

MS Society North East News

September 2010

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Covering counties Monaghan, Cavan, Louth and Meath

Welcome to our autumn issue of MS North East News 2010. In this issue you will find a calendar of events scheduled for the rest of the year. Please keep note of this and link in with our office if you wish to attend any of these programmes or require further information.

We are seeing increasing numbers of people diagnosed with MS in the NE. Since January 2010 we have had **20** newly diagnosed people and the total number of members with MS receiving services from our regional office now stands at **408**.

Against the backdrop of funding cut-backs and travel restrictions we are trying new ways of working smarter to continue to provide front-line services to our clients. One way of doing this is to provide monthly clinics, quarterly support group meetings and coffee mornings throughout the NE, so that we can meet as many clients in central convenient locations. We will also be able to meet clients at their regular "Getting the Balance Right" exercise programme starting shortly. Have a look at our calendar of events and contact our office if you would like to book an appointment at one of these clinics or support groups.



Recently Diagnosed Programme 2010.

Due to the increased number of newly diagnosed we are holding an additional one-day event on: **Saturday 9th October** in the Crowne Plaza, Dundalk, Co. Louth from 10am to 3pm. Specialised speakers will give updates on all new forms of medical treatments for MS. The programme will provide information on entitlements, finance and general support in coping when diagnosed with MS. People that have been recently diagnosed (over last 2-3 years) find this event very helpful. Please contact our office to book a place.

Respite in National Care Centre Bushy Park.

We have secured **Lotto funding** to help people in the NE to avail of respite for 2010/11. Please contact our office if you are interested. Places are scarce so you need to book well in advance.

Mobiles: Kevin Curran 0872663334

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DISCLAIMER While every effort has been made to ensure the accuracy of the information provided, the editor is not responsible for any error or inaccuracy contained herein.

We're on the Web
www.ms-society.ie

We would love to hear from you with news, articles, events, letters, etc. that might be of interest to the 400 people with MS and Branch Members that receive our newsletter. Please contact the NE office or email us at northeast@ms-society.ie

Oral Medications for treatment for MS.

It is hoped that a number of medications in tablet form will be available in the coming years for treatment of MS. A number of these drugs have tested very positively and may provide an enhanced treatment option without having to use injections. They include drugs such as Cladribine, Fingolimod. Findings from a number of trials have shown another drug Alemtuzumab which is administered intravenously (like Tysabri) to be highly effective (over 70% success) in preventing relapses.

See www.ms-society.ie, www.mstrust.org.uk or www.msif.org

New Cannabis Medication for Spasticity

Sativex is a new mouth spray now available in the U.K. on prescription for use in alleviating pain and spasticity symptoms associated with MS. It is hoped it will be soon available in Ireland. See www.ms-society.ie

Vitamin D

There have been a number of interesting studies examining the theory that Sunlight (UV radiation) and/or Vitamin D could play a significant role in reducing or preventing the on-set of MS. See www.mstrust.org.uk

Soulfeast 2011

The very popular Soulfeast will take place again in the sumptuous and tranquil setting of Kilronan Castle, County Roscommon on the weekend of 18th to 20th February 2011. The theme for the weekend will be rest, respite and relaxation and all taking part will be able to avail of spa treatments and other relaxing and pampering pursuits. The grounds consisting of lake and forest is absolutely breath taking and those who want to explore will be welcome to do so.

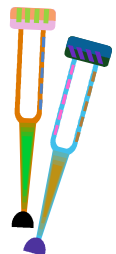
The cost of the weekend including 2 nights bed and breakfast, 2 lunches, 1 gala dinner and 1 spa treatment is €225.00 per person sharing.

For further information please contact the Western Regional Office on 091 768630 or western@ms-society.ie

Odstock Dropped Foot Stimulators

We have had a number of our members in the NE assessed and approved for receiving this specialised piece of equipment to enhance their ability to walk. See www.info@odstock.com

Do you have any equipment from the HSE that you no longer need? The HSE requests to be notified about any aids and appliances given to our members that are not currently being used. They can now be taken back, recycled and made available for other people needing them.



