

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.



Dia Dhaoibh! Hello there!

At Christmas, 2010, my wife and I were living in the village of Turlough. Our daughter, her partner and our granddaughter were staying with us. Many of you will remember the heavy snow and bitter cold of that time!

On Christmas Day, we walked down through the village to and around the gardens at the Museum of Country Life. It was a bright sunny day and the gardens looked like the proverbial “winter wonderland”. Our granddaughter, who was only six at the time, was entranced. I had a great time with my camera!

After about an hour and a half in the biting cold we had had enough and headed home. Our granddaughter, who was beginning to come down with a cold, was struggling and I ended up carrying her up the hill, depositing her back in the fire-warmed living room of our house.

We all need help from time to time. That’s why we in the South Mayo branch are here for **you**.

Jackie writes

Season's Greetings to one and all.

As I write I hope to see many of you at the Branch Christmas Dinner on Sunday next. It is always a lovely event to catch up with people in person.

A massive thanks to all who attended the Coffee Morning in Westport on the 8th of October I felt it was a great success and hope to hold similar in 2026. I also hope to explore some options of some in person yoga classes in Westport in 2026. So, if you are interested in same, please let me know.

In the Western Regional Office, we are at the early stages of planning activities for early next year. I hope we will be recommencing In Person Physio Classes and In Person Chair Yoga in Ballina so if you wish to attend, please drop me an email or give me a ring. We will be running online Yoga, Meditation and Physio classes again in early 2026 so keep an eye on your emails and social media.

We will also be having another online FACETS (Fatigue Management Programme) commencing in mid-February – date to be confirmed. I will be planning some further Coffee Mornings in Early 2026 also.

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

Wishing you and yours a very peaceful and happy Christmas and every good wish for 2026

Jackie

MS Ireland Community Worker for Roscommon and Mayo, North & East Galway
087 2502031 jackiek@ms-society.ie (My working days are Monday – Thursday)

Sympathy

We offer our deepest sympathy to Yvonne Corrigan on the recent death of her sister, Maureen. *Ar dheis Dé go raibh a h-anam dílis.* Yvonne is a long-serving member of the Branch committee.

Three Useful Resources

1. On 26 September 2025, the ECTRIMS Patient Community Day took place both in Barcelona and online, bringing together people living with MS and related neurological conditions, along with their caregivers, to hear directly from experts about the latest research and developments. With full-session video recordings available in both English and Spanish, attendees can revisit key discussions, ask questions, and stay connected well beyond the live event. [ECTRIMS Patient Day](#)

2. The University of Tasmania – ms.mooc.utas.edu.au – offers four free courses tailored to people interested in or living with Multiple Sclerosis:

- Understanding MS*
- Ageing Well with MS*
- Deciding about Disease Modifying Therapies (DMTs) for MS*
- Mental Health and MS*

Personally, I found the “**Understanding MS**” and “**Ageing Well with MS**” courses particularly informative and useful — they offered clear, practical insight into living with MS and planning ahead.

3. [Shift.ms](#) is a brilliantly supportive online community and charity created by *MSers, for MSers*, designed especially for people newly diagnosed with Multiple Sclerosis. It offers peer-to-peer connections, the “Buddy Network” where experienced members help newcomers, and a library of stories, resources and video content showing how others are adapting and thriving. Knowing that Louise and I are engaged in the Buddy Programme ourselves makes it all the more rewarding — helping someone settle in and feel part of this community is a meaningful, uplifting experience. The app is available for both iPhone and other phones. Link available at [Shift.ms](#)

Julie Martin

Christmas Lunch, TF Royal Hotel, Castlebar Sunday 7th December 2025



A great time was had by all!

Coffee Morning in Westport, October 2025

Several of us had a very enjoyable Coffee Morning in Hotel Westport in early October. The event was organised by Jackie. About eighteen people turned up to the event. Not all are in this photo!



MS Ireland Readathon Ambassador

As most of you will be aware, The Readathon takes place in later autumn every year. It aims encourage children (and adults) read, to raise money for the organisation and to raise awareness of MS.

This year, our own **Louise Power** was MS Ireland's Readathon Ambassador. Well done, Louise!

Thank You!



Yet once again, we are so indebted to Melissa and Lynne in Curiosity Westport for their donation of €4,000 to the Branch. They are truly wonderful people, and so generous!



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

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

Contacting Us

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

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