

GOSPORT AND FAREHAM BRANCH OF THE MULTIPLE SCLEROSIS SOCIETY

From the Secretary – Juliette Hewitt, 11 Beech Grove, Gosport,
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Email graham@grahamhewitt7.wanadoo.co.uk March 2012

Dear

Time to update you with what is happening in the Branch. You will be delighted to hear that Laura Duffy is now in post in her role as the M.S. Lead Occupational Therapist for our area.

She is already getting out and meeting people and I enclose a short introductory note from her, which includes her contact number.

With Laura and our two M.S. Specialist Nurses we have never been so well supported.

Annabella is in the process of organising Fatigue Management Courses. This is still in the early stages – so more details later.

Information Day – I and several other members recently attended an information Day, which was organized for Branches in our region.

It was so informative that I'd like to share some of it with you.

The Princess Royal Trust for carers – One aspect of their work is involved with organizing emergency planning for carers and I enclose a photocopy of their leaflet.

Planned admissions to hospital are not covered by the scheme, only an emergency. The 48 hours of free care does not have to be delivered in a block. The trust works closely with adult services, who take over after the 48 hours. Being involved with the scheme would I'm sure give peace of mind to those who care.

Say it once – Fed up with being asked for the same information time after time by different health care professionals – then this scheme is for you! I enclose a leaflet giving further details.

Power of Attorney



Books and Banter at Gosport Discovery Centre – One of our

members tells me of how she has joined this group and thoroughly enjoys it. It is for people who have difficulty getting to the Discovery Centre but like to choose their own books. They meet on the third Tuesday of every month between 10.30am and 12 noon. Tea and transport is provided. For more information, Please contact Pippa or Debbie on 023 9252 3463.



AGM and Queens Diamond Jubilee Celebration

On Saturday 2nd June in Alverstoke Parish Centre starting at 11am.

Rather advance notice but with the aim of getting you to keep that date free! Come along and help celebrate the 30th year since the founding of the Branch and 60 years of the Queens reign. More details later.

Fund Raising

Collection at the Range on Saturday 31st March. We will only be covering one door on this occasion. Phone Karen on 0777 999 6004 if you can help, even if it's only for an hour it would be much appreciated.

Book Stall – Gosport High Street during M.S. Week on Tuesday 1st May and Saturday 5th May. George has a garage stashed high with nearly new books for which he's only asking a donation. So do come along for a browse or even help man the stall.

Pamper Day – Saturday 28th April see enclosed flyer from Karen

She is also organizing a:-



Race Night!! - Friday 22nd June including a fish and chip supper at Crofton Community Centre.

We are looking for Sponsors for each race at \$40. Small businesses etc, who are looking for some advertising.

Maybe you could have a think if you know of anyone who would be interested. Also we have 64 horses to sell at £5 each.

The winning horse from each race will get a cash prize. Horses are on sale now, so if you would like to buy one or more please have a word with Karen, Alan or Mave. More details will be available nearer the time.

Dial-a-Ride Fareham and Gosport - I enclose details on this scheme which does not seem so well used. Each trip is only £3 including the return journey. You know what they say about not using it and losing it!

War Horse – The New London Theatre Drury Lane. Several people have expressed an interest in going along to this wonderful theatrical experience. In my opinion much better than the film! Let me know if you would be interested. Once I know numbers I can start to explore dates etc.



Sponsored Tandem Skydive – on Friday 25th May at Hanger 3, Old Sarem Airfield, Salisbury SP4 6DZ.

Plans for this event are well underway. Caroline Dinenage is even going to jump for us! Come along and make it a fun day out for you and your family. Bring a picnic or there is a café on site.

All the money raised will be donated to the Cambridge Centre for Myelin Repair. The pre-flight briefing time has been booked for 11am so the plan is to be on site around 10.15/10.30am. (Note from Mave eeekk!, wish me luck)

Regular Activities – There is a diary included with this letter giving the dates and times of all our regular activities to which you are all most warmly welcome.

We are very lucky to have some really lovely therapists working with the Branch.

Sandra and Marian (our firm but kind neuro-physio therapists),
Audrey our kind masseuse, and
Nikki (of the soothing voice) who directs the Yoga sessions.



That's all for now. Enjoy the spring. There are plenty of signs that it is on its way. Hope to see you soon.

Best wishes

