



MDI News Update



Two monthly newsletter - Issue six, July 2002

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Editorial

Hello again,

It feels like only a few weeks since I wrote the last editorial - where does time go? I hope you've been enjoying the lovely summer weather!!! Bad and all as the weather has been though, it didn't put a damper on the summer MDI youth camps which have been taking place this summer, the first of which took place in Galway last May and the most recent in Cuisle, Co. Roscommon (see pages 4 & 5). The next camp will take place in Galway from 27th July to 3rd August for teenage members. Then it's off to sunny Spain for 11 young adults and their P.A.'s in September for a youth exchange with our Spanish counterparts (full report in the next issue).

On the subject of youth activities, meet Noeleen Fagan - the new Youth Worker for the Dublin region (see page 6).

Also featured in this issue are details of the Annual Conference and AGM, which will take place in September. MDI celebrates it's 30th Anniversary this year, and to mark this occasion, a Family Day is planned, which will take the format of a full days conference and AGM, followed by a buffet dinner and entertainment. The venue is The Tullamore Court Hotel, Co. Offaly - the date is 14th September 2002. With a full day's activities planned, the day promises to be both informative and enjoyable. See page 10 for draft programme and booking details.

Included in this issue also, is an article written by Dr. Orla Hardiman, Consultant Neurologist with Beaumont Hospital. Dr. Hardiman, who is known to many of our

members, is in the process of developing a new specialist clinic, in co-operation with MDI. This clinic will cater specifically for adults with neuromuscular conditions (see page 2 for more).

As well as some local branch news and other tippets of information, there's plenty to keep you informed.

If you would like to receive this newsletter and subsequent issues electronically, send an email to hubert@mdi.ie with "newsletter by email" in the subject box. If we already have your email address, you will receive it by email.

We hope you enjoy this issue and look forward to meeting you in September. Have a good summer.

Slán.

Hubert McCormack
Editor



Pictured "in the line of duty" with fellow army personnel is Donal Purcell from Dublin at the Army Barracks in Athlone, while on holidays with MDI in Cuisle, Co. Roscommon in July 2002.



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New Clinic Specifically for Adults with Neuromuscular Conditions

Dr. Orla Hardiman, Consultant Neurologist with Beaumont Hospital, and known to many of our members is in the process of developing a new specialist clinic, in co-operation with MDI. This clinic will cater specifically for adults with neuromuscular conditions. The first monthly clinic will take place in September 2002 and will run on a pilot basis for six months - it will then be reviewed. The following article, written by Dr. Hardiman, outlines the need for such a clinic and gives in more detail the services that it will provide:

Neuromuscular disorders such as muscular dystrophy, Charcot Marie Tooth and other rarer conditions require specialist management for maximum benefit. Medical care for children with neuromuscular conditions is well developed in Ireland. The Paediatric Neurology services, the Genetic Counselling services and the Central Remedial Clinic in Dublin combine with Muscular Dystrophy Ireland to provide a multidisciplinary approach towards managing the medical, educational and rehabilitation requirements of affected children and their families. The independent activities of MDI in the provision of liaison services and the facilitation of respite complement those provided by the hospital and health boards. As the commonest forms of muscular dystrophy affect children and young adults, it is appropriate that the services should be well developed.

Improvements in the management of chronic neurological disability in childhood has led to the increased survival of those affected into adulthood. Unfortunately, services for adults with neuromuscular conditions are less well developed than those for children. Some of those who have had the condition from childhood can continue to utilise the excellent rehabilitation facilities of the CRC, and adults with neuromuscular conditions can continue to access much of the CRC expertise, including the evolving technology of communication devices, without having to attend regularly.

However, to date there has been no significant development of properly integrated services for adults with Muscular Dystrophy and related disorders. The Neuromuscular Clinic at Beaumont Hospital provides a limited service for people with conditions affecting peripheral nerves and muscles. The clinic is consultant-led, and has been in operation since 1993. The purpose of the clinic has been to provide a diagnostic service where possible, and to provide access to hospital-based physiotherapy and occupational therapy, albeit not always on the same day. Similarly, a cardiology and respiratory service is available by referral to the relevant specialists.



