

UPDATE

THE MULTIPLE SCLEROSIS SOCIETY OF IRELAND SOUTH EAST REGION

The Aim of The MS Society of Ireland's Regional Project is that

people with MS live their lives to the full.

The Operating Process is

to provide opportunities for people with MS to explore their experience, to make choices in relation to aspects of their lives, to encourage independence, to discover options, make choices and participate in the realisation of these choices



Willie Perry with Eimear O'Connell Physiotherapist at the Cashel Physiotherapy Led Group Exercise Classes

Contents Community Work Programmes;

1. **Specialist information on MS.**
2. **Research - National Physical & Sensory Disability Database**
Have your say
3. **Case work, Counselling & Individual Support**
4. **Self Management & Wellness Programmes**
Practicing skills that help People cope with MS
5. **Professional Information & Advice Workshops**
Professional advice on managing symptoms of MS
6. **Physical Activity Programmes, Yoga, Physiotherapy & Gym Programmes**
7. **Supporting Branches & Volunteers,**
Through Training & Development
8. **Public Awareness -**
Working with the General Public in creating Awareness of MS eg World MS Day.

Editorial

Hello and welcome to *Update* your Community Work Service newsletter giving you information on community work completed, work in progress and plans for the next few months. We would like to extend a warm welcome to Ava Battles, our new Chief Executive to the organisation and say a fond farewell to Anne Winslow who served us so well for almost five years. We would also like to say a big Thank You to Nicola Wall who worked with us on developing many of our programmes over the past year and has moved on to pastures new. We also want to thank all of you who volunteered your time, skills and dedication in helping us with our work either through a local voluntary branch, a regional project or centrally to the national organisation. The main focus of Community Work for 2011 was to consolidate the eight Community Work programmes as listed on the left in contents. In 2012 we hope to continue with the agreed programmes which have been identified as essential for PwMS during the organisational review undertaken this year. We will also focus on supporting voluntary branches

in working towards a more joined up / integrated regional Service Plan.

In the meantime keep in touch with your Regional Community Worker to find out about the programmes in your area (contact details at back of this *Update*). You can also find valuable information on how to manage MS on www.ms-society.ie and www.msif.org. Please feel free to pass on *Update* to others who may be interested. To assist us cut down on the cost of stamps we would like to move towards an electronic *Update*. For those of you who wish to subscribe to the *Update* by email please forward your details to southeast@ms-society.ie - include your name, role, mobile number and address. If you wish to unsubscribe please let us know.

Don't forget to mark your 2012 diary with dates of programmes/workshops or pin this Update to your notice board!

Kind regards, Katie on behalf of the Community Work Service team

1. Specialist information on multiple sclerosis

The MS Information Line – 1850 233 233 is a useful source of specialist information and professional advice on MS, symptom management, neuro rehabilitation, physical activity, fatigue, nutrition, mindfulness, stress management etc. It is staffed Monday to Friday 10am to 2 pm.

Specialist Information on MS - Website The Multiple Sclerosis International Federation (MSIF) website www.msif.org is a very useful and reputable resource for up to date specialist information on research, the management of MS and new treatments in multiple sclerosis. You can download the latest 'MS in Focus' or previous magazines on www.msif.org.

Free Internet Skills Courses:

For people who have not yet gone on-line would you like to learn how to set up an email address, send an email, search the internet or conduct a transaction on line (such as pay a bill)? County Waterford VEC, City of Waterford VEC and County Wexford VEC are offering free short courses in Internet and Email skills. Places are limited. Contact Anne in County Wexford VEC on 086 8533667, Aine in County Waterford VEC on 058 51405, or Alan in The City of Waterford VEC on 051-873195 for further details.

2. Research: Have your say.

Data collectors Sharon Kerwick and Paula Dowd, work with The MS Society of Ireland to gather data on the needs of people with MS. This information is very important to

the Health Research Board, The MS Society of Ireland, the HSE and other agencies to help us plan and improve service for people with MS. Similar types of databases in other areas have proved successful in getting more funding for service. They have also improved the way in which the services are planned and provided. Your information helps the HSE make a more informed decision on what is needed. Sharon and Paula also facilitate you in having a say on how service can be improved. The information you give us is used for statistical purposes only and no personal information is disclosed. So far Sharon and Paula have carried out 160 interviews over the telephone and thank you for assistance in updating the research (NSPDD).

