

## Community Work Service



Spring 2020

### 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 Spring. Programmes including physical activity, information on the new General Data Protection Regulations 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.

## I. National Ability Supports System

### What is the National Ability Supports System?

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).

The NASS at the Health Research Board (HRB) contains information about Health Service Executive (HSE) disability funded services that people with disabilities in Ireland currently use or need. The HRB manages NASS on behalf of the Department of Health (DoH) and the HSE.

The information for NASS is collected from people who are getting or need a HSE disability funded service such as physiotherapy, residential services, personal assistant, occupational therapy and respite care.

A representative from the North East office of MS Ireland collects data on behalf of the HRB. Many of you have provided information to us over the years and we hope that you will continue to do so. Since you use, or have been assessed and may require disability funded services, it is your right to have your information included in a system that plans disability services.

### More information

For more information you can contact the disability office in your local HSE area (or you can contact your Community Worker). If you wish to access the reports, check out the HRB website: <http://www.hrb.ie/publications/publication/annual-report-of-the-national-physical-and-sensory-disability-database-2017/>

## 2. The Bladder and Multiple Sclerosis

During 2019, information sessions regarding Multiple Sclerosis and the Bladder occurred across the North East. The presentations were provided by Eva Christy, Nurse Advisor with BBraun. According to McCarthy, G et al.2007 (UCC), there is a 33% incontinence rate in Ireland. Further to that, 75% - 90% of people with Multiple Sclerosis report experiencing bladder related problems. It is advised that if experiencing any bladder related issues to inform your GP and medical team and if problems persist to request a urology consultation. Not all bladder issues occur as result of living with MS so it is important that any issues are assessed.

There are two main types of bladder disorders in MS –

1. Over-activity of failure to store urine
2. Incomplete emptying or failure to empty fully

Management of bladder disorders includes:

1. Medications
2. Botox injections into the bladder
3. Behavior Therapy (Diet, Fluid Balance, Pelvic Floor, Avoiding stimulants – Caffeine, Alcohol), Tibial Nerve Stimulation and Tapping
4. Intermittent Catheterisation

Self-management – What can you do if you have concerns?

- Seek advice early
- Monitor bowel pattern (constipation can affect bladder control)
- Keep fluid intake diary
- Monitor bladder patterns
- Diet
- Hygiene
- For further information contact Eva Christy 087 6731730

Bladder Health presentations will occur in 2020 on these dates:

- Wednesday 12<sup>th</sup> February in the Hillgrove Hotel in Monaghan from 10.30am to 12.30pm.
- Wednesday 26<sup>th</sup> February in the Kilmore Hotel in Cavan from 10.30am to 12.30pm.
- Wednesday 26<sup>th</sup> February in the Valley Inn, Dunleer, Co. Louth @ 7pm

Opportunity to speak with Bladder Nurse Advisor 1:1 will be provided.

## 3. 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](http://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. They also provide a website on mortgage and rent arrears in conjunction with the MABS called [keepingyourhome.ie](http://keepingyourhome.ie).

[Citizensinformation.ie](http://Citizensinformation.ie) provides comprehensive information on public services and on the entitlements of citizens in Ireland. They gather information from various government departments and agencies, and make sure that you have all the information you need, presented in an easy-to-understand way. They

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

### Citizens Information Centres in the North East Region:

<b>Cavan:</b> Ground Floor, Elm House, Elm Bank, Cavan, Co.Cavan, H12A8H7 Phone: 0761 07 5200	<b>Drogheda:</b> 86 West Street, Drogheda, Co. Louth Phone: 0761 07 5940	<b>Dundalk:</b> 3 - 6 Adelphi Plaza, Long Walk, Dundalk, Co. Louth, A91 NN 83 Phone: 0761 07 5950	<b>Ashbourne:</b> Unit 43, High Street, Ashbourne, Co. Meath Phone: 0761 07 6110
<b>Navan:</b> Floor 2, 1 Canon Row, Navan, Co. Meath Phone: 0761 07 6150	<b>Trim:</b> 3 Haggard Street, Trim, Co. Meath Phone: 0761 07 6180	<b>Carrickmacross:</b> Farney Resource Centre, Old Workhouse, Shercock Rd, Carrickmacross, Co. Monaghan Phone: 042 9663454	<b>Monaghan:</b> 23 North Road, Monaghan, Co. Monaghan Phone: 0761 07 6230

There are Citizens Information presentations occurring on these dates in 2020:

- Wednesday 12<sup>th</sup> of February in the Hillgrove Hotel in Monaghan from 10.30am to 12.30pm.
- Wednesday 12<sup>th</sup> of February in the Fairways Hotel in Dundalk from 11.00am to 1.00pm
- Wednesday 26<sup>th</sup> of February in the Kilmore Hotel in Cavan from 10.30am to 12.30pm.

