

Note

If sending a cheque please make it payable to The MS Society of Ireland and post 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.



Above: Members of Wexford South Branch thank fundraisers and show them how their money is spent on physiotherapy classes

Daily slogan for good lifestyle habits

- ∞ 5 or more servings of fruits and vegetables daily
- ∞ 3 structured meals (including breakfast) daily
- ∞ Less than 2 hours of television or video games a day
- ∞ 1 hour or more of moderate to vigorous physical activity daily
- ∞ 0 sweetened beverages.

"We need our heads examined"

Support the Neurological Alliance of Ireland campaign "We Need Our Heads Examined". The campaign is calling for immediate action to tackle the dire shortage of rehabilitation services in Ireland for people with neurological conditions. Find out more [http://www.nai.ie/go/campaign\\_centre/we\\_need\\_our\\_heads\\_examined](http://www.nai.ie/go/campaign_centre/we_need_our_heads_examined).

6. Regional Integrated Meetings

The purpose of the Regional *Integrated* Meeting (RIM) is that both voluntary Branch committees and the Community Work team plan and review services together in the South East region. This involves identifying key needs of people with MS and agreeing what to prioritise, e.g. Citizens Information seminars, workshops, physio/yoga classes, etc. Working together is important so that people with MS get a joined up service and it is essential that as many of the Committee attend the Regional Integrated Meeting so that Carlow, Kilkenny Tipperary South, Waterford and Wexford areas are involved in the joint planning process.

Please keep **October 11<sup>th</sup>** free. Venue is Brandon House Hotel, New Ross. We would encourage the full membership of Branch committees to attend if possible. Please phone The MS Society of Ireland on 056 7777771 to confirm your attendance for the October meeting. Hope to see you there!

7. Voluntary Branch Contacts

Carlow Branch

Kieran Coughlan - 085 7883040

Kilkenny Branch

Valerie O'Shea – 086 8494983

Tipperary South Branch

Honor Bugler – 087 9549742

Dungarvan Branch

Awaiting AGM

Waterford Branch

Tom Meehan – 051 875633

Wexford South Branch

Denise Foran – 087 6649603



Pictured above: Tipperary South Branch Yearly Pony Trek on 20 July 2016

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.

8. National Conference & Health Professionals In Service CPD

The MS Society of Ireland is organising its National Conference in September this year. The first day: September 23<sup>rd</sup> is an in-service day for Health Professionals and Service Providers. The second day: 24<sup>th</sup> 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 Cork International Hotel.

The **In-service Day for Health Professionals (23<sup>rd</sup> September)** will include the following speakers: Professor Gavin Giovannoni, Professor of Neurology at the Centre for Neuroscience and Trauma, Blizzard Institute Barts and The London School of Medicine and Dentistry; Dr Brian Sweeney, Consultant Neurologist at University College Hospital Cork; Dr Sabina Brennan, – Co-Director of the Neuro-Enhancement for Independent Lives Institute of Neuroscience, Trinity College, Dublin; Elaine King, Diploma in Biodynamic and Integrative Psychotherapy, MIAHIP, B Rel Sc.; Trish O'Sullivan, Senior Physiotherapist with HSE Cork South Lee, Neurological Services; Emer Duffy, Specialist Occupational Therapist and Yoga Teacher MScin Cognitive Rehabilitation (Brain Skills Rehabilitation); Shona Logan King, Psychologist at Rehab Care Galway MSc in Cognitive Rehabilitation. The cost is €60 which includes lunch. CPD points available on request.

The **Living Well with MS Conference for People with MS/ Families (24<sup>th</sup> September)** will include the following sessions:

**Professor Gavin Giovannoni** - MS Healthy Brain and Time Matters

**Dr. Brian Sweeney** - Current and Emerging Treatments

**Dr. Sabina Brennan** - Strategies for Better Brain Health

Workshops:

**Elaine King:** Minding Relationships and Promoting Good Communication

**Trish O Sullivan:** Exercise and its Relationship with Brain Health

**Emer Duffy:** Tech & Non Tech Ways to Train your Brain

**Harriet Doig & Claire Dolan:** Employment Matters in MS.



The cost for the day is €20 (includes refreshments and light lunch). To book and for more information on venue/accommodation etc, contact The MS Society of Ireland on 091 768630, or email [western@ms-society.ie](mailto:western@ms-society.ie), website: <http://www.ms-society.ie/pages/what-we-do/national-conferences>.

