

# *Mo Shaol*

MS Ireland  
**South Mayo Branch**  
NEWSLETTER  
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## **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!***

My wife and I were lucky enough to be able to take a short break in Puerto de la Cruz in Tenerife in February, a couple of years ago.

On one warmer afternoon, we walked by the shore. There, I spotted an elderly man sitting alone, erect and quite still, his eyes closed, enjoying the sunshine. When we passed behind him, I was taken by his back: the smoothness of the skin on his shoulders and the extraordinary, rippled pattern of the skin covering most of his back. Where these ripples spread out to his sides, they appeared to continue on to his elbows. His long hair, a little blown by the breeze, seemed almost to be part of the rippling.

Who knows what was going through his mind. Was he lost in absorbing the beauty of the moment? Was he contemplating the future? Was he thinking of his past, in which there may have been troubles, as well as wonderful times? And, in those troubles, did he turn to and receive help from others?

Because we all need help and assistance in our lives from time to time. That's why we in the South Mayo Branch of MS Ireland are here: to help when needed, in all sorts of ways. **We are here for you.**



## Jackie writes



### Autumn greetings.

It's hard to believe we are heading into autumn yet again. When I started with MS Ireland someone told me that things are quiet in the summer, but I certainly have not found that this year. I visited many people over the summer period and we in the Western Region ended the summer with our annual young person's trip to Delphi which was a great success.

With autumn rolling in, my colleague Lesley and I are busy planning the schedule of events. Unfortunately, Pauline Berkley is no longer able to facilitate yoga classes for us so we are working behind the scenes to get someone else in place so we can commence those classes. So keep an eye on your emails for further details. If you don't receive emails from the western region please let me know.

For those of you who are badly impacted by fatigue, Lesley and I are facilitating a 6-week online fatigue management group (FACETS) commencing on the 14<sup>th</sup> of October at 10.30. Places are limited so if you are interested, please get in touch with me as soon as possible.

I will be in Ballina Community Sports Centre on Friday 26<sup>th</sup> September for a Disability Information Fair, open to those with disabilities and their care givers. It is a free event and on from 10 am -1pm. For anyone in the north of the county, there are in person yoga classes and physio classes on in Ballina, so get in touch with me for further details.

I am planning a coffee morning for round the 8<sup>th</sup> of October, possibly in Westport. However, I am still in the planning stages so keep an eye on your emails and the South Mayo Facebook page for further details.

I have also had a couple of people ask about in person yoga classes in Castlebar, I am happy to organise same, however I need to have enough to make it viable so if you're interested please let me know.

Until next time

**Jackie**

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## Patsy Guilfoyle, RIP

As we go to press, we have just learned of the Death of Patsy Guilfoyle, Knock.

Patsy was a great friend to the Branch, raising funds on our behalf through the sale of CDs of songs sung by him. Over the course of a few years, Patsy donated €4,820 to the Branch. We remember a wonderful man and his generosity, and we offer his family our sympathies. *Ar dheis Dé go raibh a h-anam.*



# My Latest Adventure

## Alison Dallywater

My latest adventure took me to Athens, Greece with my best friend, Skit, and Betty, my motorised wheelchair.

We started in Athens, which I last visited as a sulky 11-year-old with my father who dragged me all the way up to the Parthenon while I complained. Fifty years on, having MS is a great excuse for getting out of climbing things! Instead, I ordered another cocktail in the hotel bar while Skit climbed it.

Getting around Athens city centre is not easy in a wheelchair. The pavements are cobbled and narrow. The shopkeepers place their wares on the pavement forcing you onto the road where you become target practice for the crazy drivers.

We stayed at an accessible hotel called the Ergon, which was a culinary delight. Service, however, is laid back: if you are going next year you might want to order your dinner now, but the food was extraordinary. The Acropolis Museum was great. Avoiding busy times would be my advice; being in a wheelchair, you are beneath most people's eyeline so the crowds don't notice you, and it's difficult to move without knocking into people. Mowing people down is, apparently, frowned upon.

