

GOSPORT AND FAREHAM BRANCH OF THE MULTIPLE SCLEROSIS SOCIETY

From the Secretary – Juliette Hewitt, 11 Beech Grove, Gosport,
Hampshire PO12 2EJ. Tel 02392 581406
Email graham@grahamhewitt7.wanadoo.co.uk November 2012

Dear Friend.



With Christmas fast approaching its time for another newsletter to update you all on our Christmas activities.

But first I will let you know of an event coming up in November -
Saturday 24th November – Well Being and Changing Relationships at Havant Leisure Centre, Civic Centre Road Havant PO9 2AY, a free MS Society event for family and friends with 2 workshops led by Annabella Pearce, Vicki Mathews and Laura Duffy, MS Specialists. Both workshops will run in the morning and afternoons so you can come to one or both with a buffet lunch provided. Ring Dennis Morgan on 020 8438 0841 or email BKhimii@mssociety.org.uk

Christmas Lunch Party at the White Hart Public House – Thursday 6th December

Mave has booked a Christmas meal **1pm for 1.30pm start**. Address The White Hart 195 Stoke Road Gosport PO12 1SE. The meal is great value at £10.49 for 3 courses or £8.49 for 2 (also £1.50 extra for coffee and mince pie). She would appreciate if you could respond as soon as possible.

We have been assured we will be the only party there this time and they will put us on better table layouts for wheelchairs.

Please note – this will replace the coffee morning that would have been at the Bun Penny that day.

Please fill in the form at the end of this newsletter and give to Mave with payment (Cheques made payable to Gosport and Fareham MS Society) Ring her on 02392 641124 or mobile 07789 511124 if needed.

Annual Christmas Bazaar – Saturday 8th December opening 1.30pm – in the Nicholson Hall Stoke Road Gosport PO12 1QA (opposite to the White Hart).

Many thanks to all of you who responded to my last heart wrenching appeal but we could still do with more items. In particular home made cakes, toiletries, suitable items for Christmas presents and bottles of all kinds (preferably filled ones) for the bottle stall. I can collect.

We also need helpers the evening before to set up the various stalls and of course people to man them on the day. There is now a disabled loo in the hall.

Please encourage family and friends to come along its good fun and you can even have your photo taken with Father Christmas.

easyfundraising.org.uk -If you use the internet for your Christmas shopping please can you help us by using this in your search. Gosport and Fareham MS Society are in their list.

It works in a **similar way to many other loyalty shopping sites**, but instead of earning points when you shop, **you raise a donation for your cause instead.**

You can shop with **over 2,000 well known stores** and each will **donate up to 15%** of what you spend. For example, John Lewis will donate 1%, Amazon 2.5%, The Body Shop 6%, some insurance retailers will even donate up to £30 simply for taking out a policy with them!



1 Login online
Join easyfundraising and select your cause, school, club or charity

2 Start shopping
Follow links to over 2000 leading online retailers and shop as normal

3 Generate donations
Online purchases earn an automatic donation to your chosen cause

Over £3Million raised for good causes [Get Started](#)

New Years Dinner Party – Saturday 12th January 2013. Start time 6.30pm for 7pm.

The venue is once again the Palmerston Indoor Bowling Club Palmerston Drive Fareham PO14 1DJ. Delaying the get together until the New Year proved very popular with members. There is so much going on before Christmas that it all becomes a bit exhausting and January can be a rather “flat” month.

I enclose a menu. Could you please initial your choice of menu and return to me with a cheque made out to Gosport and Fareham MS Society. The cost is £10 per person for M.S. member and partner

Volunteers wanted for research project

Sharon Northeast, a member of the group, who has been diagnosed with MS for twenty years, is looking for volunteers. She is writing a dissertation for her Masters Degree. Her subject is the impact of the benefit cuts on people with MS in terms of psychological / emotional effect. We have all seen the headlines in the papers calling disabled people claiming benefits as "scroungers and cheats". Sharon is looking into the emotional effect of the cuts in terms of the stress, anxiety and ill health that the benefit cuts, interviews and processes may have caused. Or the effect of the unknown and uncertainty about the cuts. Willing volunteers would take part in a short interview by Sharon (up to 30 minutes). All information provided will be anonymous in the final dissertation.

