

SOUTH WESTERN AREA NEWS

Incorporating South West Dublin, Kildare & West Wicklow

MS Ireland

The Multiple Sclerosis Society of Ireland

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Issue No.32

Date: September 2011

Welcome to the September edition of the South Western Area News. We hope you had an enjoyable summer, despite the mixed weather! All of our exercise programmes will recommence shortly and we have some new addition to our Autumn line up! Also back by popular demand is our November fest weekend! We look forward to seeing you in the coming months and hope you will be joining us in at least some of our autumn activities.



National Convention Burlington Hotel

Our national convention takes place from Friday September 9th to Sunday September 11th, the MS Society welcomes people with MS, their families and friends in celebration of our 50th anniversary. Tickets are still available for more details log on to www.ms-society.ie or phone **01-6781600**

We look forward to meeting you over the weekend.

Recent Regional Events

Teen Trip Carlingford

We would like to say thanks you to all the young people who came on our trip to Carlingford in June, despite some mixed weather this didn't dampen the enthusiasm and everyone really enjoyed themselves. As requested we have organized a reunion for the week of the half term holiday at

Drogheda leisure park, we will be meeting for bowling and lunch on Thursday November 3rd, we will arrange transport for people wishing to attend, if you would like to join us on the day please contact Jennifer at the office on **4905933**, we look forward to seeing you there.

Children's Day trip

Our day trip for under 12s took place on July 6th to the Tayto Park in Ashbourne Co Meath, which was well worth a visit, everyone had a really enjoyable day, and it didn't start to rain until we were on the bus home! Thanks to everyone who joined us on the day especially those who had come on the trip for the first time.

Carers Day at Dunboyne castle Hotel

Our annual Carer's Day took place at the Dunboyne Castle Hotel Co Meath on June 7th, thanks to everyone who attended which helped to make the day a great success.

A weekend for carers has been arranged by Sean Kinsella in the Northern area, carers in the S.W.A. are welcome to join in this weekend which will take place at the City North Hotel near Balbriggan Co Dublin on Saturday 1st and Sunday 2nd of October there is an option to attend for all or part of the weekend, if you would like more details about this event please contact Jennifer at their regional office on **Ph; 4905933**.

Yoga Classes Bushy Park

Our morning yoga classes at Bushy Park will recommence on Wednesday September 14th

at 10.30am, and will run until Wednesday November 16th please note the evening class will take place on THURSDAY evenings for this term commencing on Thursday Sept 15th at 6.30pm until Thursday Nov 17th. Cost of both yoga classes will be € 50 for 10 weeks. Please contact Jennifer at the regional office to register for the class
Ph: 4905933.

Yoga Classes Leixlip

Our day time yoga classes with Elma Toland recommence at Leixlip on Wednesday September 14th at 10.30am and will run until Wednesday November 16th.

Our evening yoga group with Eileen Burke will recommence on THURSDAY September 15th at 7pm and will run until Thursday November 17th, cost is €50 euro for ten weeks please contact Jennifer at the regional office on **4905933**. to register for the class.

Hydrotherapy and Physiotherapy group Celbridge

Our Hydrotherapy and Physiotherapy group with Adeline O'Dowd will recommence on Tuesday September 13th at 12 midday for 10 weeks, cost of a 10 week course of either Hydrotherapy or Physiotherapy will be €50, there is a reduced rate for people wishing to attend both classes please phone Jennifer for further information on **01-4905933**

Clane Physiotherapy

Our Physiotherapy Group with Paul Murphy, at the John Sullivan Centre in Clane will recommence on Tuesday September 20th at 3.30 pm, and will run for 10 weeks finishing on Tuesday November 22nd cost of group will be €50, please contact Jennifer at the regional office to register for this class on **4905933**.

Physiotherapy Group Athy

We are pleased to announce the return of our Physiotherapy Classes in Athy, Gill Keogh whom some of you will have met at previous Physio classes, will be running the group at St Josephs assessment unit, St Vincent's Hospital Athy on Tuesday evenings at 7pm, starting on Tuesday September 13th the classes will run for 10 weeks finishing on Tuesday November 15th, cost of course is €50 euro, please contact Jennifer at the regional office to register for this class.

Swimming Group

Our swimming group recommences on Monday September 12th at 11.15am at Tallaght Leisure Centre Fortunestown Way Tallaght. Breda McCrea runs the class and is also on hand to assist people attending the session. This continues to be a very popular group, we always welcome new members and you don't have to be able to swim to participate. So why not give it a try if you haven't been before! The group operates on a pay as you go scheme and the rate per session is €3.00.

Living Well with Long Term Conditions

(Self Management Programme)

Self management is about using simple skills to take control of the way you think and feel about your health condition and how you cope in everyday life. We are pleased to announce the return of this course for the Autumn, the course is run by people with long term health conditions. Topics include healthy lifestyle, managing medication and helping people to manage their symptoms more effectively.

