

macular disease, such as employment and accessing treatment. w@m meetings are held regionally every 2-3 months. Members also keep in touch through our online discussion forum and social networking sites.

## **HILLINGDON MDS GROUP**

For more information contact  
**PARDIP 01895 279 240**

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

**Helpline: 0845 241 2041  
(open 9am-5pm, Monday to Friday)**

**Email: [help@maculardisease.org](mailto:help@maculardisease.org)**

**Web: [www.maculardisease.org](http://www.maculardisease.org)**

Registered Charity No. 1001198 and SC042015 in Scotland

**Macular Disease Society**

dedicated to people with macular disease



# Support Groups

Being diagnosed with macular disease can leave you and your family feeling isolated and uncertain about the future. About 500,000 people in the UK have macular disease. As the condition usually affects older people it will become more common as our population ages.

### **You are not alone**

The Macular Disease Society hosts over 200 local self-help groups across the UK. They offer support, encouragement and a chance to share experiences whether you have age-related macular degeneration or a juvenile macular dystrophy.

Our support groups meet regularly in places such as community centres. They are open to anyone with macular disease and their family and friends. Groups vary in size and are run by dedicated and enthusiastic volunteers, many of whom have macular disease or know someone with the condition. Meetings are usually held during the day.

### **What do our groups do?**

Groups offer peer support and help in understanding macular disease and coming to

terms with sight loss. They can also share information about accessing treatments and services and staying independent. Groups may also organise guest speakers, social events and public awareness raising events.



“It is 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.”

### **w@m**

Some groups are for younger, working-age people with macular disease.

These w@m groups,

(pronounced ‘Wham’) provide the opportunity

to share

the specific

challenges

faced by

younger

people with

