

How we can help

Our group of friendly volunteers can support you, and those close to you, during this difficult time. We provide information, advice and support in a number of ways:

- Monthly informal coffee mornings give you the opportunity to meet others in a similar situation who can share their experience and knowledge
- An Association visitor who will stay in regular contact with you and your family, supporting, advising and signposting you to services
- Quality of Life grants and funding towards specialist equipment and services to meet your needs

We raise funds and build awareness locally of MND. We also campaign so that the needs of people living with MND and everyone who cares for them are recognised and addressed by our local communities and people of influence. We also help to fund research into MND to help to find a cure. Our quarterly newsletter, Facebook page, Twitter feeds and website all help to keep you up to date with our latest news and events. If you would like to get in touch, please see the contact details on the reverse of this leaflet.

If you would like to talk to someone locally or would like some help and assistance please contact us:

Group Contact:

Andrew Lane 07708 589159
portsmouth@mndassociation.org

Regional Care Development Adviser:

Louise Rickenbach 03453 751831
Email louise.rickenbach@mndassociation.org

Publicity Officer:

Judi Ammari
judi.ammari@harvestpr.co.uk

Newsletter Editor:

Melanie Nicholls
mel_hunt@hotmail.com

Further information

Our online forum

A safe forum for people affected by MND to share experiences: <http://forum.mndassociation.org>

MND Association website

Our website www.mndassociation.org provides a wealth of information and most of our publications can be downloaded.

MND Connect

If you need advice, please contact our helpline team, MND Connect, who provide practical and emotional support.

mndconnect
0808 8026262
mndconnect@mndassociation.org

Motor Neurone Disease Association

PO Box 246, Northampton NN1 2PR
Telephone: 01604 250505
Email: volunteering@mndassociation.org

www.mndassociation.org

 @mndassoc  /mndassociation

mnda
motor neurone disease
association

How we can
support you



Portsmouth and
South East Hampshire Group



We are here to help

The Motor Neurone Disease Association has a network of 88 branches and groups, run by volunteers, throughout England, Wales and Northern Ireland.

We provide a warm welcome and friendship. We also offer information, advice and support.

Whether you are a person living with MND, a carer or a family member, we can help you.



“What I like most about being part of the Group is being invited to share good and difficult times with the nicest, bravest, remarkable people that I have met.”



“Our local group answered many questions, understood problems that we were encountering and offered advice on how to overcome these”

A person living with MND



Our Group

The Portsmouth and South East Hampshire MND Support Group exists to help and support people affected by this cruel disease in our area, and to raise awareness and funds to help the research into treatments and an eventual cure.

Our monthly informal support meetings and evening Group Meetings are held in The Rowans Hospice in Purbrook—for more information do contact us.

If you, or any of your family or friends, could spare an hour or two a month or just help us at events, we'd love to hear from you! We promise a warm welcome and the satisfaction of knowing you're helping a very important cause.

Our website has more information and news from the Group, and you can also follow us on Twitter (@mndportsmouth) and Facebook.