

Mo Shaol

MS Ireland

South Mayo Branch

NEWSLETTER

Issue 65

February 2021



MS Ireland Mission:

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

Annual General Meeting 2021

The Annual General Meeting of the South Mayo Branch of MS Ireland will take place at **7:30 p.m. on Tuesday 23rd February 2021**. The meeting will take place virtually, on Zoom, as it will not be possible for people to meet in person.

You will find details of how to join the meeting via Zoom on page 3.



Community Radio Kilkenny City

A letter from the Chair of MS Ireland

Maurice O'Connor is Chair of the Board of MS Ireland. In December, Maurice wrote to all Branch Committees of MS Ireland. It is very encouraging to receive a letter like this from the Chairperson of the organisation. Below is part of the letter Maurice wrote.

Dear friends,

No doubt many of you, like myself, are mightily relieved to be reaching the end of what has been a year like no other. Before looking back, I'd like us all to take a moment to remember our friends in the national MS Ireland community who left us this year.

Although there has been great sadness, I am also convinced that the year just finishing has not been all bleak.

The CEO, Senior Management Team and all the staff of MS Ireland have adapted and responded incredibly well as pandemic related circumstances have demanded throughout the year.

After months of closure and secondment of some staff to HSE run facilities, the Care Centre has reopened and has passed a recent HIQA inspection with flying colours. Feedback from Care Centre guests has been very positive too.

Throughout the year, our Advocacy has seen the successful culmination of a long campaign for State funding of Ocrevus. The Information service has responded excellently to the pandemic circumstances by providing specific Covid related information for people with MS. Our website and social media channels have enabled us to deliver up to date informational and informative supports in a variety of text and video formats.

We have to acknowledge though that perhaps the greatest challenge that the pandemic has caused is to the activities of our Branches and their members.

The fantastic success of online physio classes however has been a beacon of hope and optimism amidst the pandemic gloom and MS Ireland secured significant Innovation Scheme funding to enable progressive rollout of online physio programmes.

We have had very positive and engaging online meetings between Branches, both at regional level, where we'd previously have held face to face RIMs, and nationally too. Enabling Branches to connect online with one another from anywhere in the country has made up in some way, I think, for the lack of those connections and interactions that occur naturally at MS Ireland's Annual Conference and AGM.

Helping our Branches emerge from the shadow of Covid-19, as vaccinations reach more and more of the population, will be one of our major tasks for 2021 and beyond. I hope that Council will be able to play a major part in that regard.

For the moment though, let's focus on making Christmas 2020 as good as it can possibly be under the circumstances, particularly for those of you for whom some family members may not be able to make it home.

With best wishes from myself and the Board of MS Ireland,

Maurice O'Connor
Chairperson, MS Ireland

*Dia Dhoibh!
Hello there!*

Somewhat gnarled is how I would describe it. No – I'm not referring to our Chair (photo to the left)!

I'm talking about the photo of the tree that is on the front page.

What do we see when we look at it? To left and right, we see ageing. We also see disfigurement, striving and determined growth.

The central stem surges towards the sky with energy and determination. It struggles for life and survival, bending this way and that, constantly putting out new shoots that become robust branches.

It reflects our lives.

We, too, struggle in life and, with life. Life can deal us a rotten hand sometimes, such as afflicting some of us with horrible diseases like multiple sclerosis.

We all need help to find our inner strength 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.

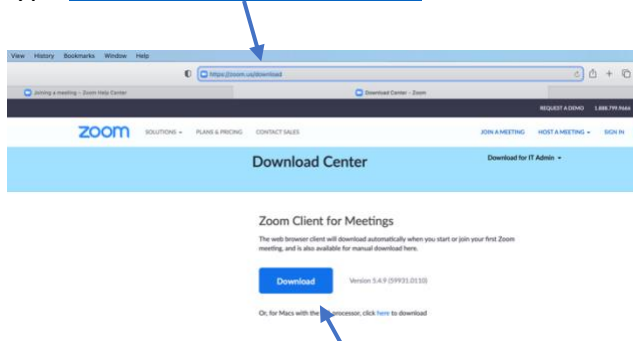
Tony Candon PRO

Annual General Meeting

The Annual General Meeting of the Branch will take place *via Zoom* on Tuesday 23rd February at 7:30 p.m. In order to take part, you will first need to let us know via e-mail that you want to join. You will then be sent an e-mail inviting you to join the meeting via Zoom. You will also need Zoom installed on your phone/tablet/laptop/computer.