3. Individual Case Work

Regional Community Workers offers a confidential case work service to people with MS and their family. This service provides an opportunity for people with MS to explore their experience, their options and make choices that encourage independence. This may involve professional information and advice, advocacy work etc. The person with MS self refers by contacting the Regional Community Worker (contacts at back of *Update*). The Community Workers may refer the person to a GP, PHN, Physical and Sensory Liaison Nurse, Physiotherapist, OT or relevant health professional.

Individual / Family Counselling

A time limited professional counselling service is available to provide opportunities for a person with MS to express emotions and feelings in a confidential and safe environment.

A counsellor can work with you to explore coping skills and solutions that work for you. Self referral is required by contacting the Regional Community Worker.



Yoga instructor Paul Whelan pictured here with some of the Carlow Yoga Group

4. Self Management & Wellness Programme

Would you like to learn how to cope and support yourself in managing multiple sclerosis?

A Self Management & Wellness Programme will take place in Carlow and Wexford in 2012. It will run over six weeks and it is essential that participants are able to commit to attend all 6 sessions. The emphasis will be on how to use simple skills to control the things you can control and better deal with the things you can't. The course is designed to be interactive, friendly and easy to follow. Information will be given on living a healthy life and on general wellbeing. You will get an opportunity to set simple action plans, analyse problems, set goals, look at time management, get tips for living well (eating well, being active, relaxation techniques), learn how to take control of the way you think and feel about your health, using your mind to manage symptoms, explore barriers to self management and make best use of available resources. The more effectively we manage our MS the less impact our MS has on us. A bound course handbook will be provided.

See schedule of Self Management Programmes overleaf.

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4. Self Management & Wellness Programme Cont.

	SELF MANAGEMENT & WELLNESS PROGRAMME	SELF MANAGEMENT & WELLNESS PROGRAMME
DELIVERED BY	Ann Cahalane / Denis Twomey Regional Community Workers	Ann Cahalane / Denis Twomey Regional Community Workers
VENUE	Clonard Parish Centre Wexford	Tintean Coille Community Centre, Carlow
WHEN	21 February	22 September (provisional)
DURATION	6 weeks	6 weeks
TIME	Every Tuesday 10.30am – 12.30 pm	Every Wednesday 10.30am – 12.30 pm
COST	€20 for 6 weeks	€20 for 6 weeks
SPONSORED BY	Donations / Co.Wexford VEC	Donations
REFERRAL / INFORMATION	Ann Cahalane Email:annc@ms-society.ie 051 844726 or 087 249 8853	Denis Twomey Email: denist@ms-society.ie 056 777771 or 087 9006171
PAYMENT / BOOKING	In advance to Regional Office	In advance to Regional Office

5. Professional Information & Advice Workshop

The Professional Information and Advice Workshop aims to give people with MS a focal point for appropriate information, advice about MS health issues in small groups. The workshops are delivered by skilled clinical staff from the Health Service Executive. The workshops are a great way of learning more about MS and symptom management in a relaxed and comfortable environment.

	PROFESSIONAL INFORMATION & ADVICE WORKSHOP : NUTRITION & HEALTHY EATING	PROFESSIONAL INFORMATION & ADVICE WORKSHOP : FATIGUE MANAGEMENT & OCCUPATIONAL THERAPY	PROFESSIONAL INFORMATION & ADVICE WORKSHOP : COGNITION AND MEMORY
DELIVERED BY	Siobhan Sinnott, Dietician	Anita Behera, OT, WRH	To be confirmed
Venue	Conference Room, HSE Health Centre, Gorey (beside District Hospital)	Training Room, St Patrick's Hospital, Waterford	New Ross
DATE(S)	Monday, 26th March 2012	Tuesday 24th April	Date to coincide with World MS week - Friday 25th May (provisional)
DURATION	One workshop	One workshop	One seminar
TIME	10 am to 1pm	10.30am to 12.30pm	10 am to 1pm
COST	Free of Charge	Free of charge	€10.00 per person
SPONSORED BY	HSE	HSE	Participant contribution
REFERRAL / INFORMATION	Katie Hourigan 056 777771	Ann Cahalane 051 844726	Ann Cahalane 051 844726
PAYMENT / BOOKING	In advance to Regional Office	In advance to Regional Office	In advance to Regional Office

