MS news

Spring/Summer 2026

Issue 116

MS INFORMATION LINE

Open Monday-Friday
9:30am-5pm

(excluding public holidays)

0818 233 233

CHY No: 05365
CRA: 20007867
CRN: 296573
RCN: 20007867

MS Ireland
THE MULTIPLE SCLEROSIS SOCIETY OF IRELAND

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'MS News' is the magazine of MS Ireland. It exists to foster informed debate and comment about all issues relating to MS. The views of contributors are not necessarily those of the Society. No treatments or therapies should be attempted or products used without qualified medical or professional advice.

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Welcome to the Spring/ Summer 2026 edition of *MS News.*

In this issue, we bring together stories that reflect the strength, resilience, and diversity of the MS community. We also highlight new and evolving partnerships, including expanded opportunities through the Oceans of Hope Challenge on **page 10**, as well as exciting developments such as the MS Ireland Midwest Regional Centre on **page 12**. Together, these initiatives represent meaningful progress toward more accessible, connected, and supportive services for people living with MS.

This edition also marks important moments in the calendar, including World MS Day 2026 on **page 16**, where voices from the 26 counties will come together to share their unique journeys.

On **page 9** you can learn about the role of the HSE Confidential Recipient, an important independent support for raising concerns about care and services. We are also proud to showcase innovative projects such as PLATINUMS, which explore new ways of delivering care through technology, helping to break down barriers and improve access. You can read more about it on **page 24**.

On **page 20** you will find information about our upcoming AGM, including how to take part and have your voice heard. On **page 21** we recognise the important contribution of carers, highlighting peer support through Family Carers Ireland.

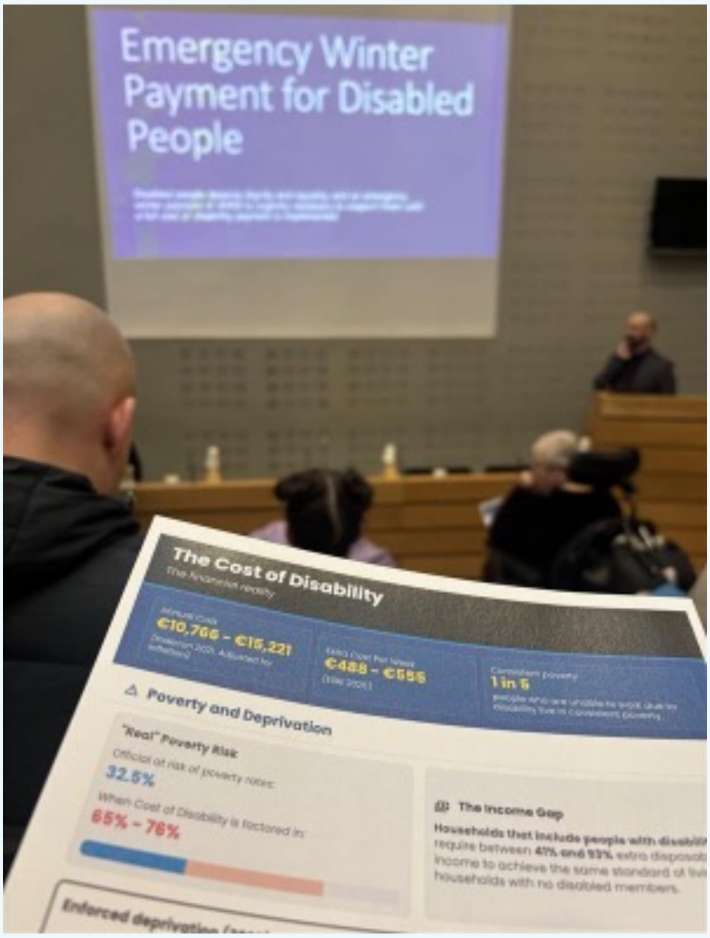
Our fundraising section **on page 25** outlines ways you can get involved and support the vital work of MS Ireland. On **page 19** we feature the work of Sport Ireland in promoting inclusion and creating opportunities for people living with MS to stay active.

We are also inviting members to opt in to receiving AGM papers by email, a simple step that could lead to significant savings for MS Ireland. You can find more information on **the back cover**.

As always, this magazine is shaped by the community it serves. We are grateful to everyone who has contributed their time, insights, and experiences. If you have a story to share, we would love to hear from you at aoifek@ms-society.ie.

Aoife Kirwan
Editor, *MS News*

MS Ireland Attends Briefing on Proposed Emergency Winter Payment



MS Ireland's Advocacy and Research Officer, Alison Cotter, was delighted to attend an Oireachtas AV room briefing on the proposed Emergency Winter Payment for people with disabilities.

The figures presented were a stark reminder of the financial reality facing many in our community. The additional cost of disability adds thousands of euro to household expenses each year. Currently, one in five people who are unable to work due to disability are living in consistent poverty. During the winter months, this pressure intensifies,13.6% cannot afford to keep their homes adequately warm.

Cold temperatures can exacerbate MS symptoms and have a direct impact on wellbeing. Yet too many people are being forced into impossible choices. It should never come down to a decision between eating and heating.

We also attended Leaders' Questions in the Dáil, which we hope marks the beginning of a meaningful and sustained conversation about the real cost of disability and the urgent need for long-term, targeted supports.

Launch of Ireland's First Postgraduate Diploma in Neurology Nursing

The launch of Ireland's first Postgraduate Diploma in Neurology Nursing marks a significant milestone for specialist nursing education and the future of neurological care in Ireland.

The event brought together senior figures from academia and clinical practice, representatives from nursing and health services, patient advocacy organisations, and members of the first student cohort. It was a powerful and positive occasion, signalling real progress.

The diploma has been developed through close collaboration between clinical, academic and patient advocacy partners, including the RCSI School of Nursing and Midwifery, the HSE National Clinical Programme for Neurology, the Neurological Alliance of Ireland (NAI), the Irish Neurology Nursing Forum (INNF), the HSE Office of the Nursing and Midwifery Services Director (ONMSD), and FutureNeuro.

Designed to equip nurses with advanced clinical expertise, research capability and leadership skills, the programme establishes a clear route to specialist practice while strengthening neurology services nationwide.

Underpinned by research and informed by the lived experience of people with neurological conditions, the diploma places person-centred care at its core, aiming to improve outcomes and quality of life for people living with conditions such as MS.

MS Ireland Meets with Minister Emer Higgins to Discuss Priorities for the MS Community

MS Ireland recently met with Minister Emer Higgins to discuss a range of key issues affecting people living with multiple sclerosis across Ireland.

The meeting provided an important opportunity to outline current service gaps and highlight priority areas for development to ensure people with MS can access timely, equitable and specialist supports within their own communities.

Discussions focused on strengthening regional service provision, enhancing access to specialist rehabilitation and community-based supports.

We emphasised the importance of sustainable, long-term investment to address the additional and sometimes complex challenges faced by people living with MS.

We were also pleased to have representation from the Department of Children, Disability and Equality (DCDE) at the meeting and welcomed the constructive engagement on the issues raised.

MS Ireland looks forward to continued dialogue with Government to ensure the needs of the MS community remain central to policy and service planning decisions.

MS Ireland Marks International Women's Day

To mark International Women's Day 2026, MS Ireland released a series of videos sharing stories from the incredible women in our MS community. These videos were shared on our social media channels from the 5th to the 8th of March. The videos featured women living with MS as well as some of our staff members, who shared their messages of solidarity and celebration.

Additionally, a special Global event hosted by the Healthcare Businesswomen's Association brought together voices from across the healthcare sector to explore leadership, collaboration and innovation.