Dr. Orla Hardiman

The majority of patients attending this clinic at present can be divided into three main categories:

1. Motor Neurone Disease

A dedicated clinic for patients with Motor Neurone Disease takes place twice a month, under the auspices of the neuromuscular clinic. This clinic provides same-day access to occupational therapy, speech and language therapy, nutrition, and assessment of respiratory function. This clinic is co-ordinated by a Clinical Specialist Nurse in Motor Neurone Disease, and is conducted in close collaboration with the Motor Neurone Disease Association. Those with MND who exhibit evidence of respiratory decline are reviewed urgently by a Respiratory Physician. In a recent analysis the MND clinic has shown that those who attend on a regular basis increase their life expectancy by up to 30%.

2. Patients with new symptoms from Polio

Approximately 150 patients with late effects of polio attend the neuromuscular clinic. These patients can access same-day occupational therapy, and undergo a battery of tests to determine the extent of their muscle weakness, and their risks of developing post-polio spinal muscle atrophy, which is a progressive condition.



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3. Patients with other neuromuscular conditions including muscular dystrophy and Charcot Marie Tooth.

Approximately 100 patients attend this clinic with various forms of neuromuscular disorders. These patients can access same-day occupational therapy, and urgent cardiology and respiratory evaluation by arrangement. Very few patients attending this clinic have Duchenne or Beckers Muscular Dystrophy, which are the commonest childhood forms of Muscular Dystrophy. A small number of people with Myotonic Dystrophy attend, and a handful of patients with Charcot Marie Tooth.

A simple calculation of the likely prevalence in Ireland of adults with any form of muscular dystrophy or Charcot Marie Tooth, and those attending either the CRC or the Neuromuscular Clinic at Beaumont would indicate that a large majority do not attend any specialist clinic on a regular basis. Indeed, an informal survey of adults with neuromuscular conditions who are professionally associated with MDI would suggest that many affected adults have not sought medical attention or evaluation for their condition since childhood. Furthermore, the number of young adults with Muscular Dystrophy currently attending the clinic with respiratory symptoms is in single figures despite the fact that up to 50 young males with Muscular Dystrophy in Ireland between 15 and 25 might be expected to have such symptoms, and that non-invasive therapies can be effective in controlling such symptoms in the short and intermediate term.

These observations argue strongly for the formal development of a specialist clinic, in co-operation with MDI, catering specifically for adults with neuromuscular conditions. It is envisaged that the primary function of such a clinic will be to provide ongoing evaluation of the neuromuscular condition, coupled with a facility for early intervention in cases of impending respiratory or cardiac decline. A Consultant Neurologist will staff such a clinic, with a co-ordinating Clinical Specialist Nurse in Neuromuscular Conditions, and same-day access to rehabilitation services and respiratory assessment. The clinic will be

conducted in co-operation with Muscular Dystrophy Ireland, a representative of which will attend the clinic. A respiratory physician will be available to the clinic, and that joint evaluation by neurology and respiratory medicine will be conducted on the same day. There will also be a dietician, physiotherapist and occupational therapist available at these clinics.

The first specialist monthly clinic will take place on 26th September 2002 and every month thereafter for a six month pilot period, when it will be reviewed. Members should contact MDI on freephone 1800 245 300, if they wish to attend this clinic. Referrals will also be accepted from general practitioners.

Certificate in Training - NUI Maynooth



The National University of Ireland (Centre for Adult & Community Development) have announced the twelfth cycle of the Certificate in Training (Special Needs) Distance Learning programme.

The Certificate in Training (Special Needs) addresses the professional development of trainers working with people with disabilities. Key concepts and theories relevant to the training process are considered in ways which are accessible to trainers and which relate to day to day activities. The course also provides an opportunity for trainers to come together and share their experiences.

There are two ways of achieving this qualification, these are:

- Conventional Route: open learning and regional-based learning workshops delivered over one academic year.
- AP(e)L Route: an accelerated programme delivered over a four month period for individuals who meet the specific entry requirements.

The fees for the course are €2,350.00. The fee includes all course texts.