The next leg of the journey was the ferry to Crete. There was a terrible storm that day and the ferry nearly didn't leave. The main ferry operator in Greece is called SeaJets and they are *really* geared up for accessible travel. Island hopping is so easy, who would have thought it? Upon arrival Skit and I were called straight to the front, (another bonus for wheelchair users – queue jumping) taken up into the body of the ship by elevator, and given the best seats. Toilets on Greek ferries are accessible, huge and very clean. The journey was very rough. Understandably, nobody was allowed up on deck. People were either very sick or trying hopelessly to stumble about while the ferry rolled from side to side. Along the way, the ferry broke down and had to dock at Santorini for 3 hours while something was repaired.

On, then, to Crete – to my mind, much nicer than Athens. We stayed near Heraklion in the Nautilux Hotel which had an accessible pool that nobody used as it was raining. Heraklion is a beautiful town by a port but with too many tourists and shops selling a load of old tat. My friend Skit had a tattoo done, of Icarus falling from the sky.

The day before leaving I got up late, then went for a swim while Skit was getting her tattoo. At around 2pm, a member of staff came to tell us that we should have checked out that morning. A holiday is a holiday, but it's good advice to remember what day it is!

I managed to get us a later flight, but the delays meant that we would be cutting it fine. Luckily, I carry Xanax with me.

At the airport, the staff rushed us through to the boarding gate but we missed the lift to get me to the aircraft door. My only option was to get up the stairs one way or another or book a later flight. I made the unconventional choice of going up step by step backwards on my bum. It was both embarrassing and exhausting but I made it to my seat to a round of applause.

After the holiday, the island of Crete was shaken by earthquakes, my friend's tattoo became infected and I had to lie down for a week. All in all, however, Greece gets the thumbs up from me!





## MS Ireland Annual Conference Cork 15<sup>th</sup> November 2025

The Annual Conference of Society takes place in Cork this year.

Cork is a long way from Mayo, I know. However, should you like to attend, the South Mayo Branch **will cover the cost** for you and a helper, if you need one.

Details and booking are available on the MS Ireland website - <https://www.ms-society.ie/national-conference-2025>, or paper copies can be had from our regional community worker, Jackie Keogh, whose contact details are at the bottom of this page.

## Scooter For Sale

Our former Branch Secretary, Carol Millington Pratt, has a *Super-Scoot* electric scooter for sale; Carol no longer needs it. See photo and details below.

If you are interested, contact Carol or Duncan on (094) 9364 875.



Specifications	
Number of Wheels	3
Front Wheel Size	200mm
Rear Wheel Size	200mm
Ground Clearance	70mm
Length	945mm
Width	565mm
Weight Without Seat	Front frame : 8.8kg Back frame : 9.8kg
Weight of Seat	7.2kg
Max Loading	130kg on level ground
Turn Radius	780mm
Motor Output	2 - 180 Watt
Transmission	Worm Drive Gearbox
Reverse	Forward/Reverse Switch
Brakes	Dynamic Braking and Electromagnetic Brake
Battery (SLA)	24V - 15 ah 9.2kg
Charger	24 volt 2 amp
Max Speed SLA Battery	6.5 kph
	3.9 kph
Slope Grade Ability	2 <sup>nd</sup> speed choice 9 Degrees with 120kg load, 12 Degrees with 100kg load

## Thank You!



We are most grateful to the members of Newport Pickleball Club who raised €1,000 for our Branch. We can assure them that it will all go to benefit people with MS in our area. Thank you!



## Committee Members, South Mayo Branch MS Ireland, 2024-25

Name	Position(s)
<b>Damen Barrett</b>	Treasurer; Welfare Committee
<b>Tony Candon</b>	Chair; Council Delegate
<b>Liam Cannon</b>	Vice-Chair; Deputy Council Delegate; Welfare Committee
<b>Yvonne Corrigan</b>	Vice Treasurer; Chair, Welfare Committee
<b>Alison Dalleywater</b>	Committee Member
<b>Sharon Dillon</b>	Committee Member; Welfare Committee
<b>Julie Martin</b>	Committee Member; Joint PRO
<b>Louise Power</b>	Secretary; Joint PRO

## Contacting Us

If you want to contact us directly, please do so through our new email address:

[southmaybranch@ms-society.ie](mailto:southmaybranch@ms-society.ie) or through the Regional Community Worker, Jackie Keogh.

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