

Community Work Service

Winter 2019



The aim of The MS Society of Ireland's Regional Community Worker Service

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



Editorial

Hello and welcome to your Community Work Service newsletter 'Update'.

We aim to give you useful information on regional developments and schedules planned for the Winter. Programmes including physical activity as well as information and details on upcoming events of interest.

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

Regional Community Worker Service

The purpose of the Regional Community Worker Service is to respond to contacts made by people with MS (PwMS) and their families and to provide support and information to enable and empower PwMS to manage their condition so as to have the best quality of life possible.

The role of your Regional Community Worker (RCW) is to respond to contact made by PwMS and their families in order to complete a holistic needs assessment as well as to liaise with relevant statutory and voluntary bodies based on identified needs. Your RCW also responds to referrals and/or information requests from local allied health care professionals and/or other agencies and maintains appropriate records ensuring your consent and confidentiality at all times. The individual support work provided by your RCW uses a model of intervention that is solution focused, short-term and prioritizes those newly diagnosed with MS.

RCW's are also involved in Community Development Work such as ensuring that programmes identified by MS Ireland are available in North East Region, such as Getting the Balance Right, Self-Management, Newly Diagnosed Days, Teen/Family Days and Coffee/Support Groups. They also work to link and develop an appropriate working relationship with the HSE and to identify and apply for additional sources of funding to help fund additional programmes. RCW's work closely with local MS Branches planning public awareness/ World MS Day seminars according to local needs/resources.

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 the North East Office: 042 9745304

Event News

Teen Break 2019

The annual teen break event took place in Carlingford Adventure Centre from the 26th to the 28th of June 2019. Twenty-five teenagers, whose families have been affected by MS, attended this year. Activities included zip-lining, foot golf, canoeing and other water activities. The few days were enjoyed by all.

The purpose of the Teen Break is to offer teenagers an opportunity to learn about MS, understand its nature and provide a safe space where teenagers can ask questions they may not feel comfortable to ask parents or family members. Teenagers develop networks (peer support) and the two day trip often leads to life long friendships and support. If you feel your teenager would benefit from this programme please contact your Regional Community Worker for more information.



Pictured above: 2019 Teen Break in Carlingford

Newly Diagnosed Day (Part 1)

The first part of the 2019 Newly Diagnosed Day took place in the Newgrange Hotel in Navan, Co Meath on Saturday 15th June 2019. The day featured talks from a Senior Physiotherapist, a Neurology Research Registrar and a PwMS who spoke about her journey living with MS. The purpose of the Newly Diagnosed Programme is to provide information to those recently (within the last 5 years) diagnosed. The day also allows time for those newly diagnosed to ask questions in a confidential setting. Those that attend share that they benefit from the peer support on the day.

Brain Awareness Week

There were two information talks on Saturday March 9th this year at The Carlton Hotel in Dublin. The talks were:

- MS Medical Information and Development by Dr Maria Gaughan a Neurology research registrar at St. Vincent's Hospital
- Neuropsychology of MS and Memory and Information Processing Information and Developments by Mr Mark Mulrooney, Senior Clinical Neuropsychologist at Beaumont Hospital.

The day was well attended and proved to be very informative.



Pictured above: Carlton Hotel, Dublin.

In addition to this event, Slane Pharmacy invited the Community Worker in Meath to do an information session in their pharmacy during Brain Awareness Week to raise awareness of MS.



Pictured above:
RCW Aoife Lambe at Slane Pharmacy

Family Fun Day at Tayto Park

This year on Friday the 9th of August we had a Family Fun Day at Tayto Park in Kilbrew, Ashbourne, Co. Meath. The purpose of the day was to provide support to families affected by MS in a fun, relaxed and family friendly environment. Even with the unpredictable weather and a few rain showers on the day, 140 people, over 30 families from counties Louth, Meath, Monaghan and Cavan attended. Both Community Workers from the North East were present on the day, positioned in the restaurant for the best part of the day, meeting and greeting families. We would like to give a special mention to the Cavan Branch Committee. The Cavan Branch organised transport for the day, which brought families from

counties Cavan and Meath. In addition, Breda Johnston, the Cavan Branch Chairperson, kindly volunteered her time to assist us with this very enjoyable event.



Photos from the day – thanks to everyone that shared photos with us.

