

Wexford		
Programme	Yoga classes	Physiotherapist led exercise classes
Delivered by	Barbara Rocks, Yoga Instructor	Gillian Spurrway, Physiotherapist
Venue	Gorey Adult Learning Centre	Astro Active Centre, Bellefield, Enniscorthy
Start date	Mondays, 7 September to 19 October 2 November to 14 December	Wednesdays, 2 September to 21 October 4 November to 16 December
Time	11am to 12pm	10am to 11am
Sponsored by	ETB Wexford grant/ ESB Electric Aid Grant	
Referral/information	Una Goan, Regional Community Worker, 053 9180091, 087 7375298	
Booking / Payment	MS Ireland, Walkin Street, Kilkenny, 056 7777771	

Programme	Yoga classes	Physiotherapist led exercise classes
Delivered by	Helen Dunlea	Gillian Spurrway & Mairead McDaid
Venue	Coolcotts Leisure Centre, Wexford Town	Murrintown Community Hall, Wexford Town
Start date	Ongoing 6 week programme with 2 week breaks in between	Ongoing
Day/duration	Thursday	Tuesday for 8 week blocks
Time	9.45am to 11.15am	10am
Cost	Contact Wexford South Branch for details of cost	
Sponsored by	Wexford South Branch	Wexford South Branch
Referral /information	Una Goan, Regional Community Worker, 053 9180091 or 087 7375298	
Payment /booking	Payment to Wexford South Branch	

NOTE

If sending a cheque please make it payable to The MS Society of Ireland (to arrive before the start date) to the South East Regional Office. Do not post cash. Remember to allow sufficient time for parking before the classes begin. Wear loose comfortable clothing for yoga and physiotherapy. Bring your own yoga mats, refreshments, etc, if required.

6. Regional Integrated Meetings

Regional Integrated meetings (RIM) are joint meetings between the local voluntary branch committees and regional staff. The meetings are organised to develop an integrated approach to the provision of service by planning integrated service locally at the beginning of the year and to review same towards the end of the year. All elected branch committee officers are encouraged to take part in the region, joint planning for the year ahead and how to achieve these plans together. One meeting was held to date on 24th February in St Mary's Centre, Kilkenny. We look forward to meeting as many elected officers as possible at the next meeting on Tuesday, 6 October in the Woodlands Hotel, Dunmore Road, Waterford. Please phone The MS Society of Ireland on 056 7777771 to confirm your attendance for the October meeting.

Voluntary Branch Contacts:

Carlow Branch Kieran Coughlan 085 7883040	Kilkenny Branch Fritz Rinagl 087 9973727	Tipperary South Branch Michaela Kiely 085 1018482
Dungarvan Branch Awaiting AGM	Waterford Branch Tom Meehan – 051 875633	Wexford South Branch Denise Foran – 087 6649603

Voluntary branch committees generally meet once a month in a local community centre or parish hall from February to June and September to December. Contact your local branch for more information.

7. Information Days – 25th & 26th September

The MS Society of Ireland is organising two national information days in September this year. The first day: September 25th is an in-service day for Health Professionals and Service Providers. The second day: 26th September is dedicated to people living with MS and families and will include talks and workshops on 'Living Well with MS'. The venue will be the Red Cow Moran Hotel, Dublin.

The **In-service Day for Health Professionals (25th September)** will include the following speakers: Professor Alan Thompson - Professor Alan Thompson is Dean of the Faculty of Brain Sciences at University College London, and Consultant Neurologist at the National Hospital for Neurology and Neurosurgery at Queen Square; Dr. Jenny Freeman, Associate Professor (Reader) in Physiotherapy School of Health Professions (Faculty of Health & Human Sciences); Vicki Matthews, MS Specialist Nurse and national nurse advisor to the Rehabilitation in MS (RIMS); Dr. Niall Pender (Neuropsychologist) Head of Psychology at Beaumont Hospital; Shona Logan King (Psychologist) Rehab Care Galway, Irish Hospice Foundation Challenges in End of Life Care of people with progressive neurological conditions.

