

BIG GIFT Christmas campaign

MS IRELAND IS currently getting ready for the fast-approaching Christmas season. In the coming weeks, we will be inviting all our members to become involved in our new and exciting Christmas campaign.

Each member will receive our *Big Gift* catalogue, which will give people the opportunity to give to MS Ireland this year as part of their Christmas presents to friends and family.

We will send out catalogues in the coming weeks, with details of services people can give towards. Prices will range from €25 to €300 and each gift will be recognised with a certificate, which will signify the services that will benefit. So, instead of buying a book for your uncle, give the value of the book to MS Ireland. We can then spend this money on establishing an information library for people with MS. Or maybe you would like to donate towards the value of

a night's stay in our Care Centre, a weekend break for a young carer, exercise equipment for someone with MS, or help us find a cure for MS.

There is a gift idea for everyone, so do away with trawling around the shops and trying to find sellotape — give to MS Ireland instead.

We are hoping that this campaign will reach out to our members and the public who feel the true spirit of Christmas sometimes gets lost in the festivities. We hope you enjoy ordering from our catalogue from October onwards! If you have any queries in the meantime, contact our fundraising department on 01 678 1600.

Don't forget, you can still buy MS stars from the National Office, your local Branch or businesses. MS Ireland Christmas cards can also be bought from All Print & Design by calling 01 8786035. Alternatively, visit www.allprint.ie.



Care Centre raffle scores once again

MS IRELAND RAN its second Care Centre raffle during the early summer months, which proved the people of Ireland enjoy a good gamble! All members were sent out tickets and more were available through the Branches. We also ran a telephone callout throughout Galway and parts of the midlands. The draw took place in the National Office and was supervised by Yvonne Moloney of Joynt and Crawford Solicitors.

Olga Estridge, MS Ireland Services Manager, and Yvonne Moloney of Joynt and Crawford Solicitors dig deep for the winners of this year's raffle



Winners:

1st Prize — €3,000 travel voucher

John Joe Flaherty, Galway

2nd Prize — 42-inch LCD television

Niamh Brennan, Co Galway

3rd Prize — €1,000 cash
Brother Laurence Grimes, Co Galway

4th Prize — Weekend for two in Clayton Hotel, Ballybrit, Co Galway

Sheila Gill, Co Donegal

5th Prize — MP4 player
Valerie/Grace Tarpey, Co Galway

Sellers Prize — €250 cash
Mary Stapleton, Co Laois

Covering Cavan

ROY ORMISTON WAS never one to do things by halves. Having previously done two sponsored walks from Tullyvin to Cootehill in Cavan in 2000 and 2003, he vowed that one day he'd double the €16,000 raised for his local MS Branch. Roy and his gang cycled through every town in Cavan in April and managed to raise a staggering €40,000 for the Branch.

In early January, Roy, who has MS himself, got chatting to a lifetime friend Matt Lynch about doing a sponsored two-day cycling event through every town in Cavan. Matt is no stranger to fundraising and within no time they had eight cyclists ready to meet the 300k challenge.

Roy and his wife Mary planned the route, got sponsorship from many local businesses whilst doing the leaflet drop and got the ball rolling via the local people of Maudabawn, Co Cavan. A set-dancing Céilí night was organised in the town, raising €1,500 for the cause.

Over the Easter Weekend, Roy, Mary and their crew went out with their buckets around Cootehill and Cavan Town to promote the event.

On 27 May, the eight cyclists and their entourage took to the road in Tullyvin heading south. The route took two days and went through the many beautiful villages, towns and hamlets of Cavan. From Tullyvin, Cootehill, Ballyjamesduff, Cavan town, Belturbet and Blacklion, the crew raised money and awareness wherever they went.

Mary and Roy were overwhelmed by the generosity and goodwill of the Cavan people and the families of people with MS. They wish to thank all those who took part,



The fundraisers and cyclists hand over the cheque to the Cavan Branch. Front row, from left: Mary and Roy Ormiston, Pdraig Reilly, Cavan Branch Chairman, and Matt Lynch

particularly the cyclists and those who fundraised. Thanks also to the those involved in the Céilí, the Cavan Rose Committee who gave €700 and the use of a van and all the businesses who provided refreshments on the day.

