

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. We have two articles on physical activity that may be of interest – one on physiotherapist led exercise classes written by Karen Sayers and one on yoga by Liz Dunbar.

I hope you enjoyed the summer break and will consider getting involved in the physiotherapy and yoga programmes starting up this autumn!

Please 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
Community Work Service**

Contents Community Work Programmes;

1. Specialist information on MS.
2. Research - National Physical & Sensory Disability Database
3. Individual Case work
4. Professional Information & Advice Workshops
5. Physical Activity Programme/ Getting the balance right
6. Regional Integrated Meetings
7. Keep in touch

Exercise is Medicine -

MS is all about self management. This means that you take responsibility for dealing with the challenges MS brings, to the best of your ability. But you don't do so alone. You work with professionals who have neurological or MS-specific expertise. You may need to see different professionals at different times during your journey with MS.

Exercise and keeping as active as possible are cornerstones of your self-management approach.

They complement other aspects including your prescribed medication regime, a balanced healthy diet, good sleep and a good balance between rest and activity.

The role of the Chartered Physiotherapist is to keep you moving safely, help you work around physical difficulties and ensure you keep your body in as good a working condition as possible.



What can you do for yourself? -

- A: Exercise regularly, doing something you enjoy.
- B: Learn to recognise the signals that tell you when you may need to visit a physiotherapist.
- C: Get the best out of your physiotherapy visits.

A: Exercise regularly

* Research tells us that people with MS are less active than their contemporaries. Being inactive increases the risk of developing heart disease, diabetes and osteoporosis.

* MS affects everyone differently. Finding suitable exercise to suit your physical ability may be challenging. Your physiotherapist can advise you on the best type of aerobic exercise to suit you, such as walking or leg/arm biking or other free-style exercises at home. Aerobic exercise will require you to get a little sweaty and a little out of breath. You should still be able to talk but not sing! You should build up to 150 minutes a week of this type of exercise

* You will need more than one style of exercise to stay healthy and manage your condition. You will also need exercise that builds muscle strength and endurance. This type of exercise should be done 2-3 times a week and includes using weights or activities like squats and calf raises. It should be effortful and challenging if it is to work. Your physiotherapist will guide you on how to do these safely and effectively and will help you progress your programme as you get stronger

* You will also need to do some stretching exercise once or twice a week to keep your muscles and joints flexible

* Add some practical exercises like challenging balance tasks and incorporating physical activity into your everyday life, walking or transferring or self propelling whenever you get the opportunity.

* And finally, if you cannot move yourself, then can a family member or carer be taught to do some movements for you?

You are not alone! These exercise recommendations are the very same for all adults, whether they have MS or not! A special tip for people with MS: be careful not to over-heat while you are exercising as this may lead to a temporary worsening of your symptoms. Make sure you have a

bottle of iced water nearby, open the windows and wear light clothes when exercising.

Tired thinking about it? There is high-quality research done in Ireland and elsewhere that demonstrates the beneficial effect of exercise on fatigue as well as on:

Walking ability
Balance
Strength of arms and legs
Mood
Quality of life
Falls.

People with relapsing remitting MS, who are generally active and do high levels of structured exercise, like we have described, have fewer relapses.

B. When should you see a physiotherapist?

* As soon as possible after diagnosis for self-management support

* At all stages of your condition for advice and education and if required, treatment to stabilise, manage or reduce movement-related problems

* When you have questions on exercise, such as what type, how often you should exercise, for how long, how challenging it ought to be and how safe it is.

* If you experience:

- a relapse or change in your physical condition
- Walking problems
- Balance problems, falls or near misses
- Problems getting in and out of the chair/bed/car
- Problems managing fatigue Pain

C. How to get the best out of your physiotherapy visit

* Before your visit write down your problems and questions you want to ask.

