



3A

MND care centres and networks

Information for people with or affected by motor neurone disease, or Kennedy's disease

The MND Association part-funds a national partnership programme of MND care centres and networks across England, Wales and Northern Ireland.

This information sheet explains how care centres and networks assist people living with motor neurone disease (MND) or Kennedy's disease. This sheet provides an overview, but there may be differences in the way each care centre or network works. To find out more, contact the relevant co-ordinator (see section 4: *How do I access an MND care centre or network?*).

The content includes the following sections:

- 1: What are MND care centres and networks?**
- 2: What happens at an MND care centre or network?**
- 3: Who might I see at an MND care centre or network?**
- 4: How do I access an MND care centre or network?**
- 5: How do I find out more?**

 This symbol is used to highlight **our other publications**. To find out how to access these, see *Further information* at the end of this sheet.

 This symbol is used to highlight **quotes** from other people with or affected by MND.

This information has been evidenced, user tested and reviewed by experts.

1: What are MND care centres and networks?

MND care centres and networks are dedicated MND clinics where people come together to improve the standard of care for people living with MND or Kennedy's disease. These clinics pull together a team of different professionals (known as a multidisciplinary team) who work in a co-ordinated way. They monitor and advise on symptoms and provide support and information.

MND care centres are not purpose built buildings. Appointments usually take place in a hospital or hospice. In most cases you need to travel to these appointments, but some teams may provide an outreach service.

The professionals at your MND care centre or network will not replace your existing health and social care team, but work with them. Their main aim is to improve support and co-ordination of services for people living with MND.



"The care centre staff are brilliant. It's a great place to go to solve medical problems and it's good to meet other people with MND as well"

It is important to note that most neurology clinics offer co-ordinated care and services for MND. The MND Association works in partnership with neurology and community services, as well as MND care centres and networks.

Our aim is to improve services and help people with MND or Kennedy's disease receive equal care at the highest standard possible. MND Connect can help direct you to related services. See *Further information* in section 5: *How can I find out more?* for contact details.

How are networks different to care centres?

The overall services and access to multidisciplinary teams are the same with MND care and research networks as for care centres. These networks co-ordinate and support local health and social care organisations to deliver high quality care to people living with MND or Kennedy's disease.

The main difference is that each network uses a range of clinics or an outreach service to people's homes to provide access across a wide area.

MND care and research networks cover six areas:

- The Norfolk MND Care and Research Network
- The Northern Ireland MND Care Network
- The North Midlands MND Care Network
- The South Wales MND Care Network
- The South Western Peninsula MND Care Network (covering Devon and Cornwall)
- The Sussex MND Care and Research Network

For contact details, see section 4: *How do I access an MND care centre or network?*

2: What happens at an MND care centre or network?

MND care centres and networks can provide:

- a single point of contact for people with MND, called a care centre or network co-ordinator
- expertise in the management of MND
- strong links with local community services
- strong links with the MND Association
- the sharing of good practice with other colleagues in the community to educate and spread expertise across the region
- access to a multidisciplinary team (see later heading *Who might I see at an MND care centre or network?*).

If you attend a care centre or network on a regular basis, you will be offered:

- regular monitoring by a neurologist with expertise in MND
- blood tests and breathing tests
- a team that works together to assess and support each individual
- advice and information
- a proactive service which thinks about your future needs
- an opportunity to see more than one therapist when you visit the clinic
- an opportunity to be involved in new research projects (see heading below).

How can I get involved in research projects?

Some research projects and clinical trials need the participation of people with MND and occasionally their families. We know how keen some people are to help in this way and have developed a research register to help record this interest.

If you would like to find out if you meet the qualifying criteria to join the register, contact us on 01604 611880. You do not have to access a care centre or network to take part, but the research may take place in a care centre.

How does the MND care centre or network link with my local services?

The MND care centre or network team works closely with colleagues in the community to encourage good communication about care management.

