

Brain Awareness Week

March 9 - 15 2009



Calendar of Events

Calendar of Irish Events for International Brain Awareness Week March 9-15 2009

Brain Awareness Week is an international event organised in over 69 countries worldwide. The Neurological Alliance of Ireland is co-ordinating a series of events to mark the week all over the country. This calendar details the events happening in your local area. For frequent updates and more events, check out our website at www.nai.ie. The Neurological Alliance represents voluntary organisations working with people with neurological conditions in Ireland.

Brain Awareness Week 2009

March 9th—15th

Dublin 

NAI/ Care Alliance

10th March

The Neurological Alliance of Ireland will host a joint conference with Care Alliance Ireland "Always on my mind: Caring for a Person with a Neurological Condition". The one day event is aimed at family carers and service providers and will be held in the Radisson Hotel, Golden Lane, Dublin 8 on Tuesday 10th March. For further information and to download a full conference programme and booking form, see the NAI website, www.nai.ie or call the NAI at 01 8724120.

NAI/ Aware

11th March

The Neurological Alliance of Ireland, in association with Aware will host an evening lecture in St Patricks Hospital Dublin at 7.30pm on Wednesday 11th March on "Neurological Conditions and Depression". The speaker is Professor David Cotter, Senior Lecturer in Psychiatry, Royal College of Surgeons. For more information contact Aware at info@aware.ie or call 01 237 4900

NAI/ Headway

13th March

The Neurological Alliance of Ireland in association with Headway will hold a neurological training day for staff of its member organisations on Friday 13th March. The training will be provided by Dr Niall Pender, Senior Neuropsychologist, Beaumont Hospital Dublin.

Irish Chronic Pain Association

8th March

The Irish Chronic Pain Association will hold a Dublin Support Meeting on Sunday 8th March 2009 at 2.00 p.m. in Ely House, Ely Place, Dublin 2. Speaker Cara Chotner from Yoga Therapy Ireland will demonstrate gentle relaxation and exercise techniques which are useful for the management of chronic pain. All are welcome to attend. For further details of the above event see www.chronicpainireland.org or contact Christina on 01 8047567 or by emailing info@chronicpainireland.org. The ICPA is the principal patient support group for all those suffering with chronic pain.

Dystonia Ireland

10th March

Dystonia Ireland will host a support and social evening for people with Dystonia, family/friends on Tuesday 10th March at 8pm in The Ballsbridge Inn Hotel, Pembroke Rd,

Ballsbridge, Dublin 4. For more information please contact Maria (01) 4922514 or e mail info@dystonia.ie

Peter Bradley Foundation

10th March

The Day Services of the Peter Bradley Foundation will host an art exhibition on Tuesday 10th March from 12.00 to 16.00. All exhibits will be the product of clients of the Day Service, all of whom have acquired brain injury. For more information, contact Tony Bissett on 01 2355285

Headway/ TCIN

10th—13th March

Headway will be holding a number of "Open House" Coffee Mornings in Dublin from 10th to 13th March, a Biofeedback demonstration, Relaxation for Carers and Brain Function & Behaviour Training (in Association with the Neurological Alliance of Ireland). There will be refreshments available, a chance to have a chat and to get information. We look forward to welcoming you.

Headway Open House Dates in Dublin:

Tuesday 10th March

Clontarf Day Services Centre from 10.30am to 12.30pm.

Wednesday 11th March

Manor St Centre open from 10.30am to 12.30pm and 11am Biofeedback Talk and Demonstration. Special "Pamper Zone" for carers 10.30am to 12.30pm.

Wednesday 11th March: from 1.30pm to 3.30pm in

Clondalkin (Clondalkin and Finglas Rehabilitative Training).

Thursday 12th March: Ringsend Day Services Centre from 10.30am to 12.30pm

Friday 13th March: Lucan Day services Centre from 10.30am to 12.30pm.

For further details, see www.headway.ie or contact Ruth Lunnon, Information and Support Office in Dublin on 01 810 2095, email lunnonr@headway.ie. Headway provides services and support to people with an acquired brain injury.

