

# GOSPORT AND FAREHAM BRANCH OF THE MULTIPLE SCLEROSIS SOCIETY

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

This is an interim newsletter to let you know of a couple of changes and as a reminder of our activities during the summer months.

I'll start with the physio group. We are unable to book St Mary's Parish Centre on Thursday 30<sup>th</sup> July (blood donors again!) so we will start our summer break there will be:-

**NO PHYSIO on 30<sup>th</sup> JULY and will  
RE-START on THURSDAY 27TH AUGUST.**

You may like to know that we now have a second neuro-physio working with Sandra. She will concentrate on those needing "one-to-one" treatments such as stretching.

**Outings** – To all those who have said they want to go to Exbury Gardens on the 24<sup>th</sup> June and the River Hamble Trip on Sunday 5<sup>th</sup> July. We will soon be in touch with the details and times etc.

## **Hillhead Chalet**

Dates for meeting up at the Chalet are:-

Wednesday July 8<sup>th</sup>, July 29th, And September 30th

Bring your own picnic or fish and chips can be ordered on the day. Coffee, Tea and soft drinks will be provided.

We meet at 11.30am until approx 3pm.

Phone Mave on 02392 641124 or mobile 07789 511124 with any queries.

## **Craft Dates:**

Monday 13<sup>th</sup> July - Pottery with Debie

Monday 14<sup>th</sup> Sept

## **Yoga**

Tuesday 23<sup>rd</sup> June

Tuesday 7<sup>th</sup> July

Tuesday 21<sup>st</sup> July

## **Restart Tuesday 1<sup>st</sup> September**

**Coffee Mornings** – last one before summer break Thursday 23<sup>rd</sup> July at The Golden Bowler 11.30am. Restart Thursday 3<sup>rd</sup> September at The White Hart.

**QUIZ NIGHT** – I enclose with this newsletter a letter from Karen, our fundraiser, giving details of the Quiz and Fish and Chip Supper on **FRIDAY 26<sup>th</sup> JUNE**. A booking form is also included. This proved to be a very enjoyable evening last year – so do encourage friends & family to come and join us.

## **Store Collection Dates**

Karen has organized the following dates:

The Range Gosport - Sat 18<sup>th</sup> and Sunday 19<sup>th</sup> July  
Gosport Market - Saturday 5<sup>th</sup> September

Phone Karen on 01489750450 or mobile 0788842041

**Subscription** – if you have not sent your £5 subscription to the M.S. National Centre could you now send it to us if you still wish to remain a member. I'm sure you do!

**The Committee** – We had our AGM on the second of May. Graham is now the Chairman and George McAleese has now joined the committee. I know he will be a great asset. We are delighted that Alan Brind has rejoined the committee. (He was also presented with the MS shining star at the AGM). This means we will be really strengthened.

Viv Pugh and Ralph Muckells, Vernon Rowlands and Paul Hiseman all stood down, but we thank them for all their help and know that we can still call on them if we need their wealth of knowledge.

**Bath Hoist** – We have been donated an Akkulift bath hoist which has only been used twice and cost £700. It is currently being stored in our garage. So give me a ring if anyone is interested.

Looking forward to seeing you all.

With all good wishes.

