

Ways We Can Help You



Household cleaning

Gardening

Window cleaning

Carpet cleaning

Complementary therapies

Manicure/Pedicure

Days out/ holiday

Hairdresser/Barber visits

Counselling

Travel expenses – hospital/day centre visits

Lifeline Alarm Rental

Electrical equipment – eg. TV, radio, CD player

One-off Broadband payment



E-mail us: portsmouth@mndassociation.org
Website: www.mndportsmouth.org



Help Available For Your Quality of Life

Supporting local people affected by Motor Neurone Disease

Donations to our Group may be made for research or given to help people with MND to lead more comfortable lives. Research is obviously vitally important but as a local Group it is also our wish to help make the lives of local people with MND a little easier.



We can help in many ways to improve the quality of life for both those living with MND and their carers. It could be by arranging an occasional treat, easing your carer's workload or funding other equipment (which is not provided by the NHS), that may make your lives a little easier.

Please turn to the back page to see a list of the type of support that we can fund.

Please don't hesitate to contact your Association Visitor if any of these would help you. You can e-mail, phone, make contact through the website or chat to us at our Coffee Mornings.

E-mail: portsmouth@mndassociation.org

Website: www.mndportsmouth.org

MND Connect: [0808 802 6262](tel:08088026262)



Our Group

The Portsmouth and SE Hants Group is run entirely by volunteers, many of who have personal experience of the disease. We are always interested in hearing from people who can help with events or who want to get involved with running the Group.

We have the sole aim of serving all those in the area who are affected by Motor Neurone Disease (MND). This includes people with MND, their carers, family and friends, in fact anyone who has been touched in some way by the disease.

Our support group meets regularly at The Rowan's Hospice in Purbrook, and we have Association Visitors who can provide support in your home, or over the phone. Our regular coffee mornings are very popular and are on the first Monday of every month from 10.30am - 12.15pm at the Rowan's Hospice.



To find out how to get involved in our group, see our website: <http://www.mndportsmouth.org/>
We're also on Twitter: @MNDPortsmouth & Facebook, 'MND - Portsmouth and SE Hampshire Group'

Fundraising and Donations

We organise a number of events throughout the year which are well supported. Additionally we are very fortunate to be assisted by a number of individuals and organisations within the region. They raise money for use by the Group to help people living with MND or to help fund research into MND to learn more about the disease and help to find treatments. Every event helps spread the word about MND and raise people's understanding of what it means to live with MND.

If you're holding an event or sponsored activity in the Portsmouth & South East Hants area, and planning to donate to the Association nationally or to the Portsmouth Group, please contact us so that we can spread the word on our social media pages and in the newsletter or use this link for our JustGiving page: <https://www.justgiving.com/mndportsmouth/>



Walk to d'Feet, September 2014



Matt Crosse running for MND in the San Francisco Marathon last year

Volunteering

We are always looking for volunteers to help in fundraising or joining our small Group. If you can spare even a few hours to help us raise money or attend our monthly meetings to support local people affected by MND, please contact us.

Motor Neurone Disease Association, Registered Charity No 294354

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