

# Support groups

Macular conditions can cause loss of central vision. Our support groups are there so that no one has to face macular disease alone.



Being diagnosed with macular disease can leave you and your family feeling isolated and uncertain about the future.

Our friendly groups are run by dedicated volunteers, most of whom have macular disease themselves or know someone who has the condition.

Groups offer support and help in understanding macular disease and coming to terms with sight loss. They often share information about obtaining treatment, other services and staying independent.

Our support groups are open to anyone with a macular condition, their family and friends. Some groups are for younger people. They offer the chance to talk about the challenges faced by working age people. Most groups meet regularly, during the day, in places like community centres.

Many organise speakers as well as social and awareness raising events.

**Come along and meet the experts on living with macular disease!**

The Macular Society is the national charity for anyone affected by central vision loss. We provide free information and support to improve lives today. We fund research so that one day we can overcome macular disease.

You don't have to be a national member of the Society to use our services. Besides support groups, we also provide:

**Befriending** – social phone calls from someone with experience of macular disease.

**Advocacy** – help accessing social or health care.

**Counselling** – free, confidential telephone service.

**Skills for seeing** – training to make best use of remaining sight.

**Treatment buddy** – about to have injections for macular disease? Chat to people who've had treatment for support and advice.

**Charles Bonnet buddy** – contact others who've experienced visual hallucinations as a result of a macular condition.

**Helpline** – advice and information on all aspects of macular disease, including diagnosis, treatment and living with central vision loss.



“It’s a great pleasure to be involved with our local group. It is marvellous how cheerfully everyone faces their problems and we are grateful for all the support and information.”

**Pamela**

**For more information contact the Helpline**  
0300 3030 111 (Monday to Friday, 9am – 5pm)  
[help@macularsociety.org](mailto:help@macularsociety.org)

**To find your local group visit**  
[www.macularsociety.org](http://www.macularsociety.org) or call 0300 3030 111.

You don't have to be a national member of the Society to use our services. For more information about what we do, simply complete and return this form.

Name

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Address

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Postcode

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Telephone

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Email

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**Please send your form to:**  
Macular Society, PO Box 1870, Andover SP10 9AD

If you've found this leaflet useful please consider making a donation to support our work.

**Macular Society**

**Support throughout central vision loss**

**Macular Society, PO Box 1870, Andover SP10 9AD**

**01264 350 551**

**[www.macularsociety.org](http://www.macularsociety.org)**

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**@MacularSociety**



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