Carers Week

On the 13th of June, MS Ireland participated in the Louth and East Meath Carers Event in the Westcourt Hotel in Drogheda. It was a very informative day with speakers and information stands from a variety of disciplines, social work, nutrition, motivational coaches, Citizens' Information Services etc. The message on the day was to encourage carers in our community to look after themselves and to reach out to the many services that can offer support.

World MS Day

MS North East marked **World MS Day** by setting up an information stand alongside Monaghan Citizens Information Service in Monaghan Shopping Centre on May 30th. The theme of World MS Day 2019 was **My Invisible MS**. The My Invisible MS campaign was about raising awareness of the invisible symptoms of MS and the unseen impact of MS on quality of life. The aim of the campaign was to give a voice to everyone affected by MS to share their invisible MS symptoms and express what they want others to know and understand about MS, in order to challenge common misconceptions and help people understand how to provide the right support.



Pictured above: RCW Pauline McKenna on World MS Day.

Information Sessions on Acupuncture

Information sessions were held in both Co. Monaghan and Co. Cavan on the benefits of Acupuncture for people with MS. The Monaghan information session on acupuncture was provided by Catherine Caufield from Happy Body Acupuncture and took place in Concra Wood Golf course where tea/coffee and biscuits were kindly sponsored by Concra Wood.

The Cavan information session on Acupuncture was provided by Maureen Fanthom of Virginia Acupuncture Clinic and took place in Lisgrey House Virginia.

MS North East is very grateful to both acupuncture practitioners for sharing their knowledge and time with us on these occasions.

Sports Massage Programme

In December 2018, MS Ireland was approached by an eager Sports Massage Therapist by the name of Megan, keen to become more informed and gain experience working with people living with a neurological condition, MS in particular. In Spring 2019, an appropriate studio space was located and over the course of 9 weeks, Megan worked with PwMS in Drogheda, performing massage therapy. The feedback was extremely positive, with both physical and emotional benefits reported. Megan gave her time voluntarily and became very popular with those attending very quickly. Both the North East Office and the Louth Branch are very grateful to Megan and to all our volunteers that offer their time. We welcome all ideas and opportunities that will benefit PwMS in our community.



UPCOMING EVENTS/PROGRAMMES OF INTEREST

Therapy Taster Day

Last October, the North East office ran its first Therapy Taster day for North East clients. The day comprises of treatments such as massage, reflexology and facials, as well as some workshops like sound therapy and positive affirmations. The day was a great success and we are running a similar event this year on Saturday the 19th of October. If you wish to take part, please complete the booking form attached and return as soon as possible. Places are limited. If you didn't try it last year, we would love to see you this year.

Newly Diagnosed Day (Part 2)

The second part of the Newly Diagnosed Day is scheduled for Saturday the 9th of November, venue to be confirmed. Further information for people with MS regarding management of the condition will be provided. If you know of anyone that may benefit from this programme, please ask them to contact the Regional Community Worker in their area.

Outreach Community Worker Service

Pauline McKenna, Cavan/Monaghan Community Worker, is currently organising a monthly outreach service for people with MS in Cavan and Monaghan Citizen's Information Services.

Quality Of Life Programme

Quality of Life is a **free** programme to help you live better with your long term health conditions, which will be starting soon in Monaghan town and Castleblayney, Co. Monaghan. The programme will take place once a week, for six weeks.

- The Monaghan town programme will be in the Monaghan Town Library and starts on Tuesday the 17th of September from 11am to 1.30pm.
- The Castleblayney programme will be in the Iontas Arts and Community Resource Centre and starts on Monday the 16th of September from 11am to 1.30pm.

Two programmes have already run in Cavan and there will hopefully be another one starting in late September or October of 2019.

Please see leaflet enclosed/attached for further information

Leisure Buddies Initiative Co. Monaghan and Co. Cavan

The Leisure Buddies Initiative was established after an open consultation was carried out in the Monaghan area for people who use the day services. It was found that people in the day services felt "That all the fun happens outside 9-5" It was also felt that a truly person centred service should provide support for a full life, which includes evenings and weekends.

The mission of the Leisure Buddies Initiative is to support adults with a disability to access social supports outside the traditional 9-5 day service hours and to enable them to form friendships with their peers in their local community with the support of a volunteer.

If you or someone you know is interested in availing of or becoming a volunteer with the Leisure Buddies Initiative, please contact Pauline McKenna RCW for further information.

