

# **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](mailto:graham@grahamhewitt7.wanadoo.co.uk)



Dear friend

I have just arrived safely back home after two weeks touring southern India. Not a single case of Delhi belly amongst the group of 18 – but then we were with Saga Holidays. Not exactly back-packing!

Those two weeks away have suddenly brought Christmas that much nearer. So it's time to let you know what is happening within the Branch.

Firstly social activities:

## **Old Gosport on film evening**

A reminder of this event, which will take place at the Parish Centre Alverstoke, Gosport on Wednesday 20<sup>th</sup> November starting 7pm for 7.30. Graham also has a DVD of some interesting and little-known postcards of Gosport, which he will also show.

Could you please let me know if you wish to come along for catering purposes? Family and friends welcome. We will be serving cheese and wine and soft drinks, plus tea and coffee. Phone 02392 581406 OR email me!! I have acquired an iPad, and my email address is [juliettehewitt@gmail.com](mailto:juliettehewitt@gmail.com).

## **Christmas Lunch Party**

At the White Hart Pub on Thursday 19<sup>th</sup> December 1pm for 1.30 start. Full address is The White Hart, 195 Stoke Road, Gosport, PO12 1SE.

The meal is great value at £8.99 for 2 courses and £10.99 for 3 courses. Coffee and mince pie £1.50 extra.

Sian Barker has kindly agreed to take on the role of Social Secretary so she will be organising this event. We need to know numbers at least two weeks beforehand.

Please fill in the form enclosed with this newsletter and give/send to Sian with payment.

Cheques need to be made payable to Gosport and Fareham M.S. Society.

Please note that this will replace the coffee morning which would have been at the Golden Bowler.

### **New Year Dinner Party**

Saturday 11<sup>th</sup> January 2014 – start time 6.30pm for 7pm.

The venue is once again the Palmerston Indoor Bowling Club, Palmerston Drive, Fareham, PO14 1DJ

I enclose a menu. Please could you 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 MS member and partner, £15 for anyone else.

### **Fund Raising**

#### **Annual Christmas Bazaar**

Saturday 7<sup>th</sup> December opening 1.30pm.

This year we have booked both the Nicholson and the David Bogue Halls, Stoke Road, Gosport, PO12 1QA (opposite the White Hart).

This is not because we have that much to sell but to keep out any competition. You have to be cut throat in this game!

Last year there was another bazaar in the David Bogue which made parking very difficult and took away some of our trade.

Can I make my usual appeal for toiletries, home-made cakes, suitable items for Christmas presents and bottles of all kinds (preferably filled) for the bottle stall? I can collect.

We also need helpers the evening before to start setting up the stalls and of course people to man them on the day. There is now a disabled toilet between the two halls.

Please encourage family and friends to come along. It's good fun. I have it on good authority that Father Christmas will be attending (if fit enough) and you can even have your photo taken with him!

### **Store Collection**

Sunday 15<sup>th</sup> December – 10am to 4pm at Tesco Extra, North Harbour, Clement Attlee Way, Portsmouth, PO6 4SR.

Karen has achieved something of a coup in obtaining this date – so near Christmas and at such a large store. Don't worry. We're not poaching on another branch's territory. Portsmouth Branch are aware and have given their consent. Collectors are desperately needed on the day, as Karen will probably be recovering from an operation (we all wish her well). Please phone Mave on 07789 511124, even if you can only give an hour.

Karen was recently presented with a "Thank You" certificate from the MS Society for all her hard fund raising work. She even set up "Easy Fundraising" for us – see below

### **Easy Fundraising.org**

With Christmas fast approaching, it is a perfect time for those of us with internet facilities to be reminded how to raise some easy money for our branch at no cost to you.

By shopping online, thousands of stores including Argos, Amazon, Play.com, M&S, Toys R Us, etc.etc.etc donate a cash percentage to our branch.

It is so easy to do and it's free.

