

Booking Form

Name: _____

Address: _____

Phone: _____

Email address: _____

Are you a wheelchair user? Yes No (please tick)

I am attending Gala dinner (€30) Yes No (please tick)

Special Dietary needs or other requirements Yes No (please tick)

If yes please specify:

Have you enclosed conference fee €25 Yes No (please tick)

Have you enclosed dinner fee €30 Yes No (please tick)

Early booking is advisable as places are limited

Cheques should be made payable to *MS Ireland*

Credit card and Debit Card bookings can be facilitated on the day

- Have you selected your workshop? (See the reverse side of this page)
- Please note that MS Ireland will have its AGM 15.45pm for all MS Ireland Members

Return completed forms on or before Friday 13th September 2019 to:

MS Ireland, Western Regional Office Curragrean, Merlin Park, Galway

091 768630 OR western@ms-society.ie
www.ms-society.ie Infoline 1850 233 233



Living Well with Multiple Sclerosis

National Conference 2019

Saturday 21st of September

Radisson Blu Hotel

Ennis Rd Limerick

9.00am-3.30pm.

Conference fee €25 includes lunch

For enquiries contact:

Western Regional Office

Curragrean Merlin Park, Galway

091 768630 / western@ms-society.ie

Format of the Day:

- 9.00: Registration Tea & Coffee
- 9.45: Opening address Ava Battles CE MS Ireland
- 10.00: **Professor Alan Thompson**, Consultant Neurologist, National Hospital for Neurology and Neurosurgery at Queen Square –
Progressive MS and the work of the Progressive MS Alliance
- 11.00: **Professor Roshan das Nair, Professor of Clinical Psychology & Neuropsychology**, Nottingham University Hospital –
Managing the impact of invisible symptoms
- 12.00: Workshops
- A) **Research Panel including: Dr. Claire McCoy, Joan Jordan & Professor Susan Coote** -
The importance of the MS voice in research design
- B) **Dr. Jennifer Wilson O’Raghallaigh, Psychology Dept., Beaumont Hospital-**
The importance of self management in MS
- 1.15: Lunch
- 14.30: **Dr. Rebecca Maguire, Psychology Dept., Maynooth University-**
The importance of psychological wellbeing when living with MS
- 15.30: Finish and Close
- 15.45: **MS Ireland's AGM**

The Multiple Sclerosis Society of Ireland (MS Ireland) are hosting our **Living Well with MS** Conference and AGM in the Radisson Blu Hotel, Limerick on Saturday the 21st of September 2019.

The conference theme this year is #my invisible MS. One of the many challenges for people with MS can be the array of invisible symptoms they can experience. With invisible symptoms you must constantly adjust to the differences between how you look on the “outside” and how you feel “inside” and how the world reacts to you when you “look so good.” MS has many faces and can require varied responses. To understand MS you need to become familiar with the many faces of MS which greet you so you can, together with the person with MS, have the best possible plan.

If you would like to join us for our Gala Dinner and MS Awards on Friday the 20th at 7.30 pm please indicate on the booking form over.

Have you selected your workshops? Please indicate

(A) Research Panel (B) Self Management

Accommodation bookings are the sole responsibility of the meeting attendee(s) and early booking is advisable!

For those of you who may require accommodation :

The Radisson Blu Hotel (061 456200) 3 wheelchair accessible bedrooms.
Friday night B&B Double/Twin rate €155.00 Single rate €145.00

Greenhills Hotel (061 453 033) 2 wheelchair accessible Bedrooms
(5 min drive to conference venue)
Friday night B&B Double /Twin rate €149 Single rate €139

Travelodge (061 457 000) 4 wheelchair accessible bedrooms
(5 min drive to conference venue)
Friday night Rate per room €84 (a Double & Single bed in each room)
and an extra €7.50 for breakfast