

# MS Society North East News

Covering counties Monaghan, Cavan, Louth and Meath

## Respite availability for our members in the NE for 2010

We have secured **Lotto** funding for members who would like to attend either the **MS Care Centre** or some other local respite centres in the NE. 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 2010 in an appropriate setting. 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

January 2010

1 Church Lane

Carrickmacross

Co. Monaghan

Phone: (042) 966 4410

Fax: (042) 969 2812

Email: [northeast@ms-society.ie](mailto:northeast@ms-society.ie)

MS Helpline 1850-233-233

[www.mssociety.ie](http://www.mssociety.ie)



## Depression and MS

Research has shown that there is increasing evidence establishing a link between MS and depression. In one study nearly a third of people with MS had symptoms of clinical depression. It is important for the person to tell their GP or health professional if they feel they are experiencing low moods for a period of 1 to 2 weeks. Typical signs of depression include the following:

- Low mood, confidence and self worth, leading to a cycle of negative thinking about themselves and feeling they are to blame and may be a burden on others.
- Lack of energy or ability to concentrate on tasks.
- Difficulty in sleeping or waking up with unpleasant thoughts and unable to get back to sleep.
- Loss of pleasure in life, no longer any motivation or interest in hobbies, social life and meeting other people.
- General feeling of unease with occasional stressful episodes or "anxiety attacks". Sometimes people can become over-anxious and unable to unwind or relax.

Depression can be relatively mild or can be prolonged and severe with an increased risk of suicide.

### Treatment

As a first step, it is important for a person to recognise that they may have depression and that it is like any other condition-it can be treated. The next step would be to talk to their GP or health care professional to get support. This will usually involve a mixture of medical treatment (anti-depressants) and some form of psychological intervention such as cognitive behavioural therapy CBT or "talking therapies".

Anyone who is concerned about depression-please contact the office. We can support you through this difficult time and provide a **free confidential counselling service** for those in need of help.

**Meath Branch:** A.G.M. is on Wed. 21st April in the Ardboyne Hotel

The Plant Sale is on Wed. 12th May at Skyrne Hall 10.00 a.m.

**Monaghan Branch:** Sponsored Walk Thursday 6th May

BRANCH  
EVENTS



## 2010 Events Calendar for the North East Regional Office

<b>Wednesday, February 10th</b>	Coffee Morning, MSI Regional Office, Carrickmacross 10:30 am
<b>Wednesday, February 17th</b>	Coffee Morning, Park Hotel, Virginia 10:30 am
<b>Saturday, February 27th</b>	<b>Newly Diagnosed Information Day, The Shirley Arms Hotel, Carrickmacross</b>
<b>Wednesday, March 3rd</b>	Coffee Morning, Kilmore Hotel, Cavan (Lounge) 10:30 am
<b>Thursday, March 4th</b>	Coffee Morning, Four Seasons Hotel, Monaghan 10:30 am
<b>April/May</b>	<b>Couples Weekend—venue to be announced</b>
<b>Wednesday, May 5th</b>	Coffee Morning, Park Hotel, Virginia 10:30 am
<b>Wednesday, May 12th</b>	Coffee Morning, MSI Regional Office, Carrickmacross
<b>Wednesday, May 26th</b>	<b>World MS Day</b>
<b>Wednesday, June 2nd</b>	Coffee Morning, Kilmore Hotel, Cavan 10:30 am
<b>June/July</b>	<b>Teen Adventure Break</b>

### **Support Groups**

Support Groups will be starting in **Louth** and **Meath** in the Spring. Please contact the office if you are interested in participating at 0429664410.

### ***Getting The Balance Right***

The Spring classes are starting shortly in the following locations. Contact the office for further details.

*Cavan:* St. Christophers, The IWA Corlurgan, The Park Hotel, Virginia

*Monaghan:* The Croi Centre, Monaghan and The Phoenix Centre, Carrickmacross

*Louth:* HSE Physio Clinic, Boyne Valley Business Park, Drogheda

*Meath:* The MS Northeast Therapy Centre, Trim, The Rehab Centre, Dunboyne

**Mobiles: Kevin Curran 0872663334**

**Tess Kennedy 0879750048**

*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](mailto:northeast@ms-society.ie)