

## Community Work Service

# UPDATE

Issue 50 - Autumn 2017

### The aim of The MS Society of Ireland's Regional Project

is that people with MS live their lives to their fullest potential.

### 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's* 50<sup>th</sup> edition of your Community Work Service newsletter. We hope you find this edition useful as it includes schedules for programmes commencing in September, details of an upcoming newly diagnosed seminar, an up-to-date report on research carried out on the needs of people with disability, information on the Clonea Mobile Home and details on the National Conference in Sligo.

Please get involved in some of the programmes – feel free to contact your Community Worker (details on back page) to discuss options.

We would like to congratulate the Waterford Branch who celebrated their 40<sup>th</sup> Anniversary during the summer.

Notify us if you wish to update your contact details (telephone, postal or email address) or if you wish to unsubscribe from correspondence. Happy Reading!

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

## I. Research – National Physical & Sensory Disability Database

The Health Research Board (HRB) is involved in Health Information/Research. The data gathered from the National Physical and Sensory Disability Database (NPSDD) makes a significant contribution to service planning and delivery. The data is used to inform disability policy and practice nationally. For details see [www.hrb.ie](http://www.hrb.ie).

The **2016 report on the NPSDD** is an important indication of the pattern of current service use and estimated future requirements.

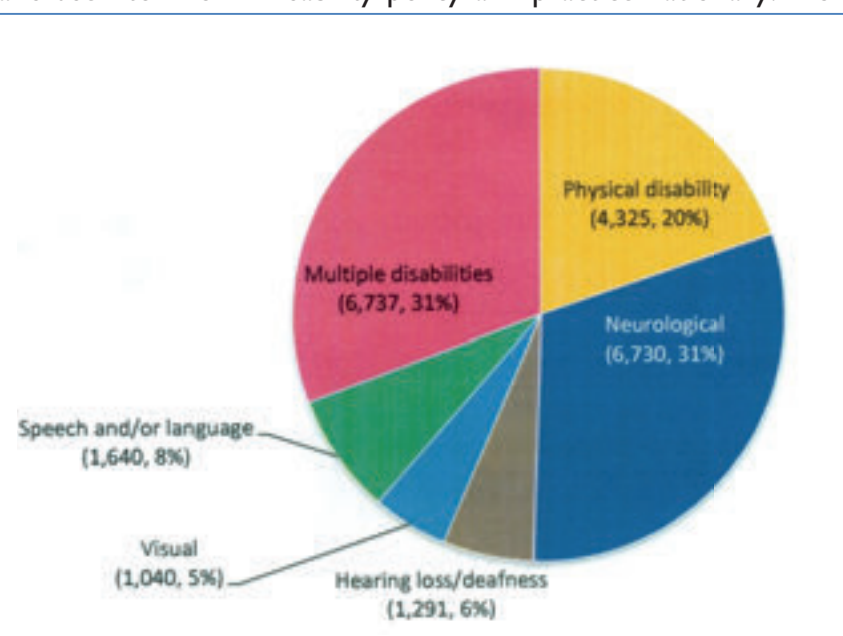
### Key findings - 2012–2016:

The three most common types of disability recorded were:

- ∞ neurological disability 36.6%
- ∞ multiple disability 31.9%
- ∞ physical disability 16.7%

The most commonly reported primary diagnostic categories were:

- ∞ the nervous system 51.9%
- ∞ communication 10.9%
- ∞ musculoskeletal system 8.7%



Therapeutic intervention and rehabilitative services, the majority of people avail of:

Physiotherapy 44.9%      Community Resource Work 42%      Occupational Therapy 37.7%

29.3% of people **require more therapeutic intervention and rehabilitation service**, the majority of which is physiotherapy(10.7%) and occupational therapy 8%; 7.4% require more personal assistance and support services (home help and personal assistant service).

Residential services were used by 3.3% of people. The most commonly required residential service is to live independently in the community with low support.

**Noreen, Gemma, Theresa and Laura would like to thank everyone who participated in the NPSDD research.**

## 2. 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.mstrust.org.uk](http://www.mstrust.org.uk)

### MS Information Line Lo-call 1850 233 233 – Monday to Friday, 10am to 2pm

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, etc.

