

Mo Shaol

MS Ireland
South Mayo Branch
NEWSLETTER
Issue 73
August 2023



MS Ireland Mission:

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

Dia Dhaoibh! Hello there!

We have a rather different picture on our cover for this issue.

That is because the South Mayo Branch of MS Ireland is organising **A DAY AT THE RACES** for our members at Ballinrobe Racecourse on **Friday 15th September 2023**. This will be the last race meeting of the season.

We are very conscious that the last few years have been very restrictive for people, preventing them from getting out and about as they had been used to before Covid. To help remedy this, the Branch is organising a couple of outings in the coming months. The first of these will be to the Ballinrobe Races in September.

We hope you will be able to join us.

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**.

Full details about the Races on page 4.



YOGA

People in South Mayo who have MS are being offered Yoga classes over the next few months. The sessions will run on Zoom.

The classes will run for ten weeks, starting on **Thursday 24th August**. There will be two sessions each Thursday evening: one between 6:00 and 7:00 p.m. and the other between 7:15 and 8:00 p.m.

If you would like to take part, please contact Tina Lally on 091- 968 630; E-mail: westernr@ms-society.ie.



LIVING WELL WITH MS NATIONAL CONFERENCE 2023

It's that time of year again, when the MS Ireland National Conference and AGM take place. This year, the venue is the Radisson Hotel in Athlone and the date is Saturday 16th September. There is a Gala Dinner the night before, at which the Annual Awards are presented.

The cost of conference is €30 and the cost of the dinner is €40. The branch will cover this cost for anyone who wishes to attend, as well as accommodation costs for you and a carer. For further information, please contact Tina on 091-968 630; E-mail: westernr@ms-society.ie.

LIVING WELL WITH MS NATIONAL CONFERENCE

SATURDAY, SEPTEMBER 16TH
RADISSON HOTEL, ATHLONE



AGENDA

9:00am	Registration
9:45am	Welcome
10am - 11:30am	Silent Progression in MS Dr Hugh Kearney Consultant Neurologist MS Unit, St James' Hospital Dublin.
11:45am - 12:45pm	Parallel Sessions 1 Fatigue Management Workshop Dr Guido Giunti Adjunct Professor, Senior Researcher, University of Oulu, Finland Mental Health Toolbox for MS Speaker TBC Benefits, Entitlements and Financial Awareness in MS Citizens Information Centre - Athlone/Speaker TBC
1pm-2pm	Lunch
2pm-3pm	Parallel Sessions 2
3:15pm-4:15pm	MRI and How We Might Measure the Immeasurable in MS Dr Brendan Kelly Fellow in Radiology, St Vincents University Hospital, Dublin

Coming up

Advance Notice Information Day

The Western Region of MS Ireland is in the process of organising an Information Fair for people with MS and other Neurological conditions. This will take place in the MacWilliam Park Hotel, Claremorris, on Wednesday 18th October 2023.

Further information to follow.



Outing to the National Museum of Ireland – Country Life

As a follow-up to our visit to the Ballinrobe Races in September, we intend to organise a visit to the Museum of Country Life in Turlough Park in late October or early November. The visit will include a tour of the galleries and lunch. The tour will be led by the former Head of the Museum, Tony Candon.

Further information to follow.

A Trip to Clare Island

by

Ger Butler

I live a 5-minute drive from Roonagh Pier, Louisburgh. Roonagh Pier is the starting point to take a Ferry to Clare Island and also to Inishturk. During the fine weather in June, I took a notion to head out to Clare Island. The sea was calm and there was no swell.

I booked the tickets on-line and followed this up with a phone call just to say I was using a manual wheelchair.

At the pierhead, my friend went ahead of me down the steps and I was lifted by two men from the Ferry Company onto the Ferry whilst seated in my wheelchair. All went very smoothly. There were a lot of families making the trip over for the day and all were set for the empty beach. A good few bikes were loaded up and the water was pristine and very inviting as we travelled over towards the island.

Getting a different view of Clare Island, of Clew Bay, Caher & Inisturk, Croagh Patrick, Mweelrea, and all of the mainland was stunning. Unfortunately, no dolphins this time but it really didn't matter as the fresh hot sea breeze was lovely and there is nothing nicer than looking back towards home.

We arrived at Clare Island Pier which has Granuaile's castle overlooking it. Again, I was carefully carried from the ferry onto the pier side. Unknown to us, there had been a "Mr Whippy music event" over the weekend and the island was busy.

Just off the pier is a new venture called The Clare Island Oven; we didn't get to sample the food but it smelled good. There is an organic food cafe and also the community centre has food. It is worth checking that they will be open before you go:

<https://clareisland.info/>



We carried on and ventured around some of the island. It is hilly in parts. There is an option to hire a taxi to take you around the island and it would be a good way to see everything.

A down-side of the trip was the toilet facilities. At the community centre there is an accessible bathroom, but it wasn't very accessible at the time as it was filled with all sorts of everything, mobile baby changing table, child's highchair etc. Luckily, we were able to take out everything that blocked us from gaining access.

I was only on the Island for a quick two-hour trip. Going on the ferry for the 10-minute trip both ways was the highlight for both of us. The fact that it is free to travel there with the Free Travel Pass was a great bonus!

Ger Butler is a person with MS, a member of the South Mayo Branch of MS Ireland and Secretary to the Branch. At our recent Branch Committee meeting, we discussed the possibility of organising an outing to Clare Island for members in summer 2024.

A Day at the Races

Ballinrobe, 15 September 2023

As summer comes to an end, the South Mayo Branch of MS Ireland is organising *a day at the races* for our members at Ballinrobe Racecourse on Friday 15th September 2023. This is the last race meeting of the season. Rosie Lowe is organising it on our behalf – for which, our heartfelt thanks!

- The **gates open at 1:00 p.m.** Stewards are there to direct you to a free parking space. Drop off at the entrance is available for those in wheelchairs or members with reduced mobility.
- There is a wheelchair accessible toilet to the left of the admission area, next to the other toilets. Food vans are here also.
- The Pavilion is an indoor area, easily accessible and a blessing of a building considering the Irish weather. There is betting, coffee shop, bars, and music stage all under one roof.
- The first race starts at 3:05 p.m.
- The last race is at 7:00 p.m.
- Ballinrobe Racecourse will still serve drinks for an hour after the last race.
- If you don't have your own transport, we can organise this for you – please let Rosie know when you are signing up.
- We need to let the Racecourse know how many people will be attending, so it is important that you book your place by 31st August.

To book, and to ensure you have transport, please contact Rosie Lowe no later than 31st August. Rosie's contact details are: 083-1583 719; email: rosie7lowe@gmail.com.

Committee Members, South Mayo Branch MS Ireland, 2023

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