

Community Work Service



Issue 52 - Autumn 2019

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 your Community Work Service Newsletter 'Update'. We are pleased to include details on Community Work Service, programmes and schedules planned for the next few months. Check out *The MS Society of Ireland* website for regular updates on what's happening in your county - www.ms-society.ie

We are always looking to improve our service. If you have any feedback on Community Work Service programmes, please let your community worker know or contact me at 056 7777771.

We are also looking for volunteers to support voluntary Branch work. If you want to get involved with your local Branch contact your Community Worker for details (contacts on back page).

We are very grateful to Voluntary Branches, individuals who help out, colleagues, sponsors, personal and organisational support for their valued support to us. The more support we have the more service we can provide.

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 Community Work Service Team

I. Social Care

Health Services are organised according to the following divisions – Hospital Care, Social Care, Health and Wellbeing, Mental Health and Primary Care. Disability fits under Social Care remit.

What is social care?

Social Care supports ongoing service requirements of people with disabilities. Its purpose is to support and maintain people to live at home or in their own community and to promote their independence and lifestyle choice in as far as possible.

Examples of disability services include assessment, rehabilitation, residential care, respite, home help service and day care, physical and sensory liaison nurse, Occupational therapy, Speech and Language therapy, social work, physiotherapy, psychology, community based services, assistive technology, reablement programmes to support people to live well and independently in their own homes and communities. Disability supports also help prevent unnecessary admissions to hospitals.



Access to disability services is by referral from your Liaison Public Health Nurse or General Practitioner. There may be a waiting time and services vary according to available resources. Resources are allocated according to clinical risk and priority.

Social Care also sponsors voluntary organisations with grant aid from the HSE to provide Disability Services such as rehabilitative training, respite, day care services and Community Work service. The HSE works together with the Disability Voluntary agencies to deliver therapeutic and intervention and rehabilitative integrated service.

The MS Society of Ireland Data Collectors work with the HSE and Health Research Board to gather up to date data from people with MS on peoples Social Care/ Disability needs. This is to help agencies to plan future service delivery and evaluate service use. People are encouraged to participate so their needs are reflected in Social Care service plans.

For more information on social care / disability check out:

<https://www.hse.ie/eng/services/list/4/disability/> For information on Sláinte Care check out <https://www.gov.ie/en/campaigns/slaintecare-implementation-strategy/>

2. Research: Planning Service and Supports for people with disabilities

The National Ability Supports System (NASS) was established in 2018. It replaces two previous systems – the National Intellectual Disability Database (NIDD) and the National Physical and Sensory Disability Database (NPSDD).

It is a computer database that captures information on the service use and needs of people with disability. This information helps those who provide services to plan, develop and organise services and supports such as community and health services, local authority, voluntary organisations, sports partnerships, etc. Information is also used for policy and research.

Participation by people who need a service is important to help capture the true need for services, e.g. physiotherapy, occupational therapy, neurology service, respite, personal assistant, supports for daily living, difficulties faced because of disability, getting dressed, joining in community activities, etc. It also helps to identify gaps in service provision by looking at unmet need. Having accurate information helps agencies to review, plan, develop, organise and source money for essential services. It is a useful measuring tool that is standardised, consistent and provides comparative data across all disabilities available on an ongoing basis. If your needs are not captured or you haven't informed your service provider of your need, how will the planners know that there is an identified need?

More information

If you wish to participate in the Health Research Board NASS 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.

3. 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

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.

South East Directory of Services

People can access The *South East Directory of Services* via 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.

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 – <https://www.ms-society.ie/about-ms/publications>

MS Research eZine

The bi-annual Research e-Zine sharing updates from scientific and social MS research from Ireland and internationally is available on our website www.ms-society.ie

MS Ireland e-News

MS Ireland's e-News provides regular updates about Multiple Sclerosis, programmes and research work. Subscribe for it via our website www.ms-society.ie

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 phone 0761 07 4000 or visit your local citizens information centre.