MS Ireland

10th March

The Multiple Sclerosis Society will hold an Information Day on Tuesday 10th March in St Vincents Hospital, Dublin for carers and people with multiple sclerosis. For more information contact Aoife on 01 286 6800.

MS Ireland

10th March

Multiple Sclerosis Ireland will host an evening seminar in the Science Gallery, Trinity College Dublin on Tuesday 10th March at 7pm. Professor Tim Lynch, Consultant Neurologist, Mater Hospital Dublin will be the keynote speaker. For more information contact Eilish on 01 678 1600.

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Headway/ Prof. Ian Robertson

10th March

STAY SHARP SEMINAR with Professor Ian Robertson of Trinity College, Dublin

7pm to 9pm

National College of Ireland, Mayor St, IFSC, Dublin 1

Professor Robertson is one of the world's leading researchers in brain rehabilitation. His most recent research shows how it is possible to improve mental function in ordinary people who don't have illness or brain disorders.

This interactive seminar will demonstrate how: exercise actually grows your brain and improves your memory; foods and vitamins make you sharper; to use your brain power or lose it; to unstress your brain – it doesn't like it, and that exercise keeps your brain fit. Professor Robertson will be kindly donating his proceeds from this workshop to Headway. The cost is €50, or €90 for 2 tickets. Visit: www.seminars.ie to book or see further details, or phone: 01 287 5524

Peter Bradley Foundation

11th March

The Peter Bradley Foundation will host an Information session on Acquired Brain Injury with transition year students in Donahies Community School, Donaghmede on Wednesday 11th March at 11am. For more information, contact Niall Higgins on 087 9884527

Headway/ TCIN

11th March

"Living with a Disordered Brain - Life after Brain Injury": Headway and Professor Ian Robertson of Trinity College Institute of Neuroscience will host a talk and Panel Q & A session at 7pm in the Science Gallery, Pearse St, Dublin 2. All are welcome.

Brainwave The Irish Epilepsy Association

12th March

Brainwave will be holding the Robert Bentley Todd Memorial Lectures to mark the 200th anniversary of the birth of Robert Bentley Todd, the Irish doctor who played a key role in developing a modern understanding of epilepsy. The lecture will be held in the Science Gallery, Trinity College Dublin from 11am to 2pm on Thursday 12th March. Speakers include Dr. EH Reynolds from King's College Hospital London and Prof. Graham Harding, leading expert in photosensitivity who will speak on the need for broadcast guidelines in Ireland. Call Brainwave at 01 4557500 or see www.epilepsy.ie for more information

Headway

13th March

Friday 13th March: Manor St Centre, D7 – Neuropsychology, Brain Function & Behaviour Workshop with Dr Niall Pender. Contact nolanc@headway.ie to register for this workshop.

Brainwave The Irish Epilepsy Association

14th March

Brainwave will hold a Family Day for members in Dublin Zoo, Phoenix Park on Saturday 14th of March 2009, 1pm – 4pm. For further information, contact Ina O'Byrne, Brainwave Community Resource Officer at 01 4557500.

Brainwave The Irish Epilepsy Association

Brainwave will be launching their updated epilepsy.ie website to coincide with Brain Awareness Week 2009.

Headway

19th March

Headway Brain Injury Information Stand (10am - 3.30pm) in the Mill Shopping Centre, Clondalkin.

Cork 

Huntingtons Disease Association of Ireland

7th March

The Huntingtons Disease Association of Ireland will host a support meeting in Cork city centre on Saturday March 7th from 11am to 1pm. People with HD, family members and carers are welcome to come along for a chat or for information on HD over tea/coffee and scones. For further details contact the HDAI office on 01 872 1303 or email: hdai@indigo.ie

Brainwave The Irish Epilepsy Association

9th March

Brainwave will hold an Epilepsy Information Day in Mallow Library on Tuesday March 9th for Brain Awareness Week. Brainwave's Community Resource Officer Mary Lawlor will be in attendance for one to one appointments. Please phone 021 4274774 and ask for Mary to make an appointment in advance.