## 4. FACETS – A fatigue management program for people living with MS

In 2019, Occupational Therapists from Meath Disability Services delivered a six week FACETS program to people living with MS in Co. Meath. FACETS stands for 'Fatigue – Applying Cognitive Behavioral Effectiveness Techniques to lifestyle'.

FACETS is an evidence based group program for people with Multiple Sclerosis to support self-management of fatigue. The program incorporates 'energy effectiveness techniques' - like lifestyle decisions and ways of working that maximize the energy people have – alongside Cognitive Behavioral strategies, helping participants to learn helpful ways of thinking about fatigue.

The program consists of 6 face to face sessions (typically weekly) in groups of 6-10. The program is typically delivered by Healthcare Professionals such as an Occupational Therapist, Physiotherapist or MS Nurse. Sessions incorporate a combination of learning techniques, including presentations, group discussions, flipchart exercises and tasks to do at home.

Results from the program showed improvements in fatigue severity, self-efficacy and quality of life.

Senior Occupational Therapist, Sarah Kennedy, will be attending the Coffee Morning on **Wednesday 19<sup>th</sup> February in the Ardboyne Hotel, Navan, Co. Meath**, if anyone would like an opportunity to ask questions re: program.

It is hoped that this program will run again in 2020 in Co. Meath, if you are interested or have any queries about the program, please contact Aoife Lambe 086 4613369 for information.

## 5. Physiotherapy and Getting The Balance Right

### Physiotherapy

Physiotherapists aim to improve movement and other body functions (strength, balance etc.) for people with MS and do so mostly through the form of exercise.

### 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
- When required: for 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
- If you experience walking problems
- If you experience balance problems, falls or near misses
- If you experience problems getting in/out of the chair/bed/car
- If you experience problems managing fatigue
- If you experience pain

### How do I access physiotherapy services?

Ask your GP or Consultant to make a referral for you to your local Primary Care Physiotherapist. Or contact your local Community Worker for assistance.

### Getting the Balance Right

Getting the Balance Right is the product of collaboration between MS Ireland and University of Limerick. This research, carried out by Dr. Susan Coote and her team at UL, concludes that community based exercise classes, provide evidence for exercise having a positive effect on people living with MS.

Research demonstrates the beneficial effect of exercise on fatigue, walking ability, balance, arm and leg strength, mood and thinking, quality of life and falls. Getting the Balance Right physiotherapy and physical activity programs continue to be delivered by MS Ireland today through the Regional Offices and local Voluntary Branches.

Getting the Balance Right program is tailored to the ability and mobility levels of those that attend and treatments are delivered in the community.

The exercise program should be carried out under the supervision of a Chartered Physiotherapist to ensure safety and appropriate progression of the program. There are different levels of difficulty suggested and the starting point and progression of the exercises should be tailored to each individual in consultation with the Chartered Physiotherapist.

Getting the Balance Right Program is divided into three strands:

**Strand A** is appropriate for people who walk with at most a stick outdoors – combination of Aerobic and Resistance Training.

**Strand B** is appropriate for people who needed bilateral support for walking. They use 2 sticks or crutches, or rollators or walkers - combination of exercises carried out in a circuit style class.

**Strand C** is appropriate for people who use a wheelchair – includes a passive range of motion and/or positioning program.

Contact your local MS Ireland Community Worker to find out more about the physiotherapy-led exercise classes and yoga classes in your area.

