

**MULTIPLE SCLEROSIS SOCIETY  
GOSPORT AND FAREHAM  
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Newsletter February 2020

Dear Friends and Colleagues

This morning we went for a walk over Alver Valley, for no other reason that they have some big puddles and my scooter wheels were caked in mud. I'm glad to say I now have clean wheels, Eliza on the other hand decided to bring her own supply of mud home, the joys of being a dog! It was great to see the Aberdeen Angus Cattle and I even saw the beginnings of green on a few trees, spring is on the way with hopefully less water from above.

Events and Activities

During March we have a couple of pop-up moots on a Tuesday, one at Poppies Tea Room and the other at Strawberry Field Tavern. Lorraine has moved her Highlands Hub Moot from a Wednesday to the second Friday of the month but as the second Friday in April happens to be Easter Friday and the Hub is shut, she'll be giving April a miss. Do pop along to any of the moots for a cuppa and a natter, you would be most welcome and places, dates and times can be found on the calendar.

Sadly I have to tell you that Sandra attended her last physio class on 13 February. We wish her every success in her new job but can't quite believe she has been running a physio-led Exercise Class for the group for over 20 years. Thank you Sandra. We are so very lucky that Marion will continue to run our physio-led exercise classes on a Thursday, one week at Alverstoke and the next at Stubbington. Do come and join us if you can, the dates and times can be found on the calendar.

Something for your diary. The MS Nurse will be holding a drop-in clinic at Alverstoke physio-led exercise classes on:  
26 March

23 April  
21 May  
18 June

Craft for 9 March is painting with Warwick and as April's craft coincides with the Easter break it will now be on 6 April and will have an Easter theme. Do let Ruth know if you plan on attending as spaces are limited 07817 358672.

We have our Easter Eggstravaganza on Saturday 4 April at Palmerston Indoor Bowling Club from 18:30. The building is wheelchair accessible and the food is always excellent. Come and join us if you can, the menu choices are enclosed, join in with my scratch card games and the entertainment will be provided by Laurie Lane.

### Fundraising

We have a Flag Collection at Tesco, Fareham on Saturday 21 March and Debenhams, Fareham have chosen us as their charity during the month of April where we need to provide people to represent the group over the weekend. Can you lend a hand at either the Flag Collection or at Debenhams? Please let Steve Irving know on 07976 054003 or email him on [irvingfam@btinternet.com](mailto:irvingfam@btinternet.com). Thank you.

### MS Nurses

Please can you help. We are so lucky to have such an amazing MS Nurses Team. Can you help by nominating them for a Star Award with Southern Health Authority? Please spread the word and ask friends and family to nominate them as well. Thank you. <https://www.southernhealth.nhs.uk/get-involved/star-awards/>

### Drivers Wanted

We are still looking for drivers for the Community First Buses. Do you know of anybody who has the time and would be willing to become a driver for the group? For more information contact Steve Irving on 07976 054003 or email him on [irvingfam@btinternet.com](mailto:irvingfam@btinternet.com). Thank you.

### Information from members

People give me great bits of information about all sorts. If you've found some useful bit of information and wish to share do let me know and I'll add it to the list for the next newsletter.

<http://walkswithwheelchairs.com> ....the only UK web-site totally dedicated to providing free information on routes that are suitable for those with access challenges.

<https://www.wightlink.co.uk/go/accessible-travel-and-disabled-discounts/> ...if you fancy popping over to the Isle of Wight there are various discounts for disabled travellers, follow the link.

The MS Society award Shining Stars to volunteers and groups of volunteers whose outstanding service and achievements exemplify the positive impact we always strive to make within our MS communities. I was honoured to be given one last month, thank you, but I couldn't do what I do without the fantastic volunteers who help out each week. So many of you help in so many ways, it is to you I say thank you. We are so very lucky to have such a great team of volunteers that sit on the committee, many who have MS themselves. Gosport and Fareham MS Group rock!

Jenny

Website [GosportFarehamMS.org.uk](http://GosportFarehamMS.org.uk)

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