4. 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 the back of this *Update Newsletter*.

National Counselling Service by the Health Service Executive

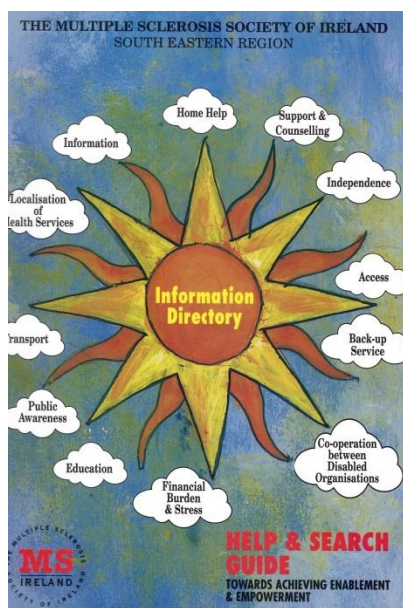
The Health Service Executive counselling service provides a professional counselling service to people with medical cards. Referral is via your GP or a member of the Primary Care Team, e.g. Public Health Nurse, Physiotherapist or Occupational Therapist.

5. Relaunch : Coming Soon

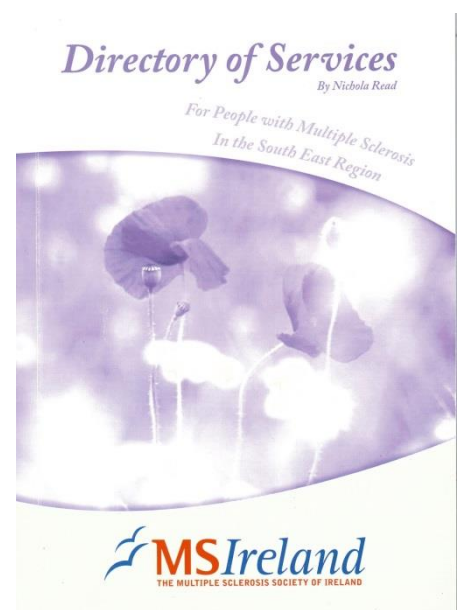
2019 is the 21st anniversary of the original Directory of Service “*Help & Search Guide*”. We are thrilled to announce that an updated Directory will be published later this year.

The Directory is a signpost to guide people with MS to useful services in assisting optimal management of MS. It gives valuable information on key statutory, community and voluntary services such as Health, Finance, Budgeting, Transport, Accommodation, Legal Services, Education, Employment, etc.

Details on launch in due course.



Original Version 1998



2nd Version 2010

6. Physical Activity Programme

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 helps combat 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 individualised home based programme for you.

On the next page 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 wish to participate in or have any queries regarding the classes please contact your Community Worker.



Participants at the Physiotherapist led Exercise class in SOS Kilkenny

Notes regarding classes:

- **Booking:** Please contact your Community Worker to book a class
- **Payment:** Payment to be made on the first class of a new block of classes to a designated MS Ireland 'Physical Activity Liaison' (PAL) representative:
 - Carlow PAL rep - Catherine McDermott
 - Kilkenny PAL - Paul Clarke
 - Tipperary-South PAL rep - Peggy O'Brien
 - Waterford PAL rep - Catherine Quinlan
 - Enniscorthy PAL rep – Michael Brennan
 - Wexford Town – Christine Lanigan

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.

- Wear loose comfortable clothing and bring your own mat, a towel/blanket and bring water.
- Remember to allow sufficient time for parking and arrive early for the class so that class can begin promptly with no disturbances. If you are going to be unavoidably late please advise the physiotherapist/yoga instructor in advance.
- Once class is over, please leave the building promptly so the premises can be locked up.

A Big Thank You!

