

April 2011

# East Coast Area News

Hello and welcome to the Spring issue of your East Coast Area News. The sight of daffodils outside our office window gives us hope that the long harsh winter is finally behind us and we can look forward to some warmer weather and hopefully some sunshine. The stork has visited us yet again at the Regional Office as Jennifer has now welcomed a baby daughter into her family! She will be on leave for a while, but our work at the Regional Office continues, with Aoife our Resource Worker available at the office (01) 2871704 or [eca@ms-society.ie](mailto:eca@ms-society.ie) every morning and Geraldine our Community Worker (087) 2484267 or [geraldined@ms-society.ie](mailto:geraldined@ms-society.ie) working full-time Monday to Friday.

## Thank You From MS Ireland As We Celebrate 50 Years!

MS Ireland, the services, research and information society supporting people with MS, is taking the opportunity to say thank you as the society celebrates 50 years of service to the MS community. The first inaugural meeting of MS Ireland took place on February 22<sup>nd</sup> 1961. This was the beginning of a nationwide volunteer and fundraising effort to provide essential care, therapies and information to those with MS and their families.

MS Ireland wish to thank our members who through their local voluntary Branch, Regional Office and involvement with national campaigns have fostered hope, pledged friendship and built a strong network of support. We look forward to continuing a relationship that provides much needed services that have a hugely positive impact on the lives of those with MS and their families.

As part of the 50 year celebrations local events will take place throughout the year aiming to thank the local community for their support and to raise awareness of MS and the services available to those affected by MS. Other events throughout the year include the launch of 'Friends of the MS Care Centre' in March, World MS Day on the 25<sup>th</sup> of May and a national convention on the 10<sup>th</sup> of September. Check out our website for more details of our activities for the year [www.ms-society.ie](http://www.ms-society.ie)

## Update: Emailing Newsletter

In our last issue we asked you to send us your email address if you wished to receive our newsletter and other information electronically. We have had a great response so far. If you haven't done so already and would like to receive all information in future by this method, email us at: [eca@ms-society.ie](mailto:eca@ms-society.ie).

Your email address will only be used by MS Ireland and will not be passed on to any third party.

## Mobile Phone Numbers

If you would like to give us your mobile phone number please contact the office on (01) 2871704 or [eca@ms-society.ie](mailto:eca@ms-society.ie). We can then text you reminders of upcoming events.



## Dublin Multiple Sclerosis Meet Up Group

### —a message from a member

The Dublin Multiple Sclerosis Meet Up was founded on March 13th 2010 and is a social group for people affected by M.S. MS can be difficult to manage but we can use it as a great reason to get together, and make a positive difference in our lives. This group is for people who want to meet new people, build friendships, take part in the group activities/ events , share stories, experiences, develop a community and have a bit of fun. Events will be held in Dublin and the surrounding areas,

We meet every two weeks on a Saturday afternoon at 2.30pm in the IFI Cafe/ Bar which is located in the heart of Temple bar, Dublin 2. It is accessible to everyone. If you are new to the group we can have a Meeter Greeter to meet you before the meetup to ensure that everyone is given a warm welcome. And finally if you require any more information about the MS Meet Up you can log on to [www.meetup.com/ Dublin- Multiple Sclerosis-Group](http://www.meetup.com/Dublin-Multiple-Sclerosis-Group) or check out their Facebook page.

## Live Advisor Service

New Online Live Advisor service from the Citizens Information Phone Service...

[www.ciboard.ie/liveadvisor](http://www.ciboard.ie/liveadvisor)

Live Advisor is an instant chat service operating between the hours of 9am and 5pm (Monday to Friday) which is targeted specifically toward people with hearing and speech difficulties and to others who have difficulty communicating by telephone. CIPS provides information on public services and on the entitlements of citizens in Ireland.

If you need any further information on the Live Advisor service or the work of CIPS please email [phoneservice.admin@citinfo.ie](mailto:phoneservice.admin@citinfo.ie)

***Citizens Information Phone Service (CIPS) is funded and supported by the Citizens Information Board***

## Summer Yoga

We are delighted to announce that there will be two summer courses of our popular yoga classes. Dates and venues are as follows:

Mount Merrion: 9th May to 18th July (no class on 30th May or 6th June or 27th June)

Shankill 6th May to 24th June.

If you would like to participate, please contact the office on 01-2871704 or [eca@ms-society.ie](mailto:eca@ms-society.ie) and we will post an application form out to you.

## Regional Summer Events

### A Long Weekend Break in Cuisle

Cuisle is a unique holiday centre run by the Irish Wheelchair Association within the grounds of Donamon Castle in Co Roscommon. It offers ensuite bedrooms, with a care support service if required. The centre organises fishing, shopping and sightseeing trips for groups of residents. It is fully accessible. Attractions within easy reach of the centre include the River Shannon, Galway City and Strokestown Park & Famine Museum. Check out [www.cuisle.ie](http://www.cuisle.ie) for more information.