For further information or application form(s) contact: Helen McKeown, Course Co-ordinator, NUI, Maynooth, Co. Kildare at (01) 708 3757 (Mon-Fri. 9am-5pm). The closing date for completed applications is 2nd August 2002.



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MDI Summer Camps 2002

Clarenbridge.- May 2002

From 13th - 17th May 2002, a group of 15 adult members from MDI went to Galway and stayed at the Kilcuan Holiday Centre in Clarenbridge. MDI member, Bill Hayes from Wicklow, went along and the following is Bill's experience of the week:

Last March I received a letter from MDI suggesting a holiday break in Galway. I looked at this and thought how nice but I told myself that I would not be able to cope, how wrong was that to become.



Bill Hayes

I received a phone call asking why I did not respond, but after a persuasive chat and with a lot of apprehension I decided to go.

The day arrived, and I was most thankful for being picked up for my journey to Dublin where I met up with Seamus and Sinead (P.A.'s) and Siobhan who was to do the driving. We set off to meet up with James in Kildare, had a quick lunch then off to Galway with the weather not looking promising.

Arriving I found the facilities most suitable and comfortable. It wasn't long before all of us had arrived, and gradually got to know one another and also finding out how we were all mirror images of each other.

The first night got off to a good start with all of us being taken out for a meal in the evening, which was then followed by a quiz night. It ended up a great night with a good deal of laughter. We all returned to base where I think all of us were looking forward to getting our heads down after a long day on the road.



Group shot of MDI members at the Cliffs of Moher in Clare, May 2002

On Tuesday we set off in the morning to visit the Burren and the Cliffs of Moher in Clare. At mid day we stopped for lunch and then we continued on our way to the coast. On arrival I found the cliffs lived up to my expectations (truly spectacular) spoiled only by the cold wind coming of the Atlantic. We were all glad to return to the comfort of the coach and journey back to Galway where we had a most enjoyable meal, after which we did some right arm bending at the bar!!!

On Wednesday morning after breakfast we departed for Killarney Harbour. We boarded the Connemara Lady for a 1½ hour journey up the only fjord in Ireland. The sheer beauty of the hills of Connemara, dotted only by roaming sheep, was magnificent. There were rumours of dolphins but sadly not seen. After disembarking the coaches we were back to our Hotel for an evening meal.



Taking in the sights on board the Connemara Lady are MDI members Mary O'Shea (Cork), Ralph Smith (Dublin) and Meggan Reilly (USA)

On Thursday we visited Coole Park a nature reserve of international repute now managed by Duchas, which comprises of approximately 1,000 acres of woods, river, turlough and limestone. However, Coole itself is rightly famed as the home of Lady Augusta Gregory, Dramatist, Folklorist and co-founder of The Abbey Theatre in Dublin. After a most enjoyable visit to the Park the girls went on a shopping trip to Galway City and the boys returned to base where we had a quiet afternoon discussing our situations. In the evening we returned to the Huntsman Pub in Galway for dinner, followed by a traditional music session (diddle!!) in the bar and a few drinks on our last night together.



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On Friday sadly we departed for home but with fond memories of our trip and the friends we made – hopefully to meet again one day. I would like to take this opportunity to give praise to all the P.A.'s for all their help and understanding during our time with you. A special thank you to the drivers who would play musical chairs 6-8 times a day strapping and clamping us down with always a smile and a joke but never a moan, a very sincere thank you to all of you.



Pictured on board the Connemara Lady are Caroline Moran (FSW, MDI) and MDI Member Fintan Flannery from Sligo - May 2002.

Go raibh mile maith agat (not bad for an English man)

God Bless

Bill Hayes
Wicklow

Roscommon - July 2002

On Monday 1st July, 12 young members from MDI set off on a youth camp to Cuisle, Donamon Castle, Co. Roscommon for 7 days with staff of MDI. The weeks activities included a trip to a horse museum, bowling, and the cinema (to see Snow Dogs which was hilarious and also Spiderman and Disney's "Spirit"). The highlight of the week was a visit to the Army Barracks in Athlone. At the Army Barracks were entertained by members of the Army Band with such favourites as Friends Theme music. We were then shown the bomb disposal van and the extraordinary robot used for disposing of the bombs. The finale of the trip was when the individual children got to hold some of the sniper rifles and pistols. Donal Purcell (Dublin) looks at home with this gun!! (see front page).



