

# MS Society North East News

March 2011



*Covering counties Meath, Cavan, Monaghan and Louth*

## **WE HAVE MOVED!!!!**

**Our new address is**

**Herbert House**

**Muckno Street**

**Castleblayney**

**Co. Monaghan**

**Tel: 0429754304**

**www.ms-society.ie**

**Helpline 1850 233 233**

**northeast@ms-society.ie**

**Mobiles: Kevin Curran 0872663334**

**Tess Kennedy 0879750048**

### **Recently Diagnosed Support Groups**

In March we are holding a one-day event in Louth and Meath to provide support and information to people recently diagnosed with MS. We would encourage those recently diagnosed to come along to this event to hear up-to-date information on medication, treatments and the latest research on MS. There will also be information on entitlements and benefits and a chance to meet up with people recently diagnosed in an informal and relaxed atmosphere. Lunch will be provided and there is no charge for attendance.

**Please contact the office to book a place.**

### ***The Role and Function of MS Voluntary Branches***

We are all aware of the very real difficulties facing those on reduced benefits and incomes under the Government's 'austerity' measures. Our valuable Branches around the country do tremendous work fundraising on your behalf and they are there to help with financial difficulties when these arise. If you find yourself in difficulty, please speak to either Kevin or Tess in confidence, who will then represent your situation to the appropriate Welfare Committee. If you prefer, you can make a direct approach yourself to the Branch Chairperson. We will also ensure that you are in receipt of your entitlements and support you as best we can. We will discuss benefits and entitlements with you and advocate on your behalf where an appeal may be needed.

### ***Respite availability for our members in the NE for 2011***

We have secured **Lotto** funding for members who would like to attend the **MS Care Centre**. We would encourage any member who needs respite, especially those that have **higher levels of disability** and who require nursing care facilities, to contact us ASAP in the office to plan respite during 2011. For other members who would like to plan respite breaks at a local HSE run facility, please call us at the office or contact the centres directly as follows:

Louth-Sruthán House Contact manager Joan Fox Tel: 042-93-31407

Meath-Na Driseoga Contact manager Mary Stack Tel: 046-90-59114

Cavan-St. Christopher's Contact manager Ann Rahill Tel: 049-43-2999

## Getting The Balance Right—MS Ireland's National Exercise Programme

Spring classes have started throughout the region. Please contact the office to enrol for future classes or for any queries regarding Getting the Balance Right. The next set will begin after Easter.



## Vitamin D

As we have highlighted in previous editions of MS NE News, there is increasing evidence of the important role that **Vitamin D** may play in preventing the on-set of MS. This may be critical in ensuring that Irish children receive recommended daily supplements of Vitamin D due to the limited amount of **sunshine** that they are exposed to each year. Food rich in Vitamin D include oily fish such as salmon, sardines, cod liver oil. Many countries now add Vit D supplements to their foods such as bread and milk as part of a national health promotion programme. Research has found that Irish people have low Vitamin D intake due to poor diet and lack of adequate amounts of sunshine throughout the year.

The recommended **daily** allowance for Vitamin D in Ireland is:

- All babies (both breast-fed and bottle-fed) 0.3 mls or 5 ugs (5 micrograms) of vitamin D (Abidec)
- 0-6 month babies 8.5mcg (micrograms)
- 0-3 years 8.5 mcg to 10 mcg
- Teenagers 0-15 mcg
- **Adults 0-10 mcg = (400IU) International Units**
- <65 years 10-15 mcg

Vitamin D (on it's own without combination with other multivitamins) is available from Boots Chemists. Vitamin D for children is available in tablet and liquid form –brand name Abidec.

It is always advisable to consult with a dietician, pharmacist or GP in relation to appropriate and recommended daily intake of Vitamin D. The Food Safety Authority of Ireland has a very good website in relation to this and on food fortification in general. Check out [www.fsai.ie](http://www.fsai.ie)

## Dublin MS Meet up Group

A new social group for people affected by MS has been established in Dublin. MS can be difficult to manage but we can use it as a great reason to get together and make a positive difference in our lives. This is for people who want to meet new people, build friendships, take part in the group activities/events, share stories, experiences, develop a community and a bit of fun. Events will be held in Dublin and the surrounding areas.