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	PROFESSIONAL INFORMATION & ADVICE SEMINAR FOR PEOPLE NEWLY DIAGNOSED WITH MS	PROFESSIONAL INFORMATION & ADVICE SEMINAR FOR PEOPLE 1) FATIGUE, 2) NUTRITION, 3) CONTINENCE
FOR WHOM	People who are 'newly diagnosed' with MS in South East Region. Priority given to people who have been diagnosed in the last 5 years and who have not attended a newly diagnosed seminar previously	People with MS in South East
DELIVERED BY	Hospital and Community Care Health Professionals	Health Professionals
VENUE	Kilkenny	To be confirmed
DATE (S)	May 2012 (World MS week)	To be confirmed
DURATION	Morning seminar	To be confirmed
TIME	10am to 1pm	To be confirmed
COST	€10.00 per person	Free of charge
SPONSORED BY	Participant contribution	HSE
REFERRAL /INFORMATION	Contact your Community Worker	Contact your Community Worker
PAYMENT / BOOKING	In advance to Regional Office	In advance to Regional Office

6. Physical Activity/Yoga Programmes Carlow / Kilkenny Community Care Area

	YOGA	YOGA
FOR WHOM	People with MS	People with MS
DELIVERED BY	Paul Whelan, Yoga Instructor www.absoluteyoga.com	Elaine Costello, Yoga Instructor www.shantiyoga.ie
VENUE	Tintean Coille Community Centre, Carlow	Shanti Yoga Centre, Springhill Clinic, Waterford Rd Kilkenny
COMMENCING DATES	8 February (4 weeks only, €15) 18 April 5 September 7 November (4 weeks)	12 January 19 April 6 September 8 November (6 weeks)
DURATION	8 week blocks	8 week blocks
TIME	Wednesdays 10.30 – 11.45am	Thursdays 11.30am – 12.30pm
COST	€30 for 8 weeks	€30 for 8 weeks
SPONSORED BY	Participant contribution	Kilkenny Voluntary MS Branch & participant contribution
REFERRAL /INFORMATION	Denis Twomey 056 7777771 087 9006171 Email: denist@ms-society.ie	Denis Twomey 056 7777771 087 9006171 Email: denist@ms-society.ie
PAYMENT / BOOKING	In advance to Regional Office	In advance to Regional Office

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Physical Activity/Yoga Programmes Cont. Tipperary South Community Care Area

	YOGA	PHYSIOTHERAPY LED GROUP
FOR WHOM	People with MS	People with MS
DELIVERED BY	Brigid Power, Yoga Instructor	Clare Kelly, Chartered Physiotherapist, HSE
VENUE	St Joseph's School, Ferryhouse, Clonmel (provisional)	Physiotherapy Department, Our Lady's Campus, Cashel, Co Tipperary
COMMENCING DATES	10 January 17 April 4 September 6 November	Dates to be agreed with HSE
DURATION	8 weeks	8 weeks
TIME	Mondays 11 am – 12.30pm	Fridays 10.30am – 11.30am
COST	€25 for 8 weeks	Free of charge
SPONSORED BY	Jimmy White Shavathon / Perry Family / Participants / HSE Lottery Grant	Health Service Executive
REFERRAL /INFORMATION	Katie Hourigan 056 7777771 087 2663564 Email: katieh@ms-society.ie	Clare Kelly, Karen Sayers, Priya Durairaj Chartered Physiotherapists, Phone: 062 70486 or Katie Hourigan 056 7777771
PAYMENT /BOOKING	In advance to Regional Office	In advance to Regional Office

Physical Activity/Yoga Programmes Cont. Waterford Community Care Area

	YOGA	PHYSIOTHERAPY LED GROUP
FOR WHOM	People with MS	People with MS
DELIVERED BY	Michael Connolly, Yoga Instructor	Claire Flynn, Physiotherapist
VENUE	Alphazone Studios, Cleaboy, Waterford	The Park Hotel, Leisure Centre Dungarvan, Co Waterford
DATE (S)	Ongoing	9 January 16 April 3 September 5 November
DURATION	Ongoing	8 week blocks
TIME	Thursdays 10 – 11am	Mondays 10.30 – 11.30am
COST	Ongoing. €5 per class.	€30 for 8 weeks
Sponsored by	Subsidised by the Griffin family / Participants/ HSE Lottery Grant	Subsidised by the Griffin family/ Participants/ HSE Lottery Grant
Referral /information	Michael Connolly 051 590993	Ann Cahalane 051 844726, 087 2498853, Email: annc@ms-society.ie
Payment /booking	On the day	In advance to Regional Office

