



Cookstown MS News and Events

Cookstown MS Help and Support Group started their 2010-11 season of weekly meetings on the Thursday 2nd September after the summer break. The membership fee remains at £10 and £5 for carers.



Lissan Vintage Tractors donated £3000 to Cookstown MS Help and Support Group from their event in September 2009. Many, many thanks from the group to them for their effort and generosity.



Cookstown MS Help and Support Group are now on Facebook. The aim is to increase public awareness locally. There will also be discussion forums on each of the various treatments. Please join up with us there.



Cookstown MS Health & Support Group

Winter 2010-11



Getting In Touch



The group meet every Thursday at 11am..

Currently, these meetings take place in the Methodist Hall behind the Methodist Church at Loy Street.

Everyone is welcome.

arrange transport ! light refreshments ! therapies ! sit & chat



John (secretary) 075 0212 5640
or
Denise (chairperson) 075 0203 3351



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



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Rock, Dungannon
BT70 3JU



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



Find us on
Facebook

Cookstown MS now
has its own Facebook group.

www.facebook.com/cookstownms

Cookstown Multiple Sclerosis



Help and Support Group



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 or 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, 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 MS 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. For a number of years the Cookstown Multiple Sclerosis Help and Support Group have used

Reflexology



What is Reflexology?

Reflexology is a therapeutic technique from traditional Chinese medicine in which pressure is applied to the feet (and sometimes hands) without using oils or creams.

How is it Supposed to Work?

Reflexology is based on the theory that all of the body's organs, glands and systems have corresponding points on the feet and hands, and that stimulating these points can increase circulation of blood and energy to improve the function of the body and increase health.

How Effective is it for people with MS?

There have been a couple of small studies conducted on the use of reflexology to alleviate some of the symptoms of MS, which show benefits. The largest study, a randomized control trial involving 53 participants with MS, showed significant improvement in sensory symptoms, urinary symptoms and spasticity. The study participants had 11 weekly 45-minute sessions (or sham sessions with calf massages as the placebo). The improvement in sensory symptoms in the reflexology recipients remained significant three months after the final treatment.

Does It Work?

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

How effective has it been for members of the Cookstown MS Group?