

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 80

Spring 2025



Dia Dhaoibh! Hello there!

My wife and I were having a pre-dinner drink in the bar of a hotel in Co. Clare last summer. The bar was gloomy so we sat by the window where bright sunlight shone on the vibrant life outside. The thick vegetation prevented too much light spilling inside.

So, we were behind the window in the semi-gloom while outside, verdant nature was in full bloom.

As humans, we construct walls and partitions for ourselves, from each other and from the life beyond our doors/windows. This is a natural part of being human: preserving our sense of self.

But we are social creatures, also, as well as creatures of our environment. We need to engage: with each other, and with the world more generally beyond our doors and windows. Sometimes, however, we need help and support to do this.

That's why we in the South Mayo Branch of MS Ireland are here: to help when needed, in all sorts of ways. We are here for **you**.

Jackie writes



Hi All,

I hope this finds one and all keeping well. Isn't it just lovely to have Spring in the air, the daffodils popping out and the stretch in the evenings. If at all possible, I would encourage you all to pop outside for a wee bit if you can at all. Connecting with nature is so good for the body, mind and soul.

Speaking of mind, I am having a 'Coffee and Calm' morning on **April 1st in the Ellison Hotel in Castlebar**. Commencing at 11 am with coffee, scones and chat, at 12pm Mindfulness teacher Joan Flanelly will deliver a short talk on Compassion Based Mindfulness and will then guide some practices and there will be space for questions and answers at the end. The session is suitable for everyone.

I will be sending out the information over the next week and I hope that as many as possible will be able to join us. We here in the Western Region and in the Mid-West are looking at commencing an online *Young Persons with MS Peer Support Group* with a planned meet up **in person on Saturday 17th of May in Galway**. Please contact me for further information.

I am busy delivering a FACETS programme with my colleague Lesley, which looks at Fatigue Management for those with MS, looking at tips, techniques and strategies for managing MS fatigue and using your energy as smartly as possible. We will be facilitating more sessions as the year goes on so please get in touch for details.

Those of you with young people aged between the ages 11-16 please keep an eye on your emails as we will be sending out details about our **young person's trip to Delphi** in the next few weeks and places are limited and given on a first come first serve basis.

Please feel free to give me a ring should you need me for anything at all on 0872502031 or drop me an email to jackiek@ms-society.ie

Until next time, Jackie.

Thank You!

Our annual **Church Gate Collection** took place across South Mayo on 22nd and 23rd February. We received just over €19,500 in donations. Our sincere thanks go to the very generous people of South Mayo and, also, to the many collectors who stood in the cold and blustery conditions outside the nearly fifty churches across the area. We couldn't have done it without them.

Tractor and Truck Run

On 27th December, a charity Tractor and Truck Run took place in Brickens, organised by the local community spearheaded by Eoin Delaney. The community raised some €3,200, divided between the South Mayo Branch of MS Ireland and Mayo Mental Health. A big Thank You to all involved.

Christmas Lights

David Tighe and his family lit up their house for Christmas and, in the process, collected €1,150 for the Branch. Thank You, David and family!

Legacy

We are grateful to Mrs Kathleen Mulroy, Pontoon Road, Castlebar, who handed a cheque for €1,000 to Liam Cannon just before his shop closed. Her late husband, Joe, who had MS, left it to the Branch in his will.

Thank you to all who support our work.



World MS Day this year takes place on 30th May. The day is marked in many countries around the world, as well as here in Ireland. This year, the theme is **Diagnosis**. The *My MS Diagnosis* campaign advocates for early and accurate diagnosis for everyone living with MS. It highlights the global barriers to diagnosing MS, raising awareness by sharing real stories and data.

Car on Fire!

By Carol Millington Pratt

On 6th Nov last I had a phone call on my mobile from a neighbour to say he could see something burning behind our house. Duncan went to look and the car was ablaze. We called the fire brigade but by the time they arrived the car was too far gone.

Duncan had been out earlier and at about 5pm had put his bass guitar and double bass in the car. There was no sign of a fire then.

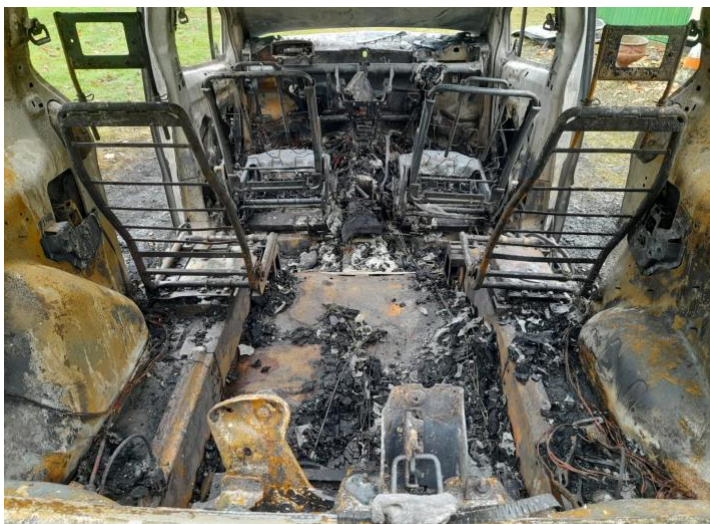
The fire was caused by an electrical fault in the engine.