### Books / Information Sheets on MS

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

### MS Research eZine – 3<sup>rd</sup> Edition

The third edition of the bi-annual Research e-Zine sharing updates from scientific and social MS research from Ireland and internationally is now available on our website [www.ms-society.ie](http://www.ms-society.ie).

### South East Directory of Services

People can access The *South East Directory of Services* Guidebook via [www.ms-society.ie](http://www.ms-society.ie) The Directory of Services acts as a signpost to guide people to useful services and has contact details of numerous statutory, community & voluntary services in the South East.

### Public Information

For up to date information, advice or advocacy and also information on public services, allowances and benefits, check out Citizens Information website [www.citizensinformation.ie](http://www.citizensinformation.ie), phone 0761 07 4000 or visit your local citizens information centre.

## 3. Individual Case Work

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.

## 4. Professional Information & Advice Workshop

We are organising a Newly Diagnosed seminar for people with MS/partner/friend later in the year. This will be open to people with MS who were diagnosed with MS within the past 5 years and also how have not attended a Newly Diagnosed Seminar previously.

If you are interested in attending, please contact your Community Worker to book your place.

<b>Workshop</b>	<b>Newly Diagnosed Seminar for people with MS</b>
<b>Details</b>	A workshop for people diagnosed with MS within the past 5 years. It will include presentations on Multiple Sclerosis, Exercise in Everyday Life and Self Management Skills.
<b>For</b>	People with MS diagnosed with MS within past 5 years. Participants can bring a close family member/friend
<b>Delivered by</b>	Dr. Paul Crowley, Consultant Neurologist, Clare Kelly, Physiotherapist and others
<b>Venue</b>	Tower Hotel, The Mall, Waterford
<b>Date</b>	Friday 6th October
<b>Referral / booking</b>	Katie Hourigan, Regional Co-ordinator, Tel: 056 7777771 / 087 2663564
<b>Cost</b>	€10 per person
<b>Funded by</b>	Lottery Grant

## 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 Community Worker.

### Note

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

The MS Society of Ireland,  
Walkin Street,  
Kilkenny.

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 and a towel/blanket.



## Autumn 2017 Schedules

### Carlow / Kilkenny

Programme	Physiotherapist led exercise classes	Physiotherapist led Exercise classes	Yoga Classes
Delivered by	Nicola Connolly, Physiotherapist	Physiotherapist	Mary Ellen Brennan, Yoga Instructor
Venue	Sacred Heart Hospital, Carlow	SOS, Callan Road, Kilkenny	St Mary's Day Care Centre, Kilkenny
Start Date	Saturdays ongoing	To be confirmed	Tuesday, 5 September
Time	11am to 12.00pm	11am to 1pm	12 to 1pm
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 NXX5		

### 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, 4 <sup>th</sup> September	TBC
Time	11am to 12.30pm	TBC
Cost	€40 per 8 week block	Free
Part Funded by	Lottery Grant	Health Service Executive
Referral/information	Katie Hourigan, Regional Co-ordinator, 056 7777771 / 087 2663564	PwMS who are <u>not</u> 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	MS Society of Ireland, Walkin Street, Kilkenny R95 NXX5, 056 7777771	

### Waterford

Programme	Physiotherapist led Exercise Classes
Delivered by	Physiotherapist to be confirmed
Venue	To be confirmed
Start date	To be confirmed
Time	11.30am to 1pm
Cost	€40 for each 8 week block
Part funded by	Lottery Grant, 73' Bridge Club Tramore & participants contributions
Referral/information	Paula Dowd, Community Worker, 087 9006171
Payment	Post to MS Society of Ireland, Walkin Street, Kilkenny, R95 NXX5

## 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	Monday, 4 <sup>th</sup> September	Wednesdays, ongoing
Time	11am to 12pm	10am to 11am
Sponsored by	Participants contributions, State Street Grant	
Referral/information	Una Goan, Community Worker, 053 9180091, 087 7375298	
Payment	MS Society of Ireland, Walkin Street, Kilkenny, R95 NXK5, 056 7777771	

