on.

### Christmas Lunch

Movement with Marion has been cancelled on 12 December because we have our Christmas Lunch from 12noon at Fareham Masonic Hall, 34 Queens Road, Fareham, PO16 0NN. To book your place and order your meal get the attached form back to Tina, with the appropriate money by 28 November. Richard, the chef at the hall, did us proud last year and I predict this will be a popular event. I'll be playing the envelope game so bring your £1 coins so you can take part. Steve will be sorting out a Community First bus so please let him know if you need transport to the venue.

### Craft

Craft on 11 November is Polymer Clay Jewellery making with Tracey, assisted by Jo. Both Tracey and Jo have MS but they are very talented ladies on matters relating to craft. Please do let Ruth know if you wish to attend as I can see this being very popular. Her number is 07817 358672.

On 9 December we'll be making Christmas cards.

### MS Nurses

The MS Nurse team have their very own Facebook page to share information with their patients. If you have a problem and wish to speak to one of the nurses you must still telephone or email in the usual way but if you are on Facebook, search for Multiple Sclerosis @SouthEastHants and like their page.

Over the next month or so they will begin sending texts to remind you about your appoints.

Amy, the MS Nurse is planning on attending physio once a month. She will be at 24 October's class from 11 O'clock. She will also be attending 7 November and 19 December. If you want a quick chat or more information from Amy, please do come along. You might even join in with the exercises while you wait or have a bit to eat at lunchtime. New members are always welcome.

### Seated Zumba

Zumba is super fun and proving to be very popular. We stay sat in our chairs and move arms and limbs in time to the music. Robin asked that I remove the words "high energy" from my promotional words but for an able bodied person it is very sedate but I have to tell you, for me it's high energy. ABBA was blasting out last week....gosh it's a while since I heard one of their tracks, I must be getting old! We follow the class with a hot drink and a biscuit, and the smiles continue while we chat and catch up with our friends. There will be no Zumba on 13 November with the last class being on 11 December before Christmas and returning on 15 January.

### Fundraising

We have a flag collection on Friday 13 December at Tesco, North Harbour. Can you spare an hour to lend a hand? Give Steve a call or send a text on 07976 054003 if you can help. Thank you.

The Hale family recently gave the group another cheque for £1000 from the bonus ball game. What an amazing achievement. Thanks go to them for all the hard work involved and a big thank you to everyone who takes part. Eliza was able to purchase some much needed doggie treats, and ginger nut biscuits, from her winnings this week!

I haven't heard of the National Citizen Service. NCS is a youth programme that runs across England and Northern Ireland. It exists to engage, unite and empower young people, building confidence so they can go out there and achieve their dreams, no matter where they are from or what their background is. During their summer program a local group chose Gosport and Fareham MS as their charity for whom to raise money. We have recently received a cheque for £312.56 from them. Such fabulous young adults, thank you.

The calendar/diary is a finely tuned bit of information with the needs of the hall, instructor and organisers to consider, none more so over the busy month of December. Caroline and I have worked hard to ensure the information on

the internet and in the paper calendar enclosed is correct. Check the calendar or with the organiser that an event is on if you are unsure during December. Normal service will be resumed in the new year. 2020! it's scary how fast these things seem to come around.

We start back with Pilates on 6 January

Yoga on 7 January

Highlands Hub and Westbury Manor Museum moots on 8 January

Movement with Marion on 9 January

Craft on 13 January

Zumba on 15 January

Physio on 16 January

Don't get too wet with all this rain we are having and I do hope to be meeting you at some point over the coming months.

Jenny