Among the speakers was Aoife Kirwan, Information Officer with MS Ireland, who contributed to a panel discussion focused on building more inclusive and responsive healthcare systems. Aoife's contribution reflected the importance of listening to and learning from those directly impacted by healthcare decisions. Her participation reinforced the need for continued dialogue and cooperation at all levels.

National Event Concludes 'My Moving Brain' Initiative

The 'My Moving Brain' initiative concluded with a national event that brought together voices from across Ireland to share experiences, reflect on progress and shape more inclusive opportunities in sport and physical activity.

Led by FutureNeuro and funded by Research Ireland, My Moving Brain is a national, community-driven initiative aimed at promoting inclusive and accessible physical activity for people living with neurological conditions. The initiative has engaged communities nationwide through its Community Connect series, creating space for dialogue, shared learning, and collaboration.

The wrap-up event last week marked the culmination of this series and provided an opportunity to reflect on key insights gathered from participants, coaches, and local communities. Attendees explored the impact of the initiative to date and contributed to discussions on how to sustain and build on its momentum.

Central to the event were roundtable discussions focused on the question: *"How can we work together to make our local communities places where everyone with a neurological condition can enjoy physical activity?"* These conversations highlighted the importance of collaboration across sectors, the value of lived experience, and the need for practical, community-based solutions.

Participants also worked together to identify key findings and co-create legacy outputs, including resources and recommendations designed to support inclusive sport at both local and national levels. These outputs aim to ensure that the insights generated through the initiative translate into tangible improvements in access, participation, and enjoyment of physical activity.

Representatives from advocacy organisations, including MS Ireland, emphasised the importance of continued partnership working to address barriers and promote inclusive opportunities. The event reinforced a shared commitment to ensuring that people living with neurological conditions can engage in sport and physical activity in ways that are accessible, enjoyable, and meaningful.

Donegal MS Information Event Held at Clanree Hotel

On March 28th, MS Ireland hosted an information event at the Clanree Hotel in Letterkenny, Donegal. This event brought together people living with MS, as well as some loved ones, for an engaging afternoon focused on information, connection, and shared understanding.

The event provided attendees with the opportunity to hear directly from neurologist Dr Kevin Murphy, who delivered a clear and insightful overview of MS. His presentation explored the nature of the condition as well as current approaches to treatment. Attendees responded positively to the accessible way in which complex information was explained, with many highlighting the value of hearing up-to-date clinical perspectives in a community setting.

Following his talk, Dr Murphy took part in a question and answer session, where he addressed a wide range of questions from the audience. This open forum allowed attendees to explore topics in more depth and receive information relevant to their individual experiences. The opportunity to engage directly with a specialist was widely appreciated and was a key part of the day.

The programme had also included a planned presentation on mental health; however, this session did not go ahead on the day. MS Ireland hopes to address this important topic at a future event.

The event was supported by Novartis, who had no input into the content of the presentation, which remained independently developed and clinically led.

Overall, the day highlighted the importance of accessible, community-based MS information events. It also reflected the continued value of bringing people together to share knowledge, experiences, and support in an inclusive setting.

MS Ireland would like to extend sincere thanks to everyone who attended and contributed to the success of the day. Special thanks are also due to Dr Kevin Murphy for his time, expertise, and thoughtful engagement with attendees, which played a central role in making the event such a positive and valuable experience for all involved.

Highlighting the Importance of Access at EU Biosimilar Medicines Event

In December, Aoife Kirwan, Information Officer with MS Ireland, took part as a speaker at the European Commission's "Biosimilar medicines – Multistakeholder Event". The high-level meeting brought together people living with a variety of conditions (including MS), clinicians, policymakers and industry representatives to discuss the role of biosimilar medicines in improving access to treatment across Europe.

Aoife highlighted the importance of ensuring that treatment decisions are guided not only by cost and policy considerations, but also by the real-world experiences and needs of those who rely on these medicines in their daily lives.

The event, hosted by the European Commission's Directorate-General for Health and Food Safety (DG SANTE), is part of an ongoing series of multistakeholder dialogues aimed at building trust and understanding around biosimilar medicines. These discussions are intended to support wider access to effective treatments while maintaining high standards of safety and care.

Highlighting the Role of MS Nurses in Supporting Treatment Decisions

In collaboration with the European Multiple Sclerosis Platform, Aoife Kirwan, Information Officer with MS Ireland, recently contributed as a speaker to a webinar delivered through the MS Nurse PRO initiative. The session focused on the use of biosimilar medicines in multiple sclerosis and brought together both clinical and lived-experience perspectives.

Speaking alongside a specialist MS nurse, Aoife shared insights grounded in real-world experience, highlighting the vital role nurses play in supporting people living with MS. Her contribution emphasised the importance of clear communication, trust, and continuity of care, particularly when it comes to treatment decisions such as switching to biosimilar medicines.

The discussion also explored how MS nurses act as a key link between patients and the wider healthcare system, helping to ensure that individuals feel informed and supported throughout their treatment journey.

My Neurology Nurse Video

In March, MS Ireland developed a video in collaboration with Roche as part of the "My Neurology Nurse" campaign, which is a Neurological Alliance of Ireland (NAI) initiative. The video, which featured Jen (a person living with MS) and Bindu (Jen's MS Nurse), highlights the vital role of MS nurses within Ireland's neurological care system. The video draws attention to the increasing pressure on specialist services while showcasing the unique contribution of MS nurses in supporting people living with MS.

Through real-life insights, it illustrates how MS nurses provide continuous, person-centred care from diagnosis onward, helping patients manage symptoms, understand treatment options, and navigate complex healthcare pathways.

The campaign also reflects broader national concerns raised by the NAI about workforce shortages and the need for expanded neurology nursing capacity. The video advocates for greater recognition and investment in specialist nurses, celebrating their expertise while calling for strengthened neurological services to improve outcomes for people living with MS in Ireland.

Help Us Save €11,500 for MS Services

Each year, we are required to send AGM papers to members by post, unless you choose to receive them by email. In 2025, printing and postage cost €11,500.

You can help us reduce this cost and support vital services.

- Switch to email today
- Receive AGM documents by email
- Access financial statements online
- Help us spend more on services, not postage

Please scan this QR code, tick the box and submit your email, and automatically save us €2:

Or email: alicem@ms-society.ie

Young Persons' Network (YPN)

In our last edition, we invited readers to send in questions for the Young Persons' Network (YPN). We received a query and the YPN have responded below.

Dear YPN,

My partner has recently been diagnosed with MS and hasn't really told anyone at work. She's carrying on as normal, but she's really struggling with fatigue. I've suggested she talk to her boss about it, but she doesn't want to. How can I support her?

Thanks,
Ray

Response from the YPN

Hi Ray,

Thanks for sending this in. It's clearly a tough situation and it's great that you're trying to support your partner through this.

The main thing to remember here is that your partner is still adjusting to her diagnosis. Choosing not to share it at work right now is her call, and that's completely valid. Even if you can see why it might help, she might not be ready to open up yet, especially in a work setting.

Honestly, the most helpful thing you can do at the moment is give her a bit of space and time to process everything, while continuing to be there for her.

When (and if) she feels ready, you could gently suggest the idea of having a confidential chat with her manager. Sometimes people only think about the negatives of disclosing a condition at work, so it might help to also talk through the potential upsides with her, like possible supports, adjustments to help with fatigue, or even just having a bit more understanding at work. It can also offer her some legal protections, which is worth knowing about. Having information will help you to have a more meaningful conversation.

But the key point is - it should all happen on your partner's terms and timing.

If you want more information, these organisations are really useful for understanding rights at work and how disclosure works in practice:

- *MS Ireland*
- *AHEAD (Association for Higher Education Access & Disability)*
- *Irish Human Rights and Equality Commission*
- *EmployAbility Service Ireland*

You could also mention the fatigue management programme offered by MS Ireland. That might be something that has a positive impact that does not involve disclosure to her boss.