Caolan Reilly (Monaghan) and Sinead O'Brien (Dublin) getting ready to defuse a bomb at the army barracks in Athlone while on camp in Roscommon.

Evening activities included a BBQ, a Karaoke, a Table Quiz, Disco and 'Blind Date'. Blind Date contestants included both youth workers Noeleen (Dublin) and Mary-Rose (Cork) and Seamus Ryan (P.A.). The first blind date of the night included youth member Laura McLoughlin (Roscommon) who with her sarcastic and witty comments won a date with Eamon from the Irish Wheelchair Association which she enjoyed immensely!! Special DJ performance by Karl Butterly and Donal Purcell (Dublin) and compare Nathan Phillips (Bray) made the evenings lively and great craic. No one will forget Buddie (Bernadette McLoughlin, Roscommon) and her glitter hair spray.

The playstation was a big hit with competitions running throughout the week! Every free moment was spent either playing the playstation or creating something out of paper or sticks in the art room. The grounds around Donamon Castle were huge which Caolan Reilly (Monaghan) and Seamus Fagan (Dublin) used to the maximum. The group enjoyed a nice warm evening out in the grounds trying to juggle, playing with a beach ball and soccer.

A big thank you to the staff of Cuisle, Co. Roscommon.

Noeleen Fagan
Youth Worker - MDI

REMINDER

**Have you paid your membership for 2002?
If so, thank you. If not, it is now overdue.
Membership forms are available from the office
or on the back page of previous newsletters.**



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Hi, My name is Noeleen Fagan and I have been appointed the new Youth Worker with MDI for the Eastern region. I am currently living in Kilnamanagh, Tallaght but have spent the last four years in Waterford at college. I have recently finished a four-year degree course in Waterford Institute of Technology in Recreation and Leisure Management and gained a second class honours. I will graduate in October 2002.



Last summer, I spent three months in Alaska, U.S.A. working with individuals with physical and mental disabilities. It was an extremely enjoyable experience. I was involved in many projects over there that involved a variety of activities. This is the reason I became interested in this area of work. I hope that with the knowledge I have gained from my degree and the experience working abroad I will strive to accommodate for everyone's leisure needs.

I started with MDI at the end of May and since then I have held a few youth group meetings and participated in some events and camps with MDI. I shall be here to assist you with any needs that you may have with regards to youth clubs, groups and camps that are coming up in the future. I hope to be able to encourage you all and motivate you to join in the youth clubs and any other activities with MDI. I am looking forward to meeting you in the near future.



MDI Youth Worker, Noeleen Fagan, felt the need to tog out in protective clothing while on summer camp with MDI at Athlone Army Barracks. Are we that really dangerous !!!!

News from MDI Cork Branch

The 23rd Cork Youth International Film and Art Festival was held on Wednesday 8th May. The Cork MDI Youth Group were entered for arts and crafts. Well done to Caleb Lane from Lehenaghmore, who came first for his entry and received a trophy. Youth Group members, Anna Walsh, Jemma Walsh, Andrew Walsh, Rachel Clarke, Brian Daly, Edward O'Connell, Keith McAuliffe, Derek Kiely and Jenette Kiley all received merits and medals for their entries. Well done to everyone.

On Saturday 15th June Cork's Fun Club visited Fota Wildlife Park and took part in a treasure trail. Everyone was divided into teams - the girls against the boys!! Edward, Caleb, Derek and Brian were against Anna, Jemma and Rachel. The boys won by one point. Well done boys!!

On the 27th April, the Kerry MDI Youth Group met at the Tralee Superbowl. We played bowling and the competition was fierce. Afterwards, we went for burgers & chips, and had some time to play the computer games. A great day was had by all, and we decided that the next time we meet, we'd go for a trip to the cinema. So if you're from Kerry, and interested in coming to the next youth club, contact Mary-Rose at 086 6066104.