We would like to thank the following for their generosity in part funding the Physical Activity Programmes:

- Carlow MS Branch, Kilkenny MS Branch, Tipperary-South MS Branch, Waterford MS Branch and Wexford-South MS Branch – Voluntary Branches
- Age & Opportunity “Go for Life” Programme
- National Lottery (HSE)
- The Education & Training Board (ETB)
- State Street Financial Services.
- We would also like to thank the Department of Rural & Community Development for the Kilkenny Community Facilities Grant which enabled us to purchase a computer for our Data Collector collecting information for NASS research and the Ireland Funds for a grant towards Branch training.

The MS Society of Ireland Community Work Service - Physical Activity Programme for People with MS 2019-2020 South East Schedule

DAY:	Monday	Tuesday	Tuesday	Tuesday	Friday	Saturday
County/CCA	Tipperary South	Tipperary South	Kilkenny	Waterford	Waterford	Kilkenny
Programme:	Yoga	Physiotherapist led Exercise Classes	Yoga	Yoga	Physiotherapist led Exercise Classes	Physiotherapist led Exercise Classes
Instructor:	Brigid Power	Martha O'Connor, HSE, 062 70486	Mary Ellen Brennan	Monica Rudi Kent	Nicola Kehoe	Grainne Gallagher
Venue:	St Joseph's School, Ferryhouse, Clonmel,	Our Lady's Campus, Cashel	St Mary's Day Care Centre, Kilkenny	Carrickphierish Library, Gracedieu, Waterford	Cill Barra Community Sports Centre	SOS, Callan Road, Kilkenny
Time:	11am to 12.30pm	By appointment	12pm to 1pm	11.30am to 12.30pm	12-1pm, 1-2pm	11am-12, 12-1pm
Term 1	9 Sept to 21 Oct	Varies according	10 Sept to 22 Oct	17 Sept to 22 Oct	13 Sept to 25 Oct	31 Aug to 26 Oct
Term 2	4 Nov to 16 Dec	to physiotherapist schedule	5 Nov to 17 Dec	5 Nov to 17 Dec	8 Nov to 13 Dec	9 Nov to 14 Dec
Term 3	13 Jan to 30 March		14 Jan to 31 March	14 Jan to 31 March	17 Jan to 27 March	11 Jan to 28 March
Term 4	13 April to 29 June		14 April to 30 June	14 April to 30 June	10 April to 26 June	11 April to 27 June
Cost	€40 for 8 week block	HSE sponsored	€40 for 8 week block	€40 for 8 week block	€35 for 7 week block	€40 for 8 week block

DAY:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
County/CCA	Wexford	Wexford	Wexford	Wexford	Wexford	Carlow
Programme	Physiotherapist led Exercise Classes	Physiotherapist led Exercise Classes	Physiotherapist led Exercise Classes	Yoga	Physiotherapist led Exercise Classes	Physiotherapist led Exercise Classes
Instructor:	TBC	Mairead McDavid, Marie Codd, Niamh O'Gorman	Aine Jordan	Helen Dunlea	Marie Codd	Nicola Connolly
Venue:	Gorey TBC	Murrintown Community Hall, Murrintown, Wexford	Astro Active Centre, Bellefield, Enniscorthy	Davitt House, Wygram Nursing Home, Wexford Town	St Louis Day Care Centre, Ramsgrange Co. Wexford	Sacred Heart Hospital, Old Dublin Road, Carlow
Time:	11am to 12pm	10am to 12pm	10am to 11am	10am to 11.15am 11.45am to 1pm	11am to 12pm Fortnightly	11am to 12pm
Term 1	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	7 Sept to 26 Oct
Term 2		Ongoing	Ongoing	Ongoing	Ongoing	9 Nov to 14 Dec
Term 3		Ongoing	Ongoing	Ongoing	Ongoing	11 Jan to 28 March
Term 4		Ongoing	Ongoing	Ongoing	Ongoing	11 April to 27 June
Cost	Funded by Waterford Wexford ETB	€15 per month or €25 per month if doing physio & yoga payable to Wexford South Branch	Funded by Waterford Wexford ETB	€15 per month or €25 per month if doing physio and yoga payable to Wexford South Branch	Payable to Wexford South Branch	€40 for 8 week block

- **Referral:** For referral to any of the above, contact your Community Worker: **Carlow/Wexford** - Una Goan, 053 9180091/087 7375298; **Kilkenny/Tipperary South** - Katie Hourigan, 056 7777771/087 2663564, **Waterford** - Deirdre Gowney, 086 6061645.
- **Payment:** Payment in advance by post to The MS Society of Ireland, Walkin Street, Kilkenny, or at 1st class to Physical Activity Liaison Rep.