Roy has been an inspiration to everyone. He was shocked when he realised what had been raised, but it just goes to show what can be achieved with sheer determination, the support of family and friends and the generosity of local people. Well done to Roy and the people of Cavan!

The Cavan Branch wishes to thank all those involved in the cycle, in particular Roy and Mary for their drive and enthusiasm. Chairman of the Branch, Pdraig Reilly says: "This has been a fantastic event for our Branch. We can't thank Roy, Mary, Matt and their crew enough for all their hard work. The Branch will be using the money to fund many of our services for people and families with MS in Co Cavan."

A home run

CONGRATULATIONS AND A big thank you to all the participants who took part in the Flora Women's Mini Marathon 2008 and local marathons throughout towns and villages in Ireland in aid of MS Ireland.

This year, over 600 women ran or walked the Flora Women's Mini Marathon for MS Ireland.

The day twinkled with a summer

glow and the anticipation of 40,000 women taking on the 10k challenge.

With the runners taking the lead, the MS stall was swarmed with eager ladies trying to quench their thirst. The stall started off with bottles of water and other various minerals, but by the time the walkers made their way to the MS Ireland offices, we were rushing round in a hurried frenzy

as we threw glasses of water into the happy hands of the marathon hopefuls.

To show our appreciation to all the women who ran for us, we have put together a small video of the day, which you can see by typing 'MS Ireland' into the search box on www.youtube.com.

We hope you like it and we look forward to next year!

My legacy.ie



Paul Collins, Fundraising Manager, poses with his daughter Lily for the official launch of the legacy campaign

MS IRELAND IS one of 40 charities leading the way on a new fundraising campaign, which hopes to encourage more people to leave a donation in their will to their favourite charity. This act will have a positive impact on many lives.

Irish charities from the healthcare, childcare, developing world, social care and animal-protection arenas joined forces earlier this summer to launch the campaign. The charities include the Alzheimer Society of Ireland, Amnesty International, Barnardos, Concern, Focus Ireland, the ISPCA and MS Ireland.

The 40 charities have come together to increase awareness about legacy giving. Speaking at the launch of the TV campaign, Nichola Mullen, Chair of Legacy Promotion Ireland and Corporate Development Manager, Arthritis Ireland, said: "Ireland is experiencing what is commonly referred to as a greying population. This is a direct result of an increasing elderly population and an increasing life expectancy. The Central Statistics Office estimates that, by 2010, 11.5pc of our population will be aged 65 years and over and that figure will have risen to 15.5pc by 2020.

"These older members of our population are 'liquid poor' but 'cash

rich' and therefore legacy giving is a perfect method of giving for older people. Our aim is to reach out to these people and their financial advisers in a sensitive way and ask them to think about leaving a legacy in their will."

MS Ireland is delighted to be supporting legacy giving and staff member Mary Fletcher-Smith helped to promote the campaign by appearing on RTÉ 1 News recently. Mary's husband, Peter, a Neuropathologist, lived with MS until his death in March 2005. They both had a career in medicine and, after Peter was diagnosed, they decided to allocate money in their wills to the medical research into MS. "We had both spent a considerable amount of time working in hospitals during our career, but nothing prepared us for the challenge we faced on receiving Peter's diagnosis in 1996. During the following years we vowed to support the much needed research into MS," says Mary.

Included in this edition of *MSnews* is a special guide to making wills. For additional copies, call MS Ireland. To find out more about the campaign, visit www.legacypromotion.ie or contact MS Ireland's fundraising department on 1850 950 650.



Wining and dining

MS IRELAND CORDIALLY invites you to the 2008 Vision Charity Ball currently being organised by the Murphy family from Clane, Co Kildare.

The ball will be held in the Westgrove Hotel in Clane on the 20 September 2008, where a night of beautiful food, fine wine and entertainment will be guaranteed for all.

The Murphy family hopes to raise €25,000 from this event and MS Ireland would love to welcome as many of our members and friends as possible.

If you would like to buy a ticket for the event (€100 each), contact Linda on 087 614 7221, Jackie on 087 982 3330 or email visionentertain@gmail.com.



REACH
FOR A
STAR

*Be part
of the cure*

There are over 7,000 people in Ireland with MS. There is no cure, but MS Ireland is funding research to find one. Instead of sending corporate Christmas cards this year, why not sponsor an MS Star?

