

North Dublin and Fingal Summer Newsletter 2009

MS Ireland

The Multiple Sclerosis Society of Ireland

Regional Office:

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Some upcoming dates for your diary: see inside or enclosed for details

- World MS day Wednesday 27th May—see Page 2
- Newly Diagnosed with MS — see Page 3
- Getting The Balance Right—Physiotherapy and exercise Programme: see page 4 for details & opportunities
- “You Are Worth It” - day for family members giving support or care to someone with MS - Thurs 18th June at Dunboyne Castle Hotel & Spa—see enclosed. **Closing date June 2nd**
- Teens Break, Carlingford - June 23rd to 25th & Children’s Day—Dublin Zoo—July 2nd—see enclosed—**closing date 5th June.**
- Coffee Mornings Blanchardstown and Swords June —see Page 2
- “Mind your back” - safety for people with MS and for family / friends who may give them assistance — see Page 2 for details
- Short break 27th—31st October 2009—see Page 3

Events in Autumn: Newly Diagnosed Day & Information Day
Courses in Autumn—see inside

- Computer Courses for People with MS and a friend
- Digital photography for People with MS and a friend
- Skills for Confidence and Relaxation

"Mind Your Back"

Backache is a very common problem among people who give physical assistance to, or lift, or part- lift other people. Unsafe techniques put the person being assisted at risk. Safe lifting techniques are very useful to learn. Whether you:

- ♦ Normally lift or part-lift or assist someone with MS
- ♦ Think that in the event of someone with MS having a fall you might need to assist them, or lift or part-lift them

You will benefit from training in safe lifting techniques.

Please phone Jennifer on **4905933** if you are interested in a one day training for family members/friends of people with MS. We need numbers to put on the course. We would be delighted to hear from you. If you have done this training previously and would like a refresher please let us know too and if there are places we would be glad to accommodate you.

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**Getting The Balance Right Programme" - Exercise and Physiotherapy Programme:** One of the Physiotherapists has worked with us, using the experience of previous participants, to draw up an exercise programme for the swimming pool. This has now commenced. Early feedback is very positive. **Are you interested? Phone Sean on 4905933.**

At present we have 5 groups doing exercise as follows:

Exercise in the pool (1 group); Yoga (1 Group); Physiotherapy (3 groups);  
And a number of people are having 1:1 Physio at home.

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World MS Day 27th May 2009

- Join us with your family / friends to promote awareness & raise funds—Mary will be outside Clery's, O'Connell St 9am to 11am. Sean plans to be at Jervis Centre (Henry St entrance) 1pm to 7pm. It would be great to hear from you—4905933 / email:na@ms-society.ie
- Fundraising Coffee Morning, come and join us and bring your family and friends - at The MS Care Centre, 65 Bushy Park Road, Rathgar on Wed May 27th between 11am & 4pm. Admission €3
- Contact us if you would like to organise an event of your own.

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**Coffee Mornings:** Coming together for a sociable tea / coffee & chat-  
**Blanchardstown**— Starbucks, beside Draiocht and Leisureplex—Saturday 27th June 11am to 12 noon—good parking / buses

**Swords**—Starbucks on the left immediately inside main door of Pavilions Shopping Centre —Tuesday 16th June 11am to 12 noon—good parking / buses

## **Are you newly diagnosed with MS?**

Would you be interested in meeting other people who are newly diagnosed for support? We would be happy to facilitate a meeting.  
Phone Mary or Sean on 4905933 /

email : [na@ms-society.ie](mailto:na@ms-society.ie)

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Computer and Digital Photography Classes for people with MS

Computer classes from September to December at Colaiste Ide, Finglas.

- Wednesdays 10am—12 noon for beginners.
Starts Wednesday 16th September
- Fridays 11am to 1pm for improvers
Starts Friday 18th September

Digital photography course September to December at Colaiste Ide, Finglas

- Starts Thursday 17th September..

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## **Short Break 27th -31st October 2009**

In recent years we have had a 3 night break at Cuisle Co Roscommon. This year, taking into account distance and finances [yours and those of the MS Society] we plan an alternative as follows:

Dates: Tuesday 27th to Saturday 31st October

Venue: MS Care Centre, Rathgar

This will not be an ordinary week at MS Care Centre. Various extra outings will be arranged. We are looking at restaurants to see if they meet our needs. There will be additional activities and entertainment and if you are somebody who already avails of breaks at the MS Care Centre you will still be able to have two weeks as normal. Please phone us on **4905933** and let us know if you think you may be interested or email us on: [na@ms-society.ie](mailto:na@ms-society.ie)

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Skills for Confidence and Relaxation

We are hoping that we will be able to organise this course for 10 weeks on Thursdays 11am to 1.30pm at Ruah Retreat Centre, Drumcondra, with Mary Kelly as tutor. We hope to start 24th September.

Some Information

Picking up things that are out of reach—Telestic Portable Reachers

Telestic is the ultimate wheelchair or scooter accessory. There are no triggers or levers to squeeze. From arthritis to MS, Telestik is a reacher for those with limited hand strength. It allows you to retrieve hard to reach items without requiring significant grip strength or dexterity. It is less than 8 inches long and it is easily transported. Telestic extends from 8—34 inches or anywhere in between. To take wherever you go, home, work, school or travel. For more information contact www.telestic.com

To avoid your electricity being cut off in a power-cut and other Special Services from your energy supplier

Anybody with a mobility, hearing or sight disability (or if you are a senior citizen) may avail of special services provided by your electricity supplier. These range from registering as a priority customer [to avail of priority service in the event of a power failure] to receiving talking bills on CD or audio cassette, or as text messaging [for hard of hearing]. For further details contact your service provider (E.S.B. or now if you have changed supplier it would be Bord Gais or Airtricity).

What is accessible in Dublin City?

See www.accessdublin.ie. This is a new website developed by Dublin City Council with information on accessibility of businesses, streets and parks. It is still being developed but worth a look (I have already pointed out to them one confusing bit that I found). Try it - you will get used to it! There is an email address where you can point out things like that, and where you can ask for information in a format that may suit you better.

"Room to Manoeuvre" - a short film featuring a man from North Dublin & his wife, and how they adapted their home to suit his needs, taking into account the whole family. It has great ideas and information. It will soon be available online, and in some City Council offices, and will be screened on Dublin Community TV. It is also hoped to use it to raise awareness of architects, planners and other decision makers. We will keep you posted.

To get Dublin Community Television you need to have digital cable television with NTL or Chorus, and go through your television programme menu and select 802.

Health Professionals: In 2006 and 2007 we ran information days about MS for health professionals. Recently Sean did a presentation to G.P.s in the Dublin 15 area. A lot of people with MS gave him great ideas on what information to include and the evening went well. We plan to do more work on increasing knowledge of MS among health professionals.