



Motor Neurone Disease



SUPPORT GROUP 2025

For people living with MND, their carers and families

1.30pm until 3.00pm (virtual) 1.30 pm – 3.30pm (face to face)

In person attendance (face-to-face): feel free to turn up and join in. No booking necessary
Virtual attendance: Link to join to be sent one week before the meeting to your email address.

If you are interested in attending any sessions virtually, please let a member of the Therapy team know 0121 703 3600. You will then be sent a link to join the session.

Programme:

Wednesday 15th January: [Any Questions? – Caroline Davis MND CNS](#)

Wednesday 19th February: [Counselling- Julie Hannah- services they offer and how they can help.](#)

Wednesday 19th March: [Carer's trust- Alyson Fell](#)

Wednesday 16th April: ["Group Support and chat" Easter Social](#)

Wednesday 21st May: [Spirituality Helen Cotter- Spiritual lead Marie Curie Hospice](#)

Wednesday 18th June: [LPA and Wills](#)

Wednesday 16th July: [MNDA Children and Young Person's team](#)

Wednesday 20th August: [OT and Physio Information session](#)

Wednesday 17th September: [Mindfulness- Helen Cotter Spiritual Lead Marie Curie Hospice](#)

Wednesday 15th October: [MNDA Research update](#)

Wednesday 19th November: [Remap](#)

Wednesday 17th December: ['Group chat & Support'/ Christmas Party](#)

Whilst we make every effort to ensure our contact list is up to date, please accept our apologies if this invitation is unwanted and contact us if you would like your details removed from the List