Download Zoom to your device

- Open the internet on your device
- Type <https://zoom.us/download> in the address bar at the top of the page and hit return



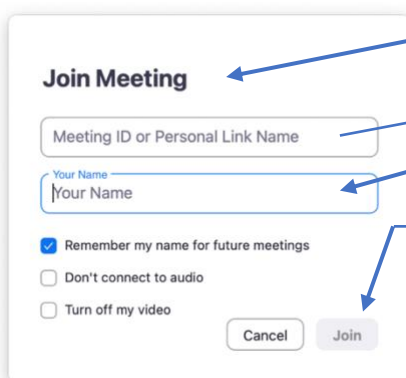
- Click or tap the blue download button
- Follow the instructions to install the programme on your device

Join Zoom Meeting

- Open Zoom
This window will appear:



- Click or tap Join a Meeting – this will open another small window that says Join Meeting



- Type the Meeting ID number in the upper box
- Type your name in the lower box and click or tap Join.
- Do **NOT** tick Don't connect to audio. Do **NOT** tick Turn off my video
- After that, follow the instructions on the screen.

Online Classes and Activities

Activities for people with MS continue online via Zoom. These include meditation, Time to Chat and Yoga. There are also physiotherapy sessions online.

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

If you are interested, contact Mags: Tel: 087 2502 031; E-mail: magsr@ms-society.ie

New this year is **Move Smart MS** – specialist online physiotherapy programmes for people with MS. These programmes are tailored to address individual symptoms and will bring together people from all around the country, led by Susan Coote, PhD, MISCP.

The **Move Smart MS** programmes will supplement the usual exercise and physio classes from the regions, but will differ somewhat. Rather than general health promoting exercise for people from one geographical area, it will bring together people at a similar stage of their MS, who share similar symptoms and abilities.

See contact details over here... 



MS Ireland are delighted to launch this new national programme that is funded by the Innovate Together Fund from Rethink Ireland.

Move Smart MS offers specialised, tailored, exercise programmes online for people with MS.


We have learned that by moving our physiotherapy and exercise programmes online that the barriers of transport, travel time and accessibility are removed and feedback from 2020 has been overwhelmingly positive. By recruiting nationally, rather than locally, we can bring together groups of people with MS at a similar stage of their MS and deliver symptom specific programmes.

All of our programmes will include exercise and an education component to help you to meet your goals. Our programmes are evidence based using the latest research to shape their content.

Participants will be grouped with others of a similar age and stage of MS and mobility level. You do not need to be a member of MS Ireland to take part. MS Ireland's regional programmes will continue in 2021 where funding permits (contact your Regional Office for details).

[click here to register your interest](#)

We will use this information to assign you to the right class. You will first be assessed individually over Zoom and then once we have enough people to begin a symptom focused programme we will invite you to start.

For more information please contact MoveSmart@ms-society.ie, phone Mary on 086 036 4110, or scan the code 

Our first block of programmes will start at the end of January 2021, potential programmes will include;

Newly diagnosed with MS
Strength and balance focus

Core stability and continence

Balance and dizziness

Step It Up – for currently inactive people to get to 150 minutes of exercise weekly

Couch to 5k – for those who want to start or get back to running

Better Balance - Exercise and education to improve balance and prevent falls

Exercise for fatigue management

Fitness focus for wheelchair users



Recent Fund-raising

The South Mayo Branch of MS Ireland recently received two significant financial contributions.

The Curiosity Shop in Westport presented us with €3,000 on Christmas Eve, and Liam Cannon's Fruit and Veg Shop in Castlebar raised €2,000 through its raffle of the knitted crib – again, just before Christmas.



Melissa Hoban presenting cheque for €3,000 to Damien Barrett on Christmas Eve. Also pictured are Mary Graham O'Malley and Mary Lennie. Masks were removed for a few seconds only for the photo.



Mandy won the knitted crib. Padraic Mulroy of Castlebar won the hamper of veges and Cathy Fahey, also of Castlebar, won a hamper of Christmas goodies. Again, mask off for a few seconds only for the photo.

Regional Community Worker:

Mags Ryan, Mosaic Centre, Castlebar. Tel: 087 2502 031; E-mail: magsr@ms-society.ie.