Previously courses have proved very popular, we will be running this course at our Care Centre in

Bushy Park on Tuesday evenings at 7pm starting on Tuesday 20th Sept for 6 weeks finishing on Tuesday October 25th, if you are interested in hearing more about this course please contact Roseanna on 087-2482462, there is a nominal fee of €20. to cover the cost of the book which accompanies the course.

Newbridge Sport and leisure Centre

Roseanna attended an open day at Newbridge sports centre on July 1st, the centre has a range of classes and excellent facilities including gym equipment designed for wheelchair users, the centre is open 7 days per week and always welcomes new member, if you live in the Newbridge area why not give it a try contact Maura on 045-433663 or info@newbridgesportscentre.ie

Upcoming Events



Coffee Mornings

Here are the dates for our autumn coffee mornings:

Osprey Hotel Naas

Thursday 15th September

Red Cow Hotel

Friday September 16th

Glenroyal Hotel, Maynooth (Saints Bar):

Thursday 6th October at 11am

Camden Court Hotel City Centre

Saturday October 8th

Carlton Abbey Hotel

Thursday October 13th

NB all coffee mornings start @ 11am

The coffee mornings are informal social events where you can meet up with the community workers, or hook up with other

people with MS to discuss any topic you like, or join us for a coffee! Everyone is very welcome. We now have a text reminder scheme in place so people don't forget the dates of our coffee mornings, there is no need to reply to the text and we look forward to seeing you there.

Newly Diagnosed Seminar

An information seminar for people who have been diagnosed with MS in the past 3 years will be held on Saturday 15th October at Radisson Blu Hotel Dublin Airport. This event will include an update on current M.S. treatments by a Neurologist, as well as practical information which may be useful to those recently diagnosed. Participants may attend with a friend or partner if they so wish. For more information, please contact Jennifer on (01) 4905933

Therapy Taster Day

Our Annual Therapy Taster Day continues to be a popular event, it will be held again this year in the Springfield Hotel Leixlip on Sat November 5th, the event gives people the opportunity to sample two complementary therapies of their choice, attend workshops on healthy living and enjoy a relaxing lunch. Cost for the day including lunch and refreshments will be €15.00 per person early booking is advisable as the event was fully booked last year. Please contact Jennifer at the office to register for a programme, which we will be compiling in the next few weeks. We look forward to meeting with more of you at this year's event.

November Fest

Yes it's back by popular demand! This year our November Fest weekend will take place in the historic town of Kilkenny, we will be staying at the 4 star Ormonde hotel which is located right in the centre of the town from Friday November 18th to Sunday November

20th. There are 6 fully accessible rooms in the hotel which we have blocked booked. All rooms are spacious and furnished to a high standard, the hotel also has a leisure centre and spa, The cost of the weekend will be €130 pp sharing or €155 for a single room, the cost will include all events for the weekend, plus meals. Please note this does **not** include dinner on the Friday evening, If you would like to join us for our weekend in Kilkenny please contact Jennifer for more details and a booking form.

Branch News (Kildare)

Mobile Home

The mobile home at Courtown continues to be very popular and was completely booked out for this year, you can now make a reservation for Summer 2011, Early booking is advisable. Please contact Geraldine Daly on 087-2909421,

Welfare Funding Available:

The Kildare Branch don't raise money to keep it in the bank. Their intention is always to get as much money as possible back out to their members through the welfare system. If you don't ask they won't know that you need assistance. The welfare committee are aware that families are finding things difficult in the current economic climate, all applications are treated in the strictest confidence. The initial application is usually made through the regional office and a referral is then passed on to the head of the Welfare Committee. The Welfare Committee will do their utmost to make a decision as soon as possible in accordance with the Societies rules. Should you wish to make application to the welfare fund please contact Roseanna on 087-2482462.

Course in Basic Computer Skills;

Kildare branch have arranged a course in basic computer skills at Our lady's parish hall Leixlip. The course will run over 5 weeks on Thursday mornings, starting on Thursday September 15th at 10a.m. Places are limited to 8 people but depending on interest the course can be repeated, if you would like further details please contact Geraldine Daly on 087 2909421

The Annual Christmas Dinner

The annual Christmas dinner for Kildare branch will take place on Saturday December 10th, details of this event will be sent to branch members in November.

Branch News West Dublin (Brendan Kenna Branch) Memo from Fran Timmons Chairperson of West Dublin Branch

Many thanks to Ian Kenna and family for holding the annual golf classic thanks also to Noel Murray and "Spheres of Light" who raised €1,410 for the branch. The Dublin west branch want to thank our many volunteers who collect for us, we are always looking for more volunteers and we currently are aiming to set up a fundraising committee if you are interested or have any way of helping us contact the Dublin west chairperson Fran Timmons phone 087-2869315 or email francistimmons@gmail.com

Our next collection dates are at Superquinn Walkinstown on Friday 16th and Saturday 17th September.

