

# 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, guidance or emotional support.**

**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.

Use this leaflet to find links to our services and information resources, and basic facts about MND.

If you need our help, contact:

**MND Connect**

Telephone: **0808 802 6262**

Email: **[mndconnect@mndassociation.org](mailto:mndconnect@mndassociation.org)**

## What is MND?



**Motor neurone disease (MND) affects 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. Although some people with MND have a family history of the disease, the majority of cases do not happen 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?

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**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.

If you are living with MND, or providing support for someone who has been diagnosed, seek out guidance as soon as you can after diagnosis. This helps you get the most benefit from available care support, clinical care and benefits and entitlements.

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.

## Who can help?

**Contact our MND Connect helpline if you need practical or emotional support. The team can provide guidance about our services and other specialist services you may be entitled to.**

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](http://www.mndassociation.org) or contact **MND Connect**

Telephone: **0808 802 6262**

Email: [mndconnect@mndassociation.org](mailto:mndconnect@mndassociation.org)

# How we can help you

## PEOPLE AFFECTED BY MND



Family

## Carers



## Living with MND

MND Connect  
Helpline

**mndconnect**  
0808 8026262  
mndconnect@mndassociation.org

## INFORMATION AND SUPPORT



Online  
care forum

Thumb  
Print



Publications  
and leaflets

[www.mndassociation.org](http://www.mndassociation.org)

Website

## EVERYDAY LIVING

Communication  
aids

Welfare  
benefits  
advice

Help with  
grants

Wheelchair  
service

User  
Guide

Regional  
conferences

Association visitors  
and our regional  
staff contacts

## LOCAL SUPPORT

MND care centres and  
networks across England,  
Wales and Northern Ireland

Branches and groups  
offer local support

Whether you're a person with MND, carer, family member, friend, volunteer or supporter... **WE ARE HERE TO HELP**

# Further information

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## MND Association website

Our website **[www.mndassociation.org](http://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.

**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.

## Our online forum

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

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](mailto:enquiries@mndassociation.org)**

Website: **[www.mndassociation.org](http://www.mndassociation.org)**

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