

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 85
Summer 2026



Dia Dhaoibh! Hello there!

Well, Hello there.... and Goodbye! This is my last time editing and producing *Mo Shaol*. After thirteen years, it is time to hand over to someone younger. I have enjoyed my time doing it – most of the time; there were times when it was difficult to find material to fill these four pages. I hope you have found it useful and enjoyable. The new editor will be Julie Martin who, unlike me, is a person with MS. Julie will bring new ideas and a fresh approach to the newsletter, and I wish her well.

The photo above is of Kilfarassy Beach in Co. Waterford. I had reason to visit there a couple of years ago: actually, it was to *re-visit* one of the scenes of my childhood. Each summer, my parents took my sisters and me there to swim and to enjoy clambering over the rocks. It had been decades since I was last there, and I was surprised by how the memories and emotions of those childish days came flooding back. What struck me most was remembering how challenging these rocks seemed to climb, back then, and my father urging me to help my younger sisters.

Life, especially when you have a disease like MS, requires others to provide support. That's why we in the South Mayo Branch of MS Ireland are here: to help when needed. **We are here for you.**

Tony Candon, Editor

Jackie writes...

Hello all

I am writing this with the sun beaming in the window on a fabulous evening, but I am also very aware that for many this heatwave is probably proving a challenge in minding your energy levels and fatigue. Remember to keep well hydrated, increase the number of rest breaks and listen to your bodies if they are overheating take it as easy as possible

We had a really good turn out to both of our coffee mornings in Castlebar in April and May and a big shoutout to the HSE Incontinence Team in Castlebar Primary Care team for joining us and giving us a very insightful presentation about incontinence and how they can support the MS community. If you require any information on this, please let me know.

The Western Region Newsletter should be in your inboxes in early September which will detail all upcoming events. My colleague Lesley and I are planning delivery of **FACETS** -Fatigue Management Programme in Autumn 2026 so please get in touch if you would like your name on the waiting list.

Also don't forget the National Conference will be on in Galway the 16th & 17th of October so please put that date in your diary; further details will be available soon. All MS Ireland's online Physio classes will be back in full swing in September so keep an eye on your emails for updates.

As always please feel free to make contact with me via phone or email if you need any assistance at all.

Jackie

Email: jackiek@ms-society.ie; Phone: 087 - 2502 031.

My working days are Monday – Thursday 9 am – 5pm.

September Outing

The Branch will host an outing to Killary Harbour on the first Saturday of September.

We will cruise down the harbour on board the Connemara Lady from 2:30 p.m. There will be tea and coffee and scones available upon boarding. The boat is fully wheelchair accessible and there are disabled facilities onboard.

Later, we will gather for dinner in Covey's in Westport at 5:30 p.m.

If you can't make the cruise but would still like to join us for the evening meal, you are most welcome.

The cost to you is €20 per person, payable on our Idonate page - <https://www.idonate.ie/team/msmayosouth>. If you have any problems with this, and for further information, contact Louise on 087 – 6799 131.



MS Ireland
SOUTH MAYO
BRANCH
The Multiple Sclerosis Society of Ireland

Day Trip

Join us for a memorable day out!

KILLARY CRUISE

AND

Dinner

IN
COVEY'S
— WESTPORT —

-  Killary Cruise @ 2:15 pm
-  Dinner at Covey's @ 5:30 pm
-  Great Company & a Relaxing Day Out

SATURDAY
5TH OF SEPTEMBER

 TO BOOK YOUR PLACE CONTACT LOUISE ON 087-6799131 OR EMAIL SOUTHMAYOBRANCH@MS-SOCIETY.IE

If you can't make it for the cruise why not join us for dinner!
- deposit 20euro p.p.

For Sale

Julie Martin is selling her Kymco K-Lite Comfort Mobility Scooter. She bought it new in 2021 for €1,540 and is now selling it for €500 ONO (negotiable)

- Excellent mechanical condition
- Comfortable padded swivel seat with armrests
- Front shopping basket included
- Easy to dismantle into: Front/base section, Rear wheel section and Seat
- Heaviest part only 15 kg

For more information, contact Julie directly: 086 – 384 0418.



June Outing to Athlone

You will probably remember that the South Mayo Branch organised a two-night trip to Athlone at the beginning of June, staying in the Sheraton Hotel in the town, with dinner together on Thursday evening, 4th June. It was a very enjoyable outing. Here are some pics from the dinner.



MS Ireland Annual Conference

The annual conference of MS Ireland this year will take place in the Clayton Hotel, Galway on 16th and 17th October. The theme of the conference is *Living Well: Managing MS, Building Communities*. The full programme for the conference has not yet been issued.

If you would like to attend, note that the Branch can cover the cost of your attendance.

Further details in due course.



Fampridine / Fampyra

You may have seen recent news from the UK about Fampridine (Fampyra) and that it is now to be available free to those who need it through the NHS. **This medication is already available in Ireland for some people living with MS through a responder-based HSE reimbursement scheme.**

Fampyra is a medication used to help improve walking ability in some people with MS. Not everyone will benefit, so access to the treatment is based on whether it makes a meaningful difference.

If you would like to find out whether Fampridine (Fampyra) may be suitable for you, speak with your neurologist, MS nurse or another member of your healthcare team. They can advise whether this treatment is appropriate for your individual circumstances.

Experimental compound boosts myelin repair in preclinical MS study



According to a new study, a small molecule called CN045 may help repair myelin — the protective coating around nerve fibres that is damaged in multiple sclerosis (MS).

Researchers found that CN045 promoted the maturation of myelin-making cells in lab tests as well as modestly increased remyelination, the process of repairing damaged myelin.

This research is still in its earliest stages and further research is needed to optimize CN045 and determine whether it could eventually help preserve nerve function in PwMS.

Overall, researchers say CN045 represents a promising starting point to develop future remyelination therapies – which can only be good news!

I came across this report earlier today as I was finalising this edition of the Newsletter. You can read the full report [here](#).

Committee Members, South Mayo Branch MS Ireland, 2026-27

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



To contact the Branch directly, please email: southmayobranch@ms-society.ie

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