Brainwave The Irish Epilepsy Association

9th March

Niamh Jones, Brainwave Community Resource Officer will give an Epilepsy Awareness Presentation to Special Needs Assistants in the Cork Education Support Centre, Western Road Cork at 8.30pm. For more information contact Niamh at 021 4274774

Headway

9th March

Headway will be holding an Art and Photography Exhibition in the Wilton Library from Monday, 9th of March for two weeks. We will also have a brain injury awareness stand up in Cork University Hospital, schools road safety talks, a fundraising bag-pack and a coffee morning for clients and family members (dates to be confirmed). For further details, see www.headway.ie or contact Liz Owens, Regional

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Coordinator at 021 487 1303 (email: owensl@headwaycork.ie).

Migraine Association of Ireland

11th March

The Migraine Association of Ireland (MAI) is currently seeking to set up local migraine awareness groups to further the work of the Association on a regional basis. A meeting will be held in the Imperial Hotel and Spa, Cork city on Wednesday, March 11th at 7pm to launch the first of these groups. This group will strive to promote awareness of migraine and the MAI throughout the Cork area. The evening will include a presentation from Dr Eddie O'Sullivan of the Migraine Clinic at Cork University Hospital. All those with an interest in migraine are invited to attend. The MAI will also work to publicise the impact of migraine on family and carers through a series of local events. Further information on all events will be available on our website www.migraine.ie closer to the date.

Brainwave The Irish Epilepsy Association/ SENAP

11th March

SENAP (Special Educational Needs and Parents), West Cork have organised a Public Awareness Evening in the Parkway Hotel in Dunmanway on Wednesday night, 11th March. Niamh Jones, Brainwave's Community Resource Officer, will give an Epilepsy Awareness Presentation and answer questions on Epilepsy related issues. Please contact Niamh Jones in the Cork Brainwave office at 021 4274774 for further information.

MS Ireland

12th March

The Multiple Sclerosis Society, Southern Regional Office will be holding a seminar entitled Empowering the Carer, which is geared towards anyone who is caring for a person with MS and will focus on the following - taking more control of your life, improving decision making and improving well being as a Carer. This seminar will take place in Bru Colmanus, Wilton, Cork on Thursday 12th March from 10.30am to 3pm. For further information and to book a place, phone 021 4300001 or southern@ms-society.ie

Brainwave The Irish Epilepsy Association

16th March

Niamh Jones, Brainwave Community Resource Officer will give an Epilepsy Awareness Presentation to Special Needs Assistants in the West Cork Education Centre, Dunmanway at 8.30pm. For more information contact Niamh at 021 4274774

Bri

18th March

Bri Cork monthly advocacy meeting will be held on Wednesday 18th March in Wilton Community Centre, opposite the Cork University Hospital from 8pm. For further information please contact Chairperson Richard Daly, tel 087 2624048 or Secretary Phil McGowan 087 9955166.

Kerry



MS Ireland

10th March

The Multiple Sclerosis Society will hold a seminar entitled Empowering the Carer which is geared towards anyone who is caring for a person with MS and will focus on the following: taking more control of your life, improving decision making and improving well being as a carer. The seminar will be held on Tuesday, 10th March in the Dromhall Hotel, Killarney, Co. Kerry from 10.30am to 3pm. The event is open to carers and people with multiple sclerosis. For further information and to book a place, phone 021 4300001 or southern@ms-society.ie

MS Ireland/ Brainwave The Irish Epilepsy Assoc

11th—12th March

Multiple Sclerosis Ireland and Brainwave The Irish Epilepsy Association are having an information day to provide information and support to people with MS and epilepsy living in rural areas in the following locations: Cahirciveen Co. Kerry 11th March
Dingle Co. Kerry 12th March
Contact Siobhan Lynch (MS Ireland) on 064 663 0851 or Una Barry (Brainwave) at 066 7119507

Offaly



Brainwave The Irish Epilepsy Association

12th March

Brainwave's Midlands Community Resource Officer, Margaret Bassett will be hosting an awareness morning for parents on 12th March 2009 from 10.30am until 1.00pm at Brainwave's offices at the Offaly Centre for Independent Living on Clonminch Rd, Tullamore. Dr. Cathy Madigan, Neuropsychologist at Temple Street Hospital will be the guest speaker. Contact Margaret at 057 - 9346790 for further information

MS Ireland

11th March

The Multiple Sclerosis Society will hold a support group for people with multiple sclerosis on Wednesday, 11th March from 11am to 1pm in Donegans, Monasterboycce. For more information contact the MS Society at 01 6781600.

