

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.

MS Ireland

South Mayo Branch

NEWSLETTER

Issue 78

Autumn 2024



Dia Dhaoibh! Hello there!

So: Autumn is now here. This year, however, it really feels as though we passed from Spring to Autumn without the intervening happiness of summer. There's no point in grumbling about it – it's over now - although that doesn't stop us from grumbling!

Cooler days and darker nights are ahead.

I had lunch with my wife in Foxford Woollen Mills a few weeks ago. Glancing up at the roof, I was struck by its structure – all those metal girders, trusses and rivets to hold the roof in place: to support it. We don't usually see the supporting structure of the roof in our homes and other buildings, hidden as they are by the ceiling, but they are there, nonetheless.

And, just as the roof needs to be supported we, as people, also need the support of family and community, the more so when we suffer from a disease like MS. That's why we in the South Mayo Branch of MS Ireland are here: to help when needed. We are here for **you**.

Jackie writes...



Hello all,

I hope this finds you well. As we head into the Autumn-Winter months it can be a little harder to be motivated to get outside or to exercise. Remember the benefits of movement to your overall physical emotional and mental health and there are many ways to move safely with MS. Please feel free to link in with me if you feel you would benefit from a chat with our wonderful MS Physio Mary Burke who can meet you in person in the Galway office or online.

Diary Dates

I have booked a [Coffee Morning for Wednesday 4th of December in Hotel Ballina from 11-1](#) which is open to all. I will send on a reminder email closer to the date.

Also, if you missed the talk with Continence Nurses in May, my colleague Lesley Kelly MS Ireland Community Worker for Galway and Connemara has organised a Coffee Morning with the Coloplast Nurses in the [Menlo Park, Galway on the 26th of September at 11-1](#). Please contact Lesley on 086 2012085 should you wish to attend. **Please note that this is the same talk as the talk given in the Mc William Hotel in Claremorris in May 2024.**

I am always available if you feel you need a listening ear, some information advice or support, so please do not hesitate to contact me.

Take Care,

Jackie Keogh

MS Ireland Community Worker for Roscommon and Mayo
087 2502 031

MS Ireland Annual Conference 2024

Making Connections

This year, the Society's Annual Conference will take place on **Wednesday and Thursday, 6th and 7th November** in the **Hillgrove Hotel, Monaghan**. This is a change from previous conferences that took place on a Friday and Saturday in September.

The themes of the Conference is "Making Connections". Full details about the Conference are available on the Society's website, <https://www.ms-society.ie/national-conference-2024>.

As in the past, your local branch will cover the cost of members wishing to attend the Conference. If you would like to attend, please contact us at southmayobranh@ms-society.ie, or Jackie Keogh on 087 – 2502 031.

Possible Autumn – Winter Activities

With a very successful and enjoyable trip to and around Killary Harbour now behind us, the Branch Committee is now looking at what else we might organise in the coming months. One thing will be the annual Christmas Lunch in December. We are considering a trip to the cinema in Castlebar in late October/early November, followed by a meal afterwards. We'll keep you informed.

Contacting the Branch

I'm sorry to have to tell you that we have had to change our policy of having the contact details of the Committee members freely available to all our members. This is because of a fraudulent hack that took place recently. **Our new and only contact is through our new email address:** southmayobranh@ms-society.ie. Or through the Regional Community Worker, Jackie Keogh. Her details are on page 4.

Brazil in a Wheelchair

By Alison Dalleywater

I went on holiday to Brazil by mistake! (Part 2)



In the last issue of Mo Shaol, we left Alison on a cobbled street in the town of Paraty, being assisted off the cobbles by some local people. Now, read on....

The hotel in Paraty had beautiful gardens. The wheelchair accessible room was very small and the shower absolutely not accessible. I showered most days outdoors by the pool. Often I found that accessibility meant that a member of staff was there to lift you out of your chair and carry you up the steps to Reception.

A powerchair isn't advised when visiting massive waterfalls like Iguazu Falls because you get drenched even from a distance. To avoid being electrocuted, I found a medical supplies company and arranged to hire a manual wheelchair for the day. They delivered this antiquated chair for me to use which appeared to be a commode as well as it had a toilet seat but beggars can't be choosers.

Iguazu Falls were breathtaking, literally. Neither Sam nor I could speak when we beheld their magnificence. The shock of the size of it and the noise of 62,000 cubic feet of water crashing down every second. The Falls mark the border of Argentina which you can see across the river. Further north is the Amazonian rainforest which Sam wanted to visit, and take a boat up the River Amazon, but this was not possible, at least on this occasion.



For the last few days of our trip we returned to Rio de Janeiro, which most people know for its statue of Christ the Redeemer. It does boast a funicular railway to the top which can take a wheelchair, but as you can see Himself from every part of the city, I remained by the beach.

Taxis are super cheap in Brazil and we used them all the time. I stumbled as I climbed out of one taxi and, in the process of grabbing something to steady myself, I pulled the car door handle right off. I could see the man looking so upset, I assume that it would be expensive for him to repair on his salary. Thank goodness for Google Translate: I managed to ask him what the door was going to cost to repair. I gave him 300 Brazilian Reals which would only be about €50. He was happy with that.

The wheelchair accessible taxi back to the airport on our final day arrived and the seat was so high up that I could not climb into it. The driver pulled my arms and the hotel staff pushed my legs, while Sam tried to hold my trousers up. Embarrassing.

Brazil can be hard work if you travel with mobility issues. But it also warm, flamboyant, friendly and colourful. And, to anyone travelling to that part of the world I would say plan, plan and plan again. Then go and enjoy it.

Allison Dalleywater is a person with MS who is also a member of the Committee of our local Branch. For more breathtaking pictures of the Iguazu Falls, see https://en.wikipedia.org/wiki/Iguazu_Falls.

Summer Outing 2024



Killary Harbour Cruise followed by Late Lunch/Dinner at the Leenane Hotel

On Saturday, August 10th, more than twenty members of the Branch took a cruise around Killary Harbour. Tea/coffee and scones were waiting for us when we boarded the Connemara Lady and, over the next two hours, we enjoyed the sunshine and the scenery as we cruised toward the mouth of the Fjord and back again. Then, it was off to the Leenane Hotel where we enjoyed a late lunch/early dinner. It was a truly enjoyable afternoon. Here are a few photos:



Committee Members, South Mayo Branch, MS Ireland, 2024

Name	Position(s)
Damen Barrett	Asst. Treasurer; Welfare Committee
Seamus Burke	Committee Member
Tony Candon	Chair; PRO; Council Delegate
Liam Cannon	Vice-Chair; Deputy Council Delegate; Welfare Committee
Sharon Dillon	Treasurer; Welfare Committee
Louise Power	Secretary
Yvonne Corrigan	Committee Member; Welfare Committee
Alison Dalleywater	Committee Member

Contacting the Branch

If you want to contact us directly, please do so through our new email address: southmayobranch@ms-society.ie or through the Regional Community Worker, Jackie Keogh, details below.

Regional Community Worker: Jackie Keogh. Mob: 087-2502 031; E-mail: jackiek@ms-society.ie