Hair Today, Gone Tomorrow!!

Would you fancy shaving off your hair for a good cause. Well, already there is one volunteer willing to shed all hair - Frank Hurley, from Ballinlough, Co. Cork (and there is a lot of hair there!). This event will be held in August in a Cork City venue. If you would like to take part or make a donation, contact me in the Cork office on 021 4309047.



Frank Hurley

The Cork Ladies Mini Marathon will be held on Sunday 15th September at 2.00pm. If you are interested in running (or walking) in the marathon this year contact the Cork office for more details.



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The MDI Cork Branch Flag Day took place on Thursday 11th July 2002 in and around Cork City and County. Thanks to everyone who helped out.

Mary-Rose Howell
Youth Worker - Cork

Gone to the dogs!!!!!!

On Thursday 6th June we left home at 6.00pm and headed off to Cork Greyhound Stadium at Curaheen Park. We arrived early and had some time to spare, so we spent a few minutes looking around a nearby shopping centre. When we arrived at the Greyhound Stadium we met Darren, Barry, Bobby and Sinead (Barry's sister). The first race was at 7.50pm, so we took up position at "The Master McGrath Bar", where we had a fantastic view of the track. Before we knew it, we were betting on the tenth and final race. Throughout the evening many bets were placed, some more successful than others! Barry and Darren broke about even, while others weren't so lucky... like myself!! I won 60 cent on one race and that's all. At 10.15 p.m. we left the track, and I arrived home at 11.0 clock. It was a fantastic night, and I'm looking forward to doing it again soon.

To conclude, I would just like to say "hello" to all the gang who attended the Lucan Summer Camp last year, (hope you're reading!) and I'm looking forward to seeing you all again this summer, especially Seamus and the lads from Donegal!

Jennette Kiely,
MDI Cork Branch

Corks Fun Club

My name is Caleb and I am 9 years old. I live in Lehenaghmore in Cork. I go to the MDI Youth Club. It is great fun and we do a lot of things together. We came up with a name for our club and we called it "The Fun Club" because we have lots of fun. Sometimes we go to different places like the cinema, the pantomime, bowling, visit a pet farm, watching videos and going to McDonalds. We do arts and Crafts too. We made picture frames,

jewellery boxes, glass paintings and bookmarks. We entered an art competition and I won 1st prize. I got a trophy and a medal and a certificate. The Fun Club is a very fun club and I like it a lot because I have made lots of new friends.

Caleb Lane
Lehenaghmore

News from Dundalk Branch

Vintage Tractor Run - 5th May



John Keenan, aboard his tractor for MDI

On Sunday 5th May last, a Vintage Tractor Run was organised, proceeds from which went to MDI (Dundalk Branch). Thanks to everyone who supported this event. A special thanks to the event organiser John Keenan, Secretary, Lisdoon Vintage Club, Drumberagh, Castleblaney. The branch would also like to thank Seán Monaghan and Staff, Valley Lodge, Castleblaney, for providing refreshments to everyone on the day. A great day was had by all



Pictured (from L to R) at a Vintage Tractor Run - on 5th May last are MDI Branch member's, John, Anne-Marie, Peter, Marcella and Damien (front).



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MCD Give to MDI

Last April, MCD Productions Limited very generously donated tickets for some of the concerts which they ran this summer and some of our members had the opportunity to attend. The first concert was OZZFEST in May, which Steven Valentine (Youth Worker with MDI) attended along with some of the members from Dublin. This concert turned out to be a bit disappointing, as the main man himself Ozzy Osbourne, did not appear.

The next concert to come up was UB40/Santana held in Marlay Park, Rathfarnham on 7th June. The day turned out to be quite wet with everyone bringing along their umbrellas however, the lucky group from MDI that got to go to this concert did not need their umbrellas. MCD had laid on a portacabin with one side removed for people to see out. The portacabin was raised up high enough to see across the top of the crowd. We were very surprised and extremely happy with the wheelchair accessible facilities that were put in place, which made a great difference.