## Spring 2020 Schedules

### Physiotherapy Classes

Venue	Monaghan – St. Josephs Pastoral Centre	Cavan – Virginia Showgrounds	Cavan – IWA Corlurgan Cavan	Louth – Aura Dundalk	Louth – Aura Drogheda	Meath – Aura Navan
Dates	Jan: 27 <sup>th</sup> Feb: 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> March: 2 <sup>nd</sup> , 9 <sup>th</sup> , 23 <sup>rd</sup> , 30 <sup>th</sup> April: 20 <sup>th</sup> , 27 <sup>th</sup> May: 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup> June: 8 <sup>th</sup> , 15 <sup>th</sup>	Jan: 28 <sup>th</sup> Feb: 4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup> March: 3 <sup>rd</sup> , 10 <sup>th</sup> , 24 <sup>th</sup> , 31 <sup>st</sup> April: 21 <sup>st</sup> , 28 <sup>th</sup> May: 12 <sup>th</sup> , 19 <sup>th</sup> , 26 <sup>th</sup> June: 9 <sup>th</sup> , 16 <sup>th</sup>	Jan: 30 <sup>th</sup> Feb: 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup> March: 5 <sup>th</sup> , 12 <sup>th</sup> , 26 <sup>th</sup> April: 3 <sup>rd</sup> , 23 <sup>rd</sup> , 30 <sup>th</sup> May: 14 <sup>th</sup> , 21 <sup>st</sup> , 28 <sup>th</sup> June: 11 <sup>th</sup> , 18 <sup>th</sup>	Feb: 15 <sup>th</sup> , 22 <sup>nd</sup> , 29 <sup>th</sup> March: 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup>  May: 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> June: 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup>	Feb: 15 <sup>th</sup> , 22 <sup>nd</sup> , 29 <sup>th</sup> March: 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup>  May: 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> June: 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup>	Feb: 15 <sup>th</sup> , 22 <sup>nd</sup> , 29 <sup>th</sup> March: 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup>
Time	Mondays 11.00am – 12.00pm	Tuesdays 10.30am – 11.30am	Thursdays 10.00am – 11.00am 11.30am – 12.00pm	Saturdays 12.00pm – 1.00pm	Saturdays 2.00pm – 3.00pm	Saturdays 3.30pm – 4.30pm

### Yoga

Venue	Louth – Dundalk Sports Centre, Dundalk	Louth – Valley Inn, Dunleer	Meath – The Crea Centre, Drumbaragh, Kells	Monaghan – Hillgrove Hotel, Monaghan	Cavan – Virginia Showgrounds, Virginia
Dates	Thursdays	Tuesdays	Fridays	Saturdays	Mondays
Time	11.00am – 12.00pm	11.15am – 12.15pm	12.30am – 1.30pm	12.00pm – 1.00pm	12.00pm – 1.00pm

#### Note regarding classes:

- Wear loose comfortable.
- 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.
- To book a place or if you have any queries regarding classes, please contact your Community Worker.

## Coffee Mornings/Information Sessions

*Coffee Mornings are an informal space to meet others who are affected by MS and have a chat or to meet with the community worker regarding any issues you may be experiencing. It is a relaxed morning so why not come along for coffee and a chat.*

<b>Venue</b>	*Cavan – Kilmore Hotel, Cavan	*Monaghan – Hillgrove Hotel, Monaghan	Louth – Lisdoo Bar, Dundalk	Louth – Fairways Hotel, Dundalk	Meath – Ardboyne Hotel, Navan
<b>Dates</b>	Feb: 26 <sup>th</sup>	Feb: 12 <sup>th</sup>	April: 8 <sup>th</sup> June: 10 <sup>th</sup>	Feb: 12 <sup>th</sup>	Feb: 19 <sup>th</sup> April: 15 <sup>th</sup> June: 17 <sup>th</sup>
<b>Time</b>	10.30am – 12.30pm	10.30am – 12.30pm	11.00am – 1.00pm	11.00am – 1.00pm	11.00am – 1.00pm

\*The Information Sessions in Cavan and Monaghan will be on Information on Rights and Entitlements, (Citizens Information Service) and Bladder Health, (Eva Christy, Clinical Nurse Advisor/ Sales Specialist B. Braun Medical Limited)

## 6. Dates for your Diary

### Teen Break

This year's Teen Break will run from Wednesday the 1<sup>st</sup> of July to Friday the 3<sup>rd</sup> of July in Carlingford Co. Louth. The Teen Break is for teen's age 13 – 17 years old. Please contact Community Worker if you are aware of a teenager affected by MS i.e. living with a family member who has MS.