* Be honest, explain how you feel and ask for further explanation from your physiotherapist if necessary

* Consider bringing your carer/partner/family member

* Be ready to explain your main problems, how they effect your daily life and what you might like to focus on or achieve

* Describe how you have tackled these problems already and what results you have seen.

* Know that if your physiotherapist cannot help you with a particular issue they may refer you to another health care professional with your agreement

* Remember that you and your physiotherapist are partners in care so work together on the following points

-work out some goals and a plan on how to work towards them

-work out when you should have a follow-up visit

- If you cannot adhere to the home exercise programme- discuss the problems with the physiotherapist. Agree on some adjustments that help you continue with some activity

-you need to keep up your activity and exercise so agree on how to continue at home when your block of treatment has finished

How do I access physiotherapy services?

Ask your GP or Consultant to send a referral to your Primary Care Physiotherapist.

Article written by Karen Sayers, Senior Chartered Physiotherapist, Adult Disability Services, Our Lady's Campus, Cashel, Co Tipperary.

Note:

Don't forget to check out the Physiotherapist Led Exercise Classes being organised by The MS Society of Ireland – more information on the next page.

GTBR Service Delivery Training

Both Paula and Una are working with Physiotherapist Maria Kehoe to organise Continuous Professional Development training for physiotherapists delivering the Getting the Balance Right (GTBR) Physical Activity Programme in the South East. The training will take place in Wexford town later in the year and is an endeavour to maintain a high standard of physiotherapy service delivery. Thanks to the Wexford South Branch who made this possible.

1. Specialist Information on MS

The MS Information Line – 1850 233 233 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.

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

General Information

* Directory of Services for South East available from the Regional Office - 056 7777771 or download from our website www.ms-society.ie

* Citizens Information Board website – www.citizensinformation.ie

2. Research – National Physical & Sensory Disability Database

Data collectors Michelle Power, Niel Phelan and Anne Flynn 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. If you are not on the National Physical & Sensory Disability Database and wish to participate in the Health Research Board needs assessment telephone questionnaire, please contact Michelle or Niel on 056 7777771 or Anne on 053 9180091 on Tuesdays, Wednesdays or Thursdays.

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.

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 your Regional Community Worker.

Health Service Executive National Counselling Service

The Health Service Executive counselling service is available for people with medical cards. Referral is via your GP or Primary Care Team.

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.

A Newly Diagnosed Seminar is being held for people who have been diagnosed with MS in the past 5 years. Participants can bring a partner or friend with them. Book early to secure your place. See details below

Workshop	Regional 'Newly Diagnosed' Seminar
Delivered by	Dr Paul Crowley, Consultant Neurologist & other speakers
Venue & Date	Friday, 17 October 2014 at 9.15am in Edmund Rice Centre, Barrack Street, Waterford
Sponsored by	Health Service Executive – Lottery Grant
Referral / information	Una Goan, Regional Community Worker – 053 9180091, 087 7375298 Katie Hourigan, Regional Co-ordinator, 056 7777771, 087 2663564
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, VEC or Community Centres in your county. **The important thing is to be active.** The 'Get Ireland Active' is a useful website to see what's happening locally: <http://www.getirelandactive.ie/>. The Irish Heart Foundation has practical tips on exercises while sitting and carried out in the comfort of your own home http://www.irishheart.ie/iopen24/desk-workout-t-8_342.html. The local Sports Partnerships are also very useful <http://www.kilkenny.ie/eng/> or <http://www.stsp.ie/sport/web> or <http://www.wexfordcldb.ie/cdb/SportsActiveWexford-LocalSportsPartnership>.