It was a shock. It's true, however, that you can learn something new every day. The car was diesel and the fuel tank burned but had it been petrol it would have exploded. As it was the heat cracked the windows on the back of the house but fortunately only the outside pane.

The whole experience was very frightening. Losing his vintage Fender bass guitar was very upsetting for Duncan. The double bass didn't have the same sentimental value.

All the above has highlighted the need for cars that have rear access for someone in a wheelchair to have an emergency release handle. When the car's electrics are disabled the rear door is locked automatically.

Apparently an emergency release door handle is required by law on vehicles carrying 7 or more wheelchairs. Had I been in our car when it caught fire I would've been trapped. Duncan has now bought a Stanley knife to cut the seat belt and a large hammer to break the glass.



Interior of Carol's and Duncan's car after the fire.

MOVESMART MS

SPECIALIST ONLINE EXERCISE PROGRAMMES

*These 10 week online programmes will start on Monday
14th April 2025*

People who do not use a walking aid:
*Physiotherapist-led Pilates: Monday at 6pm
High Level Fitness: Wednesday at 6pm
Strength and Balance: Thursday at 11am*

People who use one stick or crutch:
*Walking and Foot Drop: Tuesday at 11am (people who use one stick/crutch some or all of the time)
Better Balance and Falls Prevention: Thursday at 11am
Strength and Balance: Wednesday at 11am*

People who use 2 Sticks/Crutches or a Rollator:
*Core and Continence: Monday at 11am (focus on continence education & exercises)
Seated with Some Standing: Monday at 3pm
Dizziness and Balance: Wednesday at 2pm
Tone, Stiffness and Spasm: Wednesday at 2.30pm
Balance and Mobility: Thursday at 2pm*

People who use a Wheelchair:
We offer a choice of days and times through our Physiotherapist- and Physiotherapy Assistant-led classes.

Other Programs:
Newly Diagnosed: Monday at 6pm

New Series of programmes starting on Monday 14th April. To register for MoveSmart MS, click on this link: <https://www.tfaforms.com/5165466>

Events/Outings 2025

With Spring in the air, we are looking forward to organising a few outings in the coming months.

'Coffee and Calm' morning on **1st April** in the **Ellison Hotel, Castlebar**. Combining coffee at 11 a.m. and Mindfulness at 12 p.m., and running until 1 p.m. Contact Jackie on 087 – 2502 031 or email her at jackiek@ms-society.ie.

Cinema Outing This is something we have been trying to organise for months. It **will** still happen!

Summer Outing Many of you will remember the hugely enjoyable trip we had down Kilarly Fjord last August. We will be surveying you in due course to see what kind of outing you would like this summer.

Autumn Outing We have nothing in mind yet for the autumn. We would love to hear your suggestions!

Christmas Lunch We could not end the year without our annual Christmas Lunch.

South Mayo Branch AGM

The Branch Annual General Meeting will take place on Tuesday, 25 March at 6:30 p.m. The meeting will be on Zoom.

We do hope as many of you as possible can attend. The meeting generally does not last longer than about forty minutes. To join the meeting, click on this link:

<https://us06web.zoom.us/j/89074064532?pwd=B8axN4YEdSPvDJX2aRevYChWkoxLLL.1>

If you have any queries, contact Louise on 087 – 6799 131 or by email:

southmayobranch@ms-society.ie



End of an Era

Saturday, 7th March, 2025 marked the end of an era for the long-serving committee member, Vice-Chair and former Chair of the South Mayo Branch of MS Ireland. On that day, Liam Cannon closed the door for the last time on Cannon's Fruit and Veg Shop in Castlebar after thirty years in business there. Liam retired because, as he said himself, the MS had taken its toll and it was getting to be too much for him. We wish him every happiness in his retirement.



Liam with his daughter, Tracey, in his shop the day before it closed. Tracey climbed Mount Kilimanjaro in 2017 and raised €5,400 for MS Ireland, of which €4,000 was for the South Mayo Branch and €1,000 for MS research.

Committee Members, South Mayo Branch MS Ireland, 2024-25

Name	Position(s)
Damen Barrett	Asst. Treasurer; Welfare Committee
Seamus Burke	Committee Member
Tony Candon	Chair; PRO; Council Delegate
Liam Cannon	Vice-Chair; Deputy Council Delegate; Welfare Committee
Yvonne Corrigan	Committee Member; Chair, Welfare Committee
Alison Dalleywater	Committee Member
Sharon Dillon	Treasurer; Welfare Committee
Louise Power	Secretary

Contacting the Branch

If you want to contact us directly, please do so through our new email address: southmayobranch@ms-society.ie or through the Regional Community Worker, Jackie Keogh, details below.

Regional Community Worker: Jackie Keogh. Mob: 087-2502 031; E-mail: jackiek@ms-society.ie