Sharon cannot afford to pay each volunteer for their time, but will make a small donation to the MS Group.

If you are interested in taking part, please contact Sharon directly on 01329 310848 or 077 1234 6498 or email sharon.northeast@ntlworld.com.

Pantomime Outing Wednesday 16th January - Jack and the Beanstalk at the Mayflower Theatre Southampton, 7.30pm performance. Julian Clary stars as Jack and Nigel Havers plays Baron Creepshow. The show has the traditional elements of a family pantomime with outstanding visual effects – ie a journey through an enchanted forest.

Let us know on the enclosed form if you would like to come along and send to Di Coggan at 6 Victory Close Fareham PO14 2SE or phone with any enquiries on 01329 668509. Di is our new Entertainments Officer.

Could you also let her know if you would be interested in seeing **Warhorse**, which is at the Mayflower between Wed 19th Feb and Sat 15th March **2014!!**. A long way ahead I know but it is a show, which I'm sure will rapidly be booked.

Facebook - a reminder that Gosport and Fareham MS Society are now on Facebook – there is a link to it at the bottom of the home page on our web-site.

Store Collections

We wish Karen our get well soon wishes and she is still working hard arranging collections

Saturday 15th December – at Tesco's store in Fareham. This will give us a great opportunity to collect at a time when the store will be really busy. If you are able to help please ring Karen on 07779996004. You will be warm and undercover.

Dates for physio etc over Christmas period

Physio – last date 13th December, in order to keep the sequence of booking we restart on Thursday January 10th at 10.30am

Yoga – Last 18th December restart Tuesday January 15th at 10.45am for 11am.

Coffee Morning – last official one at Golden Bowler Stubbington on Thursday 20th December – restart at Bun Penny on 3rd January.

Craft Mornings 11am at the Golden Bowler

November 12th - Pottery

December 10th – Christmas Tree Decorations

January 14th – to be decided

M.S.Specialist Nurses

On a more serious subject most of you will have heard the Sheila Chartres has resigned. A replacement will definitely be appointed hopefully someone working more hours.

Although Sheila has stopped working her official leaving date is not until the 30th November so unfortunately the post cannot be advertised until after that date.

This will put on added strain on Annabella which knowing her she will cope with but im sure you will understand if she experiences problems.

Annabella has sent me a list of the dates for the weeks at the beginning of next year when she will be attending the physio group. She plans to be there between 11am and 12.30pm

17 January 2013

21st February 2013

21st March 2013

18th April 2013

16th May 2013

Well I think that's enough from me, I don't intend to wish you all a Happy Christmas just yet! But hope to see you at some of our events

Best Wishes

Menu - White Hart Christmas Party - Thursday 6th December 1pm for 1.30pm

<u>Starter</u>	<u>Mains</u>	<u>Desserts</u>
Tomato and Basil Soup	Traditional Turkey	Christmas Pudding
Torpedo Prawns	Beef/red Wine Casserole	Chocolate Profiteroles
Garlic Mushrooms	Salmon Fillet	Raspberry Cheesecake
Chicken Liver Pate	Cauliflower Cheese Tart	Warm Choc FudgeCake

Extra -Coffee and mince pie

Name

Guest

Put initial of the person next to their menu choice

Total amount enclosed

£8.49 for 2 courses or £10.49 for 3 courses (plus £1.50 extra for coffee and mince pies)

Give sheet and payment to Mave Hiseman (if posting address is 48 Grange Crescent Gosport Hants PO12 3DU, please ring first if possible Tel 02392 641124 07789 511124)

Cheques to Gosport and Fareham MS Society Thank you!