9. 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 NXK5

Tipperary South

Katie Hourigan RCW &  
Regional Coordinator  
The MS Society of Ireland  
Walkin Street,  
Kilkenny R95 NXK5  
Monday to Friday  
Tel: 056 7777771  
Mobile: 087 2663564  
Email: [katieh@ms-society.ie](mailto: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](mailto:paulad@ms-society.ie)

Wexford

Una Goan RCW  
The MS Society of Ireland  
Block A 1<sup>st</sup> Floor Wexford  
Local Development Offices  
Spawell Rd, Wexford  
Tues, Wed, & half day Thurs  
Tel: 053 9180091  
Mobile: 087 7375298  
Email: [unag@ms-society.ie](mailto:unag@ms-society.ie)

- \* Una Goan – covering case work / branch work Carlow
- \* Katie Hourigan – covering case work / branch work Kilkenny.
- \* Paula Dowd – GTBR/Physical Activity for Carlow & Kilkenny

The MS Society of Ireland, South East Region, Walkin Street, Kilkenny,  
Landline: 056 7777771, Information Line: 1850 233233  
Email: [southeast@ms-society.ie](mailto:southeast@ms-society.ie), Website: [www.ms-society.ie](http://www.ms-society.ie).  
Charity No. 5365



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Community Work Services - Issue 49 Autumn 2016

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. I hope you are well and enjoyed the summer break. We are pleased to let you know that registration is now open for Autumn programmes. As well as the physiotherapy led and yoga programmes we also have fatigue management courses and regional integrated meeting.

There is also free training for people who are involved in any of the South East Branch Committees, existing officers, new officers and those who would like to become involved! So if you are interested in taking part in the Committee training being held in The Family Resource Centre, The Three Drives, Dundrum Road, Tipperary Town on Saturday, 1<sup>st</sup> October 2016 at 13.30 hours to 16.30 hrs, please contact your community worker or Lorraine Fahey on 086 3181220. It is a half day of interactive training provided by experienced trainer Senan Turnbull. Tea, coffee and sandwiches will be provided.

We hope you will get involved in the physiotherapy, yoga, fatigue management, information session on entitlements and/or the Committee training. Keep in touch with your Community Worker to find out about services/ programmes in your area (contact details for your local Community Worker are on the back page). 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](http://www.msif.org). Also the MS Trust UK website holds very good information on MS - [www.ms-trust.org.uk](http://www.ms-trust.org.uk)

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 – <http://www.ms-society.ie/pages/living-with-ms/information-centre/our-publications>

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.

General Information

- ∞ People can access The *Directory of Services* in the South East region via [www.ms-society.ie](http://www.ms-society.ie). It is also available from the Regional Office
- ∞ For up to date information advice or advocacy contact the Citizens Information Board website [www.citizensinformation.ie](http://www.citizensinformation.ie) or 1890 777 121



2. Research – National Physical & Sensory Disability Database

There are three Data Collectors working with the MS Society of Ireland: Michelle, Laura and Noreen. They collect data from people with MS by conducting an interview over the phone once a year. Participation in the National Physical and Sensory Disability Database (NPSDD) is very important in order to identify and capture the true needs of people with MS. The NPSDD is used as a research tool by the Health Research Board, The MS Society of Ireland and the Health Service Executive to help plan, improve and organise services for people with MS. The data is kept confidential. The only information disclosed to the agencies is the needs of people with MS. No names or personal details are disclosed. If you wish to participate in the Health Research Board NPSDD needs assessment telephone questionnaire, please contact the MS Regional Office on Tuesday, Wednesday or Thursday, on 056 7777771 to speak with one of the Data Collectors. New participants (people that are not already on NPSDD), will receive a copy of the information leaflet that explains the background of the database and a consent form to sign. Then the following steps will be explained over the phone by one of the Data Collectors. We would like to thank you in advance and we hope to hear from you soon. Laura, Michelle and Noreen.

MS Research – 1<sup>st</sup> Edition

MS Research – First Edition is a brand new bi-annual research e-Zine sharing the latest updates from scientific and social MS research. This is available on The MS Society of Ireland website [www.ms-society.ie](http://www.ms-society.ie).

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, e.g. 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 Workshops aim 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. Workshops/courses coming up are as follows:

Workshop	Fatigue Management and MS morning session
Delivered by	Anita Behara, Occupational Therapist, Neurology Dept, Waterford University Hospital
Venue	Waterford – venue to be confirmed
Dates	Mid September, date to be confirmed
Sponsored by	Health Service Executive
Referral / booking	Paula Dowd, Community Worker, Tel: 051 844726 / 087 9006171
Cost	Free

Workshop	Information Session – Allowances, Benefits & Entitlements
Delivered by	Citizens Information Centre
Venue	Woodlands Hotel, Dunmore Road, Waterford
Dates	Tuesday, 27 <sup>th</sup> September at 3pm
Sponsored by	Waterford Branch
Referral / booking	Paula Dowd, Community Worker, Tel: 051 844726 / 087 9006171
Cost	Free

Course	Fatigue Management and MS – 8 week course
Delivered by	Margaret Doyle, Senior Occupational Therapist, HSE
Venue	Astro Active Centre, Enniscorthy, Co Wexford
Dates	Wednesdays, 21 <sup>st</sup> September to 9 <sup>th</sup> November 2016
Sponsored by	The MS Society of Ireland/Health Service Executive
Referral / booking	Una Goan, Community Worker, Tel: 053 9180091 / 087 7375298
Cost	Free

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, or swimming for good health 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.

