

Community Work Service



Winter/Spring 2023

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 Autumn. Programmes including physical activity, information on the new Community workers 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.

This is our first Newsletter of 2023, and we are delighted to have some announcements for our readers.

We will be providing services online and in person. We hope that our new hybrid approach will enable us to reach more people living with MS in our region. Our 2023 class schedule (this can be found below) is a mixture of online and in person. We hope to move towards more in person classes in 2023 while having some classes remain online as well. We are always open to feedback on our class schedule and content so please contact your community worker or our office – these details can be found below.

Text Reminders/Updates - A computer generated text reminder goes out to everyone on our Database regarding upcoming programmes/events. If you are already participating in a programme or if it is not of interest, you can ignore the text. If you wish to opt out of text updates/reminders, reply STOP. If you have any queries or concerns, please contact North East Office: 042 9745304. If you are not receiving texts and you would like to, please let us know.

Representatives from the North East office are contacting people to update the **National Ability Supports System (NASS)**. The NASS contains information about Health Service Executive (HSE) disability funded services that people with disabilities in Ireland currently use or need. 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. If you have completed the call with one of our representatives from the Northeast office, we would like to thank you for providing this information to us.

For more information you can contact the disability office in your local HSE area (or you can contact your Community Worker).

2023 Schedules

Classes

**** To register for a class please Diane on 042 9754304**

Venue	Monaghan – In Person @ St Joseph's Pastoral Centre	Cavan – Zoom	Cavan – In Person @ IWA Corlurgan	Louth - In Person Integral Gym Drogheda
Dates	Jan: 23rd, 30th Feb: 13th, 20th, 27th Mar: 6th, 13th, 20th, 27th	Jan: 17th, 24th, 31st, Feb: 4th, 14th, 21 st , 28th Mar: 2nd, 7th, 14th, 21st, 28th	Jan: 20th, 27th, Febr: 3rd, 10th, 24th March: 3rd, 10th, 24th, 31st	25 th Jan, 01 st Feb, 08 th Feb, 15 th Feb, 22nd Feb 01 st Mar & 08 th Mar
Time	Mondays 11.15am– 12.45	Tuesdays 10.00am- 11.00am	Fridays 10am-11.30am	Wednesday 6.30pm – 7.30pm

Mat Yoga

Venue	Louth – In Person Class Dundalk Sport Centre	Monaghan – Zoom
Dates	Thursdays Starting Thursday 26 th of Jan	Thursdays Starting Thursday 26 th Of Jan
Time	12.00pm – 1.00pm	7.30pm – 8.30pm

Chair Yoga

Venue	Louth - Zoom	Cavan – Zoom	Louth/Meath – Zoom	Meath – Zoom
Dates	Monday Starting Monday 23 rd Of Jan	Mondays Starting Monday 23 rd Of Jan	Fridays Starting Friday 27 th of Jan	Fridays Starting Friday 27 th of Jan
Time	12:00pm – 1.00pm	2.00pm – 3.00pm	10.00am – 11.00am	12.00pm – 1.00pm

Mindfulness

Venue	Louth/Meath – Zoom Advance Course “Time to Rest”
Dates	Tuesdays
Time	10.30am – 11.15am

**** To register for a class please Diane on 042 9754304**

MoveSmart

The Move Smart MS programme is a national online programme open to anyone with MS. Further information and the link for registration can be found at <https://www.ms-society.ie/move-smart-ms>. We are awaiting start date for 2023 programme, but you can register your interest using the above link.

These online programmes recruit nationally, rather than locally, which means we can bring together groups of people with MS at a similar stage of their MS and deliver symptom-specific programmes. Examples of programmes include Newly Diagnosed, Strength and Balance, Balance and Dizziness, Continence and Core stability, Better Balance for Falls prevention, Fitness classes for each individual level. Email MoveSmart@ms-society.ie for more information.

For more information you can contact your Community Worker or Regional Office.

FACETS

FACETS is a group based intervention for the management of MS fatigue. The program incorporates energy effectiveness techniques and ways to maximise energy, as well as cognitive behavioural strategies and helpful ways of thinking about fatigue. There will be a national online programme in 2023 so please register your interest by emailing sineadm@ms-society.ie or on 086 1284481

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 60325

North East Regional Service

There have been many changes in the North East Regional Office. Aoife Lambe who was the Regional Community Worker in Louth and Meath, has become the New National Service Manager of MS Ireland in 2022. We wish her the very best of luck in the new post.

There are two Community Workers in this office. Sinead Macklin (Monaghan/Cavan) and Sarah Kavanagh (Louth/Meath) are now working in the North East Office. Sinead comes from an Occupational Therapist background and has worked for several years in the UK in a similar role. Sarah comes from a Social Work background and has worked with children and adults with disabilities in the North East. We wish them both the very best of luck in their new posts.

Also, we have a new administrator Diane McMahon who has joining the North East Regional office and we are delighted to have her on board in this region. We wish her the very best of luck in the new post. You can now contact the Northeast Regional office on **Tel: 042 9754304**

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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