
MS Therapy Centre Bulletin

August 2017: Issue 1 Volume 1

Welcome to the first issue of our bi-monthly Bulletin. Here we aim to keep you updated on the goings-on in the MS Therapy Centre and its services. We will send it by email to all those on our email list and there will also be some copies in the waiting room for those who prefer a 'hard copy'! If you have any articles/events you would like us to cover, please let Paula Lahiff know at cosecretary@mstherapycentre.ie or by mobile 086 3224402.

MS Ireland National Conference:

We are delighted to welcome MS Ireland National Conference to Sligo on 23rd September where it will host its MS National Conference in the Radisson Blu Hotel, Sligo. The theme of this year's conference is 'Quality of Life'

Highlights of the day include:

- Dr. Orla Gray, Neurologist, Queens Hospital, Belfast
- Elaine King, IAHIP Psychotherapist

Workshops:

- Pierce Richardson, Disability Federation of Ireland
- Dr. Sinead Hynes, OT, NUIG
- William Ryan, Continence Nurse
- Mary Ananda Shakti – Laughter Yoga

Programme/Booking Form is available from MS Therapy Centre Reception and also to download from MS Ireland website www.ms-society.ie

Sligo will host people with MS from all over Ireland and beyond on that day, and no doubt our clients will give them all a great welcome.

FUNDRAISING EVENTS

Union Challenge 2017:

There was a huge turnout for the Union Challenge 2017 on Bank Holiday Monday 7th August. The runners/walkers assembled at Teeling Centre with over 70 participants registered.

Many thanks to the organisers and the stewards/marshals, those who provided the refreshments and who helped with the clean-up. Thanks as well to the participants for their generous contribution to the MS Centre. The monies are still coming in!

Sligo Camino Walk

Many thanks to Kate Hoare and Mary Slevin for raising €1705 by doing the Sligo Camino and to all those who donated so generously. A special thanks to SuperValu Ballymote for allowing us to use the premises for a bucket collection on June 12th.

Enniscrone Coffee Morning:

Coffee Morning was held on Friday 28th July from 10.00 am to 3.00 pm in the Enniscrone Tourist Office and Craft Shop with €400 raised for the MS Centre. Many thanks to all.

Fundraising Function in Perry's Tavern:

This function organised by Don and Marian Coen, took place in Perry's Tavern, Bunninadden on 6th August last. By all accounts a great night was had by all. Music was by Darragh McDonagh and there were spot prizes galore. €1020 was raised on the night for the MS Centre. Thank you so much.

Benbulbin Macra:

Benbulbin organised a coffee/tea day in remembrance of one of our good friend Chris Hunt. They raised the amazing sum of €1,050. Many thanks to Sarah Walsh and all concerned.

Eileen Murtagh's Coffee Morning:

Eileen ran a coffee morning in her newly renovated house and collected the incredible sum of €2317.25. Many thanks to all.

Glencar Lough Swim:

The Glencar Lough Swim will take place on 16th September. Register on-line on [Glencar Lough Swim](#) facebook page

Photos are available on our website on www.mstherapycentre.ie

DFI (DISABILITY FEDERATION OF IRELAND) PRE-BUDGET SUBMISSION:

The Disability Federation of Ireland (DFI) is the national support organisation for voluntary disability organisations in Ireland who provide services to people with disabilities and disabling conditions: it has published a pre-budget submission 2018, entitled: *Republic of Opportunity? People with Disabilities Still Waiting ...*

The DFI pre-budget submission addresses the following:

Income, Health, Community Services and Supports, and other Community Services,

The full submission is available at Reception.

MS'ERS MEET UP:

Multiple Sclerosis Meet Up Group (called the MS'ers) meets up for chat over a cup of coffee on the last Saturday of every month, at Costa Coffee, Carraroe Retail Park from 12 .00 a.m. to 1.00 p.m. It is an open event and all are very welcome to attend. For further information contact Nuala Niland at 087 9790589

ESSENTIAL SECONDS CHARITY SHOPS:

Essential Seconds, the MS Therapy Centre Charity Shops in Teeling Street, Ballymote and Wine Street Car Park Sligo, are accepting donations of clothes for sale and recycling, Bric-a-Brac and furniture in good condition. Any furniture donations please notify Vincent on 086 8523495 beforehand so space can be made available. We are currently not accepting Books, DVD's CD's Kids Toys due to overstock of these items. We will hopefully take them again once stocks are reduced. We cannot accept Electrical Items, Children's Buggies, High Chairs, Play Pens etc., due to Health and Safety Regulations.