Below are details of the Physiotherapist led Exercise classes and Yoga classes organised by The MS Society of Ireland. We hope you might consider taking part. If you have any queries regarding participating in any of the classes contact your Regional Community Worker.

Autumn Schedules			
Carlow / Kilkenny			
Programme	Physiotherapist led exercise classes	Physiotherapist led Exercise classes	Yoga Classes
Delivered by	Nicola Connolly, Physiotherapist	Marie Codd, Physiotherapist	Elaine Costello, Yoga Instructor
Venue	Sacred Heart Hospital, Carlow	SOS, Callan Road, Kilkenny	St Mary's Day Care Centre, Kilkenny
Start Date	Saturdays ongoing	Friday, 2 September	Saturday, 3 September
Time	11am to 12.30pm	11am to 1pm	11am to 12 pm
Cost	€40 for 8 weeks, €30 for 6 weeks.	€40 for 8 weeks, €30 for 6 weeks.	€40 for 8 weeks. €30 for 6 weeks.
Part funded by	Carlow Branch	Kilkenny Branch	Kilkenny Branch
Referral/information	Una Goan, Community Worker, 053 9180091 / 087 7375298	Katie Hourigan, Regional Co-ordinator 056 7777771/ 087 2663564	Katie Hourigan, Regional Co-ordinator, 056 7777771/ 087 2663564
Payment	Post to MS Society of Ireland, Walkin Street, Kilkenny R95 NXK5		

Tipperary South		
Programme	Yoga classes	Physiotherapist led exercise classes
Delivered by	Brigid Power, Yoga Instructor	Clare Kelly, HSE Physiotherapist
Venue	St Joseph's Ferryhouse, Clonmel	Our Lady's Campus, Cashel
Start Date	Monday, 5 <sup>th</sup> September	TBC
Time	11am to 12.30pm	TBC
Cost	€40 per 8 week block	Free
Part Funded by	Tipperary South Branch & Lottery Grant	Health Service Executive
Referral/information	Katie Hourigan, Regional Co-ordinator, 056 7777771 or 087 2663564	PwMS who are not known to Clare that wish to attend will require a GP referral and to be screened by Clare prior to commencing the class. Any queries contact Katie Hourigan
Payment / booking	MS Society of Ireland, Walkin Street, Kilkenny R95 NXK5, 056 7777771	

Waterford			
Programme	Yoga classes	Physiotherapist led exercise classes	Physiotherapist led exercise classes
Delivered by	Michael Connolly, Yoga Instructor	Susan Murphy, Physiotherapist	Susan Murphy, Physiotherapist
Venue	Alphazone Studios, Waterford	Cheshire Waterford	The Park Hotel, Dungarvan
Start date	Thursdays ongoing	Wednesdays ongoing	Wednesdays ongoing
Time	11.15 am – 12.15pm	11.30am to 1pm	2.30pm to 4pm
Cost	€40 for block of 8 classes	€40 for each 8 week block	€40 for each 8 week block
Part funded by	Lottery Grant & participants contributions	Lottery Grant, Waterford Branch & participants contributions	Lottery grant & participants contributions
Referral/information	Paula Dowd, Regional Community Worker, 051 844726, 087 9006171		
Payment	Post to MS Society of Ireland, Walkin Street, Kilkenny, R95 NXK5		

Wexford		
Programme	Yoga classes	Physiotherapist led exercise classes
Delivered by	Barbara Rocks, Yoga Instructor	Aine Doyle, Physiotherapist
Venue	Gorey Adult Learning Centre	Astro Active Centre, Enniscorthy
Start date	Mondays, 5 <sup>th</sup> September	Wednesdays, 7 <sup>th</sup> September
Time	11am to 12pm	10am to 11am
Sponsored by	ETB Wexford grant	
Referral/information	Una Goan, Regional Community Worker, 053 9180091, 087 7375298	
Payment	MS Society of Ireland, Walkin Street, Kilkenny, R95 NXK5, 056 7777771	

Programme	Yoga classes	Physiotherapist led exercise classes
Delivered by	Helen Dunlea, Yoga Instructor	Gillian Spurway, Mairead McDaid & Marie Codd, Physiotherapists
Venue	Coolcotts Leisure Centre, Wexford Town	Murrintown Community Hall, Wexford Town
Start date	Thursdays ongoing	Tuesdays ongoing
Time	9.45am to 11.15am	10am and 1.00pm
Cost	Contact Wexford South Branch for details of cost	
Sponsored by	Wexford South Branch	
Referral /information	Una Goan, Regional Community Worker, 053 9180091 / 087 7375298	
Payment /booking	Payment to Wexford South Branch	