Roscommon



Brainwave The Irish Epilepsy Association

11th March

Brainwave's Community Resource Officer in the region, Evelyn Monson-Kirby will be holding an Information/Support

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Group in the Vita Family Centre, Abbey Street, Roscommon Town, starting at 7.30pm. For further information, contact Evelyn at 091-568180.

MS Ireland 9th March

The Western Regional Office of MS Ireland will be holding an Information/Support session in the Abbey Hotel, Roscommon on Monday 9th March from 2-4pm. Friendly chat and refreshments. For more information please phone 091 862 478.

Sligo

Brainwave The Irish Epilepsy Association 9th March

Brainwave The Irish Epilepsy Association will hold a meeting in the Conference Room, Sligo General Hospital on Monday 9th March from 2-4pm. Grainne Truelove, Neurology nurse will talk about her new role in Sligo. For more information contact Brainwave's Community Resource Officer, Agnes Mooney at 071 9146255

The Peter Bradley Foundation / HSE Community Acquired Brain Injury Team 12th March

The Foundation will be hosting a Coffee Morning on March the 12th in the Glass House from 10.30am to 12.00pm for Brain Awareness Week. This will be a social opportunity where people can drop in and have a chat, meet with others who have had similar experiences, access information and make new contacts and of course enjoy some scones and cream.

The Sligo branch of the Peter Bradley Foundation Team will also deliver talks to the local Secondary Schools around Brain awareness and Safety over the week. For more information contact Teresa O'Boyle on 071 9153472

Donegal

MS Ireland 13th March

The Multiple Sclerosis Society will hold a 3 day newly diagnosed event from Friday 13th March to Sunday 15th March in Donegal. The weekend is for people newly diagnosed with multiple sclerosis. For further information please contact the North West office on 074 912 5015.

Cavan

Peter Bradley Foundation

The Peter Bradley Foundation will host a project directed at younger children - learning about the effects of brain injury

through story telling. National schools in Cavan and Monaghan. Contact Kathleen Brennan at the Peter Bradley Foundation on 0872659566.

MS Ireland 12th March

The Multiple Sclerosis Society are inviting those newly diagnosed in Cavan, Monaghan, Louth and Meath to a Newly Diagnosed Information Day. The event will take place in the Nuremore Hotel, Monaghan on Thursday, 12th March from 10am to 3pm. For further information contact Lorna on 042 9664410

Mayo

Brainwave/ Headway/ The Peter Bradley Foundation 12th March

Brainwave The Irish Epilepsy Association, Headway and The Peter Bradley Foundation will make a presentation on their respective services in the Mid-West on Thursday 12th March 2009 in the Old Ground Hotel, Ennis from 7.00 p.m. to 10.00 p.m. All are welcome and admission is free.

For more information Contact Anna Kelly - 061 313773, e mail brainwavelk@eircom.net; Denis Managan - 061 - 469305, e mail mangand@headway.ie; Alan O'Connell - 061 - 307651, e mail aoconnell@peterbradleyfoundation.ie

Huntingtons Disease Association of Ireland 14th March

The Huntingtons Disease Association of Ireland will hold a support meeting in Castlebar on Saturday 14th March 2009 from 11am to 1pm. People with HD, family members and carers are welcome to come along for a chat or for information on HD over tea/coffee and scones. For further details contact the HDAI office on 01 872 1303 or email hdai@indigo.ie .

