

mnda

motor neurone disease
association

**Could you help
support someone
with MND?**



Together we can make a difference.

Do you enjoy listening to and helping people?

"Without our amazing Visitor, our pathway along the MND road would have undoubtedly have been a great deal bumpier!"

Are you looking for a volunteering role where you can listen to and help people that fits in around your family, studies or other commitments?

By becoming an Association Visitor and donating your time, energy and skills, you can make a real difference to the lives of people affected by motor neurone disease (MND). By giving as little as two to four hours a week you can have a huge impact.

What is MND?

MND is a fatal, rapidly progressing neurological condition affecting up to 5,000 adults in the UK at any one time. The disease causes messages from nerves (motor neurones) in the brain and spinal cord that control movement to gradually stop reaching the muscles, leading them to weaken, stiffen and waste.

The result is that people become locked in a failing body, unable to move, talk and eventually breathe. Some may experience changes in thinking and behaviour, with a proportion experiencing a rare form of dementia. MND does not usually affect senses such as sight, sound and feeling.

MND kills a third of people within a year and more than half within two years of diagnosis.

It affects all communities, with a person's lifetime risk of developing MND around 1 in 300.

Today six people will be diagnosed and six will die from MND. There is no cure.

What is an Association Visitor?



Association Visitors are trained volunteers who act as a point of contact for people living with MND, their families and carers. The role is a challenging but rewarding one.

As a Visitor, you will keep in regular contact with people with MND, their families and carers. This can be done either by phone, email or face-to-face visits, depending on what suits you and the family.

By offering confidential emotional support, accurate information and help to access the right services and equipment, you can enable people affected by MND to live their life more easily and make informed choices.

Thorough and on-going training and support is provided for you by the MND Association.

The benefits to you

As an AV you can further develop existing skills in your personal and professional life, such as listening, empathy, tact, sensitivity and dealing with a wide range of people from all backgrounds.

You will benefit from working as part of a team, while at the same time being able to manage your own schedule. You can work the role around your existing commitments, whether that's family, studies, work or all three.

Many Association Visitors love the role they do because it is so flexible and can be easily adapted to their individual lifestyle.

"I feel I can make a difference in a very positive way. As a Visitor I can answer questions and help people get on with living."

As an Association Visitor you can expect:

- a thorough induction on our work, staff, and your volunteering role
- training to meet the responsibilities of your role
- access to support and development in your volunteering role
- to be treated fairly and without discrimination
- reimbursement of any reasonable expenses incurred.

About the Association

The MND Association is the only national charity in England, Wales and Northern Ireland focused on improving care, research and campaigning.

We have over 9,000 members forming a powerful network that provides information and support for people with MND, their families and carers.



We fund and promote research that leads to new understanding and treatments, and brings us closer to a cure. We campaign and raise awareness so the needs of people with MND are recognised and addressed by wider society.

People with MND, their families and carers are at the heart of everything we do.

Visit www.mndassociation.org/support-volunteering for further information.

Alternatively, email volunteering@mndassociation.org or phone the Volunteering Team on 0345 6044 150.