



# Suffolk drop-in support meetings 2020

**For anybody affected by Motor Neurone Disease – all welcome!**

**Feeling isolated? Unsure about support and services available?**

Come along to our informal get-togethers to share ideas and support over a cuppa.

People living with MND, families & professionals all welcome.

MND Association representatives and nurse specialists will usually be on hand to advise and we also hope to have guest speakers throughout the year.

## West Suffolk support meetings

Hawstead Village Hall, The Green, Hawstead, IP29 5NP

Wednesday 8th January	12 - 2pm
Wednesday 4th March	2 - 4pm
Wednesday 6th May	2 - 4pm
Wednesday 1st July	2 - 4pm
Wednesday 2nd September	2 - 4pm
Wednesday 4 <sup>th</sup> November	12 - 2pm

To note your intention to attend please email Wendy Pott on [werpott@yahoo.com](mailto:werpott@yahoo.com) or contact West Suffolk Neurological Nurses, Nicky McGreavy, Sarah Ward or Wendy Webb 01284 748848

## Ipswich support meetings

The Atrium, St Elizabeth Hospice, 565, Foxhall Road, Ipswich, IP3 8LX

Monday 17th February	5 - 7pm ,
Monday 20th April	5 - 7pm
Monday 15th June	5 - 7pm
Monday 17th August	5 - 7pm
Monday 19th October	5 - 7pm
Monday 21st December	5 - 7pm

To note your intention to attend please contact Gill Solway 07799417604

Suffolk MND Association contact is Janet Oliver 01359 241084 or  
Suffolk Direct (for access to social care services) 0808 800 4005