### Family Day

This year's Family Day will be in Tayto Park in Kilbrew, Ashbourne, Co. Meath. The purpose of the day is to provide support to families affected by MS in a fun, relaxed and family friendly environment. Community Workers from the North East will be present on the day, meeting and greeting families and will be available to talk to for the duration of the day. Date to be confirmed, please contact your Community Worker if you have any questions about this event.

## 7. Voluntary Branches

MS Ireland has a dedicated team of volunteers at our 33 **voluntary** Branches around the country. There are 4 voluntary MS branches in the North East; Monaghan, Cavan, Louth and Meath.

Branches are primarily run by people with MS and their families. They are governed by an elected committee to organize the activities of the Branch including all the services and fundraising activities. The voluntary Branches also organize social events throughout the year for people with MS and their families.

Voluntary Branches work very closely with the regional offices to support the community workers to provide financial support towards MS services in your community such as Getting the Balance Right classes, yoga classes, counselling, respite and financial assistance.

### Contact Us

To get involved at a local level please contact our Branch Liaison Officer, Triona Ní Ráinne at [trionanr@ms-society.ie](mailto:trionanr@ms-society.ie) or your MS Community Worker (see below for contact details).

## Voluntary Branch Contacts

<b>Louth Branch</b> 087 2243868	<b>Monaghan Branch</b> 047 89534
<b>Meath Branch</b> 087 6052426	<b>Cavan Branch</b> 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.

### Louth Branch News

- Coffee Evening from 7.00pm to 9.00pm in the Valley Inn on the last Wednesday of the Month.
- AGM on the 24<sup>th</sup> of March in the O'Connell Club Rooms in Castlebellingham at 7.30pm, all welcome.
- Vintage Car Show on the 30<sup>th</sup> of May from 9.00am to 1.00pm at the Monasterboice Inn.

### Louth Fundraising

- Church Gate in Colon, Ballapousta, Tallenstown and Reaghstown on April 25<sup>th</sup> and 26<sup>th</sup>.
- Church Gate in Drogheda, Tullyallen and Tinure on May 23<sup>rd</sup> and 24<sup>th</sup>.
- Church Gate in Ardee on May 30<sup>th</sup> and 31<sup>st</sup>.
- Flag Day in Dunleer on June 20<sup>th</sup>.
- Flag Day in Drogheda on July 17<sup>th</sup>.
- Flag Day in Ardee on August 8<sup>th</sup>.
- Flag Day in Dundalk on August 22<sup>nd</sup>.
- Church Gate Collection in Dundalk on September 26<sup>th</sup> and 27<sup>th</sup>.

Any and all help welcome towards fundraising on the dates above.

### Meath Branch News

- AGM on the 4<sup>th</sup> of March at 11am in the Ardboyne Hotel, all welcome.
- Special thanks to one of our Meath Branch volunteers, Carolyn Wachman for the beautiful Christmas cake she made for us to enjoy at our Branch Christmas Lunch in Trim Castle. We were also gifted a beautiful cake by a member of the Society which was also thoroughly enjoyed by all.



### Meath Fundraising

- Bridge Tournament on the 9<sup>th</sup> of February in Tattersalls, Fairyhouse. Contact the Branch Secretary for further details.
- Please be aware that the Meath Branch would welcome any volunteers for Church Gate collections and suggestions for fundraising in the community.

## **Cavan Branch News**

- AGM date TBC
- Cavan Branch Newsletter to be circulated shortly
- Cavan Branch Annual Dinner Sunday 9<sup>th</sup> February, Lavey Inn at 2pm

(please contact Breda on 0863084120 on or before 3<sup>rd</sup> February to confirm your attendance)

## **Monaghan Branch**

- AGM date and annual lunch TBC

## **8. Community Worker Service**

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**

Pauline McKenna  
The MS Society of Ireland  
North East Regional Office  
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**The MS Society of Ireland, North East Regional Office, Enterprise Centre Unit 8, Landline: 042 9754304, Information Line: 1850 233 233, Email: [northeast@ms-society.ie](mailto:northeast@ms-society.ie), Website: [www.ms-society.ie](http://www.ms-society.ie). Charity No. 5365**

*If you would like to receive text messages from the North East office regarding upcoming events but are not receiving any, please contact your Community Worker.*

### **DISCLAIMER**

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