At the end of the day, the biggest help you can give is just being steady, supportive, and not rushing her. That kind of support really does make a difference.

Do you have a question for the Young Persons Network? Please email your query to aoifek@ms-society.ie

WHAT?

What was life like before MS?

Before the spasms and the tremors and endless hospital appointments. What was life like before, when you could easily remember that word, place, or that person's name and not seem rude when talking to people you have known for years but that you could not, in a million years, actually remember their name? What was life like before you had to second-guess whether that spasm, tremor, or wobble was MS or just tiredness? Am I just tired or is MS giving me a hug? What was life like before, when strangers did not tell you that *'you don't look sick'* and then proceed to give you sound medical advice because someone they knew had it, but died, bless 'em. What was life like before MS?

What would life be without MS?

Without the community of warriors, volunteers and incredible healthcare workers? Without the friends you make along the way who know that no, you are not slowly going mad but are actually having a relapse. What would life with MS be without selfless acts of kindness towards those more vulnerable and in need? The amazing generosity given by the public on those flag days, bag packs, and church gates. What would MS be without the friends you make, the stories you share, and the hope that you give to those who can feel trapped by those two little words – multiple sclerosis? What would life be without MS?

What would I be without MS?

Would I be different? On the other hand, could I be happier? Would I have more friends and be wildly successful and filthy rich? Am I different from the person I was before my diagnoses or am I the same, just with added (dis)abilities? Would I be as helpful and considerate to people with disabilities? Would I be willing or able to listen to others of a similar disposition? Alternatively, would I be like those strangers on the street, silently judging you, *'Look at him, he isn't disabled?* What would I be without MS?

What would MS be without hope?

Hope is a feeling not normally associated with those two little words, but what is MS without hope? Hope for the future. Hope for your family. Hope that the next hug you receive comes from a loved one and not your condition. Hope means that you can believe that MS is manageable now and that every year, new and improved medicine and better advancements can make it easier for those with MS to live a life with purpose.

What is life like with MS?

I like to think it could be hopeful and maybe even less scary.

An Introduction to the HSE Confidential Recipient

For people living with MS in Ireland, navigating health and social care services can sometimes be complex and at times, stressful, especially if concerns arise about the quality of care, the handling of services, or treatment in facilities funded by the State. One important source of independent support and advocacy is the Office of the Confidential Recipient, a role established by the Health Service Executive (HSE) to provide support, advice and guidance to adults living with a disability, such as MS, and to older adults who wish to raise concerns about their HSE-funded services.

The Confidential Recipient is an independent person appointed by the HSE and acts as a voice for service users to receive reported concerns, complaints or reports about wrongdoing including poor care practices, abuse, negligence, mistreatment, or other issues related to the HSE and HSE funded agencies. The Confidential Recipient is not a substitute for direct medical or legal services, rather, it plays *a unique and valuable role as a confidential and independent voice* for individuals who feel their concerns might not otherwise be heard or addressed appropriately.

This service was established in response to the abuse scandal that took place in Áras Attracta, a HSE residential setting for adults living with a disability, with the goal of providing a safe space for service users, family members, staff and members of the public to confidentially report concerns. The Confidential Recipient promotes dignity, safety and high standards of care across HSE-funded services. The Confidential Recipient has authority to ensure concerns are taken seriously and referred to the correct HSE management for assessment, review and resolution ensuring that the service user is receiving a safe and effective service.

How the Confidential Recipient Can Help People Living with MS

While the service is not exclusive to MS, people living with MS can benefit in several key ways:

- **Independent Support:** If a person living with MS or their family feels that a HSE-funded service, care provider or programme is failing to meet expected standards, they can raise that concern *confidentially* with the Confidential Recipient. This can include issues such as neglect, poor communication, lack of dignity, or problems with care planning.
- **Anonymity if Needed:** You can choose to have your identity protected, meaning the concern can be raised *anonymously*. The Confidential Recipient will still review the concern and guide it to the appropriate channels for action.
- **A Voice When Services Fall Short:** For those who feel unsure about how to raise a complaint through normal channels, or fear that their voice won't be listened to, the Confidential Recipient provides an *independent*, neutral route to have concerns acknowledged and acted upon.

What to Expect When You Contact the Confidential Recipient

If you choose to contact the Confidential Recipient, you can expect the following:

1. **Confidential Listening:** Your concern will be heard in confidence, and personal details will only be used with your consent or as necessary to follow up appropriately.
2. **Fair Review:** The Confidential Recipient assesses each concern to determine the best course of action, helping to ensure it reaches the correct HSE personnel or body for investigation or response.
3. **Support Through the Process:** While the Confidential Recipient does not provide legal or medical advice, they can explain how your concern will be handled and what follow-up steps are available to you and your family.
4. **No Cost:** Accessing the Confidential Recipient's support is free of charge for individuals raising concerns.

If you or someone you care for is uncertain about how to raise a concern with HSE-funded services, especially in relation to wrongdoing, abuse and neglect, the Confidential Recipient provides an independent, accessible and confidential route to make your voice heard and to help safeguard the quality and dignity of the services you receive.

Contact Details Office
Freephone: 1800 94 94 94 (Monday – Friday, 9.00am – 5.00pm)
Phone: 087 188 0523 *(Office)* / 087 665 7269 *(Confidential Recipient mobile)*
Email (general queries): cr.office@crhealth.ie
Confidential Recipient direct email: grainne.cunningham@crhealth.ie
Postal Address: Gráinne Cunningham O'Brien, Confidential Recipient, Office of the Confidential Recipient, Merlin Park University Hospital, Block A, Old Dublin Road, Galway, H91 N973.

Oceans of Hope Challenge

By: Stephen Fitzpatrick

Oceans of Hope Challenge (OOHC), a charitable organisation, has been making waves in the MS community with their transformative sailing challenges. Inspired by the remarkable circumnavigation aboard Oceans of Hope, a 67-foot racing boat, founded by Danish doctor and sailor Mikkel Anthonisen, OOHC aims to change perceptions and instil hope in individuals living with chronic and debilitating conditions. From June 2014 to November 2015, Oceans of Hope embarked on a journey with over 100 active crew members with MS from around the world, proving that life's challenges need not define one's abilities.

Oceans of Hope Challenge have been offering people with MS the opportunity to join their Adventure Challenges in various locations throughout the world including the Mediterranean, Norway and New Zealand for the last 10 years.

Our first adventure in Ireland was in April 2024 with the Irish National Sailing School when we had two half day taster sails on the Beaufort Ventura in Dún Laoghaire. It is great to get people out of their comfort zone and experience something so different.

We then had a further Taster Day on the 8th of May 2024. This time we persuaded some of the team from MS Ireland to share the experience. Some people who had done the taster sails went on to join the next Adventure Challenge with OOHC in Fethiye, Turkey in October of 2024.

The physical and mental health benefits of sailing with people who are on a similar difficult journey in life with MS is undeniable. The question was how we should build on this success and how do we make this sustainable into the future.

In 2025 with some great help from MS Ireland we ran several different events throughout the country. In Fenit, Kerry in June we ran a four-day course over four weekends with Sailing into Wellness. This gave people the chance to develop sailing skills as a group. On the 18th of June we also had a day of taster sails in Sligo sailing club with Wild West Sailing and on the 2nd of September we had a further day of taster sails with the Irish National Sailing and Powerboat School (INSS) in Dún Laoghaire.

For 2026, MS Ireland and Oceans of Hope Challenge are joining forces to offer even more opportunities for the people with MS in Ireland to experience something very unique.

We launched this new partnership on March 12th and in 2026 we will be offering more taster sails, more four-day courses and even some dinghy (small boat) sailing in various locations around the country. Keep an eye out on social media for details of events in your area or scan the QR code to register your interest.

