



Cookstown MS News and Events

Cookstown Multiple Sclerosis Help and Support Group started their 2011-12 Season of weekly meetings in September and these will continue until June of 2012.



Hayden's Bar in the Rock present a cheque for £1,280 to the Group. This was raised through a Tractor Run in May 2011. Many thanks to the Haydens and all those involved in the Tractor Run.



Sheila Collins had a coffee morning in Ballyronan which raised an amazing total of £1,915 for the Group. We want to thank Sheila and everyone who helped and donated prizes and provided hospitality.



Cookstown MS Help & Support Group

Autumn 2011-12



Getting In Touch



The group meet every Thursday at 11am..

Currently, these meetings take place in the Fairhill Parochial Centre at Fairhill Road, Cookstown

Everyone is welcome.

transport arranged | light refreshments | therapies | sit & chat



John (secretary) 077 0624 9349
or
Denise (chairperson) 028 8676 6146



You can also contact the group by email.
info@cookstownms.org.uk



Cookstown MS Help & Support Group
34 Rathmore, Cookstown
BT80 8JD



The group also has a website where lots more information about the group, it's current activities and it's therapies, can be accessed.

www.cookstownms.org.uk



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Cookstown MS now
has its own Facebook group.

www.facebook.com/cookstownms

Cookstown Multiple Sclerosis



Help and Support Group

Autumn 2011



Cookstown Multiple Sclerosis Help & Support Group

What is Cookstown MS Help and Support Group?
A charitable organisation that facilitates a group of individuals to meet together in order to improve the quality of their lives.

Who can join the group?
Anyone who has been diagnosed with MS and their families and carers who live in Cookstown and the surrounding area.

What is the purpose of the group?
Members can meet with each other and have a chat and a cup of tea and exchange views on their condition and general health.

What are the benefits of the group?
The group offers treatments such as physio, reflexology, oxygen therapy, reiki and acupuncture. The social benefits include evenings out, networking with other groups, day trips, group meals, etc.

What is the future of the group?
To increase our membership by informing Multiple Sclerosis sufferers and those yet to be diagnosed of our existence and our readiness to help on a local level.

Where and when does the group meet?
We meet every Thursday morning at 11am in Cookstown. If you would like more information please contact us.



Each issue of the bulletin will focus on a particular therapy which the group uses to assist members. Cookstown Multiple Sclerosis Help and Support Group are currently using

Indian Head Massage



What is Indian Head Massage?

The art of Indian Head Massage is an Ayurvedic form of healing and relaxation used widely in Asia, mainly by masseurs to combat daily tension and stress. This form of massage is now one of the most popular therapies available at the moment.

How is it Supposed to Work?

Indian Head Massage works on areas affected by mental and emotional stress. This treatment can really help to calm the mind and is surprisingly deeply relaxing. Working with a firm and gentle rhythm it helps to relieve muscular discomfort and tension as well as calming the spirit and aiding relaxation, it also improves circulation in the head.

How Effective is it for people with Multiple Sclerosis?

Indian Head Massage helps increase joint mobility and flexibility in the neck and shoulders, improves blood circulation and lymphatic flow, frees knots of muscular tension, relaxes connective tissue, and aids in the elimination of accumulated toxins and waste products.

Does It Work?

Whether or not one ascribes traditional Indian medical theories, Indian Head Massage results in deep relaxation and stress reduction. Similar to reflexology, physiological changes take place in the body that lead to a feeling of well-being during the treatment and for some amount of time afterwards.

How often do the Members get Treatment?

Martina McGorry, a trained Indian Head Massage therapist, attends the group meetings every two weeks and treats several members on each occasion.

How Effective has it been for Members of the Cookstown MS Help & Support Group?

Our members find the weekly sessions very therapeutic. As it is a fully clothed massage, members find it less intrusive than other treatments. Members find the regularity of the sessions something they look forward to.