

# MS South East News

The Multiple Sclerosis Society of Ireland, South East Project, Walkin Street, Kilkenny  
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National Help Line: 1850-233233 National Website: [www.ms-society.ie](http://www.ms-society.ie) Charity No: 5365

## Individual and / or Family Community Work (No Charge)

The MS Society of Ireland provides a regional community work service to provide opportunities for people with MS to explore their experience, options and make choices that encourage independence. This may involve individual professional information and advice, case work or advocacy work etc. If you wish to avail of Community Work service Contact Deborah or Katie at 056 77 77 77 1.

- One hour of Reflexology is available for €40
- 45 minutes of Chiropody is available for €35
- Hairdressing is available for different rates and times depending on requirements
- Beautician prices vary depending on treatments required
- A bus trip costs €5 euro per trip

### The following services and therapies are Free at Bushy Park:

MS Specialist Nurse, Occupational Therapist, Physiotherapist, Yoga, Extend Movement, Art, in-house Entertainment

## Individual and / or Family Counselling (5 free sessions)

The MS Society of Ireland provides a counselling service to provide opportunities for a person with MS to express emotions and feelings in a confidential/ safe environment. A professional counsellor can work with you on a time limited and safe space to explore coping skills and solutions that work for you. For details on procedures on how to self-refer please contact Katie or Deborah at 056 77 77 77 1

## Lo-call Helpline 1850 233233 (No Charge)

A national lo-call Information Helpline is available to people with MS, families, health professionals, service providers etc from : Monday to Friday 10am to 5pm. Tuesday and Thursday evening from 6.30 to 9.30pm.

## National Respite

**Did you know that Bushy Park offers a range of services and therapies?**

Here is a selection:

- One hour of Regular massage and Stone Massage available for €50

## We Need Your Information!

*Volunteer, Nicola Read, based at the regional office is currently compiling information for a directory of services for people with MS living in the South East. This will cover a broad range of headings including:*

- Health and wellbeing
- Family and relationships,
- Finance and budgeting
- Transport
- Accommodation and housing
- Education and training
- Employment and Career
- Equality and law
- Insurance

Nicola would like to include as much local information as possible on anything at all relating to people with MS. Please contact Nicola with any information you would like to be included. Tel 056 77 77 771 or email [southeast@ms-society.ie](mailto:southeast@ms-society.ie) The directory will be available from early 2010 in a booklet format and on the MS Website

## Voluntary Branches

If people would like to get in contact with local volunteers and get involved in fundraising, social outings and informal support, contact your local voluntary branch:

Carlow – Eileen Fitzgerald - 059 9143515

Kilkenny – Eimear Lawlor - 056 7770579

Wexford North – Clare Doyle - 053 9421024

Wexford South – Eileen Meyler - 053 913507

Dungarvan/South Tipperary – Christine Meeke - 087 6222623

Waterford – Catherine Burgess O'Sullivan - 086 2808095.

For information on volunteer activity and branch meetings you can also check out the MS Society website at [www.ms-society.ie](http://www.ms-society.ie) which provides up-to-date information on local activities and meetings.

## Waterford Angels

Jo Ashby is organising an angel workshop in Waterford. If you are interested in finding out more about the next angel programme to be held in Waterford on 11<sup>th</sup> December contact Jo's number at 051 647033

## Automatic Ford Focus For Sale

For Sale (New Ross area)  
Automatic Ford Focus 2007 car  
Only 1500 km - see picture- Phone 087-7719119 for information



## Useful Information on MS is available from the MSIF website:

Multiple Sclerosis International Federation  
3rd Floor Skyline House, 200 Union Street, SE1 0LX  
Tel: +44 (0) 20 7620 1911 Fax: +44 (0) 20 7620 1922  
Registered Charity: 1105321 Email: [info@msif.org](mailto:info@msif.org)

### 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.

Hello, I hope this finds you well and happy and enjoying the winter, particularly the long evenings and permission to rest!

This newsletter is to let you know of our new address, new telephone numbers and of upcoming courses, workshops and programmes over the next couple of months which you may be interested in.

You can also keep informed by linking on to the national website [www.ms-society.ie](http://www.ms-society.ie). The MS Society website is regularly maintained and updated with a wide range of useful local and international information. It provides links on professional advice and information on multiple sclerosis, symptoms, management, neuro rehabilitation, physical activity, fatigue, nutrition, mindfulness, stress management as well as links to local community regional and national service providers.

The local national helpline – 1850 233 233 is an additional source of information over the telephone and is available to people with MS, families, health professionals, service providers etc.

