



Suffolk drop-in support meetings 2019

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 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

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| Wednesday 9th January | 12 - 2pm - Scottish lunch |
| Wednesday 6th March | 2 - 4pm - Irish Tea |
| Wednesday 1st May | 2 - 4pm - Welsh Tea |
| Wednesday 3rd July | 2 - 4pm - English cream tea |
| Wednesday 4th September | 2 - 4pm - Harvest |
| Wednesday 6th November | 12 - 2pm - Pumpkin lunch |

To note your intention to attend please email Wendy Pott on werpott@yahoo.com or contact West Suffolk Neurological Nurses, Nicky McGreavy or Sarah Ward - 01284 748848

Ipswich support meetings

The Atrium, St Elizabeth Hospice, Ipswich, IP3 8LX

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| Monday 18 th February | 5 - 7pm |
| Monday 15 th April | 5 - 7pm |
| Monday 17 th June | 5 - 7pm |
| Monday 19 th August | 5 - 7pm |
| Monday 21 st October | 5 - 7pm |
| Monday 16 th December | 5 - 7pm |

To note your intention to attend 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