If you have specific queries or need specific advice **ask your GP to refer you to the HSE 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	Programme Physiotherapist led exercise classes/yoga
Referral/information	<p>The MS Society of Ireland is currently developing a Getting the Balance Right/Physical Activity Programme for people with MS in Carlow and Kilkenny. We have been busy over the summer exploring venues and talking to physiotherapists. While details are to be finalised, we hope to have physiotherapy classes running shortly.</p> <p>Referral/information Paula Dowd, 051 844726 / 087 9006171</p>

Tipperary South

PROGRAMME NAME	Yoga classes	Physiotherapist led Exercise classes	Physiotherapist led Exercise classes
Delivered by	Brigid Power, Yoga Instructor	Physiotherapist to be confirmed	Karen Sayers, HSE HSE Physiotherapist
Venue	St Joseph's Ferryhouse, Clonmel	Clonmel - TBC	Our Lady's Campus, Cashel
Start date	15 September – 20 October 3 November – 15 December	September – October To be confirmed November - December To be confirmed	To be confirmed
Duration	Mondays for 6 weeks Mondays for 7 weeks	To be confirmed	To be confirmed
Time	11am to 12.30pm	To be confirmed TBC	
Cost	€18 for 6 weeks €21 for 7 weeks	TBC	Free
Sponsored by	Tipperary South Branch & Lottery Grant	Tipperary South Branch & Lottery Grant	Health Service Executive
Referral /information	Katie Hourigan, 056 7777771 or 087 2663564	Katie Hourigan, 056 7777771 or 087 2663564	for details of further classes / Karen Sayers, Physiotherapist
Payment/booking	Post to MS Society of Ireland, Walkin Street, Kilkenny	Post to MS Society of Ireland, Walkin Street, Kilkenny	Book via Katie Hourigan, 056 7777771 or 087 2663564

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.

COMMUNITY WORK SERVICES | AUTUMN 2014

Waterford

PROGRAMME NAME	Yoga classes	Physiotherapist led Exercise classes
Delivered by	Michael Connolly	To be confirmed
Venue	Alphazone Studios, Waterford	To be confirmed
Start date	Ongoing	to be confirmed
Duration	Thursdays, 8 week blocks	8 weeks
Time	10am to 11am	To be confirmed
Cost	€40 for block of 8 classes	To be confirmed
Sponsored by	Lottery Grant	Lottery Grant
Referral /information	Paula Dowd, Regional Community Worker, 051 844726, 087 9006171	
Payment /booking	Post to MS Ireland, Walkin Street, Kilkenny, 056 7777771	

Wexford

PROGRAMME NAME	Yoga classes	Physiotherapist led Exercise classes
Delivered by	Barbara Rocks	Aine Doyle
Venue	Gorey Adult Learning Centre	Astro Active Centre, Bellefield, Enniscorthy*
Start date	8 September to 20 October 3 November to 15 December	10 September to 15 October 5 November to 10 December
Day of week	Monday	Wednesday
Time	11am to 12pm	10am to 11am
Cost	€26.25 for each 7 week programme	€22.50 for each 6 week programme
Sponsored by	State Street Grant / Participants contributions	
Referral /information	Una Goan, Regional Community Worker, 053 9180091, 087 7375298	
Payment /booking	Post to MS Ireland, Walkin Street, Kilkenny, 056 7777771	

PROGRAMME NAME	Yoga classes	Physiotherapist led Exercise classes
Delivered by	Helen Dunlea	Gillian Spurrway
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	
Referral /information	Una Goan, Regional Community Worker, 053 9180091 or 087 7375298	
Payment /booking	Payment to Wexford South Branch	

*The Physiotherapy exercise class in Enniscorthy is moving to a new venue called Astro Active in Bellefield, Enniscorthy. The new venue is fully accessible with parking and gym equipment. It has the added bonus of a café space for the class to socialise after the class.

6. Regional Integrated Meetings

Three Regional Integrated Meetings are being held in 2014 in the Brandon House Hotel in New Ross. These meetings are open to all elected branch officers in the South East. These meetings are organised to develop an integrated approach to the provision of services in the South East, joint planning for the year ahead and how we can achieve these plans together. Two meetings were held to date: 25 February and 17 June. We look forward to meeting as many elected officers as possible at the next meeting on 7 October in the Brandon House Hotel, New Ross. Please phone The MS Society of Ireland on 056 7777771 to confirm your attendance for the October meeting.

