

May 2010

East Coast Area News



Welcome to our Summer 2010 newsletter.

We are all wishing for some good weather this year and we have planned some summer events for all the family to enjoy (details on back) to try to ensure you have some fun over the coming months.

Also included in this issue are details of World MS Day, news about a new Young Persons group, and details of recently held Branch AGMs.

Wishing you all a very pleasant summer!

Do you use mobile phone text or email?

We are currently trying to update our mailing list contact details as we are aware that many people now use mobile phones and email as their main communication tools. This will also help us to communicate with you more efficiently and in a much more environmentally -friendly and cost-effective way.

If you use email and would like to receive newsletters and mailing from us by email instead of by post, we would love to hear from you.

Also if you have a mobile phone, we would be delighted if you would let us have your number (if we don't already have it) so that we can text you with messages, reminders of events we are running, etc.

You can send us an email to: eca@ms-society.ie or phone our office (01) 2871704

World MS Day 2010

World MS Day is coming up very soon on Wednesday 26 May. This day is about raising awareness of MS as well as fundraising to support the Getting the Balance Right exercise programme in your local community. Events planned for World MS Day include:

- Bucket collection in Dundrum Town Centre on Wednesday 26 May (**volunteers welcome!**). Proceeds will fund further physiotherapy programmes in the local area.
- Pringle Lecture—Prof Michael Hutchinson will give a lecture on emerging therapies and current research at the D4 Hotel (formerly the Berkeley Court) on Wednesday 26 May at 7pm . Admission free. Please contact Eilish on: 01 6781600 to book your place.
- On Saturday 29 May the MS Care Centre, Bushy Park Road will host a coffee morning and cake sale, including music in the garden, face painting, a raffle and a lucky dip! Admission E5. Donations of cakes and unused gifts for the lucky dip will be gratefully received. Tel: (01) 4906234 for more details.

Disclaimer:

The views expressed here do not necessarily reflect the views and policies of MS Ireland. While every effort is made to ensure the accuracy of the information provided, the editor is not responsible for any error or inaccuracy that may occur.

Carers Pamper Day

Our annual pamper day for carers, partners and family members of people with MS will be held on Thursday 22nd June at the Avon Ri Leisure Resort, Blessington. Previous carers days held here have been very popular as it is a beautiful lakeside location with stunning views, perfect for escaping from it all for a day! The day will include a variety of fascinating talks. Individual relaxation treatments will also be available.

This event is a great opportunity to meet with others in a similar situation, share stories and talk about common issues. If you need help to arrange alternative care at home, or if you need a lift, please contact us. We may be able to help. Applications Forms available from the Regional Office: 01 2871704

Branch AGMs & Summer Coffee Mornings

The South Dublin Branch AGM was held on Saturday 10th April at the MS Care Centre, Rathgar. The newly elected committee are: Chairman: Tony McCarthy, Vice Chairman: Jason Power, Secretary: Ann Price, Treasurer: Darrach Connolly. The Branch would love some new members so if you would like to get involved in some voluntary work for MS Ireland in your local community, please get in touch. The South Dublin Branch will host a **coffee morning on 21 July at Airfield Trust, Dundrum and everyone is welcome**. If you would like to join the branch please contact Ann Price, Secretary on: 086 3409583.

The East Wicklow Branch AGM was held on Saturday 17th April in the Glenview Hotel, Glen O'The Downs. Simon Harris, Branch Committee Member and Fine Gael Councillor gave a talk on entitlements and accessibility schemes of interest to people with MS in the Wicklow area. The branch committee are: Chairman: Mark Mitchell, Vice Chairman: Clinton Binions, Secretary: Tommy Tallant, Treasurer: Jimmy Hayes. The recently reformed East Wicklow Branch now covers the general Wicklow area and would love to welcome any new members from all areas of County Wicklow. The East Wicklow Branch will host a **coffee morning at 11:00am in the Fernhouse Café, Avoca, Kilmacanogue on 15 July and everyone is welcome**. If you would like to join the branch, contact Tommy Tallant, Secretary on: 086 2462661.

Young Persons Meet Up Group— NEW!

A new Young Persons group has been set up on www.meetup.com/

Dublin-Multiple-Sclerosis-Group. The group meets informally every second week (Saturdays) in Dublin for a coffee and chat. If you are under 35 and would like to meet other young people affected by MS, just to chat and have fun, you can join online and get details of the next meeting.

Scooter for Sale

Hardly used. Model: Taxi 3W.

Silver colour, basket, cover, battery pack etc included.

Cost €1500 new. For sale €900 or nearest offer. Please contact Nicki on (087) 6894746.

Programme of Events 2010

26 May	World MS Day
22 June	Carers Pamper Day Avon Ri Resort, Blessington
1 July	Teenagers Adventure Break Carlingford
7 July	Younger Persons Fun Day Dublin & Wicklow
15 July	Coffee Morning—Everyone welcome Fernhouse Café, Avoca, Kilmacanogue - hosted by East Wicklow Branch
21 July	Coffee morning—Everyone welcome Coffee Shop, Airfield Trust, Dundrum - hosted by South Dublin Branch

Contact us at:

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If you have any advice or information on MS and your own experience, and would like to share it with others through our next newsletter, please contact us at the office.