The **Living Well with MS Day for People with MS/ Families (26th September)** will include the following sessions: Professor Alan Thompson, Consultant Neurologist – New and Emerging Treatments and Developments in Multiple Sclerosis, St. Vincent's Hospital Dublin Research Team - Developments in Vitamin D. Workshops to include:

- UL Research Team – Benefits of Exercise, Emer Duffy 'Better Everyday Brain' practical strategies to manage these symptoms based on current research
- Diet and Nutrition – Importance in maintaining a healthy body, Emer Duffy 'Brain Balance' evidence based techniques from Mindfulness and Yoga
- Shift MS – UK based forum for young people living with Multiple Sclerosis

The day will finish with – 'Zumba for all' with Hillary Hooks.

To book contact The MS Society of Ireland on 091 768630, or email western@ms-society.ie.

8. Keep in Touch!

Keep in touch with your local MS Ireland Regional Community Worker (RCW) to find out about services and programmes in your area:

Carlow/Kilkenny * Una/Katie/Paula The MS Society of Ireland Walkin Street Kilkenny R95 NXX5 Tues, Wed, Thurs half day Tel: 056 7777771	Tipperary South Katie Hourigan RCW & Regional Coordinator The MS Society of Ireland Walkin Street, Kilkenny R95 NXX5 Monday to Friday Tel: 056 7777771 Mobile: 087 2663564 Email: katieh@ms-society.ie	Waterford Paula Dowd RCW The MS Society of Ireland 75 St Catherine's Grange John's Hill Waterford X91 X2HY Tues, Wed, & half day Thurs Tel: 051 844726 Mobile: 087 9006171 Email: paulad@ms-society.ie	Wexford Una Goan RCW The MS Society of Ireland Block A 1st Floor Wexford Local Development Offices Spawell Rd, Wexford Tues, Wed, & half day Thurs Tel: 053 9180091 Mobile: 087 7375298 Email: unag@ms-society.ie
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* **Una Goan** – covering case work / branch work Carlow
* **Katie Hourigan** – covering case work / branch work Kilkenny
* **Paula Dowd** – GTBR/Physical Activity for Carlow & Kilkenny

DISCLAIMER: The views and opinions expressed in this Newsletter are those of individual contributors and do not reflect the views and policies of the Multiple Sclerosis 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.

MS Ireland
South East Region, Walkin Street, Kilkenny,
Landline: **056 7777771**, Information Line: **1850 233233**
Email: southeast@ms-society.ie,
Website: www.ms-society.ie. Charity No. **5365**

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.



Editorial

Hello and welcome to Update, your Community Work Service Newsletter sharing information with you on community work services planned for the next few months. Please read on to find details about Physiotherapy based classes, Yoga classes, Fatigue Management workshop and more.

Nationally MS Ireland is hosting two days about multiple sclerosis at the Red Cow Hotel in Dublin: A Health Professionals In service Day on Friday 25th September, and workshops for families with MS called 'Living Well with MS Day' on Saturday 26th September. Details inside...

We hope you might consider taking part in some of the programmes and get involved in physiotherapy and/or yoga programmes starting up this autumn. Keep in touch with your Community Worker to find out about programmes in your area (contact details for your local Community Worker are on the back page).

Keep us informed of any changes to your address, email, mobile or landline numbers or if you wish to unsubscribe to correspondence.

Kind regards.

Katie on behalf of The MS Society of Ireland Community Work Service in South East

1. Specialist Information on MS

Specialist Information on MS - The Multiple Sclerosis International Federation (MSIF) website is a reputable resource for up-to-date specialist information on MS research, management of MS & new treatments in MS. You can download the latest 'MS in Focus' or previous magazines on www.msif.org. Also the MS Trust UK website holds very good information on MS - www.mstrust.org.uk

The MS Information Line Lo-call 1850 233 233

The MS Society of Ireland Information line is a useful source of specialist information and professional advice on MS, symptom management, neurorehabilitation, physical activity, fatigue, mindfulness, stress management etc. It is staffed Monday to Friday 10am to 2 pm.

Books/Information Sheets

The MS Society of Ireland website has information on MS and symptom management. Some books/information sheets can be downloaded via the website: www.ms-society.ie/pages/living-with-ms/information-centre/our-publications

General Information

- People can access The Directory of Services in the South East region via www.ms-society.ie. It is also available from the Regional Office
- For up to date information advise or advocacy contact the Citizens Information Board website www.citizensinformation.ie or 1890 777 121

2. Research – National Physical & Sensory Disability Database

The National Physical and Sensory Disability Database (NPSDD) captures information on the needs of people with MS. This information is very important to the Health Research Board, The MS Society of Ireland, the Health Service Executive, the Department of Health and Children and other agencies to help us plan and improve services and supports for people with MS. It is a way to identify the gaps in service provision by looking at the unmet needs. Similar types of databases in other areas have proved successful in getting more funding for service. These databases have also improved the way in which services are planned and provided.

