

MS Ireland

South Mayo Branch

NEWSLETTER

Issue 64

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Mo Shaol

MS Ireland Mission:

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

Here is something magical to behold – a crib in which all the figures have been hand-knitted. It can be seen in Liam Cannon's Fruit and Veg shop on Hopkins Road, Castlebar.

Liam will raffle the crib on 23rd December, with the proceeds going to the South Mayo Branch of MS Ireland. Lines cost €2 each, or you can buy three lines for €5.



Christmas is coming

It is really hard to believe that Christmas is only a few weeks away. What a difference a year makes! What a year 2020 has been!

Duncan sent me this recipe for Date and Nut Cake – try it, and enjoy!



Date and Nut Cake

Prepare: 1lb loaf tin, greased and lined

Ingredients:

1. 12oz wholemeal flour
2. 3 level tsps. baking powder
3. pinch salt
4. 4oz butter
5. 4oz demerara sugar
6. 3oz runny honey
7. 2oz black treacle
8. 2 medium eggs, beaten
9. 1 small banana, crushed
10. 4oz nuts crushed
11. 6oz soft dates, stoned and chopped

Method:

- 1,2 and 3 sift together in a mixing bowl
- 4,5,6 and 7 melt together in a saucepan and add to mixing bowl, mix in
- 8 and 9 mix together and add to mixing bowl, mix in
- 10 and 11 mix together and add to mixing bowl

Mix all Ingredients together thoroughly and put into prepared loaf tin

Bake in a moderate oven, 350° F, 175° C, gas mark 4, for 1 hour

***Dia Dhoibh!
Hello there!***

This column usually takes its cue from the photo on page 1. Not this time! Page 1 speaks for itself.

On this occasion, it's the photo on page 4 that moves me. I took it on Sunday, 6th December, at around 1:20 p.m. A couple of hours later, that view was gone, enveloped in fog.

Lough Lannagh, Castlebar, with Croagh Patrick in the distance. The calm water of the lake reflecting the clear blue sky, decorated with tufts of cloud.

Looking at the photo on my computer later in the afternoon, when dense fog shrouded everything, what struck me was how the lake in the clear air seemed to mirror life before Covid-19, upon which the fog of the pandemic descended.

We all struggle to find our way in fog. Whether it manifests as Covid-19 or as multiple sclerosis, we all need help to find our way through.

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

Spooktacular Community Fundraiser

One of our members, who does not want to be named, organised a 5km community walk along their local greenway in Bekan at Halloween to raise money for the local branch. In total, they raised the wonderful sum of €1,134.42. Thank you, Bekan!



The Care Shop Closes



It is with great sadness that we note the closure of the Care Shop in Market Square, Castlebar. All good things come to an end and we wish Donal and James well in their future. In eleven years of business, they raised €140,000 for two different charities, one of which was the South Mayo Branch of MS Ireland. They have been supporting us since September 2016 and in that time they have contributed the extraordinary sum of €45,000 to the Branch. This has done so much to support people with MS in our area.

As Donal and James head into a new future, we offer our heartfelt thanks and our very best wishes.

On-going Classes and Activities

Here are some of the classes that MS Ireland is running that are open to everyone. There will be finishing up in the next 2 weeks and will resume mid-January. If you are interested in attending, please contact Mags. Places are **limited** in exercise classes for health and safety reasons. (The instructor has to be able to see everyone)

Day	Monday	Tuesday	Wednesday	Wednesday	Thursday
Programme	Meditation	Time to Chat	Yoga	Yoga	Yoga
Venue	Zoom	Zoom	Zoom	Zoom	Zoom
Time	11am to 12	11am to 12	11am to 12	6pm to 7pm	6pm to 7pm

There is **also** a variety of **physiotherapy classes** through Zoom, and again, if people are interested they can contact Mags: Tel: 087 2502 031; E-mail: magsr@ms-society.ie or contact westernr@ms-society.ie

A series of **webinars** were held throughout the year. If people take a look at MS Ireland's YouTube channel they will find a good selection of webinars / short videos that were organised that are available for viewing in case people missed them.

A series of webinars will be held throughout the coming year, that will then be uploaded to YouTube for everyone to access if they miss them first time.

Staying in Touch

In this time of Covid-19, staying in touch is more important than ever – and more difficult than usual. Many are cocooning and avoiding having too much contact with others, especially people outside the immediate family. This can lead to loneliness and isolation, and that's not good.

It is very important that we have as much communication with other people as it is safe to do, for the sake of our mental health.

As you know, much of the activity organised by MS Ireland is now available only online. Even if you do not want to take part in yoga or physiotherapy, there is a weekly coffee-and-chat session on Zoom each Tuesday morning between 11:00 and 12:00.

Not everyone feels able to 'go digital', to use the internet or to send and receive e-mails. If you, or a family member, or someone you know can help you get started, that would be wonderful.

Age Action Ireland has developed a starter kit to help people stay in touch, digitally. While it was developed primarily for older people, it can be used by anyone, and it's free. You can get it by ringing (01) 873 0372; leave your name and address and Age Action will post the How to Guides within 10 days.

Alternatively, if you, or someone in your household, has a laptop or smartphone, go to www.ageaction.ie/how-we-can-help/getting-started-kit. Maybe a family member can also help you.

Eircodes

Carol has asked me to ask you, again, to contact her with your eircode. This will help with sending out the Newsletter to you. Please text your eircode, together **with your name**, to Carol on 087 – 2754 628.



Lough Lannagh, Castlebar, with Croagh Patrick in the distance

Facebook

Did you know that we have our own Facebook page for the South Mayo Branch?

You can find us at :-

www.facebook.com/MSSouthMayo.

The MS Ireland Facebook page is at:-

<https://www.facebook.com/MultipleSclerosisIreland>

Nollaig Shona agus Ath-Bhliain faoi
mhaise roimh cách

ó choiste áitiúil de MS Ireland



Happy Christmas and Best Wishes to
all for the New Year
from the local committee of MS Ireland

Regional Community Worker:

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