

MS North West Therapy Centre Bulletin

October 2017: Issue 2 Volume 1

It is 'Bulletin Time' again! Where have the months gone to?

MS Ireland Annual Conference

The MS Ireland Conference which was held in Sligo on 22nd/23rd September entitled 'Living with Multiple Sclerosis' was a very successful event although there were only a small number of clients from the MS Centre in attendance. The Friday was reserved for health practitioners and our own Aideen Melanaphy gave an informative talk on MedEx Exercise Programme which takes place in IT Sligo. The Saturday was for people with MS and other interested people.

Many thanks to Mary Heavey who has given us a summary of her experience at the Conference below.

"I very much enjoyed the MS Ireland National Conference which was held at the Radisson Blu Hotel. The speakers and organisers were delighted to be in the beautiful Northwest, in the scenic county of Sligo. There was a large attendance from people all over Ireland.

The conference offered a variety of workshops, including the ever popular *Laughter Yoga*! This time the workshops I took part in were *Assistive Technology* and *Cognition and MS*. It was so engaging, informative and delivered in a clear and positive way.

For me, the value of a Conference like this is not only the information given on the day, but meeting other people with different life experiences dealing and living with MS. Lunch time was a great opportunity to meet and socialise with new friendly faces. Conferences like this also give us the opportunity to meet and talk with key people involved i.e. neurologists, psychotherapists, management, staff and volunteers. This to me is of immense value.

The Conference concluded with a session of Mindfulness delivered to the entire audience. I personally found this to be very relaxing, healing and uplifting. I am delighted that I attended because there is always something new to learn."

FUNDRAISING EVENTS

A big thank you is due to the Fundraising Committee for all their hard work in supporting the fundraising events which have taken place over the last two months. Once again we are overwhelmed by the generosity of our friends in organising events in aid of the MS Therapy Centre. While the MS Centre does get a certain amount of funding from the HSE we are dependent on fundraising donations to make up the considerable shortfall which is essential to provide supports and services to our clients. The following is a sample of fundraising events in the last two months.

Ballymote Table Quiz:

Many thanks to Catherine Hoare and her team for organising a very successful Table Quiz and for raising €1060 for the MS Therapy Centre.

Joe Mooney Summer School:

Many thanks to Breege Guihan and the Joe Mooney Summer School for their generous donation of €200.

Glencar Lough Swim:



The Glencar Lough Swim 2017 organised by Shane Sweeney and his friends was another successful event with over 100 people taking to the water to raise funds for the MS Therapy Centre. They raised the amazing sum of over €3000.

Street and Church Gate Collections:

Many thanks to those who gave their time to collect over €1963 on 14th October flag day in Sligo town. The Church Gate Collections in Sligo town will take place on 25th/26th November, please give generously to our collectors if you see them.

Geevagh Cycle:

While the inclement weather meant a cancellation for the second time of the Geevagh Cycle, they came up with an ingenious suggestion to hold the cycle indoors on a stationary bike. It



was great fun all round, with all monies raised going to the MS Therapy Centre. The donations are still coming in.

Halloween Raffle:

Sara Melly made up a lovely hamper for the Halloween Raffle which raised €260. Many thanks Sara for your kind gesture. The hamper was won by Margaret and Charles McKemey. Congratulations!

More photos are available on our website on www.mstherapycentre.ie

PHYSIOTHERAPY NEWS:

We were very sorry to lose our physiotherapist Lisa Conlon who left us for a full time position in Sligo University Hospital. We wish her good luck in her new job and hopefully she will find time to come and say hello whenever she is passing. We will have the tea brewed!

Before Lisa left she submitted this interesting research article on resistance training for muscle weakness in MS. Thank you Lisa.

RESEARCH

Resistance training for muscle weakness in Multiple Sclerosis: Direct vs Contralateral Approach in Individuals with Ankle Dorsiflexors' Disparity in Strength. Archives of Physical Medicine and Rehabilitation 2017; 98: 1348-56.

This article was a randomized controlled trial of 30 individuals with relapsing remitting MS of mild to moderate disability with ankle dorsiflexion weakness. Participants were randomly assigned to a contralateral strength training (strengthening the less effected ankle dorsiflexors) or direct strength training (strengthening the more affected ankle dorsiflexors, with 3 sessions per week on non-consecutive days for 6 weeks. This article concluded that after 6 weeks of

training, contralateral strength training proved as effective as direct strength training in enhancing performance of the more affected limb with a different time course, which may have practical implications in management of severely weakened limbs where direct strength training is not initially possible.

The abstract for the above article can be found on the below link.

[http://www.archives-pmr.org/article/S0003-9993\(17\)30165-X/abstract](http://www.archives-pmr.org/article/S0003-9993(17)30165-X/abstract)

Physiotherapist Claire Smyth is acting Senior Physiotherapist during Aideen's leave of absence. The search for a replacement for Lisa is on-going and in the meantime the physiotherapy department is very busy, so please be understanding if you have been asked to change your appointment or to have a shorter appointment time – this is only temporary.

ESSENTIAL SECONDS CHARITY SHOPS:

Essential Seconds Ballymote held a mid-term weak clearance sale from Tuesday 31st Oct to Saturday 4th November with huge mark down on ladies and men's fashions.

Essential Seconds, Wine Street Car Park Sligo held their Big Autumn Sale on 24th and 25th October. There was great interest with a brisk sale of marked down items.

The good news is that there are lots of pre-loved clothes still available, so come on over and grab yourself a bargain.

Both shops 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.

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.



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Many thanks to Arlene for her great work on the new Facebook Page *Essential Seconds Charity Shop*. Please like and share our page with your friends.

PQASSO – QUALITY ASSURANCE:

The PQASSO Core Group has now complete Quality Area 5 – Managing People and has presented evidence on Quality Area 11 – Monitoring and Evaluation which is progressing well. Version 4 of PQASSO is now available and the MS Centre will follow the new version from now on.

CONGRATULATIONS:

Congratulations to our Services Manager Tamara and her husband John on the safe arrival of their little bundle of joy Meadbh.

MS 300 CLUB DRAW RESULTS FOR SEPTEMBER:

The winners of the September Club Draw are as follows:

- 1st Prize E200 Joan O'Connor, Castlerea (126)
- 2nd Prize E50 Claudette Murphy, Sligo (197)
- 3rd prize E25 Fr. Gillooly, Sligo (187)
- 4th Prize E25 PJ Burns, Sligo (136)

The winners of the October Club Draw are as follows:

- 1st E200 Phil Cooney (218)
- 2nd E50 Patricia Scanlon (89)
- 3rd E25 Rolandas Satinskas (95)
- 4th E25 Mary McHugh (214)

Congratulations to all our winners.



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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 or ask for Standing Order at Reception.

Christmas Cards:

Yes, it's that time of the year again and our lovely Christmas Cards will be on sale shortly from Reception. So, be ahead of the crowd and buy your cards in aid of the MS Therapy Centre.

Woodhaven News:

We have good news! We have secured increased funding from POBAL to cover increased staffing at Woodhaven for the next two years. This is indeed good news and will enable us to open our beautiful holiday centre for longer periods. If you would like more information on Woodhaven, our supported and accessible holiday facility, please contact Mairead Martin at 071 9154991 for a brochure.

From the Editor:

We are constantly keeping our database up to date, and if you need to update your information, including your 'next-of-kin' details and your medical card number, please contact Lorraine in Reception.

If you have any news for our Bulletin, or have any additions/suggestions you would like included, please let me know.

Bye for now. Paula Lahiff.