> “This was a thoroughly enjoyable fulfilling course that I had slight reservations about. I am a water lover so had no fear of that aspect but I was nervous about stepping into and off the boat due to my poor balance, but the support and camaraderie was amazing and I learned lots about sailing”

> “The peaceful feeling of being out on the water where the only sounds are the wind and the water was nearly therapeutic - the dolphins were the cherry on top! I haven’t been as enthusiastic about something in a long time and I would recommend this program to anyone”

A word from our Chief Executive

Dear Friends,

This is a truly exciting moment for MS Ireland. Our RENEW Project - a major investment in our services and facilities - marks a significant step forward in how we support people living with MS. Through the project, we are renovating our MS Care Centre in Dublin, developing a new dedicated exercise and education space in the Midwest, and bringing our National Office team together into a shared, purpose-built environment. With your support, we are turning this vision into reality.

In the Midwest, we are proud to be progressing with the development of a new MS Ireland Midwest Regional Centre in Limerick, which will include the ActiveNeuro Gym — the first fully accessible gym of its kind in the region. This will create new opportunities for people with MS to stay active, build strength and connect with others in a supportive setting. Alongside this, the centre will provide a wide range of supports, including physiotherapist-led exercise programmes, yoga and mindfulness sessions, fatigue management, one-to-one information and support, as well as peer support groups, branch meetings, education events and social activities — all delivered by our regional team.

While these developments will transform our services in the East and in the Midwest, they will also strengthen our ability to share knowledge, grow supports and reach more people living with MS across Ireland. With builders now on site in Dublin and the Midwest refit is about to begin, we are bringing this vision to life — and we simply could not have reached this point without your support.

In this edition, we're delighted to share more about these plans and what they will mean for our community. You'll also find an opportunity to support this work — whether through a donation, helping to spread the word, or connecting us with potential partners. Every contribution makes a difference, and we are deeply grateful.

Together, these projects represent a major investment in the future of MS Ireland, helping to create a more connected, supportive and fit-for-purpose environment for the people and communities we serve.

Warm regards,

Ava Battles
Chief Executive, *MS Ireland*

MS Ireland Midwest Regional Centre and the MS Care Centre need your help!

These newly updated centres will allow us to expand our programmes such as yoga, mindfulness, fatigue management, peer support groups, and education events to enhance health and mental well-being.

Your support is helping us create a more welcoming, modern, and responsive environment where people living with MS can access the care, connection, and services they need.

SCAN
to donate

Aoife Potter-Cogan speaks with us about the importance of the MS Ireland Midwest Regional Centre

Aoife Potter-Cogan was diagnosed with MS in 2022 while working at the Limerick County Council tourism department. She was the third person in her family diagnosed and was very familiar with what she was dealing with. The hardest part was trying to navigate the system.

This is why Aoife feels so strongly about the new MS Ireland Midwest Regional Centre.

Imagine, instead of juggling multiple appointments across the country, having everything in one place. A team who understands MS and professionals who communicate with each other. **A space where you don't have to explain yourself.**

> "To have just one place to go instead of five or six — it would be life-changing," Aoife says.
> 'I had a number of ailments that required different types of services, and it took an awful lot of time to knit those services and supports together for myself. MS Ireland was very helpful in terms of pointing me in the right direction. **I am really passionate about this new development in Limerick because it would help people get into a position where they can manage their symptoms more effectively and in a faster period of time.**'

Aoife was out of work for 2.5 years and believes the MS Ireland Midwest Regional Centre would have strengthened her position to go back to work and be an active member of her community faster.

But it's not just about medical care.

It's about connection.

> 'It's simple things like walking in somewhere where someone understands what you're dealing with. You're having that cup of coffee at the counter - it's those brief exchanges that actually can be the most meaningful in a day where you're having a bad day,'

A centre where Aoife's partner could just pop in and have a cup of coffee and feel supported as part of the MS journey.

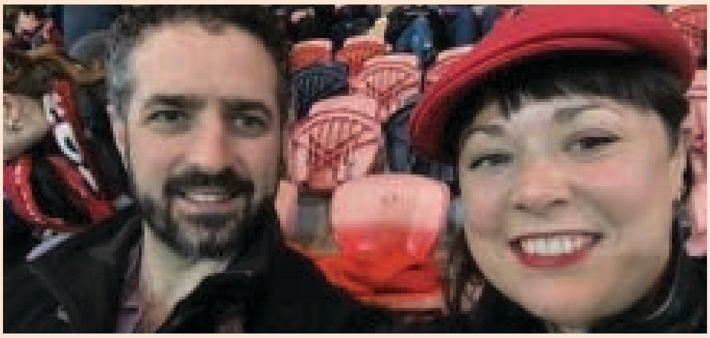
If Aoife could tell our donors one thing it would be:

> **'First of all, thank you.** This could be life-changing for so many people in terms of helping them to get back on their feet, whatever that looks like for them, and to get back out there because people with MS have a lot to offer.'
> 'Everybody's experience of MS is individual to them. The clue is in the name, multiple sclerosis. It can manifest in so many different ways. **You can have a very good quality of life with the right supports and services, and that's what this project is all about.'**

That's why your support matters. It will help people get back to work sooner. Rebuild confidence. Reconnect with their communities. And feel understood.
Please support Renew MS Ireland and help bring vital, life-changing services together under one roof.

Thank you.

P.S. Your donation today will help ensure that people like Aoife can access the care, connection and support they need — faster, easier, and closer to home.



Building a Better Future

At Multiple Sclerosis Ireland's Care Centre, change is underway — change that will transform the experience of everyone who walks through its doors.

The Care Centre based in Dublin has been an important respite for people with multiple sclerosis since 1989, and we caught up with the team at the MS Care Centre who spoke on the importance of renovating and expanding the facility.

> 'We are excited about the future of our centre and can't wait to see an improved environment for our respite users.'
>
> - Janet Lee, Clinical Nurse Manager.

Reimagining the Care Centre

> 'The renovations will significantly enhance our existing building. The need of the community has grown and the Care Centre needs investment in order to sustain our service long into the future for people with MS.'
>
> - Caitriona Hughes, Fundraising Manager.

Plans include the expansion of the physiotherapy suite, which will create more space for movement, rehabilitation, and the safe use of specialist equipment.

Essential upgrades — such as new windows and doors, a modern heating system, and a new roof — will also make the centre more comfortable, energy-efficient, and welcoming.

In addition to our upgrades we have broken ground on our new building attached to the Care Centre, a brand new exercise and education suite. This suite will allow our expertly trained staff to accommodate physio and yoga classes, the MS choir, fatigue management programmes, mindfulness, continence support, and peer support events.

> '**Our new Centre will mean a more comfortable and welcoming space.** We will have added ability for programmes that the respite users can avail of when they visit us. This will help benefit the MS community as a whole'
>
> - Aoife Lambe, National Services Manager.

A Lasting Impact

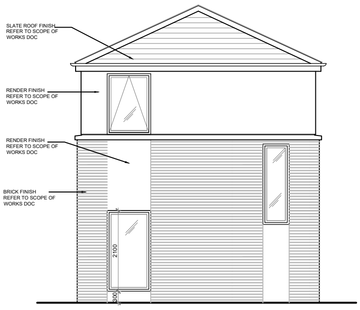
The upgraded environment will feel more comfortable, modern, and welcoming—a place where individuals can truly rest, recover, and feel supported.

> 'We are also thrilled that this National campus will support our dedicated staff to continue delivering the highest standard of care, while strengthening collaboration, communication, and integrated support for people with MS.'
>
> - Ava Battles, CEO.

Looking Ahead

What's most exciting is what this transformation represents: a future where more people living with MS can access the support they need, in a welcoming space that puts their wellbeing first.