MS Ireland are organising a group of people with MS (carers/friends welcome to accompany you) to visit Cuisle for a 3 day break from 20<sup>th</sup> to 23<sup>rd</sup> May. We expect the cost per person to be approximately €50 including accommodation, meals and excursions. Please phone or email the Regional Office for more details (01) 2871704 or [eca@ms-society.ie](mailto:eca@ms-society.ie).



### Teens Break in Carlingford

Our annual break away for teenagers will take place from 28<sup>th</sup> to 30<sup>th</sup> June. It's a great opportunity for young people who have a parent with MS to get together. Every year, approximately 20 teens from across the region join us for this exciting break. The venue once again will be Carlingford Adventure Centre, Co Louth. Activities are land and water based, and it has proven to be a really fun adventure in the past. The cost for this break is €30 per person or €50 for 2 members of one family. Please phone or email the Regional Office for more details (01) 2871704 or [eca@ms-society.ie](mailto:eca@ms-society.ie)

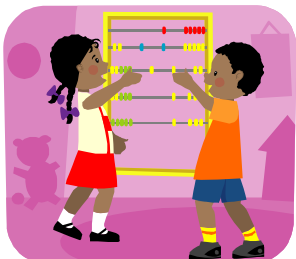


### Children's Break (8-12 year olds)

Our annual day out for 8-12 year olds with a parent with MS will be held on Wednesday 6<sup>th</sup> July. The venue this year will be Tayto Park, Ashbourne, Co. Meath. The cost per person will be €10.

*"Some of the attractions include The Lodge featuring a range of shops and a restaurant, as well as 'Teahouse in the Tree House' set in an old sycamore tree. The Potatohontus Native American Village comprises six different tipi tents, Pet-Tayto Corner features rabbits, ducks, geese, pheasants, 10 different types of rare birds and lots of especially colourful and unusual hens. The Pow Wow Playground contains four towers, slides, climbing walls and bridges. Buffalo Ridge is home to 250 farmed herd of buffalo and can be enjoyed from a viewing platform"*

Please phone or email the Regional Office for more details (01) 2871704 or [eca@ms-society.ie](mailto:eca@ms-society.ie)



## Cookies that Care Campaign

Would you like to host a coffee morning to raise awareness of MS and help support MS Ireland's work? The new Cookies that Care Campaign is a new fundraising drive which will run from April to the end of June. We are encouraging people to host a cookie-coffee event or any other type of fundraiser to help support our campaign.

You can:

- ◆ Host a coffee morning in your home, workplace or club and ask people to make a small donation.
- ◆ Put your baking skills to the test! Ask your kids' school to hold a cake sale for MS Ireland or host one yourself in your local club. People love cake and biccies!
- ◆ Attend MS Ireland's coffee morning in Bridgewater Centre, Arklow on 28<sup>th</sup> May (which will coincide with our World MS Day bucket collection) and make a donation
- ◆ Any other fundraiser you can organise: those of you inspired by 'Come Dine With Me' or 'Masterchef' could host an MS Ireland Dinner Party (any excuse to have your friends over), a bridge night or a golf classic

On registering for this event, you will be sent a special fundraising pack which will include a poster, a selection of recipe cards from Kevin Dundon and other celebrities, an MS Ireland t-shirt and some MS Ireland literature. You can register by email at [cookies@ms-society.ie](mailto:cookies@ms-society.ie) or by phone on (01) 6781600 or check out our Facebook page.

## Respite Survey

MS Ireland is conducting a survey about the experience of at home care and respite care among people with MS and their families.

This survey will help us inform the public and various stakeholders about the valuable role played by carers and the importance of respite for the person and the family.

Please take a few moments to complete the survey: <http://www.surveymonkey.com/s/PHV67N2>

## World MS Day 2011 – Volunteers Needed!

World MS Day will take place this year on Wednesday 25<sup>th</sup> May. To mark the occasion we will be hosting a Coffee Morning and Bucket Collection at the Foodcourt, Bridgewater Shopping Centre, Arklow, Co Wicklow on Saturday 28<sup>th</sup> May at 11am. We would love to see as many of you as possible join us for a coffee and a chat. This coffee morning is open to People with MS, Carers, family members, friends, etc. All donations received in our bucket collection will be used to support the MS Ireland services in the East Coast Area. If you would like to volunteer to help out on the day, we would love to hear from you! Please call Aoife on (01) 2871704 for more details.

## Physiotherapy Classes

We intend to organise another round of physiotherapy classes in the Autumn. If anyone is interested, please contact the regional office on 01-2871704 to register your details.

## Mindfulness Clinic

**Oasis Counselling Centre will establish the first Mindfulness Clinic in Ireland in spring, 2011.** Mindfulness-based approaches are one of the most cost-effective interventions in mental health, are evidence-based and support many different populations including clients in recovery from depression, addiction, and stress related issues. The UK National Institute of Clinical Excellence (NICE) has recently endorsed Mindfulness-Based Cognitive Therapy as an effective treatment for prevention of relapse.

This will be the first Mindfulness Clinic in Ireland and the service will be provided free to clients, participants and the voluntary sector. This project is funded through Pobal with the support of the National Office for Suicide Prevention, the Department of Community, Equality and Family Affairs and the Department of Health and Children.