## Wexford

Programme	Yoga classes	Physiotherapist led exercise classes	Physiotherapist led exercise classes
Delivered by	Helen Dunlea, Yoga Instructor	Mairead McDaid, Marie Codd & Tricia Murphy, Physiotherapists	Marie Codd, Physiotherapist
Venue	Davitt House, Wygram Nursing Home, Davitt Road, Wexford	Murrintown Community Hall, Wexford Town	St Louis Day Care Centre, Ramsgrange, New Ross
Start date	Thursdays ongoing	Tuesdays ongoing	Fridays ongoing
Time	9.45am to 11.15am	10am and 12pm	11am to 12pm
Cost	Contact Wexford South Branch for details of cost		
Sponsored by	Wexford South Branch		
Referral /info.	Una Goan, Community Worker, 053 9180091 / 087 7375298		
Payment	Payment to Wexford South Branch		

## 6. Disability Inclusion Strategy

The Minister of State with responsibility for disability issues, Finian McGrath, launched the National Disability Inclusion Strategy 2017 – 2021 on Friday, 14 July 2017. It comprises of eight themes:

1. Equality and Choice
2. Joined up policies and public services
3. Education
4. Employment
5. Health and wellbeing
6. Person centered disability services
7. Living in the Community
8. Transport and access to places.



For more information on the Strategy, check out the Department of Justice website <http://www.justice.ie/en/JELR/Pages/WPI7000244>.

**“Unless the supports are put in place for someone with a disability to live in the community, I don’t see anything happening”. Quote from a person with a disability on RTE News at One.**

## 7. In-service for Health Professionals & Service Providers – Friday, 22 September

The theme of this year’s Information Day for Health Professionals is Quality of Life and its Relationship to Multiple Sclerosis. Venue is Radisson Blu Hotel, Sligo. It will include the following speakers:



Dr Mark Hogan, Community Neurorehab Team – Challenges & Opportunities for Community Neurorehab  
 Aileen Melanaphy & Dr Marcin Uszynski, Neurophysiotherapists – Models of Physio service and positive outcomes for people with MS  
 Dr Sinead Hynes, OT Dept NUIG – Cognition and MS  
 Pierce Richardson, DFI – Evidence supporting Assistive Technology  
 Elaine King, Psychotherapist – Working Mindfully  
 Dr Orla Gray, Neurologist, Queens Hospital – MS Treatment & Management in improving quality of life

The cost is €60 which includes 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>

## 8. National Conference for People with MS/families – 23 September

The MS Society of Ireland is hosting our Living Well with MS Conference for People with MS/ Families. The theme of this year's Conference will be Quality of Life.

### Highlights of the day include:

- ∞ Dr. Orla Gray, Neurologist, Queens Hospital, Belfast – MS Overview and quality of life
- ∞ Elaine King, IAHIP Psychotherapist

### Workshops:

- ∞ Cognition & MS
- ∞ Assistive Technology
- ∞ Bladder management
- ∞ Laughter Yoga



<b>Date</b>	Saturday, 23 September 2017 - 9am to 3.30pm
<b>Venue</b>	Raddison Blu Hotel, Sligo
<b>Cost</b>	€20 (includes refreshments and light lunch)
<b>To book</b>	Contact The MS Society of Ireland on 091 768630, or email <a href="mailto:western@ms-society.ie">western@ms-society.ie</a>
<b>More information</b>	<a href="http://www.ms-society.ie/pages/what-we-do/national-conferences">http://www.ms-society.ie/pages/what-we-do/national-conferences</a>

## 9. Voluntary Branches

### Mobile Home at Clonea Strand

Historically the Dungarvan Branch of The MS Society of Ireland had a mobile home for years.

Earlier this year The MS Society of Ireland renovated the mobile home and with the help of dedicated volunteers, the mobile home was let out over the summer months. People have enjoyed a break in Co Waterford and the feedback has been positive.

We would like to thank Olivia O'Keeffe, Alison O'Regan and other volunteers for the huge contribution of their time and energy to help make this possible.