Community Health and Well-being & Family Fun day, The Peace Link, Clones 7th September 2019

Pauline McKenna, Cavan/Monaghan Regional Community Worker, will be in attendance, along with many other organisations offering useful services in the community at this event. Each organisation will have an information stand and a representative to meet with people in the community.

Younger Persons Week – Bushy Park - October 2019

This year the North East Region is participating in Younger Persons Week in the Care Centre, Bushy Park. Younger Person's Week is a respite week aimed at people aged 18 -45. The week includes workshops to help with the management of MS. It allows people of similar age/stage in life to get to know one another and share their experiences of living with MS. We hope this will be a regular event. If you have any queries, contact your local community worker for further information.

DID YOU KNOW?

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.

Citizens Information Service

The Citizens Information Service provides information, advice and advocacy on a broad range of public and social services. It provides the Citizens Information website, **citizensinformation.ie**, and supports the voluntary network of Citizens Information Centres and the Citizens Information Phone Service

0761 07 4000.

It also funds and supports the Money Advice and Budgeting Service (MABS) **0761 07 2000** and the National Advocacy Service for People with Disabilities (NAS) **0761073000**. They also provide a website on mortgage and rent arrears in conjunction with the MABS called **keepingyourhome.ie**.

They also run a website that provides information on assistive technology, aids and appliances for people with disabilities and older people called **assistireland.ie**.

Partial Capacity Benefit

Partial Capacity Benefit is a social welfare scheme which allows you to return to work (if you have reduced capacity to work) and continue to receive a payment from the Department of Social Protection.

You may not work until you have received written approval to do so from the Department. You should also get the approval of your doctor before taking up employment. There is no restriction on earnings or number of hours you can work.

Half – rate carers allowance

If you are getting certain social welfare payments and you are providing full-time care and attention to another person, you can keep your main social welfare payment and get a half-rate Carer's Allowance as well.

Car Insurance and Multiple Sclerosis

A driver is obliged to inform their car insurance company of any changes in their health that may affect their ability to drive safely. This includes a diagnosis of Multiple Sclerosis.

Supplementary Welfare Allowance Scheme

Basic Supplementary Welfare allowance is a weekly payment made to people who have insufficient means or no income. For example, SWA can be paid to you while the Department of Social Protection is processing your claim for another payment.

The Supplementary Welfare Allowance Scheme also includes other financial supplements for certain expenses you may not be able to meet including, Rent Supplement, Back to School Clothing & Footwear Allowance, Heating Supplement, Exceptional Needs Payment and Urgent Needs Payment.

For further information on any of the above, please contact your local Citizens Information Service (see contact details above)

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 combats fatigue, improves physical, mental health and cognitive abilities.

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. The Physiotherapy programme is called Getting the Balance Right and it is a nationwide programme designed for people with MS. We hope you might consider taking part. If you have any queries regarding participating in any of the classes contact your Community Worker.

Autumn/Winter 2019

Physiotherapy Classes

Venue	Monaghan – St. Josephs Centre, Monaghan	Cavan – GAA Room, Virginia	Cavan – IWA Corlurgan	Meath – Aura Leisure Centre, Navan	Louth – Aura Leisure Centre, Dundalk	Louth – Aura Leisure Centre, Drogheda
Dates	Sept: 9 th , 16 th , 23 rd , 30 th Oct: 7 th , 14 th Nov: 4 th , 11 th , 18 th , 25 th	Sept: 10 th , 17 th , 24 th Oct: 1 st , 8 th , 15 th Nov: 5 th , 12 th , 19 th , 26 th	Sept: 12 th , 19 th , 26 th Oct: 3 rd , 10 th , 17 th , Nov: 7 th , 14, 21 st , 28 th	Sept 28 th , Oct 5 th , 12 th , 19 th , 26 th , Nov 2 nd .	Sept 14 th , 21 st , 28 th , Oct 5 th , 12 th , 19 th	Sept 14 th , 21 st , 28 th , Oct 5 th , 12 th , 19 th
Time	<i>Mondays</i> 11.00am – 12.00pm	<i>Tuesdays</i> 10.30am – 11.30am	<i>Thursdays</i> 10.00am – 11.00am 11.30am – 12.00pm	<i>Saturdays</i> 3.30pm – 4.30pm	<i>Saturdays</i> 12.00pm – 1.00pm	<i>Saturdays</i> 2.00pm – 3.00pm

