

**SOUTH DUBLIN BRANCH**

**Email: [southdublinbranchms@gmail.com](mailto:southdublinbranchms@gmail.com)**

**Issue No. 26: June 2023**

**June is Busting Out all over! Welcome to your Summer newsletter where we look forward to bright days with lots of Vitamin D. We have lovely events coming up, details below!**  
*(South Dublin Branch are funding these events)*



**Guided Tour of the Botanic Gardens  
on Saturday June 24th at 12.30pm**



**coffee and chat afterwards**



**If you wish to attend *If you wish to attend* TEXT Anne Restan 0872423925  
by 19<sup>th</sup> June 2023**



**SAVE THE DATE!!**

**SOUTH DUBLIN BRANCH MS IRELAND INVITES  
*YOU AND YOUR FAMILY OR A FRIEND***

**TO AN AFTERNOON BBQ,  
*including awards event, presentations and raffle***

**AT *MS Care Centre***

**Bushy Park Road Terenure**

**FROM 2.30PM - 5.30PM**

**ON *SUNDAY 20<sup>TH</sup> August***

**THERE WILL BE A HOG ON A SPIT AND AN ICE CREAM VAN!!** 

**RSVP BEFORE 10th August 2023 EMAIL [SOUTHdUBLINBRANCHMS@GMAIL.COM](mailto:SOUTHdUBLINBRANCHMS@GMAIL.COM)**

**Bucket Collection Nutgrove Shopping Centre  
Saturday and Sunday 10<sup>th</sup> and 11<sup>th</sup> June 2023  
We need YOUR help!**

**Our Branch has been extremely lucky to get the opportunity next weekend to raise much needed funds, which help us provide supports including Physio and Yoga classes. If you or a friend or relative can spare even an hour to mind a bucket, please email [southdublinbranch@gmail.com](mailto:southdublinbranch@gmail.com) or text Mary 0879370852**

**Keeping in Touch**

**South Dublin Branch has a casual catch-up and chat on Zoom most Friday evenings at 7.30pm. If you would like to join the weekly catch-up email us at [southdublinbranchms@gmail.com](mailto:southdublinbranchms@gmail.com) and you will be sent the login details.**  
*Branch members are also welcome to attend our monthly Committee Meeting just email [southdublinbranchms@gmail.com](mailto:southdublinbranchms@gmail.com)*

**Ireland Online Seminars and Information**

**We wish to thank all in MS Ireland for working so hard to support us and for providing interesting seminars on MS and reliable information on a wide range of topics.**

**To see previous seminars, and to find out about upcoming webinars look up:  
<https://www.ms-society.ie/ms-video-catalogue>**

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*If you do NOT wish to hear from us email [southdublinbranchms@gmail.com](mailto:southdublinbranchms@gmail.com) to opt out*