With your support, we are making this vision a reality — now is the moment to be part of it.



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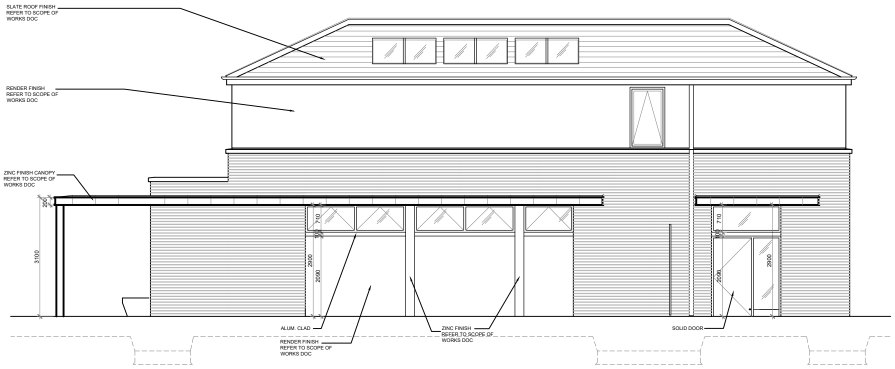
BLOCK A

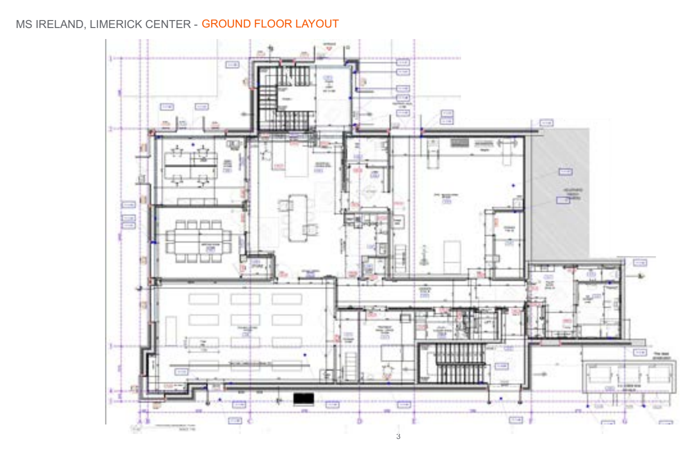


ELEVATION B - B Scale 1:50
BLOCK A

for People Living with MS

GYM

FLEXIBLE STUDIO



MS Ireland Midwest Regional Centre

Take a look at the layout plans for the new MS Ireland Midwest Regional Centre. The building will feature multifunctional rooms to support the delivery of services in the region and will house a fully accessible gym- the first of its kind in the Midwest. The purchase of the building was made possible through the generous support of the JP McManus Pro-Am Fund. With this foundation in place, we are now fundraising to deliver the full vision for the centre.

World MS Day 2026: Many Faces, One Community

Each year on **30 May**, people around the world come together to mark **World MS Day**, a global awareness day dedicated to highlighting the realities of living with MS.

In Ireland, MS Ireland continues to play a leading role in raising awareness by amplifying the voices and lived experiences of those within the MS community.

A Campaign That Reflects Real Lives

For 2026, MS Ireland has launched its campaign, **“MS Journeys: Many Faces, One Community.”**

The initiative recognises a simple but powerful truth: no two experiences of MS are the same. Each person’s journey is shaped by their challenges, achievements, and support systems.

The campaign aims to showcase the diversity of life with MS across Ireland, while also highlighting the shared strength, resilience, and connection that unites the community.

A Nationwide Chorus of Voices

This year, MS Ireland set out to gather **26 personal stories from 26 counties across the Republic of Ireland**. The campaign proudly brings together voices from across the entire country, presenting a truly national picture of what it means to live with MS in Ireland today.

These stories reflect a wide range of experiences, offering insight into the different ways MS can impact daily life, relationships, work, and wellbeing. Together, they form a powerful collective narrative of resilience, honesty, and community. The World MS Day ambassadors will share their stories across a variety of media platforms throughout May 2026.

Why These Stories Matter

At the heart of the campaign is the belief that **real stories create real understanding**. Hearing directly from people living with MS helps to challenge misconceptions, increase public awareness, and ensure that MS remains visible and prioritised.

For many involved, sharing their story has been a meaningful and empowering experience and an opportunity to be heard and to help others feel less alone.

Building Understanding Across Ireland

“MS Journeys: Many Faces, One Community” is a celebration of individuality and unity. By bringing together voices from all 26 counties, MS Ireland is highlighting both the diversity of MS experiences and the strength of the community that connects them.

As World MS Day approaches on 30 May, the message is clear: every story matters, and together, these 26 voices are helping to shape a deeper understanding of MS across Ireland.

How to Get Involved

Throughout the month of May, we will be sharing stories from people living with MS across the country. If you would like to take part, you can share your own story on social media and remember to tag MS Ireland so we can help amplify your voice. Alternatively, you can email your story to communications@ms-society.ie.

If you would like to support MS Ireland’s work, you can donate online at https://www.ms-society.ie/donate

Scan to donate:

Voices from the Community: Three Stories, One Message

As part of **MS Ireland**'s **"MS Journeys: Many Faces, One Community"** campaign for **World MS Day**, people from across the country are sharing their lived experiences — each one different, yet deeply connected. Here are three of their stories.

Aine Geraghty, Galway

For Aine Geraghty, a yoga instructor based in Galway, World MS Day is about recognising the full person behind the condition.

> *"It brings people together and celebrates MS as just one part of a person but not the whole picture. There are many layers to a person living with MS and… we can highlight inspiring people living with MS who are making a profound impact in our communities."*

Living with MS, she says, can feel isolating at times.

> *"It is challenging as it is an invisible illness and it can feel lonely."*

But through her work teaching yoga to others living with MS, Aine has created a space for connection and support.

> *"It has become a support for students and a great way to socialise and meet for coffee and chats afterwards."*

Her message is one of self-belief and compassion:

> *"Sometimes once you move out of your own way you can achieve whatever you put your mind to."*

Declan McCarthy, Cork

For Declan McCarthy from Cork, World MS Day comes down to one word:

"Connection."

Diagnosed at 28, Declan describes living with MS as:

> *"Challenging, exhausting and at times debilitating."*

His journey has reshaped how he approaches life — learning to slow down, open up, and plan for the future with his family.

> *"I quickly realised this is not something I can do by myself… it made me a more open person."*

One of the biggest challenges he faces is fatigue:

> "The word tired just does not cover it. It is its own force."

Despite this, he takes pride in the life he has built.

> "Married the love of my life… and we have two kids."

His message to others is simple but powerful:

"You are not alone."

Iwona Minogue, Kildare

For Iwona Minogue from Kildare, World MS Day is an opportunity to educate and support others.

> *"It is an opportunity to highlight the various stages that can be encountered and… provide encouragement and support to those who are struggling."*

Living with MS has required constant adaptation.

> *"I am constantly adapting and always endeavouring to have a positive attitude to life."*

Although she now lives with limited mobility, she remains focused on enjoying life's moments.

> *"I am permanently immobile, dependant but still able to enjoy many pleasures of life."*

She also highlights the importance of accessibility and awareness in society:

> *"The failure of the wider community to recognise barriers created by disability… such as wheelchair facilities and lack of thought put into building access."*

With strong support from family and services like MS Ireland, she continues to navigate daily challenges with resilience.Her message to others:

"Go for it."

MS Readathon Ireland

READ STORIES. CHANGE LIVES.

MS Ireland
THE MULTIPLE SCLEROSIS SOCIETY OF IRELAND
RCN: 20007867

A huge thank you to everyone who took part in this year's MS Readathon. Throughout November, more than **7,000 children, schools and "big kids"** signed up and together raised an amazing **€170,000** to support people living with multiple sclerosis.