They will let your GP and other professionals involved in your care know the outcome of your visit. The care centre or network co-ordinator ensures information is passed on to local services and appropriate support is in place at home.

MND Association regional staff and care centre co-ordinators have regular meetings with local community teams. Local therapists are also welcome to visit the MND care centre or network.

3: Who might I see at an MND care centre or network?

As with most neurological clinics, a range of professionals come together at MND care centres or networks to support people living with MND. This is called a multidisciplinary team (MDT). Professionals working together in this way allows them to share information more easily and co-ordinate your care more effectively.

The size of the team varies, but it will usually include the following:

Neurologist

A doctor who specialises in the brain, spinal cord, nerves and muscles. They are experts on conditions such as MND and usually work with other medical consultants to ensure people with MND receive the best possible medical care. The neurologist is usually the care centre director in charge of the overall management of the service.

Care centre co-ordinator

This person is the main contact for anyone wishing to access the MND care centre or network service. Communication is central to the co-ordinator's role, linking people with the multidisciplinary team, community services and the MND Association.

MND Association regional staff

Regional staff have expert knowledge of the management and care of people with MND and work closely with local service providers to ensure care and support is available at the right time.

MND Association visitor (AV)

AVs are volunteers who provide free and confidential personal support to people living with MND, their carers, their family and close friends. In some MND care centres or networks, MND Association visitors are present on clinic days.

Occupational therapists (OTs)

OTs support people to remain as independent as possible through equipment for daily living, adapting the home environment and informing people of different ways to do everyday activities. Some centres or networks may have specialist wheelchair OTs.

Physiotherapists

Physiotherapists offer guidance on managing symptoms such as fatigue, cramps and spasticity in the muscles. They can advise on suitable exercise and positioning to maximise comfort. Physiotherapy cannot reverse damage to muscle groups weakened by MND, but it can help maximise the use of muscles that are not yet affected and increase flexibility by maintaining movement of your joints.

 For more detailed information about physiotherapy, see:
Information Sheet 6A – *Physiotherapy*

Speech and language therapist (SLT)

SLTs offer advice, assessment and treatment for people with speech, language and communication difficulties. They also work with people who have problems with eating and swallowing.

Dietitians

Dietitians are experts in nutrition. They work closely with speech and language therapists to help you maintain a healthy weight where swallowing might be difficult. They can advise you on eating and drinking, as well as tube feeding.

Palliative care specialists

Palliative care specialists work to improve the quality of life for people with life-shortening conditions. This can include a wide range of support including symptom control and support for any psychological, social, spiritual, religious or other needs.

 For more information on palliative care, see:
Information sheet 3D – *Hospice and palliative care*

Respiratory team

This may include a respiratory consultant and a specialist physio who are experts on breathing issues.

 For more information on breathing with MND, see:
Our breathing and ventilation information sheet range, 8A-E

You may also be able to access a social work team and psychological support.

4: How do I access an MND care centre or network?

If you want to access an MND care centre or network, you will need to be referred by a GP, neurologist, or other consultant.

How do I make contact?

If you would like to find out more about any individual MND care centre or network, please contact the co-ordinator directly either by telephone or email. Their details are shown in this section and on our website at: www.mndassociation.org/carecentres

You can also contact our MND Connect helpline for information about the care centres or networks, or any concerns about their service. See *Further information* in section 5: *How can I find out more?* for contact details.

If you start attending a care centre or network, check with them if there will be any contact between appointments. You may be able to email them with any queries.

Where is my nearest MND care centre or network?