7. Professional Information/Advice Workshops

We are organising the following Professional Information/Advice Workshops:

Course	Fatigue Management & MS - Fatigue is a common symptom and this course will help participants learn how to manage fatigue in MS	
Location	Waterford	Wexford
Duration	6 weeks	7 weeks
Delivered by	Occupational Therapist, HSE	Margaret Doyle, Senior OT, HSE
Venue	Dungarvan TBC	TBC
Dates	Mid September TBC	Thurs. 3 October to 14 November
Referral / booking	Deirdre Gowney, Community Worker, 086 6061645	Una Goan, Community Worker, 053 9180091 / 087 7375298
Cost	Free	TBC
Sponsored by	Sponsored by Health Service Executive	

Programme	Pressure Ulcers - why people with MS may develop pressure ulcers, how to avoid them from occurring, who to contact. Designed for people with MS and their families or carers.	
Delivered by	Tracey Dermody (Tissue Viability Nurse, HSE), Sinead Corbett (PSDLN-HSE), HSE occupational therapist	
Venue	Murrinstown Community Centre, Wexford	St Louis Day Care Centre in Ramsgrange, Co Wexford
Dates	Tuesday 24 September	Friday, 27 September
Time	12.00 to 1.30pm	12.30 to 2.00pm
Referral / booking	Una Goan, Community Worker, 053 9180091 / 087 7375298	
Cost	Free	
Sponsored by	Sponsored by Health Service Executive	

8. Chronic Disease Self Management Programme

The MS Society of Ireland together with the HSE, DFI, Muscular Dystrophy Ireland, Arthritis Ireland, Family Resource Centres and many other agencies ran a Chronic Disease Self Management Programme earlier this year. The 6 week skills based programme took place in each of the 5 counties in the South East. Participants included people, over 18 years of age, living with any long term chronic condition such as Asthma, Arthritis, Crohn's, Stroke, Colitis, Diabetes, Multiple Sclerosis, Muscular Dystrophy, etc. Carers were also invited. This was a community- led initiative. Topics included self management skills, dealing with



Pictured at the launch were: Sheila Donnelly (New Park Close Family Resource Centre), Svetlana Kushnirenko (Arthritis Ireland), Marie Kealy (Muscular Dystrophy Ireland), Kate O Connor (Self-management Support Co-ordinator for Chronic Conditions for HSE/South East Community Healthcare), PJ Cleere (Disability Federation of Ireland) and Katie Hourigan (MS Ireland).

common symptoms such as pain, fatigue, anxiety, fear, isolation and also enabling people to action plan and problem solve. Participants said they learnt a lot from each other and realised that lots of people with other conditions had similar symptoms. One participant said "it was great to realise I was not alone – lots of other people with other conditions deal with fatigue too."

The programme was based on Evidence Based Expertise and developed by Stanford University with a focus on people developing Self Management Skills. Check out materials, webinars, recordings, skills videos and useful resources on the Self Management Resource Centre (SMRC) website go to <https://www.selfmanagementresource.com/> or email smrc@selfmanagementresource.com. We hope to work with the HSE, DFI and other agencies again to follow up on this valuable skills-based programme.