CHOOSE A STAR FOR YOUR COMPANY



TOP STAR
Value: €15,000



GOLD STAR
Value: €7,500



SILVER STAR
Value: €5,000



BRONZE STAR
Value: €2,500

LISTING
Value: €1,000

Your Star will feature on:

- A full-page advertisement in *Business Plus* magazine
- A half-page advertisement in the *Irish Times*
- Your company name on the MS Christmas tree in the Blanchardstown Centre, Ireland's leading shopping and retail park destination
- A free-standing poster beside the MS Christmas tree
- The MS website.

Prominence depends on Star chosen

For full details, please visit www.ms-society.ie or contact, MS Ireland on 01 6781600 or email cheryl@ms-society.ie



Cross-border teens on target

IN MARCH OF last year the MS TACTICS Cross Border project and the North West Regional Office took a group of young teens to Lusty Beg Island in Fermanagh. MS Ireland staff and teenagers, who have a parent with MS, spent the weekend taking part in various team-building and adventure activities.

Couples care

PICTURED OPPOSITE ARE some of the attendees at a three-day break for carers, which was organised by the MS TACTICS Cross Border project.

The event was held in the new five-star Solis Lough Eske Castle Hotel in Donegal and 23 carers used the weekend to refresh their caring skills, share experiences and, most importantly, relax. The carers break is one of a variety of programmes run by the TACTICS project and the Regional Office.



MEMBERS OF THE Donegal Branch pose with their new Motomed, purchased from money raised by friends of the Branch in the Women's Mini Marathon. Siobhan McCrudden, Evelyn Sinclair, Jennette Kelly, Annette Boyle and Breedge McGoohy ran the marathon in June, enabling the Branch to buy the exercise machine for the benefit of all people with MS in Donegal town and surrounding areas.

The Branch would like to thank the five ladies for

their generosity and the Donegal Cancer Support Group (Solace) for the use of their premises to store and use the Motomed. Anyone with MS is invited to come along on Wednesday afternoons from 4pm to 5pm to use the bike or just to drop in. If interested, please contact Veronica Gillen on 087 2459445. Donegal Support Group meets every second Tuesday of the month in Mill Park Hotel at 7.30pm. All are welcome.



TRIBUTES

Áine Igoe RIP



ÁINE, WHO PASSED away in April 2008, will be sadly missed by her husband Liam, her family, friends and her local MS Society (South Wexford Branch), where she was very active for many years. For three years, she held the post of Chairperson and later became Branch Treasurer. Her integrity, dedication and cheerfulness was admirable — an inspiration to all who worked with her.

Áine's dedication to the branch was tireless; her unique contribution to meet the needs of all members was ongoing. She gave huge energy to all aspects of the Branch's work and encouraged everyone to live life to their full potential.

Áine's smiling encouragement and great strength will be greatly missed by many. RIP.

Ruth Perry RIP



THE DEATH OF 37 year old Ruth Perry of Magheracorran, Convoy in March evoked deep regret among many people.

After finishing her education at Royal & Prior College, she joined her mother for a time in the family bookkeeping business.

A talented, popular and lovely young woman, with an outgoing cheerful personality, Ruth lived her life to the full.

She played the piano, loved dancing, walking, cycling, playing tennis, hockey, badminton and darts and was the life and soul of any gathering that she attended.

Ruth was diagnosed with MS on her 22nd birthday, but even after her diagnosis she was optimistic and will be sadly missed by all who knew her.

During the years of her illness, Ruth was lovingly cared for by her mother, carers from the Irish Wheelchair Association, monthly respite in St Joseph's Hospital, Stranorlar and a community visitor provided through MS Ireland. Her popularity and the esteem in which she and her family are held was reflected in the huge turnout at the funeral service.

Reverend Stephen Richmond, who conducted the service, paid a glowing tribute to Ruth's courage, faith and close relationship with God, which sustained her throughout her illness.



