

GOSPORT AND FAREHAM BRANCH OF THE MULTIPLE SCLEROSIS SOCIETY

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Dear



Here is another newsletter which will cover all our activities during the spring and early summer. Let's hope we soon have some warmer weather to cheer us all up following this long winter.

The AGM – Saturday May 15th

The AGM starts at 2.30pm in St Marys Parish Centre, Green Road Alverstoke (opp. St Marys Church). Time once again for our AGM the 29th, which I urge you all to attend. Included with this newsletter are the nomination papers for the officers and committee members. Please return them to me in the enclosed envelope. This is your chance to have your say in the running of your Branch. You can even nominate yourself!

Sue Hannaford, the Local Support and Development Officer is coming as the guest speaker and we have asked her to lead general discussion from the floor on the way forward in the care and support of people with M.S.

Please come along and show your support, tea will be served afterwards.

Wheelhouse Beach Chalet, Hillhead

Mave has booked the chalet again this summer for the following dates. From 11am to about 3.30pm.

Wednesday 26th May
Weds 16th June
Weds 14th July
Weds 15th September

We usually send out for fish and chips but if you prefer to bring your own picnic that's fine. Tea, coffee and soft drinks are provided and there is heating lighting and disabled toilets in the chalet.

Hopefully we will be able to sit outside this year under the gazebo. Even if the weather is not good - it's very cosy in the chalet with a lovely view across to the island.

Phone Mave on 07789 511124 if you need more details. You will be made most welcome.

The chalet is situated in the car park on the sea front at the far end of Salterns Road. It's probably easiest to approach via Crofton Lane as it avoids Monks Hill, which is narrow and steep.

Boat Trip around Chichester Harbour

We have planned a boat trip for Sunday 27th June. The Solar Heritage is a solar powered catamaran and will leave from Itchenor Harbour at 2pm for a one and half hour cruise.

As the engines are virtually silent you glide along with plenty of time to admire the view and get up close to many of the birds and habitats. There will be a guide onboard.

The boat holds 50 people and has a wheelchair lift. It can accommodate 6 people remaining in their wheelchairs plus of course others who can transfer.

Although some cold drinks and snacks are sold on board, we propose to have a picnic before boarding. In advance, Graham and I are going to explore that are to find a suitable picnic spot.

We have booked the Ability bus for those who need transport.

If you are making your own – leave the A27 at the Stockbridge roundabout, taking the A286 towards the Witterings, then follow signs to Itchenor. Meet outside the Harbour Office at the end of the road

15 minutes before the boat departs...

Parking is available in the pay and display car park signposted just before the Ship Inn. The boat will depart from the public jetty.

Please complete the enclosed form if you would like to come.

Regional AGM – Tuesday 20th April

At the Holiday Inn Herbert Walker Avenue Southampton SO15 1HJ, 17.30 registration, 18.00 AGM, 18.45 Buffet Supper, 19.30 – 21.00 Conference.

You will have seen the AGM advertised in your recent Hillights Magazine. It promises to be a really interesting and very relevant evening –covering subjects such as:

“Adjusting to M.S.”,
“How and what Helps” and,
“Empowering people with M.S. at the point of Diagnosis”

If you are interested in going and need a lift please make contact, I'm sure we can work something out. The regional Secretary needs to know numbers attending by 6th April. The reply slip is in the Hilights magazine.

Regional Quiz, the Maltings Alton

Will be held on Saturday 22nd May from 11 am to 4 pm. The event includes a lunch of Pizza, Garlic bread and Potato wedges. Alton Petersfield and District Branch is the host on this occasion.

Perhaps we could get two teams of six to take part, please complete the enclosed form if you can come. Graham and I will not be there as we are in France...

Primary Progressive M.S. Information Day

Taking place in the Novotel Hotel, Southampton, Saturday 26th June. – Please check the Regional Website. The event is organised by the M.S. Society.

Portsmouth WAMS Group – Working Age with Multiple Sclerosis

This group was set up to help and advice in a friendly welcoming atmosphere. It meets on the first Wednesday of the month at the Mountbatten Centre, Portsmouth from 7pm-9pm. There is having a different professional speaker every month.

The group is not just aimed at the person with M.S. it is also for their family, carers and friends. It is a place where people can

learn from the experiences of others in areas such as what treatments they have tried and how they have tackled problems at work. The group also intends to hold events ranging from family days, barbeques, pub visits and days out as a group

www.mssociety.org.uk/regions/hampshire_and_islands/branches/wams.html

Regular Activities within the Branch

Don't forget the range of regular activities we hold. Dates, venues and times are listed in the diary which accompanies this newsletter.



Many of you will know that we now have a second physio, Marian, working with Sandra. Her role is to carry out physio and stretching exercises on those not able to fully partake in the group activities. She will advise anyone with a new problem.

A reminder to any members unable to get along to the sessions and who are experiencing problems that Sandra is available to give three "at home" treatments.

Yoga sessions

These sessions are really enjoyable and give a chance for some real "time out". The numbers attending are increasing but there is room for a few more. At £2.50 suggested donation a time including a cup of tea at end, the yoga sessions are excellent value! You will be made very welcome. Phone Mave on 02392 641124 for more details.

Craft sessions/Coffee and Lunch Mornings

At the Golden Bowler on the second Monday of the month at 11am remain popular.

PLEASE notify Ruth if you wish to attend as the tutors need to know numbers on 01329 318451 or 07817358672. More details in diary of next sessions.

Added to these activities are the fortnightly coffee/lunch mornings alternating between The White Hart Gosport (just been totally refurbished!!) and The Golden Bowler Stubbington.

Fund Raising

Our fundraiser, Karen Reeves, has booked the following dates for store collections. If you can spare even an hour it would be much appreciated.

The general public respond very well to our collections – everyone (or so it seems!) either has a relative, neighbor or friend with M.S.! Collecting can be quite an uplifting and rewarding experience.

The dates are as follows:

Sainsburys Broadcut	-	Saturday 24 th April
Morrisons Gosport	-	Saturday 8 th May
Morrisons Gosport	-	Saturday 6 th November

(A bit of an advance warning!)

Note: Please check the Collections Page on the Website for more details.

MARKET STALL IN MS WEEK

We have booked a Market stall on Saturday May 1st as our contribution to MS Week activities... We shall be collecting and highlighting the work of the Branch



Cake Break Thursday May 6th at 1.30pm

We are going to have a cake break straight after physio at the Parish Centre Alverstoke.

If you can donate any cakes for this we would be very grateful, if you could let me or Mave know

Trip to Hawk Conservatory Trust Weyhill

Alan Brind is finalising dates and details for this. – This event will be later in the year.

Let's hope this is a good summer after such a long cold winter and hope to see you at one of our events.