

East Coast Area News



Welcome to our Autumn 2011 newsletter. We hope you have all had a lovely summer and made the most of the (occasional) good weather and long evenings! In this issue we have information about our upcoming AGM, along with our upcoming Autumn groups and events.

If you have any questions or require any further information on any subject relating to MS, please contact us on (01) 2871704 or eca@ms-society.ie, or write to us at MS Regional Office, Sunnyside House, Delgany, Co Wicklow.

World MS Day—28th May 2011

It was all hands on deck by staff and volunteers of MS Ireland East Coast Area to help raise awareness of MS and the issues for those affected by it. In this region we had a great team of volunteers with us in the Bridgewater Centre Arklow on Saturday 28th May, raising awareness and funds.

A big thank you to all those who helped on the day, we really couldn't have done it without you. The money raised will go towards our programme of events for people with MS and their families in South Dublin and Wicklow.

Emailing Newsletter

If you would like to add your email address to our database please email it to: eca@ms-society.ie.

If you would prefer to receive information by post that is fine too. Your email address will only be used by MS Ireland and will not be passed on to any third party.

Carers Day

This day for carers and partners of people with MS is on Thursday 29th September in the Glenview Hotel. It is an opportunity to take time out for yourself, to relax and enjoy some workshops and relaxing treatments. Why not come along? Full details and booking forms available from the Regional Office. If you are a carer and would like to add your details to our carers database please email eca@ms-society.ie or call 01 2871704

Disclaimer:

The views expressed here do not necessarily reflect the views and policies of MS Ireland. While every effort is made to ensure the accuracy of the information provided, the editor is not responsible for any error or inaccuracy that may occur.



9th—11th September, Burlington Hotel, Dublin 4

'Helping To Solve The MS Puzzle'

MS Ireland is delighted to host Ireland's biggest MS event in celebration of our 50th anniversary. Our MS Living Convention and Research Symposium brings together the latest developments in MS research, practical ways to meet the challenges MS may bring and social opportunities for people to meet and talk about MS.

Friday 9th of September

The Research Symposium takes place on Friday 9th of September and is targeted towards health professionals, clinicians, researchers and others with a professional interest in MS. A number of national and international experts will present on a variety of aspects of MS research including stem cell therapy, neurodegeneration, rehabilitation, resistance training, vitamin D and reparative therapies.

Saturday 10th of September

The Main Convention will take place on Saturday 10th of September and is targeted towards people with MS and their families. The lecture series will focus on research developments such as stem cells and vitamin D and a series of seminars will look at practical aspects of living with MS such as benefits and entitlements, diet and nutrition and fatigue. There will also be an exhibition space show-casing various products and services and a social space to meet and chat with other people living with MS.

Sunday 11th September—AGM

Our Annual General Meeting will take place on Sunday 11th of September 2011 at 10.30 a.m. in The Burlington Hotel, Dublin 4. Business to be conducted on the day will include the adoption of the consolidated financial statements for the year ended 31st December 2010, the election/re-election of board members as well as the ratification of Council's nominee to the Board. A full agenda, information and voting papers will be distributed to all members in August. All registered members are invited to attend the AGM. Lunch will be served after the AGM for all weekend delegates.

If you have any queries about the convention or research symposium please contact (0) 1 678 1600 or convention@ms-society.ie. We look forward to welcoming you on the 9th and 10th of September.

Tickets & Bookings

There are three tickets available to purchase:

Weekender*: Includes entertainment on Friday night; B&B on Friday and Saturday night in The Burlington Hotel; access to all events on Saturday including the lectures, one seminar and exhibition area; attendance at the Gala Dinner; lunch on Saturday and Sunday; and attendance at the AGM on Sunday (registered members only).

Cost: €240 per person sharing.

Day Delegate: Includes access to all the lectures, one seminar and the exhibition space on Saturday. Lunch is not included but can be purchased from the hotel directly. *Costs: €20 for a single ticket and €30 for a family ticket admitting three people.*

Gala Dinner and Awards Ceremony: These are included in the weekend package but can be purchased separately. *Cost: €50 per ticket.*

Call 01 - 6781600 and you can be booked in over the phone

Prescription Collection

Pure Pharmacy in Dublin Airport are offering a free delivery service on prescriptions to anyone in the greater Dublin area. The service is available 365 days a year and patients details are kept on the pharmacy computer.

If a patient then ran out of medication and had no prescription, it could be taken care of. Medication would be delivered and a prescription collected from the G.P. Also if toiletries or other products were needed from the pharmacy this would be delivered with their medication. There is no charge for the delivery of prescriptions and no hidden costs. The pharmacy is just looking for business.

The number to ring about the prescription delivery is 01-8329449, ask for Rhona who is the Pharmacist.

Physiotherapy

We are running some physiotherapy groups commencing in September based on the positive results of the Getting the Balance Right research carried out by MS Ireland. You **do not** have to have participated in the research or a previous group to take part now. If you are interested in either of the programmes outlined below, please contact the Regional Office on 01-2871704 or email eca@ms-society.ie and we will send an application form to you. Closing date for receiving applications is Friday 9th September

- ◆ **Bushy Park 21st September - 16th November (Wed 6pm –7:30pm)**
- ◆ **Open Door 20th September - 8th November (Tues 6pm-7:30pm)**

There is a participant cost of €40 for an 8 week programme which can be paid by cheque or postal order and must be returned with your form to secure your place. There will also be a limited number of one to one physiotherapy sessions available. These will run as a six week course and the cost of this is €30. Places will be allocated to people who are unable to participate in a group or class due to their level of disability. These sessions are limited, so priority will be given to those who have not availed of it before or those who have not had this in the recent past.