9. Conference on Multiple Sclerosis for People with MS & Health Professionals

Programme	Conference for Health Professionals & Service Providers	Conference for People with MS, families, carers & Branches
Date	Friday, 20 September	Saturday, 21 September
Time	9am to 4pm TBC	9am to 3.30pm
Cost	€60 which includes lunch	€20 includes light lunch
Venue	Radisson Blu Hotel, Limerick	
Speakers	<ul style="list-style-type: none"> Professor Alan Thompson, <i>Progressive MS and the Work of the Progressive MS Alliance</i> Professor Roshan das Nair, <i>Cognitive Issues in the MS Population & Managing the Invisible Symptoms of MS</i> More information to follow. 	
Booking & Payment	The MS Society of Ireland on 091 768630, or email western@ms-society.ie	
More info.	Ring 091 768630 or check out MS website www.ms-society.ie	
Note	CPD points available on request for health professionals	

10. Voluntary Branches

Regional Integrated Meeting

Programme	Regional Integrated Meeting DATE FOR DIARY
Delivered by	Voluntary Branch Committee and Regional Community Work Team
For	Branch Committee
Venue	Hotel Kilkenny, College Road, Kilkenny
Date	Wednesday, 9 th October 2019
Time	10am to 2pm followed by lunch (included)
Referral / booking	The MS Society of Ireland, South East Regional Office, 056 7777771
Sponsored by	The MS Society of Ireland
Cost	Free of charge

The purpose of the Regional *Integrated Meeting* (RIM) is that both Voluntary Branch Committees and the Regional Community Work team plan and review South East service collectively. Working collaboratively is important so that people get a joined up service.

We would encourage as many participants attend RIMs as possible so that each Branch is actively involved in the planning process. RIMs are a wonderful space for committees with common interest to network, share ideas, expertise and learn from each other.

Please phone 056 7777771 to confirm your attendance. Hope to see you there!

Voluntary Branch Contacts

Carlow Branch Catherine McDermott – 085 7883040	Kilkenny Branch Valerie O'Shea - 086 8494983	Tipperary South Branch Lorraine Fahey – 086 3181220
Dungarvan Branch Branch dormant	Waterford Branch Catherine Quinlan - 087 7804756	Wexford South Branch Lynda Shaw - 086 3400709

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.

Mobile Home at Clonea Strand

The MS Society of Ireland has an accessible mobile home at Clonea Strand, Dungarvan, Co Waterford available to rent for the months of June to end of August. The mobile home is very spacious and sleeps 6. The cost for a week is €300 plus a refundable security deposit of €150.

The mobile home is booked out for 2019; however bookings can now be made for 2020.

If you have any queries, would like more information on the mobile home in Clonea or wish to book for 2020, please contact The MS Society of Ireland, South East Regional Office, Tel: 056 7777771, Email southeast@ms-society.ie



Text Reminders/Updates

Every month a computer generated text reminder goes out to everyone on our Database regarding upcoming programmes. If you are already participating in a programme or if it is not of interest, you can ignore the text. If you wish to opt out of text updates/reminders, reply STOP.

If you have any queries or concerns please contact Katie Hourigan, Regional Co-ordinator, Tel: 056 7777771, email: katieh@ms-society.ie



11. Community Work Service email, post and phone 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*
The MS Society of Ireland
Walkin Street
Kilkenny R95 NXK5

* Una Goan – Carlow
* Katie Hourigan – Kilkenny

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

Waterford

Deirdre Gowney RCW
The MS Society of Ireland
Ard na Ghleanna,
Corbally Upper, Tramore
Co Waterford X91 AWDO
Tues, Wed, & half day Thurs
Mobile: 086 6061645
Email: deirdreg@ms-society.ie

Wexford

Una Goan RCW
The MS Society of Ireland
Block A 1st Floor Wexford
Local Development Offices
Spawell Rd, Wexford Y35 E2FK
Tues, Wed, & half day Thurs
Tel: 053 9180091
Mobile: 087 7375298
Email: unag@ms-society.ie

The MS Society of Ireland, South East Region, Walkin Street, Kilkenny, R95 NXK5.
Landline: 056 7777771, Information Line: 1850 233233, Email: southeast@ms-society.ie
Website: www.ms-society.ie Charity No. 5365

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