

Community Work Service



Spring 2021

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. Overview of the Region in 2020

Regional Events prior to Covid-19 Restrictions (Jan – March 2020)

- Information morning on Bladder Health Co. Louth & Co. Monaghan (Feb & March 2020).
- Citizens Information Morning Co. Louth (Feb 2020)
- Fatigue Management Morning Co. Meath (Feb 2020)

World MS Day 2020 NE Region

Articles in local papers including:

- Northern Standard, Monaghan
- AngloCelt, Cavan
- The Dundalk Democrat and The Argus (Louth)

Radio interviews

- Willie Johnston, (Secretary Cavan MS Branch) Northern Sound Radio
- Sharon Henvey (PWMS) LMFM

Online Activity Programmes

As a result of Covid 19, MS Ireland, like many organisations moved into an online forum to provide important programmes to people with Multiple Sclerosis like physio, yoga and mindfulness. It also provided an opportunity to introduce other programmes such as gardening and computers, that MS Ireland Regional Office wouldn't typically run but were beneficial and well attended by those in our community during a time where many were cocooning. Zoom is the approved platform MS Ireland uses for video conferencing.

What is Zoom?

Zoom is a video conferencing program that can be used on devices such as tablets, smartphones, computers or laptops. You can use it for personal video calls, attending classes and meetings and making calls. If you are curious about attending one of our online programmes and are not sure about how to go about getting on to Zoom, contact your Community Worker for support.

2. Supporting Digital Learning

MS Ireland is aware that not everyone in our community has the skills or the technology to access online programmes. Here are a few ways that might help –

- The Inside project is an exciting cross border initiative led by Independent Living Movement Ireland (ILMI) that is available to people with disabilities in Co. Louth, Co. Monaghan and Co. Cavan. A free eight week IT training programme together with social inclusion workshops with input from various mainstream services will be delivered via zoom. A free tablet with a keyboard will be provided to eligible participants who complete the eight week programme. To find out more about this project - Please contact Clive Lowry, Louth Community Navigator on 087 380 7268 or clivelowry@ilmi.ie, Mark McCollum, Cavan Community Navigator, 087 721 8067 or markmccollum@ilmi.ie, and Audrey Wilson, Co. Monaghan Community Navigator, 087 100 9425 or audreywilson@ilmi.ie.
- Generation Tech are a volunteer-led telephone based IT support service for Older People. They agreed to supply MS Ireland with 'tickets' or 'codes' which can be provided to our clients (of any age group) that require telephone support around an IT issue. So, if a person is struggling with something IT related (e.g. getting online to attend a class, unsure about pop-ups on a device, needs support to download apps etc.) Generation Tech can assist. You can find more information about their service on the following website: www.generationtech.ie or ask your community worker if you can get a 'ticket' to access IT support.
- The Louth/Meath Education and Training Board provided MS Ireland with a four-week online course to assist people with becoming more confident using their technology – this course will run again if there is interest from the community.
- Please contact your local Community Worker if you have any questions.

2021 Schedules

Physiotherapy Classes

Venue	Monaghan – Zoom	Cavan – Zoom	Louth – Zoom	Louth/Meath – Zoom	Meath – Zoom
Dates	Jan - 12, 19, 26 Feb - 2, 9, 16, 23 Mar - 2, 9, 16, 23 April - 13, 20, 27 May - 4, 11, 18, 25 June - 1, 8	Jan- 12, 19, 26 Feb- 2, 9, 16, 23 Mar- 2, 9, 16, 23 April- 13, 20, 27 May- 4, 11, 18, 25 June- 1, 8	Jan – 20, 27 Feb – 3, 10, 17, 24 Apr – 14, 21, 28, 5, 12, 19	Jan – 20, 27 Feb – 3, 10, 17, 24 Apr – 14, 21, 28, 5, 12, 19	Jan – 16, 23, 30 Feb – 6, 13, 20 Apr – 10, 17, 24 May – 1, 8, 15
Time	Tuesdays 10.30 am – 11.30 pm	Tuesdays 11.30am – 12.30pm	Wednesdays 11.00am – 12.00pm	Wednesdays 12.15pm – 1.15pm	Saturdays 2.00pm – 3pm

Yoga

Venue	Louth – Zoom	Louth/Meath – Zoom	Meath – Zoom	Monaghan – Zoom	Cavan – Zoom
Dates	Mondays Starting Monday 11 th January	Fridays Starting Friday 8 th January	Fridays Starting Friday 8 th January	Fridays Starting Friday 8 th January	Mondays Starting Monday 11 th January
Time	12.00pm – 1.00pm	10.00am – 11.00am	12.00pm – 1.00pm	7.00pm – 8.00pm	2.00pm – 3.00pm

Mindfulness

Venue	Louth/Meath – Zoom	Monaghan/Cavan – Zoom
Dates	Thursdays - TBC	TBC
Time	10.00am – 12.00am	TBC

3. 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. Even during Covid 19 the branches have been working behind the scenes fundraising.

Contact Us

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

Voluntary Branch Contacts

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

4. Community Worker Service

MS Ireland North East Office welcomes Sabrina Brennan as the new Community Worker in Cavan/Monaghan. We wish Pauline McKenna well in her new role on the Information Team. Keep in touch with your local MS Ireland Regional Community Worker (RCW) to find out about services and programmes in your area:

Louth/Meath

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Monaghan/Cavan

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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, Website: 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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