**Oasis Counselling will provide the following eight-week trainings from April, 2011.**

- Mindfulness-Based Stress Reduction (MBSR), for Anxiety, Stress, Panic, Chronic Pain
- Mindfulness-Based Cognitive Therapy for Depression (MBCT)
- Mindfulness-Based Relapse Prevention, Recovery from Addiction (MBRP)

### Open Week and Information

You are invited to attend our open week: **Monday-Thursday, 18th -21st April**, from 10am to 5pm to learn about this service. Further information is available from: [www.oasis-mindfulness.org](http://www.oasis-mindfulness.org) or Tel: 01-836 45 24. Please see below re: possible benefits of mindfulness.

## Benefits of Mindfulness

Mindfulness meditation may ease fatigue and depression in multiple sclerosis

Learning mindfulness meditation may help people who have multiple sclerosis (MS) with the fatigue, depression and other life challenges that commonly accompany the disease, according to a study published in the September 28, 2010, issue of *Neurology*, the medical journal of the American Academy of Neurology.

In the study, people who took an eight-week class in mindfulness meditation training reduced their fatigue and depression and improved overall quality of life compared to people with MS who received only usual medical care who declined slightly on most of the measures. The positive effects continued for at least six months.

The study was supported by the Swiss National Science Foundation, the Stanley T. Johnson Foundation, the Swiss Multiple Sclerosis Foundation, Sanofi-Aventis, Merck Serono and Biogen Dompé.

### Journal reference

Grossman P, et al.

MS quality of life, depression, and fatigue improve after mindfulness training: A randomized trial. *Neurology* 2010;75:1141-1149.

## South Dublin Branch

The postponed **Christmas Dinner and entertainment** was held at the West County Hotel, Lucan on Saturday 12<sup>th</sup> March.

The **Annual General Meeting** will be held at the Stillorgan Park Hotel on Saturday 9<sup>th</sup> April commencing at 2.00pm followed by light refreshments etc. Please confirm if you intend to attend to Ann Price (086) 3409583 or to Tony Mc Carthy (085) 7846073. The Branch will also mark the **50th Birthday of the MS Society** on this day. The MS Society of Ireland was founded in the South Dublin area 50 years ago and we hope this will be a very special occasion.

**New Committee Members!** Anybody willing to serve as an officer or member of the committee should contact Ann Price for further details.

Tony Mc Carthy    Ann Price    Darach Connolly  
Chairman            Secretary            Treasurer

The annual **Mass** will be held on Monday 9<sup>th</sup> May at Marianella, Orwell Road, D6 at 7.30p.m.

**Volunteers Needed!** The Branch is run by volunteers as a support for those affected by M.S. We are dependent financially for funds on flag-days and bag packs. If you, your family or friends are willing to volunteer please contact any of us.

*For Sale: Toby Churchill Lite Writer (speech machine) for sale in good condition. Please contact the office on 01-2871704 for further details.*

## East Wicklow Branch - Writers Group

The second course of this Writers' Workshop finished just before Christmas. It is organised by Mark Mitchell of the East Wicklow Branch of MS Ireland. The group is guided by poet Katie Donovan. Both courses were most successful. The course runs for two hours each week for six weeks. The same group of five people attended, and it is no exaggeration to say that everyone thoroughly enjoyed the experience. We read out and discussed what each of us had written since the previous class. This might sound daunting, but in fact it is not at all, and we have each learnt a lot and also become good friends. Many of us had no experience of writing before joining this group.

We all look forward to the next course starting and new people would be most welcome.

*Julie Hart*

If you are interested in finding out more about this group or would like to join the next course please email mark.mitchell8@gmail.com.

## Programme of Events

28 April	Carers' Coffee & Chat The Foodcourt, Dundrum Town Centre
5 May	Coffee & Chat Tinakilly House, Rathnew
12 May	Coffee & Chat The Foodcourt, Dundrum Town Centre
6 May- 24 June	Yoga Shankill
9 May - 18 July	Yoga Mount Merrion
19 May	Coffee & Chat Avoca Kilmacanogue
26 May	Coffee & Chat Brooklodge, Macreddin, Aughrim
June	Carers Day
28-30	Teenagers with a Family Member with MS Activity Break
30 June	Carers' Coffee & Chat The Foodcourt, Bridgewater SC, Arklow
July	Childrens Activity Day (8-12 yrs old)

## East Wicklow Branch

The East Wicklow Branch will hold their **AGM** at the Glenview Hotel, Glen O'Downs shortly and we look forward to seeing many of our members there. The branch will be in touch with members to communicate the date and time.

Congratulations to branch member **Simon Harris** on his election to Dail Eireann !

The MS Regional Office would like to thank the East Wicklow Branch for their generous sponsorship of the **Coffee Morning** at Avoca, Kilmacanogue on 15th February. The Branch will also sponsor the upcoming Coffee Morning at Avoca on 19th May.

The Regional Office would also like to thank the East Wicklow Branch for their kind support in assisting us with funding for the **Physiotherapy Group** in Open Door Centre, Bray.