

Highlighting - Climbing for MS Ireland



Molehill to Mountain – Local Doc climbs Africa’s highest in aid of MS Ireland. As a chiropractor I’ve spent over 10 years advising patients how to integrate chiropractic, nutrition, exercise and lifestyle choices to help them achieve their sporting goals. This summer I get to practise what I preach! Having never attempted or even contemplated anything like this before, this will be my own physical, emotional and spiritual journey up the 5895m to the summit of Kilimanjaro at sunrise. This is definitely about the journey as well as the destination.

Multiple Sclerosis is one of the most prevalent diseases of the central nervous system, directly affecting approximately 8000 people in Ireland. It’s the most common disabling neurological disorder among young people but it can occur at any age. MS Ireland’s aim is to enable and empower those affected by MS to live the life of their choice to their fullest potential. As a chiropractor I treat the central nervous system. At any time I could have a patient walking into my clinic with undiagnosed MS and for this reason I wanted to help this fantastic charity. In particular to help raise essential funds for the urgent refurbishment of the MS Care Centre based in Rathgar in Dublin, which is Ireland’s only dedicated respite and therapy centre for people with Multiple Sclerosis.

My journey is being greatly assisted by my trusted friends and colleagues; with their help I will reach the physical stamina and fitness I require as well the sponsorship goal I have set.

CrossFit Ireland is a style of exercising that needs to be experienced to be enjoyed – for the first time in my life I’m enjoying getting fit! From the running I am doing

aside from the gym I developed the painful sports injury of shin splints. These are being successfully treated by Niamh O’Brien of Inspirit through acupuncture and Theragem as well as weekly massage from Marcin Suminski or Merja Sumiloff of Simply Bodywork; so here’s hoping that soon my splints will turn into sprints!!

Anna Savino at Anna Perenna Clinic will kindly be vaccinating me while her oil free SPF 30 face cream from Image Skincare will be protecting me from the harsh sun and 7 hours of daily hiking.

Trevor Cullen of Little Big Dog is looking after my social media marketing of my Facebook page The Citrus Kids 2011 and designed our fabulous logo; while Dermot Byrne of Dermot Byrne Photography, fashion photographer of the year, has very kindly agreed to do a special fund raising photo shoot; the details are secret for now!!

The trip is being financed by me; all donations will go directly to MS Ireland. I will be organising various fund raising events with the first one on Saturday 6th August 10.00am-12.30pm where CrossFit Ireland (see advert opposite for address) is hosting a coffee morning. You can meet me, observe a class, meet the others mentioned here as well as enjoy a coffee from Third Floor Espresso, www.3fe.com and homemade flapjacks and brownies from Leonie Guy and you can donate too, if you wish. Do let me know if you can make it so we don’t run out of any delicious treats, by calling or texting on 086 851 2910. If you would like to donate electronically the details are: <http://www.sponsor.ie/ros-drake/event/climbing-kilimanjaro/>.



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