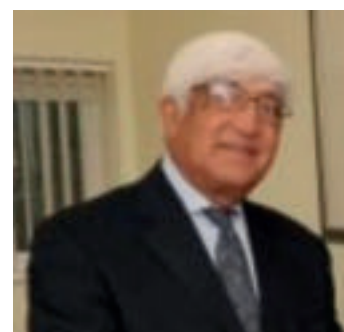


## Waterford Branch 1977 – 2017

The Waterford Branch celebrated its 40<sup>th</sup> anniversary on 22 June in the Woodlands Hotel with distinguished guest Dr Abdul Bulbulia in attendance. Dr Bulbulia founded the Waterford Branch in 1977. Many changes have taken place over the years and it continues as an active and vibrant Branch. The Branch continues to provide many essential services and facilities for members. This is made possible by the help and co-operation of volunteers who give their time and commitment to the Local Branch. Volunteers are an essential resource.

### What the Branch does:

- ∞ Sponsor weekly physiotherapy and yoga classes for people with MS
- ∞ MOTOMeds which are rotated to members in their homes to enable them to exercise their limbs for their health.
- ∞ Financial Assistance.
- ∞ Branch / Committee Meetings and Regional Integrated Meetings.
- ∞ The Branch also organise a Summer Lunch and a Christmas meal for members.



*Dr Bulbulia, Founder of Waterford Branch*

For the future the Branch looks forward to the next ten years and the 50<sup>th</sup> anniversary!

## Financial Assistance Refresher Training

Una Goan and Katie Hourigan will be organising Financial Assistance Training with Branch Committees over the next few months, commencing with the Waterford Branch:

<b>Programme</b>	<b>Financial Assistance Refresher Training</b>
<b>Delivered by</b>	Katie Hourigan, Regional Co-ordinator and Una Goan, Community Worker
<b>For</b>	Branch Committee
<b>Venue</b>	Woodlands Hotel, Dunmore Road, Waterford
<b>Date</b>	Tuesday, 26 <sup>th</sup> September 2017
<b>Time</b>	1pm to 3pm
<b>Referral / booking</b>	Katie Hourigan, 056 7777771 / Una Goan, 053 9180091
<b>Cost</b>	Free of charge

## Regional Integrated Meeting

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.

<b>Programme</b>	<b>Regional Integrated Meeting</b>
<b>Delivered by</b>	Voluntary Branch Committee and Regional Community Work Team
<b>For</b>	Branch Committee
<b>Venue</b>	Brandon House Hotel, New Ross, Co Wexford
<b>Date</b>	Wednesday, 11 <sup>th</sup> October 2017
<b>Time</b>	10am to 2pm
<b>Referral / booking</b>	Katie/Paula/Una The MS Society of Ireland, Regional Office, 056 7777771
<b>Sponsored by</b>	The MS Society of Ireland
<b>Cost</b>	Free of charge

Please keep **Wednesday, October 11<sup>th</sup>** free. 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!

## Voluntary Branch Contacts

<b>Carlow Branch</b> Catherine McDermott - 085 7249193	<b>Kilkenny Branch</b> Valerie O'Shea - 086 8494983	<b>Tipperary South Branch</b> Lorraine Fahey – 086 3181220
<b>Dungarvan Branch</b> Branch dormant	<b>Waterford Branch</b> Donna Ferris – 087 7142015	<b>Wexford South Branch</b> 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.

## Volunteer Researcher required

The MS Society of Ireland is looking for a volunteer researcher to help update the South East Directory of Service Guidebook.

Skills required include:

- ∞ Ability to research, edit, update information, good English writing skills
- ∞ Interviewing people over the phone, listening and questioning skills
- ∞ A high degree of accuracy and attention to detail
- ∞ IT skills, using the internet for research and typing skills

For more information contact:

Katie Hourigan, Regional Co-ordinator, The MS Society of Ireland, Tel: 056 7777771 / 087 2663564

## 10. Community Work Service Contacts

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

- \* Una Goan – Carlow
- \* Katie Hourigan – Kilkenny
- \* Paula - GTBR

### 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](mailto:katieh@ms-society.ie)

### Waterford

Paula Dowd RCW  
The MS Society of Ireland  
c/o Ballybeg Community  
Development Project  
Ballybeg  
Waterford  
Tues, Wed, & half day Thurs  
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)

**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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