We meet every two weeks on a Saturday afternoon at 2:30pm in the IFI Café/Bar in Temple Bar. If you are new to the group, we can have a Meeter/Greeter meet you before hand to ensure that you are given a warm welcome. Go to [www.meetup.com/Dublin-Multiple Sclerosis-Group](http://www.meetup.com/Dublin-Multiple-Sclerosis-Group) for further information.

**HSE Reviews:** The HSE are in the process of reviewing all Care packages/Home Support. If you have any concern or need support with regard to this matter, please contact Kevin or Tess.

Young lady (student) available over the summer for household tasks. Reliable and conscientious. Contact Tess Kennedy for details. 087 975 0048.

## Odstock Assessments in June

We are hoping to hold an event in June to enable people with MS who require assessment for an Odstock Dropped Foot Stimulator. If you think you may be interested in this assessment, please contact our office.



## 2011 Events Calendar for the North East Regional Office

Date	Time	Event	Venue
<b>March</b>			
23rd March	10 am to 4 pm	Recently Diagnosed Support Group Meath	The Ardboyne Hotel, Navan, Co. Meath
24th March	10 am to 4 pm	Recently Diagnosed Support Group Louth	The Crowne Plaza Hotel, Dundalk, Co. Louth
<b>April</b>			
6th April	10 am to 12 noon	Coffee Morning, Louth	Monasterboice Inn, Drogheda, Co. Louth
6th April	10:30 am to 12 noon	Coffee Morning, Cavan	Kilmore Hotel, Cavan
7th April	10:30 am to 12 noon	Coffee Morning, Monaghan	The Four Seasons Hotel, Monaghan
14th April	10 am to 12 noon	Coffee Morning, Louth	Fairways Hotel, Dundalk, Co. Louth
15th April	10 am to 12 noon	Coffee Morning, Monaghan	Regional Office, Castleblayney, Co. Monaghan
<b>May</b>			
Date TBA		Family Fun Day	Cavan
18th May	10:30 am to 12 noon	Coffee Morning, Cavan	Lisgrey House, Virginia, Co. Cavan
20th May		Meath Branch Tara Trek Sponsored Walk	Tara, Co. Meath
20th and 21st May		<b>MS Couples Weekend Away</b>	Hillgrove Hotel, Monaghan
<b>June</b>			
June		Odstock Assessment	TBD
1st June	10:30 am to 12 noon	Coffee Morning, Cavan	Kilmore Hotel, Cavan
2nd June	10:30 am to 12 noon	Coffee Morning, Monaghan	Four Seasons Hotel, Monaghan
28th, 29th, 30th June		<b>Teen Break</b>	Carlingford Adventure Centre



## 2011 Events Calendar for the North East Regional Office

Date	Time	Event	Venue
<b>August</b>			
24th August	10:30 am to 12 noon	Coffee Morning, Cavan	Lisgrey House, Virginia, Co. Cavan
<b>September</b>			
7th September	10:30 am to 12 noon	Coffee Morning, Cavan	Kilmore Hotel, Cavan
8th September	10:30 am to 12 noon	Coffee Morning, Monaghan	Four Seasons Hotel, Monaghan
September 9th, 10th, 11th		MS National Conference (All bookings must be made through your local branch)	The Burlington Hotel, Dublin
<b>October</b>			
October		Recently Diagnosed Support Group, Meath	TBD
October		Recently Diagnosed Support Group, Louth	TBD
<b>November</b>			
23rd November	10:30 am to 12 noon	Coffee Morning, Cavan	Lisgrey House, Virginia, Co. Cavan
<b>December</b>			
7th December	10:30 am to 12 noon	Coffee Morning, Cavan	Kilmore Hotel, Cavan
8th December	10:30 am to 12 noon	Coffee Morning, Monaghan	Four Seasons Hotel, Monaghan

**Please help us to cut costs!!!**

**Send us your email address for future newsletters.**

**Send us your mobile number for texts reminders for upcoming events.**