Please feel free to pass this newsletter on to anyone else in the region who may be interested. You can contact us at the NEW numbers above or e-mail us if you want any further information

## MS Society of Ireland

**Aim:** That people with MS live their life to the full.

**Operating Process:** To provide opportunities for people with MS to explore their experiences, to make choices in relation to aspects of their lives, discover options and participate in the realisation of those choices.

## News! Change of Address & ...Business As Usual

The South East regional project moved its staff base to a new location. The new address is Walkin Street, Kilkenny. New headed note paper has been ordered. An Post is informed of the forwarding address. This newsletter will be posted to the 500 people with multiple sclerosis on the South East regional database. Please let people in your family and your local community branch know our new no etc.

### New Landline:

Eircom has set up a new telephone land line **056 7777771** (Deborah and Katie's mobile numbers are the same as before)

### Broadband

Our Broadband Terminal Server is up and ready. Our email addresses remain the same.

### Meetings

The South East continues to operate an outreach service delivering a variety of programmes in the community and meeting people in their homes. Physical and Sensory Disability Database data collection interviews and annual updates take place over the telephone and in HSE health centres.

## Thanks

We would like to say thank you to many people who helped us with our move. Thank you to Jason Power who volunteered his expertise and time to help us organise computers, printers, broadband, servers and anything technical. Thanks to Eamonn Corcoran and Diageo who donated shelving for the new office. Thanks to Diageo's workers in the Sports and Social Club who donated 150 euro to help with some of the financial costs. Thanks to Tony Delaney who helped deliver the shelving, Grant Peters who helped not only with the physical move but also with his carpentry talent. Thanks to Nicola Read who is generously volunteering her knowledge and time to help us research, organise and compile a regional information book on South East Services. But most of all we want to thank people with MS, your families and friends for your patience through out the move.

## Managing Cost Cutting

In an effort to manage cost cutting in the South East Region we wish to move to electronic newsletter distribution. We currently post 500 letters at 55 cent per stamp. Not everyone with MS in the South East uses a computer or email. If you have email and are interested in receiving correspondence via electronic mail please let us know your up to date email address (or any changes of address contacts) Phone 056 77 77 77 1 and leave a message or email [katieh@ms-society.ie](mailto:katieh@ms-society.ie) For those of you in the South East wishing **not** to receive the Regional Newsletter please advise of same.

The newsletters are also available to download from The MS Society of Ireland website [www.ms-society.ie](http://www.ms-society.ie)

## Review of GTBR & Physical Activity for Managing MS

2009 has been a busy year organising physical activity programmes around the region. A range of physical activities from physiotherapist led group exercises to fitness instructor led group exercises to yoga led group exercises to individual physiotherapy took place in many community centres and gymnasiums

**Research Findings:** Staff from the University of Limerick carried out research using the data gathered from measuring people before, during and after they participated in exercises programmes. Nationally 1,087 people took part in the research and preliminary findings show that physical activity reduces the impact of multiple sclerosis on their lives, particularly around fatigue. The research also indicates it is important that people continue similar activity long term in order to maintain benefits.

**A full report** on GTBR research will be made available later this year which will be available to download from the MS Society's website.

## South East - Physical Activity Programme- by Deborah

I want to give you an update on what has been happening with Getting the Balance Right. I am delighted to tell you that anyone who registered to participate has so far received treatment. The feedback we got has been positive.

*'Taking part in a group was socially good. Individual tips very helpful as we all had different problems.'*  
Monica Yoga group

*'Atmosphere very conducive to success- useful and enjoyable. I am grateful for the effort made on my behalf'*  
Seamus Physiotherapy exercises

Some of you might already be aware that 'Getting the Balance Right' is a 2 year programme funded by TESCO & POBAL funds. Like one writer said, 'time tends to limit everything the good and the bad.' The two years are nearly up and I say this with sadness. However I will not spell doom & gloom or be despondent, other than being oversubscribed with that sort of talk, I believe that every cloud has a silver-lining. It is up to us to see it, because where there is a will there is relativity. Paulo Coelho in his book the Alchemist says, 'If one wants something the world conspires to give it to them.' With this in mind I am confidently saying that exercise classes are going to go on albeit with a nominal fee being requested from the valued participants.