- 1) Simply log on to [easyfundraising.org](http://easyfundraising.org)
- 2) Register for free
- 3) Choose Gosport & Fareham MS Society as your cause.
- 4) Choose which retailer that you want to shop with from the really large list and then shop as you would normally.

Every stage is easily found with a mouse click.

You will see how much money has been donated by the shop/store from your purchase.

It really is so easy to do so. Please, please do it and save the website on your favourites to use all year. Ideally, make it a shortcut on your desktop to remind you to use it.

Look it up at: [www.easyfundraising.org.uk](http://www.easyfundraising.org.uk)

### **M.S. Specialist Practitioners**

As you are probably aware, Annabella will be going on maternity leave from the 23<sup>rd</sup> of November for 6 months. Simon Ghafur, who is the M.S. Practitioner (OT) working with her will be filling in during this time. A nurse with MS experience is about to be appointed in Annabella's place as a temporary measure.

They can be contacted at the Fareham Reach office as before:

Multiple Sclerosis Team (South East Hants)

Unit 116

Fareham Reach,

116 Fareham Road

Gosport

Hants

PO13 OFH  
Tel: 01329 224532  
Team email: hp-trMSTeam@nhs.net

These are the dates when someone from the team will be attending the physio group:-

Nov 28<sup>th</sup> and then Jan 23<sup>rd</sup>, 20<sup>th</sup> February and 20<sup>th</sup> March. I know that seems a long time ahead, but the last physio before Christmas is on the 12<sup>th</sup> December.

### **Dates for regular activities over the Christmas Period**

Physio last date 12<sup>th</sup> December restarting on the 9<sup>th</sup> January 2014

Yoga – this will continue over the Christmas period as Nikki is willing to run the group on December 31<sup>st</sup> – New Years Eve. We might need some yoga by then!

Craft – the dates for the craft sessions at the Golden Bowler are:-

Monday 11<sup>th</sup> November 11am – pottery

Monday 9<sup>th</sup> December 11am – making Christmas gift boxes

Monday 13<sup>th</sup> January 11am - decoupage with Lorraine from Stoke Gallery

Phone Ruth on 01329 318451 or mob 07817 358672 if you would like to attend.

### **Christmas Shopping at Fareham**

Thursday 12<sup>th</sup> December from 4.30pm

We are working with Fareham Shopmobility to make the most of the late-night shopping that evening (Centre open until 8pm).

Some of you are Shopmobility members already (£7.50 for year's membership which also lets you use other Wessex Shopmobilities, plus £3.50 each time hire) if you would like to use a mobility scooter to do your shopping or you can use one of their wheelchairs even if you are not (£2.50). I am hoping to get some people who will help push them.

Mave has been working there for several years and Sonia has kindly agreed to work that evening. We will get some mince pies and non-alcoholic mulled wine! If we use Shopmobility we can get free parking too.

Fareham Shopmobility  
The Basement  
Multi Storey Car Park

Osborn Road  
Fareham  
PO16 7 DW

Finally a message from Julie Hawksworth – who is a member of our Committee

*My name is Julie, I am part of the Fareham & Gosport MS Society Welfare Team. I was diagnosed with MS in early 1997, and have a daughter 15 years old who has attended the local Young Carers (organised and run by the Kids Foundation) for the past few years. I qualified as a psychiatric nurse and bereavement counsellor in 1991. However due to progression of the MS symptoms I gave up my registration in 2006. To keep myself busy I volunteer as a school governor and enjoy yoga, crafts and various other activities put on by the Fareham & Gosport MS Society. I am available to talk almost anytime, for advice or just a natter - remember you are not alone. My numbers are home: 01329 510819; mob: 07812 997178.*

I hope you find something of interest to you in the newsletter, I won't say Happy Christmas – far too early!

Best Wishes

Juliette

PS Just a reminder of my new email address: [juliettehewitt@gmail.com](mailto:juliettehewitt@gmail.com).