View of the stage from the wheelchair accessible portacabin at the UB40/Santana concert, June 2002

UB40 opened the show and performed a fantastic set and certainly got the crowd going. They really lifted everyone's spirits on the wet evening that was in it. Then on came Santana and the crowd were dancing and jumping about. The portacabin was bouncing with the vibrations of the music. We were moving to the beat, a fantastic evening was had by all who attended.

MCD Productions deserved a lot of praise for the evening's concert and the facilities they provided.

The final concert which MDI received tickets for was the weekend concert WITNESS which was held on 13th & 14th July 2002.

Those lucky people to receive two tickets were: Barry Leahy - Cork; Paul McBride - Donegal; Donnellan Family - Dublin; Alan Morley - Mayo; Damien Keenan - Monaghan; John-Paul Monaghan - Wexford.

We hope you all had a great weekend!

Many thanks to MCD for their generosity.....

*Noeleen Fagan
Youth Worker - MDI*

Ladies Mini Marathon - June 2002 - Reminder

Thanks to everyone who ran, walked, or supported MDI in the Ladies Mini Marathon in Dublin last June. If you've already sent in your sponsorship money, thanks a million - if you haven't got around to it yet, here's a little reminder. Your support is much appreciated.



Pictured at the Ladies Mini Marathon are MDI Member's Valerie Balfe, Siobhán Windle, Kieth Balfe (or probably known as "Pretty Kitty" for the day!) and Linda Kavanagh.



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Do you need information on equipment, housing adaptations or suppliers?

The Disability Resource Centre is an information and display centre where you can find a wide range of information of concern to people with disabilities. There are also permanent displays of equipment including lifts, ramps, hoists etc, which you can try out on the premises.

Equipment is not on sale in the centre but there is information available on suppliers.

You can call into the centre to have a look at the displays, or if you need more specific information or individual attention, you can make an appointment to see the Independent Living Advisor. This service is free of charge.

The centre is located in Dublin city centre and has on-street disc parking. Discs are available from the reception of the centre. The building itself is fully accessible.

For more information, contact the National Disability Resource Centre, Comhairle, 44 North Great George's Street, Dublin 1. Tel: 01 8146100, fax: 01 8749787, email: ndrc@comhairle.ie

The centre is open on Monday, Tuesday, Thursday and Friday from 10:00am to 1:00pm, and on Wednesday for appointments only between 10:00am to 1:00pm and 2:00pm to 4:00pm.

I have a selection of information leaflets from the centre in the MDI office in Dublin. These are on Beds and Bed Accessories, Manual Wheelchairs, Powered Wheelchairs, Cushions for Pressure Relief, Accessible Showers, Hoists, Powered Overhead Hoists and Through Floor Home Lifts. If anyone would like a copy of any of these leaflets, please contact Karen, MDI Information Officer, on 01-8721501 or email karen@mdi.ie

Introducing the Amphibian Marina Chair

Are you planning on going to the sun at some stage, to get away from our wonderful Irish weather?!!! If so, you may be interested in reading about an Accessible Beaches Plan which the Spanish are introducing in Valencia, which aims to create real tourism without barriers.

The Valencia region's autonomous government (the Generalitat) have got together with town halls to launch the Accessible Beaches Plan, so that taking a dip in the sea should no longer be an odyssey or an impossible adventure for people with mobility difficulties.

The plan aims to target a total of 80 beaches over the next few years in the three provinces that make up the Valencia Community. Some €3.4 million have been earmarked, or some €42,000 for each beach. All kinds of architectural and urban barriers will be eliminated at each point, and features will be installed to facilitate access for disabled people: such as parking, ramps, stationery and moveable wooden passageways, locker rooms, showers, bathrooms, sunshades, buoys and support and lifeguard personnel. Notable is the amphibian Marina chair, designed by the Valencia Biomechanical Institute, which makes it possible to move over sand and to float in the water.



The Amphibian Marina Chair

A good indication of the usefulness of these facilities can be obtained from the Malvarrosa beach, where in the first three months the access facilities were used some 2,000 times. Likewise at Benidorm, with 1,572 visits, and Santa Pola, with 1,130.