Finance/Insurance

- Remember to inform your insurance company when **RENEWING** your car insurance that you have MS.
- If you are an existing customer they cannot legally increase your premiums. They may require information from your G.P. in relation to your ability to drive.
- Also check to see if you ever took out **SERIOUS ILLNESS** cover as MS is recognised as a condition that the insurance companies will pay out if given notice.



2010 Autumn Events Calendar for the North East Regional Office

September

**Friday 10th through Sun-
day 12th September**

MS National Conference, Slieve Russell Hotel, Cavan

**Friday, 17th September,
11:00 am**

Support Group, Crowne Plaza, Dundalk, Co. Louth

**Friday, 24th September
11:00 am**

Support Group, Ardboyne Hotel, Navan, Co. Meath

October

**Saturday 9th October
10:00am to 3:30pm**

Recently Diagnosed Information Day, Crowne Plaza, Dundalk

**Wednesday 20th October
11:00 am to 3:00pm**

Clinic with Kevin Curran—call office to make an appoint-
ment. Crowne Plaza, Dundalk, Co. Louth

**Thursday 21st October
11:00 am to 3:00 pm**

Clinic with Kevin Curran—call office to make an appoint-
ment. Ardboyne Hotel, Navan, Co. Meath

November

**Wednesday 3rd November
10:30 am**

Coffee Morning, Virginia, Cavan

**Wednesday 24th November
11:00 am to 3:00 pm**

Clinic with Kevin Curran—call office to make an appoint-
ment. Crowne Plaza, Dundalk, Co. Louth

**Thursday 25th November
11:00 am to 3:00 pm**

Clinic with Kevin Curran—call office to make an appoint-
ment. Ardboyne Hotel, Navan, Co. Meath

December

**Wednesday 1st December
10:30 am**

Coffee Morning, Kilmore, Cavan

**Thursday 2nd December
10:30 am**

Coffee Morning, Four Seasons Hotel Monaghan

Getting The Balance Right—MS Ireland’s National Exercise Programme

Autumn classes are starting in the following locations. We also hope to start three new Yoga classes in Dundalk, Castleblayney and Monaghan town (depending on enrolment). Please contact the office to enrol or for any queries regarding Getting the Balance Right.



County	Date & Time	Location	Type of Class
Cavan	Wednesday September 29th 10:30 to 11:30 am	St. Christopher’s Centre	Physiotherapy
Cavan	Thursday September 30th, 10:30 to 11:30 am	Virginia GAA Facility	Physiotherapy
Cavan	Thursday September 30th 2:00 to 3:00pm	IWA Corlurgan	Physiotherapy
Monaghan	Tuesday 7th September 11:00 am to 12 noon	The Phoenix Centre	Yoga
Monaghan	Monday, September 27th 11:15am to 12:15 pm	The Four Seasons Hotel Lei- sure Centre	Physiotherapy
Monaghan	TBD	Castleblayney	Yoga
Monaghan	TBD	Monaghan Town	Yoga
Louth	Saturday, 11th September 12 noon to 1pm	The Aura Leisure Centre, Drog- heda	Physiotherapy
Louth	Saturday, 11th September 1:45pm to 2:45pm	The Aura Leisure Centre, Dun- dalk	Physiotherapy
Louth	TBD	Dundalk	Yoga
Meath	Wednesday, September 29th 11am to 12 noon	The Rehab Centre, Dunboyne	Yoga
Meath	Monday, September 27th 12noon to 1pm	The MS Therapy Centre, Trim	Physiotherapy

Are you interested in a Yoga class specifically for People with MS in Dundalk, Castleblayney or Monaghan? We want to hear from you. Please call the office to enrol 0429664410.

