Motor neurone disease (MND)
How to find out more
In need of support?

If you or someone close to you has been diagnosed with MND, you may need information, advice or just a listening ear.

We are here to help.

The MND Association is a national charity that works to improve access to care, research and campaigning for people living with and affected by motor neurone disease (MND) in England, Wales and Northern Ireland. Our vision is a world free from MND.

Our work is reliant on voluntary donations and the dedication and commitment of our volunteers.

This leaflet will direct you to our services, main publications and give you some essential points about MND.

We can help

Contact MND Connect
Telephone: 0808 802 6262
Email: mndconnect@mndassociation.org

“ The MND Association provides a bridge to direct people to access care and support through its publications and helpline.”
What is MND?

MND is a progressive disease that attacks the nerves in the brain and spinal cord. This means messages gradually stop reaching muscles, which leads to weakness and wasting.

It affects up to 5,000 adults in the UK at any one time and six people per day are diagnosed with MND.

The disease can affect adults of all ages, but is more common between 50 and 70 years of age. A rare form of MND can be inherited, but the majority of cases do not occur more than once in the same family.

MND is a life-shortening disease. It is unpredictable and no two people will have exactly the same experience. The symptoms and rate of progression vary.
How will MND affect me?

MND can affect how you walk, talk, eat and breathe. In some cases it can also affect how you think and behave. However, not all symptoms necessarily happen to everyone and it is unlikely they will all develop at the same time, or in any specific order.

Although there is currently no cure for MND, symptoms can be managed to help you achieve the best possible quality of life.

If you are close to someone with MND, you may find yourself in a caring role. Their care needs will increase over time. If this is the case, you may need support to help you to manage all the different requirements of care.

People living with MND, and their carers, are advised to link into services to access care support, clinical care, benefits and entitlements as soon as they can after diagnosis.

This does not happen automatically with all types of service, so the earlier you explore what is available, the more support can be given to control symptoms and maintain quality of life as far as possible.

“ When I was diagnosed, I had no knowledge of MND. A friend gave me your telephone number. It was the most important call of my life.”
Who can help?

If you need advice, contact our helpline team, MND Connect, who provide practical and emotional support. The team can direct you to services that you are entitled to. Membership and our own services are free for people living with MND, their carers and partners.

Our regional staff for care, volunteer Association visitors and a national network of branches and groups, are all focused on ensuring that people affected by MND get the timely support they need.

We also offer a limited amount of equipment loan and financial support, where statutory services cannot assist, and help fund MND care centres and networks across England, Wales and Northern Ireland, where specialist clinical help is provided.

You can find out more about our services on our website www.mndassociation.org or contact MND Connect, Monday to Friday 9am to 5pm with an evening helpline staffed by volunteers.

Telephone: 0808 802 6262
Email: mndconnect@mndassociation.org
Whether you’re a person with MND, carer, family member, friend or professional, MND connect is here for you.

MND Connect available Monday - Friday 9am - 5pm and 7pm - 10pm, Email: mndconnect@mnad.org.uk

0808 802 6232

Motor Neurone Disease Association

MND Connect:
- Information about MND
- Support and advice for people with MND
- Help with benefits and grants
- Communication aids
- Wheelchair service
- Help with everyday living
- Support for carers and families
- Lifestyle changes and wellbeing
- MND research and updates

MND Connect aims to help you navigate the challenges of living with MND and to provide support for you and your loved ones.
MND – How to find out more

**INFORMATION AND SUPPORT**

- [www.mndassociation.org](http://www.mndassociation.org) Website
- MND care centres and networks across England, Wales and Northern Ireland
- Association visitors and our regional staff contacts
- Regional conferences
- Publications and leaflets
- Online care forum
- 0330 30 4262
- mndassociation.org
- Monday to Saturday 9am to 5.30pm

**LOCAL SUPPORT**

Branches and groups offer local support

**WE ARE HERE TO HELP**
Further information

MND Association website
Our website www.mndassociation.org provides a wealth of information and most of our publications can be downloaded.

You can also order our resources through MND Connect (see Who can help?), including:

*Information sheets* These cover a wide range of subjects related to the management of MND.

*Our online forum* A safe forum for people affected by MND to share experiences: https://forum.mndassociation.org

*Living with motor neurone disease* Information about the disease and support services for people affected by MND.

*Caring and MND: Support for you* To support family carers or unpaid carers during the demands of the caring role.

Your local contact is:

MND Association Francis Crick House (2nd Floor), 6 Summerhouse Road
Moulton Park, Northampton NN3 6BJ
Telephone: 01604 250505 Email: enquiries@mndassociation.org
Website: www.mndassociation.org

Registered Charity No. 294354
Company Limited by Guarantee No. 2007023
© MND Association 2016

Last revised: 11/18 Next revision: 11/21 Version: 2