Because it has been well accepted and because there is a need, the plan will soon be extended to other parts of Spain thanks to the support from the Ministry of the Environment and from public and private firms.



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MDI's 30th Anniversary Family Day, Conference and AGM

The Muscular Dystrophy Ireland Annual Conference and AGM will take place this year on 14th September 2002 at The Tullamore Court Hotel, Tullamore, Co. Offaly. The format for the day will be as follows:

Draft Agenda

- 10.30am **Registration – tea, coffee**
11.00am Speaker on research from UK
- 11.45am **Dr. Kay Ohlendieck,**
UCD – on research that he is doing for MDI
- 12.15pm **Dr. Richard Costello,**
Respiratorial Physician,
Beaumont Hospital, on MGI Air Products Ltd.
- 1.00pm **Lunch**
- 2.30pm **Derek Farrell,**
Disabled Drivers Association – on tax concession for motor vehicles and services that the Disabled Driver's Association provide such as the new driver testing unit.
- 3.30pm **AGM**
- 6.00pm **Celebration of MDI's 30th Anniversary**
(Buffet and Entertainment)

Our first speaker will be starting their presentation at 11.00am sharp, so we would appreciate it if everybody attending could arrange to be there on time.

If you wish to attend please complete the attendance form (on page 11) and return it to the MDI Office before Friday 30th August 2002.

We look forward to seeing you on the day.

MDI Newsletter by Email



Do you have an email address? Would you like to receive future issues of this newsletter by email? If so, send an email to Hubert McCormack in the MDI office at hubert@mdi.ie

Previous issues of our newsletter can also be viewed on our website at <http://www.mdi.ie/newsletter.html>

If you have any articles, photographs, information etc. which you think might interest fellow members, you can also email them to hubert@mdi.ie

Wheelchair Accessible Van For Sale



2001 Ford Transit Minibus.
2 litre Diesel. Silver.
16,700 miles. Perfect Condition.
Very economical.

Seats 7 people and one wheelchair user.

Two 6 foot aluminium ramps, 4 clamps and seat belt for wheelchair included.

Bargain Price €21,586 (or IR£17,000)

For further details call John O'Sullivan
01 287 7728 or mobile 086 256 8948



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MDI's 30th Anniversary, Family Day, Conference and Annual General Meeting

The Muscular Dystrophy Ireland Annual Conference and AGM

will take place on

Saturday 14th September 2002

at

The Tullamore Court Hotel, Tullamore, Co. Offaly.

Attendance Form

To give us an indication of numbers could you please complete this form and send it back to the MDI office before **Friday 30th August 2002** to confirm your attendance.

Name:

Address:

I can / cannot (*delete appropriate*) attend on Saturday 14th September 2002.

If you are attending, please tick appropriate box (*ONE BOX ONLY*).

I will attend: (*please tick appropriate*)

Conference only

Conference and Annual General Meeting

Conference, Annual General Meeting and 30th Anniversary Celebrations

I will require light lunch / buffet dinner for person(s) on the day.

Entertainment will be provided for younger members. Please give names and ages of young members attending.

Name	Age

The Tullamore Court Hotel is situated beside the train station in Tullamore. If you require overnight accommodation in the hotel, the rates are: €76.00 per person sharing per night (Bed and Breakfast), or €66.00 per single per night (Bed and Breakfast). Bookings can be made directly with the hotel by contacting Ann Lynch at The Tullamore Court Hotel on Tel: 0506 46666.



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Are you interested in advertising in this space?

Over 600 copies of the MDI News Update are printed every two months and distributed nationwide.

To help defray the cost of this newsletter, we are offering advertisement space to corporate companies. With this in mind, do you know of any businesses that may be interested in purchasing advertising space.

In addition, you can also have an advertisement posted onto our website. On average the MDI website receives over 250 hits a week.

If you are interested in any of the above, contact:

Hubert McCormack
Muscular Dystrophy Ireland
Coleraine House,
Coleraine Street,
Dublin 7

Tel: (01) 8721501
Fax: (01) 8724482
Email: hubert@mdi.ie