Waterford

The Irish Chronic Pain Association 12th March

The Irish Chronic Pain Association will host a talk on Thursday 12th March at 7.00 p.m. in the Granville Hotel, Meagher Quay, Waterford. Continuing with our regional Public Awareness Campaign the Mayor of Waterford, Jack Walsh will officially open the Waterford event. Speaker and respected Pain Consultant Dr Ken Patterson will give a comprehensive outline of Chronic Pain as a condition in itself, the services currently available to patients and the need for greater support of all those in CP. All are welcome to attend. For further details, see

www.chronicpainireland.org or contact Christina on 01 8047567 or by e mailing info@chronicpainireland.org.

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Wicklow

Brainwave The Irish Epilepsy Association

15th March

Kids Party Club are hosting a family fundraising event on 15th March in the Heather House Hotel in Bray in aid of Brainwave: The Irish Epilepsy Association. Please contact Joe McMahon at 086 6022589 or e mail joe@kidspartyclub.ie.

Kilkenny

Headway

11th March

Headway will be holding a Brain Injury Coffee and Information Morning in Kilkenny, on Wednesday 11th March, 2009, 11 am to 1 pm, in the Day's Hotel.

For further details, see www.headway.ie. or contact: Catherine O'Hare, Information & Education Officer in Kilkenny. Phone: 056 778 6240 or email: oharec@headway.ie. Headway provides services and support to people affected by acquired brain injury.

Limerick

Headway

9th March

On Monday 9th March, Headway Limerick will be launching our Art Exhibition in the Hunt Museum, with Jan O'Sullivan as the Guest of Honour.

MS Ireland

9th March

The Multiple Sclerosis Society will hold a seminar entitled Empowering the Carer on Monday 9th March in the Radisson Hotel, Ennis Rd, Limerick from 10.30am to 4pm. The event is open to carers and family members of people with multiple sclerosis. For further information and to book a place, phone 061 33 55 65 or e mail midwest@ms-society.ie

Headway

10th March

Headway will have a brain injury information stand in the Mid-Western Regional Hospital.

Headway

11th March

Headway Limerick will run an Information Lecture on acquired brain injury for family members in the Headway training centre from 6 - 8 pm.

Dystonia Ireland

13th March

Dystonia Ireland will host a support and social evening for people with Dystonia, family/friends on Friday 13th March at 7.30pm in The Aquila Room, Clarion Hotel, Steamboat Quay, Limerick. For further information please contact Maria (01) 4922514 or email info@dystonia.ie

Headway

13th March

Headway staff, family members and friends will take part in a Collection Day in Limerick city centre from 10 am – 6 pm to raise money and awareness of brain injury. Family Fundraising for Headway: if anyone would like to organise a fundraising/awareness event in their local community, please contact Denis Mangan. For further details of all the Headway events in Limerick, see www.headway.ie. or contact Denis Mangan, RT Manager, Limerick on 061 469 306 or email: mangand@headway.ie. Headway provides services and support to people affected by acquired brain injury.

Clare

Brainwave/ Headway/ Peter Bradley Foundation

12th March

On Thursday 12th March: Brainwave, Headway Limerick & the Peter Bradley Foundation, will hold a joint presentation in the Old Ground Hotel, Ennis at 7.30pm. Contact Denis Mangan in Headway for further details on 061 469 306.

MS Ireland

9th March

The Multiple Sclerosis Society will hold a Carers Wellbeing Day on Monday, 9th March in the Radisson Hotel, Ennis Rd. The event is open to carers and families of people with multiple sclerosis. For more information contact Angela on 061 33 55 65

Carlow

Headway

12th March

Headway will be holding a Brain Injury Coffee and Information Morning in Carlow on Thursday, 12th March 11am to 1pm in the Cathedral Parish Centre, College St, Carlow. For further details contact Catherine O'Hare, Information and Education Officer in Kilkenny. Phone 056 778 6240 or e mail oharec@headway.ie or see www.headway.ie. Headway provides services and supports to people affected by acquired brain injury

