

# Suffolk drop in support meetings 2018

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

Feeling isolated?

Unsure about support and services available?

Come along to these informal get togethers where we will share ideas & support over a cuppa.

People living with MND, families and professionals involved in supporting families are all welcome.

MND Association representatives and nurse specialists will generally be on hand to advise.

## **Meetings in West Suffolk will be held on:**

**Wednesday 3<sup>rd</sup> January 12 – 2pm \*light lunch will be provided**

**Wednesday 7<sup>th</sup> March 2 – 4pm**

**Wednesday 2<sup>nd</sup> May 2pm-4pm**

**Wednesday 4<sup>th</sup> July 2pm-4pm**

**Wednesday 5<sup>th</sup> September 2pm-4pm**

**Wednesday 7<sup>th</sup> November 12-2pm \*light lunch will be provided**

(\*light lunch to be provided in January & November so an idea that you are coming would be helpful)

## **Hawstead Village Hall, The Green, Hawstead, IP29 5NP.**

To note your intention to come please mail Janet Oliver on [ooliverjanet@btinternet.com](mailto:ooliverjanet@btinternet.com) or contact West Suffolk Neurological Nurses, Nicky McGreavy or Sarah Ward - 01284 748848.

## **The Ipswich support groups will be held on:**

**Monday 19<sup>th</sup> February 5 - 7pm**

**Monday 16<sup>th</sup> April 5 – 7pm**

**Monday 18<sup>th</sup> June 5 – 7pm**

**Monday 20<sup>th</sup> August 5 – 7pm**

**Monday 15<sup>th</sup> October 5-7pm**

**Monday 17<sup>th</sup> December 5-7pm**

**The Atrium, St Elizabeth Hospice, Ipswich.**

**For the Ipswich meeting please contact Kate Barber on 01473 707962**

Suffolk MND Association contacts are Janet Oliver 01359 241084 and Liz Cooper 0345 375 1827  
Suffolk Direct (for access to social care services) **0808 800 4005**