

MNDA NW London
Online Support Groups 2025

What: [Facing MND Together](#) led by Abigail Igbokwe / Charlotte Stanford-Gibbs (ASC)
When: First Wednesday of each month, 11am
Dates: 2 Apr, 7 May, 4 Jun, 2 Jul, 6 Aug, 3 Sep, 1 Oct, 5 Nov, 3 Dec
Description: "A friendly and supportive group for people living with and affected by MND"
Contact: abigail.igbokwe@mndassociation.org / charlotte.stanford-gibbs@mndassociation.org

What: [South East Region Peer to Peer Support Group](#) led by Liz Cooper
When: 3rd Tuesday of each month, 11:00-12:30
Dates: 15 Apr, 20 May, 17 Jun, 15 Jul, 19 Aug, 16 Sep, 21 Oct, 18 Nov, 16 Dec
Description: "Regional group, the opportunity to meet others with MND across the region"
Contact: liz.cooper@mndassociation.org

What: [Recently Diagnosed Support Group](#) led by Lisa Burnard, (ASC)
When: 3rd Friday of each month, 2pm.
Dates: 16 May, 20 Jun, 18 July, 15 Aug, 19 Sep, 17 Oct, 21 Nov, 19 Dec
Description: "Meet others in the same position, ask questions and find out about available support"
Contact: lisa.burnard@mndassociation.org

What: [Carers' Support Group \(am\)](#) led by Lisa Burnard / Kathryn Parkin (Area Support Co-ordinator)
When: First Tuesday of the month, 11.00-12:00
Dates: 1 Apr, 6 May, 3 Jun, 1 Jul, 5 Aug, 2 Sept, 7 Oct, 4 Nov, 2 Dec
Description: "A virtual cuppa and friendly chat with other carers"
Contact: lisa.burnard@mndassociation.org / kathryn.parkin@mndassociation.org

What: [Carers' Support Group \(pm\)](#) led by Charlotte Stanford-Gibbs / Abigail Igbokwe (ASC)
When: Last Wednesday of each month, 6.30-7.30pm
Dates: 30 Apr, 28 May, 25 Jun, 30 Jul, 27 Aug, 24 Sept, 29 Oct, 26 Nov
Description: "Looking after you – an evening virtual support group with other carers"
Contact: charlotte.stanford-gibbs@mndassociation.org / abigail.igbokwe@mndassociation.org

What: [PMA-PLS Support Group](#)
When: 2nd Monday of each month, 5-6 pm
Dates: 14 Apr, 12 May, 9 Jun, 14 July, 11 Aug, 8 Sep, 13 Oct, 10 Nov, 8 Dec
Description: "Meet up with other people living with or affected by PLS or PMA"
Contact: mndconnect@mndassociation.org

What: [CHC Peer Support Group](#) led by Anne Anderson, CHC Peer Support volunteer
When: Every 6 weeks at 11am
Dates: 14 April
Description: "Understand more about the process of obtaining Continuing Health Care (CHC) funding"
Contact: chc@mndassociation.org