Data Collectors collect this information by carrying out individual telephone interviews with people with MS each year. Participation in the database is important to capture the true need for services and supports. If you are not on the database and wish to participate in the Health Research Board needs assessment telephone questionnaire, please contact Data Collectors Margaret Dunne-Maher, Michelle Power, Noreen Brennan on 056 7777771 or Matt Stafford on 053 9180091 on Tuesday, Wednesday or Thursday.

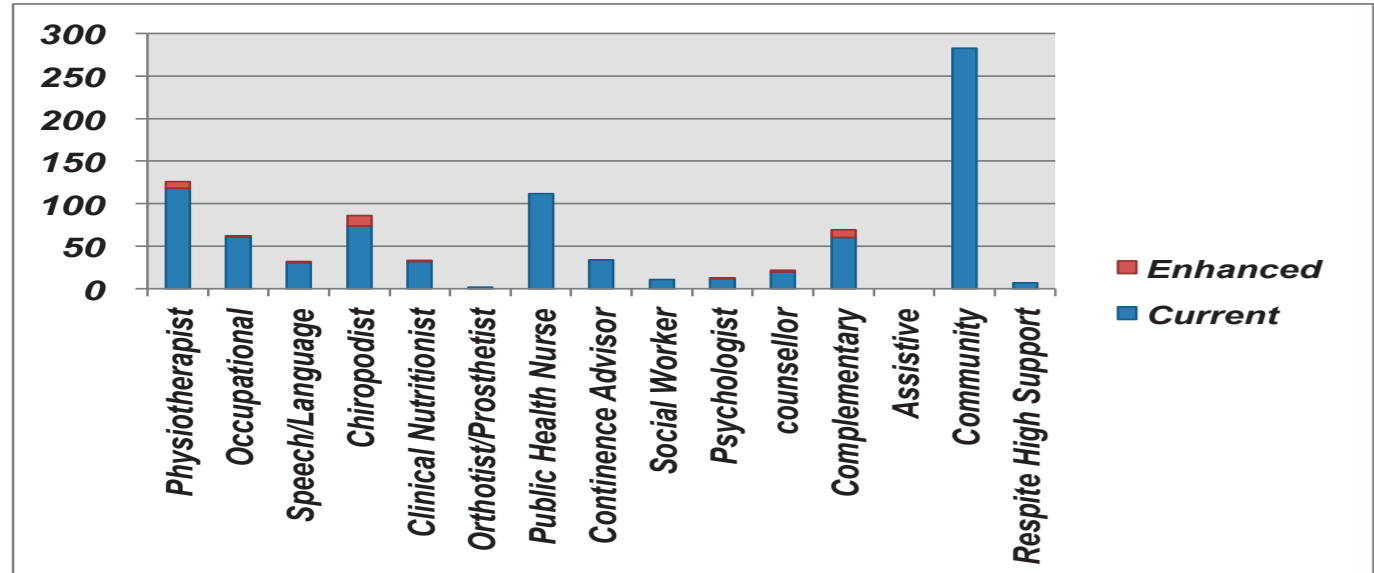


Chart above captures the needs of people with MS 2014 based on the NPSDD

3. Individual Case Work

Regional Community Workers offer 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 Community Worker may refer the person to a GP, PHN, Physical and Sensory Liaison Nurse, Physiotherapist, OT or relevant health professional. If you have queries on living with MS and wish to contact your Community Worker, contact details are at back of this Update Newsletter.

National Counselling Service by the Health Service Executive

The Health Service Executive counselling service provides a professional counselling service to people with medical cards. Referral is via your GP or a member of the Primary Care Team, eg. Public Health Nurse, Physiotherapist or Occupational Therapist. If you don't have a medical card and would like information or advice on how to access counselling, please contact your Community Worker (contact details are on back page).

4. Professional Information & Advice Workshops

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.