The Important Role of Yoga in Living Well with MS

Yoga and MS are both central to my life. The difference between the two is that I choose to practice yoga, whereas I did not choose MS...it chose me! Both yoga and MS are linked however, in that I'm not alone in finding yoga a powerful tool for living well with a chronic illness, such as MS. In fact, much has been studied and proven, about the many benefits of yoga practice for persons with MS.

Our yoga class involves a combination of gentle physical movements and exercises, deep breathing exercises and relaxation, which are modified according to each person's level of ability, mobility and energy. The aim of yoga is to calm the mind and to tone, strengthen and relax the body. The breathing exercises help to energise and calm both body and mind.

After I was diagnosed with MS in 2002, as well as trying various medical treatments, I searched for advice and therapies, which might be useful for living with MS. After a hectic 12 years of living through several

relapses, and the many ups and downs of MS, practising yoga has become an important discovery and friend, for all of the following reasons:

1. Yoga helps to relieve and release my stress, and leaves me feeling relaxed.
2. Yoga calms my mind and de-clutters my thoughts, improving my memory and concentration
3. Yoga tones my body, giving my muscles and joints a gentle yet effective workout, improving my strength and flexibility.
4. Yoga improves my posture and strengthens my body core, reducing my chance of injuring my muscles or joints.
5. Yoga has taught me to be more patient and positive, not only with myself and my limitations, but also in my relationships and life. Yoga helps me to live in the present moment, and to not focus excessively on the past or future. In this way, it helps me to cope with and accept the losses, discomforts and uncertainties of life with MS.
6. Yoga lessens my severe fatigue and leaves me feeling energised.
7. Yoga has helped me to develop self-discipline, and focus on achieving my goals.

My weekly yoga practice in Gorey (organised by The MS Society of Ireland), with our facilitator, Barbara Rocks, who is a certified yoga instructor and member of the Irish Yoga Association, has become central to my wellbeing. This is, not merely for the benefits listed above, but also for the social factor that is involved. Our classes are hugely enjoyable, as well as therapeutic, and Barbara is truly encouraging, patient and supportive, modifying the class, as required, to ensure that all of our needs and abilities are catered for, within a safe environment. People of any age and level of ability and mobility can do this type of yoga.

My fellow yoginis are now my friends and I would encourage anyone and everyone with MS, to give yoga a try (preferably an MS Ireland-approved class) ... you may even find yourself becoming hooked, just like me!

If you are interested in joining a yoga class please contact your local MS Society of Ireland Community Worker (details on back page) or the MS Society of Ireland South East Regional Office on 056 7777771.

Article by Liz Dunbar

Voluntary Branch Contacts:

Carlow

Kieran Coughlan - 085 7883040

Kilkenny

Josie Molloy - 086 8141977

Tipperary South

Michaela Kiely - 085 1018482

Dungarvan

Eleanor French - 058 46217

Waterford

Adrian Cullinane - 086 2306666

Wexford South

Liz Fenlon - 086 1271705

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.

Regional Community Workers (RCW)

Contact your local RCW to find out about services or referral to programmes in your area:

* Carlow/Kilkenny

The MS Society of Ireland
Walkin Street, Kilkenny
Tues, Wed, Thurs half day
Tel: 056 7777771

*Una Goan - for case & branch work Carlow

Katie Hourigan - for case & branch work Kilkenny

Paula Dowd - GTBR/Physical Activity for Carlow /Kilkenny

Tipperary South

Katie Hourigan
RCW & Regional Coordinator
The MS Society of Ireland
Walkin Street, Kilkenny
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
Tues, Wed, Thurs half day
Tel: 051 844726
Mobile: 087 7375298
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, Thurs half day
Tel: 053 9180091
Mobile: 087 7375298
Email: paulad@ms-society.ie