For further information on any of the above groups call the Regional Office on 01 2871704 or eca@ms-society.ie. If we are not in the office please leave your name and daytime contact number so we can get back to you.

Aqua Aerobics — New!

Aqua-aerobics Classes for People with MS (8 weeks) - Autumn 2011

Arklow Bay Leisure Centre, Arklow, Co Wicklow

Wednesdays 10.15am-11.00am 21st September – 9th November 2011

We are planning to commence an eight week course of Aqua-aerobic classes for People with MS at the Arklow Bay Hotel, Arklow, Co Wicklow. The course will begin on Wednesday mornings at 10.15am and run for 8 weeks. If you would like to attend the classes but require assistance please contact us as we may be able to help with this. The cost for the 8 week course will be €40. **Please contact us on (01) 2871704 for further information.**

*Benefits of water based exercise:

- ◆ Water is buoyant. It provides support and makes you feel lighter. You can achieve a greater range of motion thanks to water's buoyancy, which also promotes muscle relaxation.
- Water is viscous, which means it resists your movements. You move more slowly in water, allowing you to work on skills such as balance and coordination. Water's viscosity can also improve muscle strength.
- Water provides hydrostatic pressure, creating a sensation of compression. The deeper you go, the more pressure, giving you support for standing activities, such as walking.
- Because of water's unique qualities, swimming improves your endurance and cardiovascular fitness, as well as improving your strength, balance and flexibility.
- Swimming reduces stress and helps you relax. It's an adaptable exercise, too, meaning that if you get bored with one routine, you can try something else!
- Swimming can provide social time, whether it's splashing around with your kids or grandkids, or exercising with a group.
- ◆ Swimming is one of the few exercises that will cool you down, rather than heat you up. Water at 81 to 83 degrees is the recommended range, although people with spasticity may find they need a slightly warmer temperature, as too low a temperature can increase their symptoms and decrease mobility. Try different pools to find out what temperature works best for you. Pools where competitive swimmers practice are generally kept cooler. But remember that a warm "therapeutic" pool will probably be too warm.

You don't have to swim: If you don't know how to swim, there are other water exercises that offer the same health benefits. If you feel tentative about being in the water, there are many flotation devices that will allow you to enjoy your activity anxiety-free.

*Adapted from <http://www.nationalmssociety.org/living-with-multiple-sclerosis/you-can/swim-like-a-fish/index.aspx>

Autumn Yoga

Our popular yoga courses are back for a new term this September. There are two venues to choose from; Mount Merrion Community Centre with Audrey Williams on Monday evenings and St. Anne's Resource Centre in Shankill with Jean McDonald on Friday mornings. If you are interested in attending either (or both) of these courses, please contact the office on 01-2871704 or eca@ms-society.ie and we will send you an application form.

Please note that places are offered on a first come, first served basis. The cost for the course in either venue is €40. As always, if you have difficulty with financing, please contact us and we will try and help you.

- ◆ **Mount Merrion 19th Sept - 12th Dec (Mon 7:30 to 9pm)**
10 weeks excluding 26th Sept, 31st Oct and 28th Nov.
- ◆ **Shankill 23rd Sep - 25th November (Fri 11:30am to 1pm)**
10 weeks

Dolly Textile Recycling

Dolly recycling have teamed up with MS Ireland to raise funds through textile recycling. If you want to help Ms Ireland Log on to www.dollytextilerecycling.ie and click on the orange/red tab to the right hand side, Dolly Recycling will then arrange to pick up clothes from you free of charge which will help generate income for Ms Ireland. This way you can help support a worthy cause and declutter your house at the same time

Programme of Events

Yoga

- ◆ Mount Merrion 19th September - 12th Dec (Mon 7:30 to 9pm)
- ◆ Shankill 23rd Sep - 25th November (Fri 11:30am to 1pm)

(See opposite for more details)

Physiotherapy Programme

- ◆ Bushy Park, Rathgar. 21st September - 16th November (Wed 6pm -7:30pm)
- ◆ Open Door, Bray. 20th September - 8th November (Tues 6pm-7:30pm)

(See overleaf for more details)

Informal Coffee & Chat PwMS

- ◆ 13th Sept. Level 3, The Foodcourt, Dundrum SC 11am
- ◆ 27th Sept. Avoca, Kilmacanogue, Co. Wicklow. 11am
- ◆ 6th Oct. Royal Marine Hotel, Dun Laoghaire. 11am
- ◆ 18th Oct. 'O'Briens' Bridgewater SC, Arklow Co. Wicklow. 11am
- ◆ 8th Nov Level 3, The Foodcourt, Dundrum SC 11am
- ◆ 22nd Nov. Avoca, Kilmacanogue, Co. Wicklow. 11am
- ◆ 8th Dec. PwMS & Carers Level 3 The Foodcourt, Dundrum SC 11am

Informal Coffee & Chat Carers

- ◆ 27th Oct. Level 3, The Foodcourt, Dundrum SC 11am
- ◆ 29th Nov. Avoca, Kilmacanogue, Co. Wicklow. 11am
- ◆ 8th Dec. PwMS & Carers Level 3 The Foodcourt, Dundrum SC 11am

Carers Day

- ◆ 29th September Glenview Hotel Co. Wicklow (see front page)

Aqua Aerobics Classes for People with MS (8 weeks)

- ◆ Arklow Bay Leisure Centre, Arklow, Co Wicklow 21st September - 9th November 2011

(See article overleaf)

Carers' Christmas Lunch

- ◆ 14th Dec. The Fernhouse Restaurant, Avoca Handweavers, Co. Wicklow. 12:30pm