Yoga

Venue	Cavan – Virginia Show Ground, Virginia	Cavan – TBC Cavan town	Monaghan – Hillgrove Hotel, Monaghan	Louth –	Meath – Crea Centre, Drumbaragh
Dates	Sept: 9 th , 16 th , 23 rd , 30 th Oct: 7 th , 14 th	Sept: 13 th , 20 th , 27 th , Oct: 4 th , 11 th , 18 th	TBC	TBC	Sept 13 th , 20 th , 27 th , Oct 4 th , 11 th , 18 th , 25 th (7wk block) Nov 8 th , 15 th , 22 nd , 29 th , Dec 6 th , 13 th
Time	<i>Mondays</i> 12.00pm – 1.00pm	<i>Fridays</i> 12.00pm – 1.00pm	<i>Wednesdays</i> 11.00am – 12.00pm	11.15am – 12.15pm	<i>Fridays</i> 12.30-13.30

Note regarding classes

- Wear loose comfortable clothing.
- Remember to allow sufficient time for parking and arrive at the class on time 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.
- If you have any queries regarding classes contact your Community Worker.

Coffee Mornings/Meet ups

The Coffee Mornings/Meet ups are an opportunity to meet other local people living with Multiple Sclerosis in a relaxed and informal environment. Please feel free to bring along family members, friends or carers if you wish, for support. There are, occasionally, guest speakers in attendance to provide information on topics of interest.

The Regional Community for your county (Aoife for counties Louth & Meath and Pauline for counties Monaghan & Cavan) will also be in attendance at each coffee morning/meet up. Pauline or Aoife can meet with you on a one to one basis after the coffee morning/meet up if you wish.

Venue	Cavan – Lisgrey House, Virginia	Cavan – Slieve Russell Hotel, Ballyconnell	Monaghan – Creighton Hotel Clones	Monaghan – Hillgrove Hotel, Monaghan	Monaghan – Shirley Arms, Carrickmacross	Louth – Lisdoo Bar, Dundalk	Meath – Ardboyne Hotel, Navan
Dates	Sept 18 th Nov 27 th	Sept 11 th Nov 20 th	Sept 12 th Nov 21 st	Sept 21 st Nov 23 rd	Sept 24 th Nov 26 th	*Sept 12 th Nov 21 st	Sept 18 th *Nov 20 th
Time	<i>Wednesdays</i> 10.30am – 12.00pm	<i>Wednesdays</i> 10.30am – 12.00pm	<i>Thursdays</i> 10.30am – 12.00pm	<i>Saturdays</i> 10.30am – 12.00pm	<i>Tuesdays</i> 10.30am – 12.00pm	<i>Thursdays</i> 11.00am – 1.00pm	<i>Wednesday</i> 11.00am – 1.00pm

*** Please note that Eva Christy, Clinical Nurse Advisor from Braun will be in attendance on Sept 12th (Dundalk) and Nov 20th (Navan) to allow opportunities for anyone who would like to discuss any bladder related issues.**

Voluntary Branches News

Cavan Branch

Cavan Branch are currently preparing their own newsletter which will be distributed shortly with information on all upcoming events.

Monaghan Branch

Monaghan Branch are having their annual church gate collection on the 19th and 28th of September.

Louth Branch

There is a Coffee Evening on the last Wednesday of the month from 7pm to 9pm in the Valley Inn – All Welcome.

The Louth Branch Annual Christmas Dinner will be held on Saturday the 7th of December at 12 in The Valley Inn. Please contact the branch secretary to book your place – 087 2243868

Bag Pack at Dunnes South Gate Shopping Centre, Drogheda on 22nd, 23rd and 24th December – if you have any free time that you could offer to help, it would be greatly appreciated.

Meath Branch

The Meath Branch Christmas Lunch will be held on Saturday 30th November at 1pm in Trim Castle – Please Contact the branch secretary to book your place – 087 6052426

Christmas Pantomime Aladdin, 19th December in Solstice Theatre, Navan -

Places limited, please contact branch secretary to book your place – 087 605242

Voluntary Branch Contacts

Louth Branch 087 2243868	Monaghan Branch 047 89534
Meath Branch 087 6052426	Cavan Branch 042 9660325

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.

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:

Louth/Meath

Aoife Lambe
The MS Society of Ireland
North East Regional Office
Enterprise Centre Unit 8
Dublin Road, Castleblayney
Co. Monaghan
Tel: 042 9754304
Mobile: 086 4613369
Email: aoifel@ms-society.ie

Monaghan/Cavan

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