It was a busy and exciting month, filled with author visits, ambassador appearances and weekly creative competitions. This year, we also introduced newly designed **participant packs,** along with brand-new MS Readathon swag including **t-shirts and beanie hats,** which were sent out to participants. Every reader received a medal and certificate to celebrate their achievement.

Thanks to the generous support of **Eason,** weekly competition winners received book tokens and the three top fundraising schools were awarded book bundles. We're also grateful to **Languages Connect,** who sponsored vouchers for children who challenged themselves to read in a foreign language. Ten lucky readers won a six-month subscription to *National Geographic Kids* magazine, while two winners each received a €500 voucher for play equipment.

We're already looking ahead to 2026 and would love to connect with even more local schools. If you're interested in volunteering to visit a school to talk about the MS Readathon and encourage students to take part, please contact **jessicac@ms-society.ie.**

Disability in Sport

SPÓRT ÉIREANN
SPORT IRELAND

Sport is known to be a powerful tool for improving health, wellbeing, and social inclusion. Sport Ireland, the state body responsible for developing sport, plays a central role in ensuring that these benefits are accessible to everyone, including people living with MS. Through targeted policies, funding, and leadership, the organisation is working to reduce long-standing barriers to participation in sport for people with disabilities.

For individuals living with MS, staying physically active can support mobility, strength, fatigue management, and mental wellbeing. However, participation is often shaped by fluctuating symptoms, accessibility challenges, and a lack of tailored opportunities. Sport Ireland understands that disability is not always visible and that people may need flexible, supportive environments to engage in sport at their own pace. This understanding is crucial for people with MS, whose condition can vary day to day.

Despite progress in the area of disability inclusion in sports, a participation gap remains. Barriers to participation can include inaccessible facilities, limited awareness among coaches, transport difficulties, and a lack of confidence or appropriate programmes. For people with MS, additional concerns such as fatigue, heat sensitivity, and uncertainty about safe exercise can further limit involvement.

Addressing these challenges is a key priority under Sport Ireland's Disability Inclusion in Sport strategy, Disability in Sport Policy which focuses on five pillars:

Access, Capacity, Communication, Leadership, and Change.

These pillars aim to improve facilities, increase education and training, promote inclusive messaging, and embed disability inclusion across all levels of sport. Importantly, the strategy emphasises listening to people with disabilities and involving them in shaping the very programmes that affect them.

A central mechanism for delivering this work on the ground is the network of Sports Inclusion Disability Officers (SIDOs), based within Local Sports Partnerships across Ireland. These officers are tasked with increasing participation by working directly with communities, clubs, and individuals. They provide guidance, adapt programmes, support inclusive coaching, and connect people to suitable activities . For someone living with MS, a SIDO can be a key point of contact, helping to identify appropriate classes, ensure accessibility, and build confidence to get involved.

Sport Ireland has emphasised that while sport offers clear benefits, such as improved physical health, social connection, and self-confidence, more must be done to ensure equal access. Their approach highlights both targeted disability-specific opportunities and inclusive models where people with and without disabilities participate together.

For people living with MS, the key message is that sport is both possible and supported. With growing investment, local expertise through SIDOs, and national leadership committed to inclusion, the landscape is changing. While barriers still exist, the combined efforts of Sport Ireland and its partners are helping to create more accessible, welcoming, and adaptable opportunities, ensuring that everyone, regardless of ability, can enjoy the lifelong benefits of sport.

To find out more about Sport Ireland's activities in relation to disability in sport, as well as contact information for local Sport Inclusion Officers, visit: https://www.sportireland.ie/disability-in-sport

Sport Ireland Disability in Sport Week 2026

(Spórt Éireann Seachtain Míchumais sa Spórt 2026)

takes place from December 1st to 7th, and will celebrate the theme:

"Celebrating Ability" / "Ag Ceiliúradh Cumas".

The Week is organised along the following themes.

Monday December 1st: Leadership - Ceannasaíocht

Tuesday December 2nd: Communication - Cumarsáid

Wednesday December 3rd: Capacity - Cumas

Thursday December 4th: Access - Rochtain

Friday December 5th: Change - Athrú

Saturday, December 6th:
Active Participation - Rannpháirtí

Sunday, December 7th:
Active Participation - Rannpháirtí

For further information on Disability in Sport Programme please contact:
Geraldine McTavish
Gearoidín Ní Thaibhis
Disability in Sport Lead
Sport Ireland
gmctavish@sportireland.ie

27th Annual General Meeting

(66th AGM since MS Ireland's foundation)

Date for the AGM – 12th September 2026 at 2.00 p.m.

Dear Member,

Notice is hereby given that the Annual General Meeting (AGM) of the Multiple Sclerosis Society of Ireland will take place on Saturday, 12th September 2026 at 2.00 p.m. The venue will be confirmed closer to the date.

The formal legal notice of the AGM will be issued to members by email (where an email address is available) or by post. Where we do not hold a current postal or email address, notice will be deemed served by publication on the MS Ireland website.

At the AGM, Board members will be elected and the results of any motions put forward will be announced, together with the Council's nominations to the Board.

MOTIONS

Any registered member or Branch may submit a motion to the Governance Committee, which will determine its admissibility for consideration at the AGM.

- **Closing date for receipt of motions:** 7th August 2026

All registered members are entitled to vote. Members who are unable to attend the AGM may appoint a proxy. Proxy forms will be available on the MS Ireland website three weeks prior to the AGM and must be returned to:

MS Care Centre, 65 Bushy Park Road, Rathgar, Dublin 6

Proxy forms must be received no later than **2.00 p.m. on 10th September 2026.**

Call for Board Members – Apply Today

We are currently inviting applications for the role of Director and are particularly seeking candidates with expertise in:

- Clinical / health service leadership expertise
- Human Resources
- Legal
- Public Relations
- Marketing

Members, Branches, Council, Board and staff may propose candidates. All nominations must be proposed and seconded by members.

Nominations under Article 56 may be submitted directly to the Registered Office (MS Care Centre, 65 Bushy Park Road, Rathgar, Dublin 6 D06 CV90), clearly marked for the attention of the Company Secretary. The Company Secretary's role in this regard is administrative and procedural only, ensuring compliance with the Constitution and relevant statutory requirements. The Company Secretary does not assess the suitability of candidates. All valid nominations received under Article 56 will be presented to Members for election at the AGM in accordance with the Constitution.

Further details and nomination forms are available to download from the MS Ireland website.

The Nominations Committee will review all nominations (except those submitted directly to the Company Secretary under Article 56) and will recommend suitable candidates to the Board for election by the Members at the AGM.

In assessing nominations, the Nominations Committee will consider:

- The range of skills required for Board membership
- Geographical representation
- Gender balance
- Relevant experience and qualifications

All candidates must meet the requirements for Directors as set out in the Companies Act 2014, the Charities Act 2009 and MS Ireland's Constitution. Candidates will be required to sign a declaration confirming compliance.

All eligible candidates, whether proposed by the Board or nominated under Article 56, will be presented to Members for election at the AGM.

Closing Dates

- **Applications for Board positions (September 2026 AGM):** 5.00 p.m. on 29th May 2026
- **Applications under Article 56 of the Constitution:** Friday, 26th June 2026

Yours sincerely,
Maurice O'Connor
Company Secretary

Supporting Those Who Care: Family Carers Ireland

No one should have to care alone

Many people living with MS rely on the support of a family member or friend in their day-to-day lives. Behind so many individuals with MS is a dedicated family carer and it's important that they are supported too.

Family Carers Ireland is ***the*** national charity supporting Ireland's 500,000+ family carers - people who provide unpaid care to loved ones with disabilities, chronic illness, age-related needs, mental health challenges or addiction.