On a Celtic note

THE CORK CITY Branch was delighted to be joint benefactors of a spectacular concert held in the grounds of University College Cork. The beautiful and talented Celtic Divas were accompanied by the Garda Band in an outdoor concert, which was attended by 2,000 people. The MC for the evening was Paschal Scott, otherwise known as Sergeant Dick O'Toole in TV's *Killinaskully*. The night was organised by Branch members Paul and Liz Hooley with the ever-generous support of the Cork City Branch of An Garda Síochana. Monies raised will be split between the Cork City Branch of MS Ireland and the Children's leukaemia ward in the Mercy Hospital. Thanks to all those who supported and helped to organise the event.

A helping hand

THE LIMERICK SELF Help Group had their summer-break party the night of 24 April. The running of the last session of The Self Help Group from March to April was taken over by the Branch Committee from the Mid-West Regional Office. It was a terrific success, thanks to our wonderful team of volunteers and therapists.

A special word of thanks to our wonderful tea lady Sr Josephine, who, along and her crew, put on a fabulous spread of "fancies" and tea every week.

Everybody is looking forward to return of The Self Help Group in the Autumn.



Budding artists

THE VERY POPULAR Art Class programme ran at the Tara Resource Centre from September 2007 to March 2008.

Funding was received from the local VEC, which was used to employ local art teacher Anne O'Keefe.

Both Anne and the emerging artists enjoyed the classes so much that Anne came in on a voluntary basis for the month of April.

Although the classes have finished, many of the art students continue their hobby in the centre. It is hoped that funding will be secured for next year.

Limerick's lion share

THE TARA RESOURCE Centre in Limerick was delighted to receive a donation of €10,000 from the Limerick Lion's Club in June.

The club, which fundraises for local causes, raised the money through a sponsored walk in the beautiful grounds of University of Limerick.

The money will be spent in providing therapy services in the Centre. All in the Regional Office would like to thank Gerry Fitzsimons, his crew in the Lions Club, all in the Perry Hotel and everyone who supported the event.



The ICE movement

A NEW CAMPAIGN has taken off around the world to get people thinking of how their relatives can be contacted in case of an emergency. As technology becomes a greater feature in all of our lives and with the majority of the population now owning mobile phones, it is no surprise that they are being used to help in emergencies.

The ICE (In Case of Emergency) campaign calls on people to store the number of a person on their phone who should be contacted in the case of an emergency. You store their name as ICE and it means either the doctors at the hospital or the paramedics know who to call in an emergency. If you have more than one contact, you simply enter ICE1, ICE2 and so on.



Universal key available

TO THOSE WHEELCHAIR users or their carers who would like free access to disabled toilets, which are generally found in shopping centres, a new universal key is available. The Abloy Universal Toilet Key offers those with disabilities access to the toilets without having to wait for cleaning staff or security staff to unlock the doors. Accessible toilets are often locked to prevent general use or vandalism.

The key may be purchased for €13.85 by calling personally to the locksmith J Williams, which is located directly opposite the car park entrance to the St Stephen's Green Shopping Centre in Dublin. Alternatively, the key can be ordered and posted out to you by registered mail. The cost of the postal service is €10, plus €13.85 for the key. Call 01 475 6307 for further details.



Dear Editor,

My name is Patrick Bannon, although some will know of me as Paddy Bannon.

My wife and I were told I had MS by Dr WM Hutchinson on 25 April 1989. It was a Tuesday and we were at the Adelaide Hospital in Dublin. We began a journey that continues today and it has been a mixture of good days and better days.

In 1990, I began studying and since then have successfully completed various studies. These studies have highlighted, for me, the ways different people cope with problems. I would like to identify how people have coped and continue to cope with their MS.

I would be grateful if you could publish this letter, as I would like to make contact with some people with MS who can help me with my research. All information shared will be treated as strictly confidential. If anyone is interested, they can contact me on 087 2344303 or email me at insightintochange@eircom.net.

I look forward to hearing from you.

Many thanks,
Patrick B Bannon



MSnews on holidays

Long-time MS Ireland member Sean Murphy sent in this image of *MSnews*, while enjoying the scenery in Greece. Have you brought your copy of the mag to some unusual locations? If *MSnews* has been on some adventures and been caught on camera, send in your snaps and we'll publish them.

Disclaimer: *MSnews* is the magazine of MS Ireland. It exists to foster informed debate and comment about all issues relating to MS. The view of contributors are not necessarily those of the Society. No treatments or therapies should be attempted or products used without qualified medical or professional advice.