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Westmeath

MS Ireland
14th March

The Multiple Sclerosis Society will hold a seminar on Cognition and Multiple Sclerosis in the Mullingar Park Hotel on Saturday 14th March. This event is open to carers and people with multiple sclerosis. For more information contact the MS Office at 01 6781600

Monaghan

Brainwave/ Bri/ Peter Bradley Foundation & HSE
11th March

The Peter Bradley Foundation will host a joint venture for Brain Awareness Week in the North East between BRI, Brain Wave, Peter Bradley Foundation and the HSE. An information/coffee morning will be held in the Crannog, HSE Day Centre in Castleblaney on the 11th March between 10.30 a.m. and 1 p.m. Contact Noreen 0868851971 or Ned - 0863821033

MS Ireland
12th March

The Multiple Sclerosis Society are inviting those newly diagnosed in Cavan, Monaghan, Louth and Meath to a Newly Diagnosed Information Day. The event will take place in the Nuremore Hotel, Monaghan on Thursday, 12th March from 10am to 3pm. For further information contact Lorna on 042 9664410

Laois

MS Ireland

The Multiple Sclerosis Society will hold two seminars in Portlaoise for carers and people with multiple sclerosis entitled Communications in families with MS. For further information contact Sandra on 0906 476353.

Meath

MS Ireland
12th March

The Multiple Sclerosis Society are inviting those newly diagnosed in Cavan, Monaghan, Louth and Meath to a Newly Diagnosed Information Day. The event will take place in the Nuremore Hotel, Monaghan on Thursday, 12th March from 10am to 3pm. For further information contact Lorna on 042 9664410

Louth

Dystonia Ireland
11th March

Dystonia Ireland will host a support and social evening for people with Dystonia, family/friends on Wednesday 11th March at 7.30pm in the Mezzanine Lounge, The Crowne Plaza Hotel, Green Park, Dundalk. For further information please contact Maria (01) 4922514 or e mail info@dystonia.ie

MS Society
11th March

The Multiple Sclerosis Society will hold a support Group for people with on MS Wednesday 11th March in Donegans, Monasterboice, Drogheda, Co. Louth 11am – 1pm. For more information contact Lorna on 042 9664410

MS Society
12th March

The Multiple Sclerosis Society are inviting those newly diagnosed in Cavan, Monaghan, Louth and Meath to a Newly Diagnosed Information Day. The event will take place in the Nuremore Hotel, Monaghan on Thursday, 12th March from 10am to 3pm. For further information contact Lorna on 042 9664410

Brainwave The Irish Epilepsy Association
12th March

Brainwave will have an Information Stand at the Laurence Shopping Centre on Thursday 12 March (all day) Come along and have a chat with Noreen at the stand.

Galway

Dystonia Ireland
12th March

Dystonia Ireland will host a support and social evening for people with Dystonia, family/friends on Thursday 12th March at 7.30pm in The Leather Lounge, Galway Bay Hotel, The Promenade, Salthill, Galway. For further information, please contact Maria (01) 4922514 or e mail info@dystonia.ie



NAI Member Groups

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| Alzheimer Society of Ireland | Irish Motor Neurone Disease Association |
| Aware | Migraine Association of Ireland |
| Brainwave: The Irish Epilepsy Association | Multiple Sclerosis Society of Ireland |
| Brí | Muscular Dystrophy Ireland |
| Cheshire Ireland | Myasthenia Gravis Association of Ireland |
| Dystonia Ireland | Neurofibromatosis Association of Ireland |
| Enable Ireland | North West MS therapy centre |
| Friedrich's Ataxia Ireland | Parkinson's Association of Ireland |
| Headway | Peter Bradley Foundation |
| Huntington's Disease Association of Ireland | Post Polio Support Group |
| Irish Association for Spina Bifida and Hydrocephalus | Progressive Supra Nuclear Palsy Support Group |
| Irish Chronic Pain Association | Syringomyelia Support Group of Ireland |
| Irish Institute of Clinical Neurosciences | The Rehab Group |

Please check our website at

www.nai.ie

regularly over the coming weeks for updates and more events.

Just click onto the Brain Awareness week brain-shaped logo on our homepage.