### The current physical Activity classes are as follows:

| County    | Venue                                 | Day       | Time  | Duration |
|-----------|---------------------------------------|-----------|-------|----------|
| Kilkenny  | St. Patrick's Parish Community Centre | Monday    | 11-12 | 8 weeks  |
| Carlow    | Tintean Community Centre              | Tuesday   | 10-11 | 8 weeks  |
| Wexford   | Amber Springs                         | Wednesday | 10-11 | 8weeks   |
| Waterford | Alphazone studio, Clearboy            | Wednesday | 11-12 | 8weeks   |
| Tipperary | TO BE ADVISED LOW TURN OUT            |           |       |          |

For those who attended the National conference, you already have the exciting findings from University of Limerick. But for those like me who did not travel to Galway for the launch, do not despair for all is not lost, the South East is hosting an information day on GTBR on 27th of November in Hotel Kilkenny. The morning 0930-1300hrs is reserved for Health Professionals / Service Providers and the afternoon 1400- 1630hrs is for voluntary branches and people with multiple sclerosis. I would like to take this opportunity to invite all who are interested in MS & exercise to attend on the 27<sup>th</sup>. Contact me to book a place.

The exercise classes are open to all people living with multiple sclerosis in the region. The MS Society launched a 'Physical Activity Workbook for People with Various levels of Multiple Sclerosis' called Everybody Stretch by Janine Fowler. This book is worth your read. My belief is that it can make a whole world of a difference to how we approach exercise. Deborah

**Friday 27th November an Important DATE FOR YOUR DIARY on GTBR:**

**PROMOTE GTBR GENERAL RESULTS & RESEARCH FINDINGS AND TO EXPLORE WAYS OF SUSTAINING THESE RESULTS INTO THE FUTURE....**

## Invitation to Voluntary Branch committees and People with MS.

You are invited to an information afternoon for branch committees and people with MS to learn more about Getting the Balance Right Project and physical activity findings. Full branch committees, officers, people with MS and families are invited to an informative afternoon meeting on GTBR at **Hotel Kilkenny**, Hotel Kilkenny on 27<sup>th</sup> November. It is important that decision makers from branch committees attend to help explore ways physical activity programmes might be sustained in future. Deborah, Katie, representatives from University of Limerick and Aidan Larkin will make a presentation on physical activity findings to date and why it is important for us all to explore sustainable ways of encouraging people with MS to be proactive in sustaining physical activity in their community areas in future.

## Invitation to HSE and other physical activity service providers in counties Carlow, Kilkenny, Tipperary South, Waterford and Wexford:

We wish to communicate important findings of GTBR and physical activity health benefits. A limited resource provides us with an opportunity to rethink and explore new ways of creatively and collaboratively continuing physical activity programme in future.

This meeting is of interest to service providers in Carlow, Kilkenny, Tipperary South, Waterford and Wexford especially:

Members of Primary Care Teams, Networks and Development Officers

Members of Physiotherapy departments in Community Care, Hospitals, Nursing Homes, Rehabilitation units etc, HSE Local Health Office Manager, Community Care Disability Managers, General Physical Activity Service Providers- Yoga teachers, Gym instructors, Sports Partnerships

Please attend and work with us to explore ways of creatively and collaboratively continuing physical activity sustainability in future. Contact us for information and to book a place.

## Accessing Exercise Publications

The MS Society of Ireland has published two useful Exercise Guides which can be downloaded:

[www.ms-society.ie/pages/msi-publications](http://www.ms-society.ie/pages/msi-publications)  
Everybody Stretch  
Exercise & MS

[www.ms-society.ie/pages/further-information](http://www.ms-society.ie/pages/further-information)  
[www.ms-society.ie/news/show/exercise-guides](http://www.ms-society.ie/news/show/exercise-guides)

## Waterford Sports Partnership

Waterford Sports Partnership is part of the nationwide network of Local Sports Partnerships. The key aims of the local sports partnerships are to increase participation in sport and physical activity especially amongst specific target groups and to ensure that local resources are put to their best possible use.

to increase opportunities for people with a disability to take part in sports or physical activity. This work can involve developing new physical activity opportunities for example; Yoga for adults with M.S., Aqua aerobics for adults with a physical or neurological disability, Tai Chi development etc. or the work can involve assisting individuals in joining mainstream activities e.g. joining a swimming club, walking group etc.

**Waterford Sports Partnership current programmes:**

**Beginner Yoga for All:** -. This yoga class costs EUR20 for 4 weeks and is held in Alphazone Yoga Studio, Cleaboy Business Park

**Aqua Aerobics:** takes place at the Spirit Leisure Centre and costs EUR18 for three sessions.

If you are interested in taking part in physical activities contact Katie Kelly:

Tel: 051 849757

E-mail: [kkelly@waterfordsportspartnership.ie](mailto:kkelly@waterfordsportspartnership.ie) or look up information on the website: [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)

**Wexford Physical Activity:** the MS Society's Wexford south branch offer physical activity to people with MS in the GAA grounds. They organise a very good physiotherapy group with individual assessments and reassessments. There is also an optional social/ support element to the group. For details on how to access the exercise programme contact Bernie Kent at [berniekent@eircom.net](mailto:berniekent@eircom.net) or 053-9139104