The care centres and networks currently operate in the following locations. Contact the appropriate care centre co-ordinator using the telephone number provided:

Birmingham

Telephone: 07771 624712 or 0121 3715800

Bristol

Telephone: 0117 414 0803

Cambridge

Telephone: 01223 216631 ext 2631

Lancashire and South Cumbria

Telephone: 01772 522545

Leeds

Telephone: 0113 392 6078

Liverpool

Telephone: 0151 529 5070 or 0151 529 5624

London – Barts

Telephone: 020 3594 1883

London – Kings College

Telephone: 020 7848 5172

London – The National

Telephone: 0845 155 5000 or 020 3448 3517

Manchester

Telephone: 0161 206 2920

Middlesbrough

Telephone: 01642 854318

Newcastle

Telephone: 0191 282 3693

Norfolk Network

Telephone: 01603 647221

Northern Ireland Network

Telephone: 02890 632103

North Midlands Network

Telephone: 01782 671404

Nottingham

Telephone: 0115 970 9142

Oxford

Telephone: 01865 737460

Sheffield

Telephone: 0114 222 2266

Southampton

Telephone: 02381 206 544

South Wales Network

Telephone: 02920 313828 or 01792 703705

South West Peninsula Network

Telephone: 01752 436 759

Sussex Network

Telephone: 01273 876 541

5: How do I find out more?

Useful organisations

We do not necessarily endorse any of the following organisations, but have included them to help you begin your search for further information.

The contact details are correct at the time of print, but may change between revisions. If you need help to find an organisation, contact our MND Connect helpline (see *Further information* at the end of this sheet for details).

Health in Wales

Online information on NHS services in Wales.

Website: www.wales.nhs.uk

MND Scotland

Care, information and research funding for people affected by MND in Scotland.

Address: 2nd Floor, City View, 6 Eagle Street, Glasgow G4 9XA

Telephone: 0141 332 3903

Email: info@mndscotland.org.uk

Website: www.mndscotland.org.uk

National Institute for Health and Care Excellence

An independent organisation providing national guidelines on preventing, diagnosing and treating ill health, including NG42 on the assessment and management of MND. The guideline includes a section on NIV.

Address: 10 Spring Gardens, London SW1A 2BU

Telephone: 0845 003 7780

Email: nice@nice.org.uk

Website: www.nice.org.uk

NHS Choices

The main online reference for the NHS.

Telephone: 111

Email: through the website contact page

Website: www.nhs.uk

NHS 111

The NHS online/telephone service if you need urgent, but not life-threatening medical help or advice. Available 24-hours a day, 365 days a year.

Telephone: 111 (England and some areas of Wales)

NHS Direct Wales

Health advice and information service for Wales.

Telephone: 0845 4647 or 111 if available in your area.

Website: www.nhsdirect.wales.nhs.uk

NHS Northern Ireland

Information on NHS services in Northern Ireland. This is an online service only.

Email: through the website contact page

Website: <http://online.hscni.net>

NI Direct

Provides government information for Northern Ireland on a variety of welfare subjects, including health services and support for disability.

Email: through the website contact page

Website: www.nidirect.gov.uk

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References

References used to support this information are available on request from:

email: infofeedback@mndassociation.org

Or write to:

Information feedback, MND Association, PO Box 246, Northampton NN1 2PR

Further information

We provide information sheets and publications on a range of subjects.

You can download most of our publications from our website at:

www.mndassociation.org/publications or order in print from the MND Connect helpline, who can provide further information and support.

MND Connect can also help locate external services and providers, and introduce you to our services as available, including your local branch, group, Association visitor or regional MND Association staff.



MND Connect

Telephone: 0808 802 6262

Email: mndconnect@mndassociation.org

MND Association, PO Box 246, Northampton NN1 2PR

MND Association website and online forum

Website: **www.mndassociation.org**

Online forum: **<http://forum.mndassociation.org/>** or through the website

We welcome your views

Your feedback is really important to us, as it helps improve our information for the benefit of people living with MND and those who care for them.

If you would like to provide feedback on any of our information sheets, you can access an online form at: www.smartsurvey.co.uk/s/infosheets_1-25

You can request a paper version of the form or provide direct feedback by email: infofeedback@mndassociation.org

Or write to:

Information feedback, MND Association, PO Box 246, Northampton NN1 2PR



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