Their mission is simple but powerful: **no one should have to care alone.**

What Support Is Available?

Family Carers Ireland offers a wide range of free supports and services for carers, including:

- **National Freephone Careline (1800 24 07 24)** – Confidential information and guidance on entitlements, services, and supports
- Nationwide **Carer Support Team**
- **Tailored family supports**
- **Rights and Entitlements guidance**
- **Carer support groups and wellbeing supports including counselling**
- **Training and education programmes**
- **Help accessing respite and emergency planning supports**
- **Membership**

Family Carers Ireland are also an approved HSE home care provider, offering professional home support services.

Peer Support for MS Family Carers

Family Carers Ireland has been working in partnership with **MS Ireland** to facilitate a dedicated **peer support group for family carers of people living with MS.**

The group has been meeting **monthly online via Zoom since December 2025**, providing a safe and understanding space where carers can connect with others who truly understand the unique challenges of supporting someone with MS. It offers an opportunity to share experiences, learn from one another, and reduce the sense of isolation that caring can sometimes bring.

All are welcome. Whether you are new to caring or have been supporting someone with MS for many years, you will find a warm and supportive environment.

If you are caring for someone with MS and would like to learn more about joining this group, we encourage you to get in touch.
You can find out more by contacting
Mary McCusker- marym@ms-society.ie or you can register at: https://www.tfaforms.com/5198121

Why This Matters for the MS Community

Caring for someone with MS can be rewarding, but it can also be physically and emotionally demanding. Whether your carer is a partner, parent, sibling, child, or friend, it's important they know that support is available to them too.

If you or someone close to you is providing regular care, Family Carers Ireland can offer guidance, reassurance, and practical help.

You can find out more at **www.familycarers.ie** or call their Freephone Careline on **1800 24 07 24**. Search "Carers Ireland" on social media.

Because supporting carers means strengthening the whole MS community.

Caring for someone with MS?

You're not alone. Join our **monthly online** support group for **family carers** – a space to share experiences, gain support, and connect with others who truly understand.

Branch Closures: Recognising Decades of Branch Support

In recent months, two MS Ireland branches, Fermoy and South Kerry have taken the difficult decision to close. Branches are at the heart of MS Ireland's community network, providing local connection, fundraising and support for people living with MS and their families. These decisions were not taken lightly by these branches and reflect the challenges many voluntary organisations face in sustaining the number of volunteers required to fill committee roles.

While it is always difficult to see a branch close, it is also an opportunity to recognise and celebrate the dedication of the many volunteers who have supported their local MS community over the years.

Fermoy Branch

The Fermoy Branch was established in 1974, with its founding committee including John Carey, Peg Ahern, Florence Waters, Mary Scanlon, Tony O'Brien, Mrs Keating, Bina Roache and Fr Patrick Hennessy. Over the decades, the branch played an important role in supporting people with MS locally and raising vital funds for MS Ireland.

The most recent committee members included Dalia Balintsky, Christina Diaz, Doroteya Popova, Brenda Crowley, Pat Kelleher, Adam Grogan, Radhika Mascarenhas, Mary Sheahan Lonergan, Erin ó Donoghue, Patrick Mc Carthy and Madeline & Tony Goacher. They have continued the tradition of local support and engagement in the community.

Among its many activities, the branch's annual walk became a highlight of the local calendar, bringing members and families together each year to raise funds and awareness for Multiple Sclerosis Ireland.

South Kerry Branch

The South Kerry Branch was formed in 1980, with founding members including Pat and Norrie O'Neill, Rosemary Nolan (RIP), Maureen Crowley Joan o Sullivan Les Nolan (RIP) and Kay Flemming (RIP). Since its formation, the branch has been an active and valued part of the MS community in the region.

The most recent committee included Pat O'Neill, Jillian O'Sullivan, Evelyn Moyinhan, Joan Crawley and Pauline Lyons, Pam Walsh, Donal McCarthy, Kathleen McCarthy, Seamus O'Sullivan, Mary Daly O'Connor, John Sweeney, Sheila Teahan and our many volunteers, whose efforts ensured the branch remained active and connected to the local MS community.

Over the years, there have been countless fundraising events, from church gate collections and flag days to sponsored walks, busking events and many other creative initiatives. These events were made possible thanks to the support of many volunteers and supporters in the community.

Both branches would particularly like to acknowledge the contributions of our members, volunteers and Church Gate collectors and their families along with the many other helpers over the years who gave their time and energy to ensure fundraising and community activities could take place.

Looking Ahead

The work and dedication of branch volunteers has made a lasting impact on MS Ireland and the wider MS community. While these branches have now closed in Fermoy and South Kerry, MS Ireland's regional services remain in place, and people living with MS in these areas will continue to have access to support, information and programmes.

MS Ireland extends its sincere thanks to all the volunteers, committee members, fundraisers and supporters who have contributed to these branches over the years. Their commitment has helped strengthen the MS community and support people living with MS across Ireland.

MS Sing 4 Fun Group

The MS Sing For Fun group continue to meet once a month in Ballyroan Community Centre, Rathfarnham, Co. Dublin.

They are a joyous group, full of wonderful people who all have a love for music. The group is open to anyone living with Multiple Sclerosis and also their family and friends. There is no experience necessary, only a love for music and singing.

They performed at an MS coffee morning, at a Branch Christmas Lunch and at the MS Conference in Cork. The feedback they have received so far has been absolutely wonderful.

We currently have approximately 20 members in the group and we would love to grow it even more. If you would love to join a friendly, welcoming, joyous group and you have always loved music, why not come along to give the class a try. We would love to have you there!

Everyone is very welcome to come along to try out the class and hopefully then join this friendly group.

In class, the group learn all about the art of singing and how we use our voice and body to sing. We incorporate fun vocal warmups and learn songs and harmonies in a very relaxed easy way.

The group had their first public performances during November and December.

Our upcoming class dates are:

Saturday March 14th

Saturday April 11th

Class runs from 11.00am - 12.30pm in Ballyroan Community Centre and we usually stay for a cuppa after too.

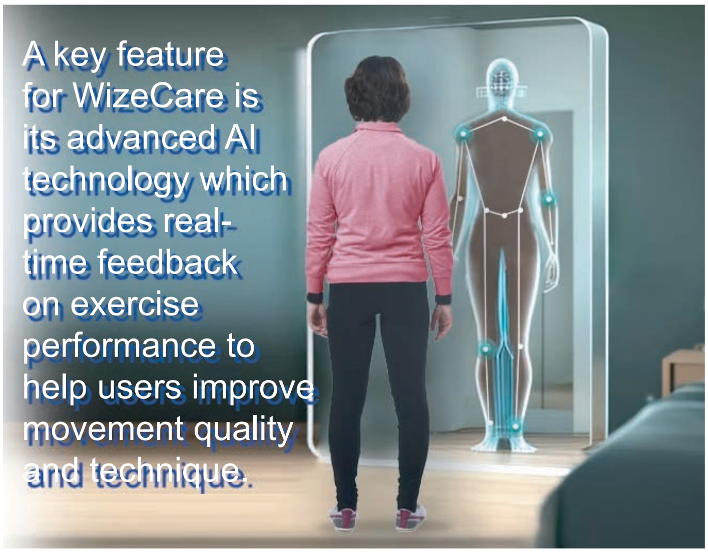
Please contact Niamh on 086 036 4369 for more information.

PLATINUMS Project

ImPLementation of an Advanced TelerehabIlitatioN solUtion for people with Multiple Sclerosis

Exercise has been shown to have many beneficial effects on MS symptoms, physical function, mobility, and overall quality of life among people with MS. However, many individuals still face barriers when trying to access specialist physiotherapy including living in remote areas, transport difficulties, long travel distance, financial cost and fatigue.

