

MS Ireland

South Mayo Branch

Mo Shaol

NEWSLETTER

Issue 63

Autumn 2020



Train tracks at Shanvally, just outside Castlebar

MS Ireland Mission:

To enable and empower people affected by Multiple Sclerosis to live the life of their choice to their fullest potential.

COVID-19 Coronavirus

As we are all too well aware, COVID 19 is still with us and is surging back again. In-person and face-to-face activities remain suspended indefinitely. Many activities have moved online.

If you need assistance, Regional Community Worker, Mags Ryan, can still be contacted by phone and by email:

MagsR@MS-Society.ie and (087) 2502 031

MS Ireland Online Physiotherapy Classes

The Western Regional Office of MS Ireland will be running online exercise classes for:

1. People in a wheelchair;
2. People in a wheelchair who can stand with assistance;
3. People who walk independently with a gait aid such as a rollator or walking stick who can stand without assistance;
4. People who walk independently without a gait aid.

These will be run through Zoom and each person will have an individual assessment through Zoom prior to taking part in the class.

Classes will be an hour in duration and will involve a warm-up and cool down.

Classes will be run between the hours of 11 and 4 during weekdays.

Each participant will get a package of:

1. A home exercise programme
2. Weekly recording sheet
3. Some educational handouts about exercising

If you are interested in participating, please contact **Mags Ryan on 087 2502 031** or e-mail magsr@ms-society.ie regarding:

- Which class would suit
- If you are able to Zoom
- And if you have a preferred time/day
- Also, do let us know if you have not used Zoom before or an evening class would suit better and we will try to accommodate you.

Online Yoga Classes

In addition to the physiotherapy sessions, the Region is also organising online yoga classes both morning and evening for people with MS.

The **morning class** will run for 10 weeks each **Wednesday at 11:00 a.m.**, commencing on **30th September**.

The **evening class** will run from **Thursday 1st October at 6:00 p.m.** and will also last 10 weeks.

The Yoga Instructor will complete a screening process with you prior to commencing the class.

If you are interested in taking part, please contact Mags as soon as possible as places are limited to 8 people per session.

Dia Dhoibh! Hello there!

Train tracks evoke such powerful feelings in most of us.

If the modern diesel-electric tube that passes for a train nowadays fails to stir us as the older steam train did, the tracks on which it travels still beckon.

Train tracks offer – well, what exactly? Freedom? Travel? Escape? A sense of direction? Order? Maybe all of these things, and more.

When we are burdened with an affliction like MS, life can be very difficult. Amongst other things, it can restrict our ability to move about. We often would like to escape its painful grip.

There is no escape, unfortunately.

Keeping our lives on track is not easy, the more so in this time of COVID 19. We all need help from time to time.

The committee of the South Mayo Branch of MS Ireland works to help people with MS in our area in their daily struggles with life. We are here for you.

Tony Candon PRO

Seamus Burke

Seamus Burke is an artist who lives in Partry, Co. Mayo, with his wife, Maureen. His two sons, Pádraig and Cormac, study in Dublin.

Seamus also lives with multiple sclerosis, having been diagnosed with MS in 2001.

Art is something that Seamus was always interested in. When he finished working for Western Care after 32 years, he took the opportunity to study art in GMIT Castlebar, where he attended one day a week for six years. "I always felt that there was something in art that tells stories," Seamus tells me. "When I was studying I was regarded as the storyteller of our class."



Seamus says, "Art helps me express my feelings." Earlier this year he began a series of paintings, each accompanied by a short poem, that expressed how he felt about the way MS affected him. This became especially important to him when COVID-19 sent him into lockdown. One day, he was chatting to Thomas McCarthy in the MS office in Dublin. He told Thomas what he was doing and Thomas asked him if he could post one of Seamus' paintings with its poem on the MS Ireland Facebook page. Seamus agreed and each Friday, since June, a new Seamus Burke painting and its poem has appeared there. And – there are more to come!

Here are just three of them.