Physical Activity/Yoga Programmes Cont. Wexford Community Care Area

	YOGA	PHYSIOTHERAPIST-LED GROUP	PHYSIOTHERAPIST-LED GROUP
FOR WHOM	People with MS	People with MS	People with MS
DELIVERED BY	Barbara Rocks, Yoga Instructor	Aine Doyle, Physiotherapist	Miriam Rowlands, Physiotherapist
VENUE	Gorey Adult Learning Centre, Gorey	The Waterfront Leisure Centre, Enniscorthy	The Medical Centre, Clonard, Wexford Town
COMMENCING DATES	9 January 16 April 3 Sept 5 November	13 January 20 April 7 Sept 9 November	Ongoing
Duration	8 week block	8 weeks block	Ongoing
Time	Mondays 11 – 12pm	Fridays 10 - 11am	Wednesdays 10am – 3pm
Cost	€30 for 8 weeks	€30 for 8 weeks	Contact branch secretary
Sponsored by	Participant contribution / HSE/ lottery grant	Participant contribution HSE Lottery Grant	Wexford south Voluntary MS Branch
Referral / information	Ann Cahalane 051 844726 Email: anne@ms-society.ie	Ann Cahalane 051 844726 Email: anne@ms-society.ie	Wexford South MS Branch 086 3400709 mssouthwexford@gmail.com
Payment/ booking	In advance	In advance	Contact Branch Secretary

Report on Cashel Physiotherapy Services

Clare Kelly Chartered Physiotherapist with the HSE writes about their Physical Activity Programme for people with MS in Cashel.

“Getting the Balance Right” is an evidencebased exercise intervention that has been rolled out nationally where clients with multiple sclerosis at all levels of ability have access to a Physio-led exercise programmes. Our physiotherapy department in the main hospital building at Our Lady’s Campus runs Strand A classes for MS clients who mobilise without a walking aid and Strand B classes for MS clients who mobilise with a walking aid. Clients are eligible to attend if they are younger than 65 and resident in Tipperary South Community Care Area.

New clients are given an individual

physiotherapy appointment to be assessed prior to commencing the class.

The format of the one hour class involves a combination of aerobic fitness using a stepper or bike and strengthening exercises including hand weights or squats. The class is designed for clients with multiple sclerosis and runs once a week for a period of 8 weeks, approximately twice a year. Recently we had clients fill out a feedback form on the class and the feedback was very positive with clients stating that the class was ‘Very beneficial for me I felt stronger after it and more aware of what I could achieve’.

If you are interested in attending these classes please contact Katie Hourigan on (056) 7777771. If you require further information about the classes you can contact our Physio Department on (062) 70486. Clare Kelly, Karen Sayers, Priya Durairaj Chartered Physiotherapists

Waterford Yoga Group Report

by Kathleen Walsh

We go to yoga class every Thursday morning from 10 to 11 in Alphazone at the Cleaboy Business Park, Waterford. Our teacher is Michael Connolly. Yoga has a holistic approach as it works with the mind, body and spirit so it gives a complete workout. As M.S. affects each one of us differently and as there are multiple ranges of mobility in the class each person is individually catered for and the yoga is adapted for where they are at. We do mental exercises which help us to live life fully. Breathing exercises help to energise, focus on the task in hand, expel waste from the body and bring peace to the mind and body. Physically we continue to learn new patterns of movement one of which is “stacking” which is great for strength and stability. We do general exercises which we use to

create a home exercise programme for ourselves. Michael assessed our mobility on the first day and has and is working individually with us to improve our lives little by little, day by day and it's working. M.S. Always brings challenges to our lives and sometimes the class is an opportunity to recharge and find solutions to those challenges. We all love coming to class and leave renewed and re-energised, happy in mind, body and spirit. New class members have been integrated into the ongoing lessons seamlessly. New members are always welcome so feel free to come and give it a go.

Gym Based Physiotherapy Led Exercise Programme in Dungarvan

Waterford Sports Partnership and The MS Society of Ireland have jointly developed an individual and personalised physiotherapy led exercise / fitness programme for people with MS in County Waterford. Contact Ann Cahalane Regional Community Worker for referral details (Anns contacts at back of Update)

Please Note ...

If you have any queries regarding participating in any of the Physical Activity Programmes, fees, etc, please contact your Community Worker. If you are experiencing financial difficulty the local voluntary branch may be able to contribute towards the fees through their welfare grant. (contact details at back).

If sending a cheque please make the cheque payable to The MS Society of Ireland (to arrive before the start date) to the Regional Office. Please do not post cash.

Reminder to allow sufficient time for parking before classes begin
Wear loose comfortable clothing for yoga and physiotherapy. Bring your own yoga mats, refreshments etc if required.

Get Fit: New Website Launched to Promote Active Lifestyles

A new website has been launched to promote physical activity among people of all ages. The website (www.getirelandactive.ie) was initially developed to promote the National Physical Activity guidelines but it has been expanded to become a one-stop shop for physical activity information. The aim of the revised website is to encourage people to become more physically active by creating awareness of the opportunities for physical activity at local, regional and national levels. It also contains lots of information on physical activity: the benefits, how to get started, tips to stay motivated etc. The project is supported by the HSE and a number of Government Departments and health charities. Head over to www.getirelandactive.ie and get active today.