We now have a Face Book Page set up for our Charity Shops and we would appreciate if you could Like and Share this Page [Essential Seconds - Charity Shop](#). Essential Seconds Sligo and Ballymote are open Mondays to Saturdays, inclusive, 9.30 am to 5.30 pm.

If you would like to give a few hours of your time to volunteer in either of our shops, please contact Vincent on 086 8523495 for a Volunteer Pack.

The Irish Charity Shops Association host annual competitions in the following categories: Best Shop, Best Shop Manager and Best Shop Window. Last year our Essential Seconds Manager Vincent Hunt was awarded runner-up in Best Shop Manager Category – Congratulation Vincent! The Competitions are now open for 2017 and if you would like to nominate our shops please ask for the form at reception.

PQASSO – QUALITY ASSURANCE:

You may have noticed the PQASSO sign on our noticeboard. This is to signify that the MS North West Therapy Centre is following the PQASSO Quality Assurance Standards over 12 areas of quality: So far we have completed the following areas: Governance, Communications and Promotion, Leadership and Management, Working with Others, Managing People and Planning. A core team consisting of board members, staff members and the DFI Support Officer is in place. The key objective of the team is to improve the management and operation of MS NW Therapy Centre through the implementation of the PQASSO System.

The MS Centre is also signed up to the Governance Code, ensuring the very highest standard of Quality Assurance is in place.

OUR SERVICES MANAGER TAMARA GOES ON MATERNITY LEAVE:

As Tamara has gone on Maternity Leave, we would like to wish her the very best of luck with her upcoming new arrival!

In her absence Mairead Martin will be acting Services Manager and Lorraine Dempsey will look after Daily Management Operations.

WELCOME TO NEW STAFF MEMBERS:

We wish a warm welcome to Hilda Mulrooney our Office Administrator/Reception and to Arlene McMorrow, our Programme Assistant (Woodhaven), who has a special responsibility for Fundraising & Event Co-ordination. For information on fundraising activities, please contact Arlene on 0719154991 or email fundraising@mstherapycentre.ie Welcome also to Dale Tonry, Care Assistant.

PHYSIOTHERAPY NEWS:

Physiotherapist Aideen Melanaphy will be moving to the SUH for a short time to head up a special project, but she will be back in the MS Centre in the New Year.

MARY WALSH WITH EDWARD AND JULIA HART, REPRESENTING MS CENTRE AND WOODHAVEN AT 30 YEARS CELEBRATION OF THE NATIONAL LOTTERY:

As The National Lottery celebrate its 30th Birthday, all organisations that benefitted from Lottery Funding were invited to a special showing of the Lottery Draw. Woodhaven was ably represented by Mary Walsh (Woodhaven Administrator) and Woodhaven guests Edward and Julia Hart. A great evening was had by all, With Marty Whelan (RTE) and Miriam Donahue (National Lottery) posing for photos with the guests. Photos on www.mstherapycentre.ie/news

DIRECTORS GOVERNANCE TRAINING:

In accordance with Best Practice and in line with Quality Assurance, the MS Therapy Centre Directors undertook Governance Training on Friday 18th August. The training was facilitated by Shane McCarthy, Solicitor and Dermot O'Donnell, DFI.

MS 300 CLUB DRAW RESULTS FOR JULY:

The winners of the August Club Draw are as follows:

1st Prize E200 - Michael & Bridget Devins No 48

2nd Prize E50 - Tina Horton No 50

3rd Prize E25 - Pat McDermott No. 29

4th Prize E25 - Gerrell Farrell No. 166

Congratulations to all our winners.

If you have not yet signed up for our Club Draw, please ask for a Standing Order Form at reception. The Club Draw takes place on the last Friday of every month in the MS Centre with a first prize of €200. The Club Draw is an integral part of our fundraising activities and we ask, as far as possible, that all our clients take part. It is a small sum for the wonderful services that are provided at the MS Centre. Payment is made by Standing Order for €10 p/month. Is your name in the drum? Contact Deirdre Murray at 0879883196 for more information.

FROM THE EDITOR:

I hope you enjoyed this e-bulletin. Forgive me if I have left out any important events. Please let me know if you have any news and info you would like to be included for the next issue – October 2017. I have decided not to include photos so it would be easier to download – but all photos of fundraising events etc., can be viewed on our website www.mstherapycentre.ie/news.
Bye for now. Paula Lahiff.