Workshop	Fatigue & MS
Delivered by	To be confirmed
Venue & Date	Waterford - To be confirmed
Sponsored by	Health Service Executive, Lottery grant
Referral / information	Paula Dowd, Community Worker, Tel: 051 844726 or 087 9006171
Booking	MS Society of Ireland, South East Regional Office, 056 7777771

5. Physical Activity Programme / Getting the Balance Right

If you are already involved in physical activity in your everyday life such as gardening, walking for leisure, swimming for good health or even housework continue these activities as they help you to stay active and enjoy the benefits of a healthier lifestyle. Participating in exercise increases mobility and combats fatigue, improves physical, mental health and cognitive abilities.

If you are interested in incorporating new physical activity in your everyday life contact the Sports Partnerships, Sports Clubs or Community Centres in your county. The important thing is to be active.



If you have specific queries or need specific advice ask **your GP to refer you** to the Health Service Executive Chartered Physiotherapist. You are entitled to be assessed by a physiotherapist who may set an individualized home based programme for you. If you have any queries regarding participating in any of the GTBR physiotherapy led programmes or yoga classes contact your Regional Community Worker for details.

Carlow / Kilkenny		
Programme	Physiotherapist led exercise classes	Yoga Classes
Delivered by	Nicola Connolly, Physiotherapist	Elaine Costello, Yoga Instructor
Venue	Sacred Heart Hospital, Carlow	St Mary's Day Care Centre, Kilkenny
Dates	Saturdays, 5th September to 24th October and 7th November to 12th December	Saturdays, 5th September to 24th October and 7th November to 12th December
Time	11am to 12.30pm	11am to 12 pm
Cost	€40 for 8 weeks. €30 for 6 weeks.	€40 for 8 weeks. €30 for 6 weeks.
Part funded by	Carlow Branch	Kilkenny Branch
Referral/information	Una Goan, Community Worker, 053 9180091 / 087 7375298	Katie Hourigan, Regional Co-ordinator, 056 7777771
Payment	Post to MS Society of Ireland, Walkin Street, Kilkenny	

Tipperary South

Programme	Yoga classes	Yoga Classes	Physiotherapist led exercise classes
Delivered by	Brigid Power, Yoga Instructor	Maggie Cross, Yoga Instructor	Clare Kelly/Carol Kennedy, HSE Physiotherapists
Venue	St Joseph's Ferryhouse, Clonmel	Excel Centre, Tipperary Town	Our Lady's Campus, Cashel
Dates	Monday, 21st September – 19th October and 2nd November – 14th December (exc. 9 Nov)	Thursday, 10th September – 22nd October and Thursday, 5th Nov- 10th December	Tuesday, 23rd September to Friday, 23rd October 2015
Time	11am to 12.30pm	12.30 – 1.30pm	TBC
Cost	€25 for 5 weeks €30 for 6 weeks	€35 for 8 weeks €30 for 6 weeks	Free
Part funded by	Tipperary South Branch & Lottery Grant	Tipperary South Branch & Lottery Grant	Health Service Executive
Referral/information	Katie Hourigan, Regional Co-ordinator, 056 7777771 or 087 2663564	Katie Hourigan, Regional Co-ordinator, 056 7777771 or 087 2663564	PwMS who are not known to Carol or Clare that wish to attend will require a GP referral and to be screened by Carol/Clare prior to commencing the class. Any queries contact Clare, 062 70486
Payment / booking	Post to MS Society of Ireland, Walkin Street, Kilkenny		

Waterford

Programme	Yoga classes	Physiotherapist led exercise classes	Physiotherapist led exercise classes
Delivered by	Michael Connolly, Yoga Instructor	Susan Murphy, Physiotherapist	To be confirmed
Venue	Alphazone Studios, Waterford	Cheshire Waterford	Dungarvan - To be confirmed
Start date	Thursdays, Ongoing	Wednesdays, 2nd Sept – 21 October Wednesdays, 4th Nov – 16th December	To be confirmed TBC
Time	11.15 am – 12.15pm	11.30am to 1pm	TBC
Cost	€40 for block of 8 classes	€40 for 8 weeks, €30 for 6 weeks	
Part funded by	Lottery Grant	Waterford Branch & participants contributions	Lottery grant
Referral / information	Paula Dowd, Regional Community Worker, 051 844726, 087 9006171		
Payment /booking	Post to MS Ireland, Walkin Street, Kilkenny, 056 7777771		