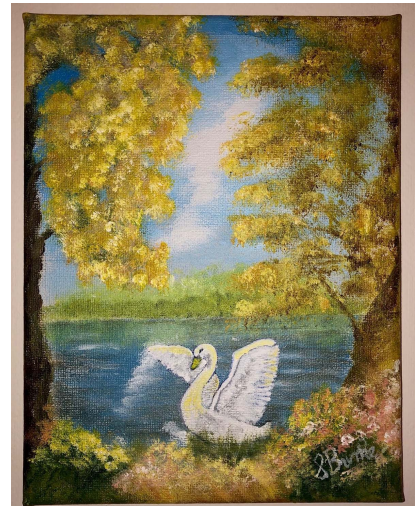
The Fox

The fox is always on alert
And so we should be too
Detecting any changes in
How and what we do
We need to sharpen all our senses
Take heed to what they say
It can be the difference in
Having a good or bad day.



Spasms

Spasms are like lightning strikes,
They are as unpredictable too
With no thunderclap to warn you
They just creep up on you.
You are left feeling helpless,
There is nothing you can do.
Your limbs are uncontrollable
Moving anywhere they choose.
If you try to take control it seems
To drive it wild, you are better off
Letting the spasm slowly subside.



Golden Moments

Some moments are golden,
Sometimes they seem quite few.
We need to make the best of what
life has handed us to do.
We need to start each day with
A big broad smile, let MS know
we can face it down. We are
tougher
than it thinks and we will not be
pushed around.

Living Well programme

Living Well is a free group self-management programme. Self-management is what a person does every day to manage their long-term health condition.

Living with a long-term health condition can be challenging but may be especially so during Covid 19. The Living Well programme supports you to develop the skills which will help you to live well with a long-term health condition(s). The Living Well programme has proven to be effective in helping people to manage their health conditions better.

Further information is available on the HSE website: www.hse.ie/LivingWell.

If you would like to take part please contact Jackie Lynott on 087 7185 615 or e-mail Jackielynott@mayocil.ie

Living Well

A programme for adults with long-term health conditions
Your toolkit for better health

Are you living with a long-term health condition?

Examples include (but are not limited to) COPD, asthma, diabetes, stroke, heart conditions, multiple sclerosis (MS), arthritis, cancer, Crohn's disease, chronic pain, depression.



What is the Living Well programme?

Living Well is a free group programme, delivered over six workshops (2.5 hrs x 6). It is delivered by trained leaders, most of whom are also living with long-term health conditions.

Living Well can help you to develop the skills and confidence to manage your health condition(s).

More Information

www.hse.ie/LivingWell



Self-management
Support



SMRC
Self-Management
Resource Center

Sláintecare.



government supporting communities



Health Service Executive

This is an SMRC Evidence Based Self Management Programme originally developed at Stanford University. This project has received funding from the Government of Ireland's Sláintecare Integration Fund 2019 under grant agreements numbers 38, 78, 185, 219, 413, 418.

Maureen Feeney, RIP

In our last newsletter, I noted the death of Maureen Feeney, a stalwart of our local branch. Maureen died on 29th June.

Maureen was a dedicated Committee Member of the South Mayo Branch. At the time of her retirement from the Branch in January 2013, Maureen had been an active member of the committee for 22 years. Maureen was elected to many offices on the Committee down through the years and was Council Delegate from 2006 to the time of her retirement in 2013. Maureen represented the South Mayo Branch with enthusiasm and missed very few meetings both at Council and Branch level. She was also the local ambassador for the MS Readathon for many years. Maureen won the MS Ireland Volunteer of the Year Award in 2011.

Beyond MS Ireland, Maureen was a wife, a mother and grandmother as well as a stalwart of the local Fine Gael party and the Castlebar Concert Band. We offer our sympathies to her daughters and grandchildren and to her wider family and friends.



Maureen Feeney (née Daly)
photo courtesy of the *Connaught Telegraph*

Regional Community Worker:

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