

mizen to malin vintage rally

€20,928 raised for MS Ireland

The organisers of the Mizen to Malin Vintage Rally would like to thank most sincerely all the contributions, monetary or otherwise, which was organised by staff, students and friends of CIT. The Rally, which was held in June, raised funds for Multiple Sclerosis (MS).

MS is a degenerative, neurological condition of the central nervous system. Common symptoms include fatigue, visual disturbances, lack of co-ordination/mobility and altered feelings in the arms or legs. A number of studies have looked at the benefits of physiotherapy and exercise-related activities for people with MS.

MS Ireland (Southern region) has 340 people involved in a range of exercise classes run by physiotherapists, fitness instructors and yoga teachers and also direct one-on-one physiotherapy interventions to those with more significant levels of disability. The response of people has been overwhelming with their MS improving as a result but also from a psychological perspective, people enjoyed the group situations.

Funds raised by CIT will help towards the provision of this Exercise Programme/ Physiotherapy in the southern region. The fund exceeded all expectations by reaching a staggering €20,928 and a cheque was formally presented to MS Ireland in October.

