MND Association

Nottinghamshire Hospice

STAND AGAINST MND

Sam's Group

Free support group for people with Motor Neurone Disease and their carers



Last Friday of every month
10:30am – 12:30pm

25 Prospect St, Nottingham NG7 5QE

You can refer yourself or someone you care for

Call us on
0115 962 1222

Visit
www.nottshospice.org

Nottinghamshire Hospice is a registered charity, number: 509759

This group is a safe and supportive space where you can be yourself. There's no pressure to talk, and no expectation to "be positive" or have the answers. You might want to share your experiences, or simply sit quietly among others who understand and sometimes that's enough.

This isn't about advice or problem-solving. It's about listening, sharing, and feeling less alone.

Who is it for?

Sam's group is for adults over 18, living with Motor Neurone Disease, and their carers. You'll also need to be registered with a Nottinghamshire GP.

What to expect

- Emotional support in a safe and open environment - with the option for separate groups for patients and carers
- Opportunity to connect and share experiences with others who truly understand life with MND
- Freedom to speak as much or as little as members wish
- Opportunities for creative or seasonal activities (music, simple crafts, themed sessions, etc.)
- Chances to give feedback and help shape future sessions

Practical information

- On-site parking available
- Transport may be available (please request at least one week before the group session, if needed)
- No obligation to attend - feel free to drop-in or leave as needed
- Light refreshments will be available
- All sessions are FREE to attend

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Inspected and rated Good
CareQuality Commission

Sam's Group is named in memory of Sam Perkins, founder of Stand Against MND, who received care and support from Nottinghamshire Hospice following his diagnosis of motor neurone disease.

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