Thank you MS READaTHON Ambassadors

Thank you very much to all our MS READaTHON Ambassadors for all your help with the new School Visit Programme. Thank you for giving up your time to visit local schools to talk about your own stories of living with MS and encouraging schools to participate. We were delighted with the enthusiasm of all our ambassadors. Your support not only helps to keep the work of The MS Society of Ireland afloat but also brings an awareness of multiple sclerosis to future generations.

A big Thank You!

We would like to thank the following individuals and groups who fundraised on our behalf or gave

grants to help us run programmes during the year: Kilkenny Branch, Jimmy Whites Shavathon Group, the Griffin family, the Cody families, HSE Wexford Lottery Grant, HSE Tipperary Lottery Grant. Waterford Sports Partnership, State Street, VEC Wexford, VEC Waterford, school donations and also to those people who gave anonymously, those who gave their time by signing books, chairing seminars and facilitating workshops, hotels that waived fees, community parish halls that give venues for free to host programmes. The list is long. Without your input we would not have been able to provide service to people with MS. Go raibh mile maith agaibh!

7. Voluntary Branches New Committee Officers 2011 Update

If you wish to contact a voluntary branch eg. for welfare, social outings, fundraising, OR informal support their numbers are as follows:

- **CARLOW**
Kieran Coughlan - 059 9151608
- **KILKENNY**
Josie Molloy - 086 814 1977
- **DUNGARVAN/TIPPERARY SOUTH**
Eleanor French - 058 46217
- **WATERFORD**
Eddie Sullivan - 051 877146
- **WEXFORD NORTH**
Clare Doyle - 053 9421024
- **WEXFORD SOUTH**
Tony Breen - 086 3008585

8. Global Public Awareness

In 2012 to mark World MS day in May we will host a Professional Information & Advice Seminar on Cognition and Memory in New Ross, Wexford. More information to follow nearer the date.

Skills and Time to Spare? Considered Volunteering?

Have you ever considered using your skills and talents to volunteer?

Volunteering has a meaningful and positive impact on the work of The MS Society of Ireland. There are many benefits to both the volunteer and of course to supporting the work of The MS Society. We need people who like a challenge, want to make a change in society and are good organizers. Please see our website for more information on volunteering or contact a local branch secretary or your Regional Community Worker for more information. **We look forward to hearing from you**



Pictured here is Pat Murray & Bernie Kennealy who met Mary McAleese, then President of Ireland at the National Convention in Dublin in September

Disclaimer

The views and opinions expressed here are those of individual contributors and may not reflect the views and policies of the MS Society of Ireland. Whilst 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.

Keep in touch!

Keep in touch with the Regional Community Workers to find out about forthcoming programmes in your area, eg. PROFESSIONAL INFORMATION AND ADVICE WORKSHOPS, SELF MANAGEMENT PROGRAMMES/SKILLS FOR LIFE, AND PHYSICAL ACTIVITY PROGRAMMES.

Waterford Community Care area

Ann Cahalane
Regional Community Worker
The MS Society of Ireland
c/o 75 St Catherines, John's Hill
Grange, Waterford City
Landline: 051- 844724
Mobile: 087 249 8853
Email: annc@ms-society.ie
Available:
Tuesday, Wednesday, Thursday

Wexford Community Care Area

Katie Hourigan
Regional Coordinator
The MS Society of Ireland
Walkin Street
Kilkenny
Landline: 056 7777771
Mobile: 087 2663564
Email: katieh@ms-society.ie
Available :
Monday to Friday

Carlow/Kilkenny Community Care

Denis Twomey
Regional Community Worker
The MS Society of Ireland
Walkin Street
Kilkenny
Landline: 056 7777771
Mobile: 087 9006171
Email: denist@ms-society.ie
Available:
Tuesday, Wed & Half day Thursday

Tipperary South Community Care area

Katie Hourigan
Regional Coordinator
The MS Society of Ireland
Walkin Street
Kilkenny
Landline: 056 7777771
Mobile: 087 2663564
Email: katieh@ms-society.ie
Available:
Monday to Friday

Regional Data Collector

Sharon Kerwick
056 7777771
Email: dataSE@ms-society.ie
Available: Wed, Thursday , Friday

Regional Data Collector

Paula Dowd
056 7777771
Email: SponsorshipSE@MS-Society.ie
Available: Wed, Thursday , Friday