

# GOSPORT AND FAREHAM BRANCH OF THE MULTIPLE SCLEROSIS SOCIETY

From the Secretary – Juliette Hewitt, 11 Beech Grove,  
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Dear

Time for another newsletter which will bring us up to Christmas!  
Having just spent two very wet weeks in the Lake District I'm sure I  
am one of the many still waiting for the summer to begin! Firstly I  
will cover the social events up until the end of the year.

**Regional Quiz Saturday 4<sup>th</sup> October** – As the winners of the last  
Regional Quiz we are now the hosts at the next. This will be held  
at Crofton Community Centre, Stubbington Lane, Stubbington  
**Starting at 2pm.**

We will be joined by Branches from across the region and are  
looking for two teams of six people to represent us (not necessarily  
to win!) After the quiz there will be a “high tea” of fish and chips.

Contact Graham on 02392 581406 as soon as possible if you  
would like to be part of the team.

## **FISH AND CHIPS AND BINGO EVENING**

As you know we decided earlier in the year not to have monthly  
evening meetings but its still good to meet up from time to time.  
Therefore we will be having a

**Fish and Chips and Bingo evening Monday 24<sup>th</sup> November** at  
7.30pm at Club Hampshire. Please choose what you would like to  
eat on the enclosed menu and return the form to me.

## **Tour of Wembley Stadium** WEDNESDAY, NOVEMBER 19th

We will be organizing a trip to Wembley for all those football fans  
amongst you. Cost of the tour for “disabled citizens” (Wembley's  
words!) is £8 which does include transport. Tour highlights include  
England's Changing Room, The Royal Box, players' warm up zone  
and a trip through the tunnel towards the hallowed turf. I will be  
booking a vehicle with a hydraulic ramp and another if necessary.  
If you would like to come along please fill in the enclosed form.

 **Joint Social Night - Saturday 29<sup>th</sup> November** -

Following the success of our last joint Social between us and Solent MS Therapy Centre, Hewett Road Southsea we are having another night! Madison Heights are playing for us again, they provide a great fun atmosphere. Cost £15 (including Chilli meal or vegetarian alternative). To be Held at Crofton Community Hall Stubbington.

Ring Ruth 07817358672, Karen 07888842041 or Mave 07789511124 for more info or tickets.



**Christmas Dinner Party - Friday 19<sup>th</sup> December** 7pm for 7.30pm. This will again be held at Palmerston Bowling Club. I think everyone agrees that this is a very accessible venue where they serve excellent food. We were very lucky to get the last available date. I will send out the menus and details of cost nearer the date.

**Yoga** – Yoga sessions take place at HEDCA Coombe Road Gosport on alternate Tuesdays starting at 10.45am. These hourly sessions are very therapeutic giving you time for yourself away from the stresses of everyday life.

All the positions have been adapted for people sitting on chairs. New people will be made very welcome and there's coffee and a penguin biscuit afterwards! Phone Mave on 02392 641124.

**Craft Mornings** - at the Golden Bowler Pub Stubbington (not in the bar!) starting 11am on the second Monday of the month.

**Monday 8<sup>th</sup> September** – pottery with Debie

**Monday 13<sup>th</sup> October** – Christmas Cards with Jane

**Monday 10<sup>th</sup> November** – to be arranged

Phone Ruth on 01329 318451 to book a place.

**Neuro-physio, massage and lunch** – sessions at St Mary's Parish Centre Alverstoke continue on alternate Thursdays starting at 10.30am. Sheila Chartres (MS specialist nurse) attends when she can and is available for consultation by any who needs to see her. This is followed by lunch and a chance to chat.

**Coffee morning/ informal get togethers** – at the Golden Bowler Stubbington and The White Hart Gosport take place on the alternate Thursday to the physio from 11-30am.

See the enclosed diary for the dates of all the above events.

### **M.S Related information**

#### **A travel guide for disabled people**

The Disabled Persons Transport Advisory Committee – DPTAC has been set up by the government to advise on the transport needs of all disabled people, whether it is rail, road, air or sea.

You can download a copy of “Rail Travel for Disabled Passengers” from this website.

<http://www.dptac.gov.uk/door-to-door/05/index.htm>

There is also advice on going on holiday, help with getting to the hospital, going to work – the New Deal for disabled, amongst others.

Overall a really useful website to have in your favourites!

Mave was telling me that she has had very successful trips using her mobility scooter on the train. (You need a special card to do this ring Assisted Travel on 0800 52 82 100 for details).

**Awareness talk on progressive M.S** – by Dr Halfpenny on Monday 17<sup>th</sup> November 6.30pm – 8.30pm at the Novotel Southampton.

This is a talk for people with M.S., their carers, friends and interested professionals. The purpose of the talk is to give information about the current knowledge of M.S., its management, treatment and quality of life issues.

**New publication - 03 Insurance** (new edition) It now includes a fully updated list of specialist insurers in the backpages. It can be downloaded from the publications page on the website or contact the information team on 020 8438 0799.

#### **Fund Raising**

Our very busy fundraiser Karen has secured collections for us on the following dates

**Budgens Stubbington Village** – Saturday 27<sup>th</sup> September

**The Range** – Gunners Way Elson Saturday 25<sup>th</sup> and Sunday 26<sup>th</sup> of October

**Sainsburys** Broadcut Fareham Sunday 30<sup>th</sup> November

**PLEASE** phone Karen to help on 01489 570450 or mobile 07888842041

## **WAITROSE**

Waitrose Gosport are handing their customers a green token and inviting them to place in one of three charity collections - They have given £1,000 which will be divided between us and two other Charities.- please make sure you place your token in the MS box – this promotion runs until September 26<sup>th</sup>.

The more tokens we get the bigger share of the £1,000 we shall receive.

## **Stall at Alverstoke Michaelmas Fayre** – Saturday 27<sup>th</sup>

September 1pm to 5pm. We have booked a stall at this event and will be selling Christmas cards, plants and cakes. Contributions of cakes would be **VERY** gratefully received and urgently needed.

**M.S. Christmas cards** We are changing the procedure for ordering Christmas cards this year. You will have received a catalogue with M.S. Matters.

Please order your cards etc direct from MS Trading - **please quote the Gosport and Fareham code which is 368 EQQ**. By doing this the Branch will be credited with 25% of the value of everything you buy.

In addition, we are making a bulk order of cards and diaries which I shall bring along to all our events. We have chosen a cross section of the cards available and you are welcome to purchase from these if you wish.

**Christmas Bazaar** - The annual Christmas Bazaar, which always proves to be such an excellent fund raiser, will take place on Saturday 6<sup>th</sup> December in the David Bogue Hall.

I know it seems a long time ahead but its not too early to start looking out all those unwanted gifts, toys, games, jewellery and toiletries are particularly needed – we have a reputation to maintain for selling quality goods.

Once again we shall have a bottle stall – please could you donate a couple of bottles – this stall really is a money spinner !! We are considering hiring the Nicholson Hall next door for the teas and Father Christmas Grotto as the hall became very crowded last year.

What do you think? Any opinions? Do you think it would work? Helpers to set up the hall on Friday evening and man the stalls on the day would be very welcome.

**We would be very pleased to see you at any of our events and you can be assured of a very warm welcome.**