Since the COVID-19 pandemic, there has been a substantial increase in the use of telerehabilitation to help overcome these barriers. Telerehabilitation involves delivering rehabilitation services, such as physiotherapy, through telecommunication networks and the internet. Telerehabilitation offers the potential to provide accessible, convenient and cost-effective physiotherapy at home. However, this approach has not been extensively researched in people with MS.



A key feature for WizeCare is its advanced AI technology which provides real-time feedback on exercise performance to help users improve movement quality and technique.

The PLATINUMS project is a 2-year EU funded project under Transforming Healthcare Services fund investigating the use of an advanced telerehabilitation system called WizeCare to provide individualised physiotherapy programmes at home. A key feature for WizeCare is its advanced AI technology which provides real-time feedback on exercise performance to help users improve movement quality and technique.

This is a collaborative project across four European countries. In Ireland, the project is led by the University of Limerick in partnership with MS Ireland. The principal investigator for the project in Ireland is Prof Matthew Herring and Co-researchers Dr Susan Coote and Eoin Synnott.

The PLATINUMS project aims to investigate four key questions:

1. Is WizeCare usable and feasible for people with MS?
2. Can strength, balance and mobility tests be completed remotely at home using WizeCare in a valid and reliable way?
3. Is it feasible to deliver individualised physiotherapy programmes through WizeCare at home, and does it improve strength, balance and walking outcomes for people with MS compared to standard paper-based programmes?”
4. Is the WizeCare system cost-effective for people with MS?

To date, the team completed a study examining the usability of the WizeCare telehealth system. The findings are currently being analysed and will be published soon.

A Public Patient Involvement (PPI) panel has also been established. This panel brings together members of the research team and people living with MS to ensure that the project remains patient-focused and that the study design and outcomes are meaningful and relevant. The team would like to sincerely thank all volunteers for their valuable time and contribution.

In 2026, the project will aim to investigate the use of WizeCare for remote clinical testing and the feasibility and effectiveness of WizeCare to deliver individualised physiotherapy programmes and its effect on balance, strength and walking for people with MS.

If you would like to take part in these upcoming studies, please feel free to contact eoin.synnott@ul.ie for more information.

THCS
Transforming Health and Care Systems

SIGN UP FOR MS IRELAND'S LOTTERY

MS IRELAND'S ONGOING LOTTERY IS RAISING FUNDS TO SUPPORT OUR REGIONAL SERVICES

Play

Pick 4 numbers
The same numbers will be played for you each week

Pay

1 line for €3.00, 2 lines for €5.00 or 3 lines for €6.00
Maximum 3 lines per person

Win

Match 4 numbers to win the Jackpot

€50 WINNER- EVERY WEEK!
CURRENT JACKPOT IS €1,500

SIGN UP TODAY!

WWW.OURFUNDRAISER.IE/ORG/MSIRELAND

OR VISIT OUR WEBSITE

MSIreland
THE MULTIPLE SCLEROSIS SOCIETY OF IRELAND

Help us support our regional services- and win big in

The MSIreland Lotto

MS Ireland's charity lotto is a fundraising initiative that will help support the wonderful work our regional services provide. The funds will go towards providing a wide range of group support through physiotherapy programmes, events, workshops and activities.

How it works:

- €3 for 1 line, €5 for 2 lines, €6 for 3 lines **(maximum of 3 lines per person)**
- The **jackpot rolls over** until there is a winner, and it will rise to **a maximum of €3,000**
- **Every Thursday** there is a draw for a prize of €50, plus the chance to win the Jackpot

That's right- every single week someone wins €50! Join our community of 30+ lucky winners. Throughout the year we will also be doing spot prizes and special draws all you have to do is have 1 active line in the lottery.

We hope you and your friends and family will consider joining our lotto and help us make an impact. We have nearly 7,200 people with MS who are registered with regional services. In 2025, 1549 individuals received a 1:1 casework, over 1000 received physiotherapy and over 900 people availed in fatigues management, mindfulness, information and peer support sessions.

You can learn more here www.ourfundraiser.ie/org/msireland

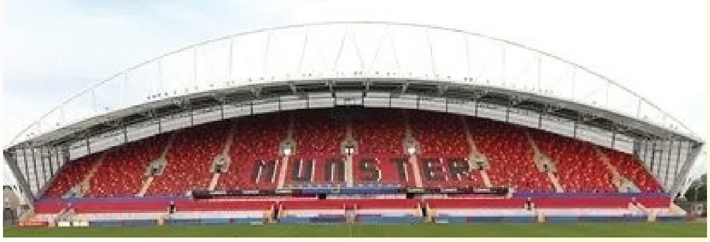
UPCOMING EVENTS

Arctic Challenge

Join us this December (date to be confirmed) for our unforgettable Arctic Challenge. Set high above the Arctic Circle, deep in the heart of the tundra, this promises to be a truly magical experience complete with the breathtaking glow of the aurora borealis (we hope). Stay tuned to our socials for registration details and your chance to be part of this once-in-a-lifetime adventure.

Abseil

We are excited to host a wonderful day at the exciting new abseil location at Thomond Park, launching our fundraising initiative in support of the MS Wellness and Education Hub in Limerick. If you would like to join us in Thomond Park on the 8th May or in Dalkey (date to be confirmed), please contact melaniec@ms-society.ie for more details & dates.



Skydive

Join our amazing skydivers as you take the leap of a lifetime and jump out of a plane while raising vital funds for MS Ireland! Register to skydive in Ireland via our website https://www.ms-society.ie/get-involved/fundraise-us/skydive-ms-ireland or contact melanie@ms-society.ie for dates that suit you.

Women's Mini Marathon

We would love you to join us on May 31st for the Mini Marathon. This year, we will have a team from the Care Centre joining you for the event.
If you would like to take part, please contact melaniec@ms-society.ie

THANK YOU

Exceptional fundraisers

Dublin Marathon

Last year the Dublin Marathon participants raised over €77,000 – a record-breaking year! If you would like to run the Paris/Cork or Dublin marathons in 2026, please contact melaniec@ms-society.ie for more information.

THANK YOU contd.

GAA support

We were extremely fortunate to receive the generous support of two GAA clubs, Enniscrone/Kilglass and Ardnaree Sarsfields, who raised significant funds over Christmas through matches and a tractor run in support of MS Ireland.

Community Fundraising

Jill Barry organised a hair dyeing event, which raised €2,500.

Karen O'Hanlon of SGS Ltd organised a fashion night, raising €1,600.

Corporate Partners

We are delighted to announce that our 2026 corporate partner is:

MKC COMMUNICATIONS

Charity Golf Day & Walk

Many thanks for the continued phenomenal support from the Windward Purchasing Team for their annual charity golf day and walk.

IS THERE SOMETHING You'd like to share?

We would love to hear from you!

A key aim of MS News is to share things that matter to our community.

If you'd like to write a piece for the magazine or share your story, please contact aoifek@ms-society.ie

You might even win a beanie hat!

Help Us Reduce Costs

Annual General Meeting Papers - Print and Postage Costs

Over €10,000 could be saved!

MS Ireland
THE MULTIPLE SCLEROSIS SOCIETY OF IRELAND

We are required by law to send all members of Multiple Sclerosis Society of Ireland (MS Ireland) notice of our Annual General Meeting (AGM) and related papers.

At present, these documents are sent by post unless you choose to receive them by email.

In 2025, the cost of printing and posting AGM packs was €11,500. We would much prefer to use this money to support vital services for people living with MS.

You can help us by choosing to receive AGM documents by email.

What you need to do:
Please scan this QR code, tick the box and submit your email, and automatically save us €2:

If you prefer to continue receiving documents by post, you do not need to take any action.

Thank you for your support in helping us make the best use of our resources