

MND Association **Publications order form**

How to order our publications

Our publications are free of charge to people living with or affected by MND, or Kennedy's disease. Health and social care professionals can also order items free on behalf of someone with or affected by MND or Kennedy's disease.

Professionals may be charged if ordering in multiples or to support people living with other conditions.

As a registered charity, our resources are limited. Please help reduce our information costs by downloading items whenever possible and only requesting print items that you need.

1. If possible, download them free from our website for instant access, at: www.mndassociation.org/publications
2. Alternatively, add the quantity you need against the required items shown on this order form.
3. Complete the details on the final page of this form to ensure delivery.
4. Return **all of the pages** of this order form to:
MND Association, PO Box 246, Northampton NN1 2PR
5. If you wish to order more publications in the future, you can order another publications order form using section A of this booklet.

You can also order through our helpline, MND Connect

Telephone: 0808 802 6262

Email: mndconnect@mndassociation.org

Mon-Fri 9am to 5pm and 7pm to 10.30pm

Publications in other languages

We provide the following publications in a range of languages and Braille, upon request:

Introduction to motor neurone disease

Information sheet 1B - Health information in other languages or formats

Information sheet 7A - Swallowing difficulties

Information sheet 7B - Tube feeding

Information sheet 8A - Support for beathing problems

Information sheet 8B - Ventilation for motor neurone disease

To help you make an important decision about treatment and care, we may also be able to translate an additional information sheet or a section from our larger guides. Contact the MND Connect helpline to discuss your needs and order.

Telephone: 0808 802 6262

Email: mndconnect@mndassociation.org

To download our translated resources, see:
www.mndassociation.org/languages

Section A

Order a new publications order form



To order publications, you need to send this whole booklet back to the MND Association. If you think you may wish to order more publications in the future, use the table below to request another publications order form, free of charge.

To order a new publications order form	
Description	Quantity
Publications order form <i>Also provided with our Living with MND, Caring and MND, and End of life guides</i>	

Section B

Information for people living with MND, or Kennedy's disease, their families and carers



This section lists our information to support you when living with or supporting someone with MND or Kennedy's disease. All our care information resources are evidence based, user tested and expertly reviewed. This means they are trustworthy.

Introductory and general information		Quantity
Motor neurone disease (MND) - How to find out more <i>A5 leaflet</i>	Basic facts about the disease, with an outline of our various services and publications.	
An introduction to motor neurone disease (MND) <i>A5 booklet</i>	A short guide to MND to help explain the disease at diagnosis.	

All resources are free, unless health and social care professionals wish to order multiple copies of our larger guides, or to support people living with other health conditions. In this case guides will cost £5 each, plus £0.76 post and packing per copy. See page 22 for more information.

Introductory and general information	Quantity	
<p>Living with motor neurone disease <i>Pack, including booklet and leaflets in an A4 folder</i></p>	<p>An overview of MND and its likely impact. The aim is to help you plan for the practical, emotional and financial challenges ahead and maintain the best possible quality of life.</p>	
<p>Caring and MND: quick guide <i>A5 booklet</i></p>	<p>To help you identify available support, focusing on your wellbeing as a carer. <i>Also provided with our Living with MND guide.</i></p>	
<p>Caring and MND: support for you <i>Pack, including booklet and leaflets in an A4 folder</i></p>	<p>A comprehensive guide providing practical and emotional support for unpaid and family carers, who are caring for a person living with MND.</p>	
<p>Making the most of life with MND <i>A5 booklet</i></p>	<p>A booklet on quality of life and finding ways to continue doing the things you enjoy with MND or Kennedy's disease.</p>	
<p>An easy read guide to motor neurone disease <i>A4 booklet</i></p>	<p>A guide about MND for people with learning disabilities.</p>	
<p>What you should expect from your care <i>A7 booklet</i></p>	<p>A quick guide to help you open discussions about your care with health and social care professionals and providers. <i>Also provided with our Living with MND, Caring and MND and End of life guides</i></p>	
<p>Eating and drinking with motor neurone disease (MND) <i>Wiro bound colour A4 book</i></p>	<p>Presented like a cookery book, this guide contains a range of easy-swallow recipes, along with information and tips. <i>Free to people affected by MND or Kennedy's disease. Available to health and social care professionals supporting other conditions or other organisations for £5, plus £0.76 post and packing.</i></p>	
<p>MND Checklist <i>Write-on leaflet</i></p>	<p>A form to help you manage your condition and think ahead with MND. Includes an action plan to help you list areas that may need discussion with health and social care professionals.</p>	

All resources are free, unless health and social care professionals wish to order multiple copies of our larger guides, or to support people living with other health conditions. In this case guides will cost £5 each, plus £0.76 post and packing per copy. See page 22 for more information.

Introductory and general information		Quantity
<p>When someone close has MND: A workbook for children aged 4-10 <i>A4 workbook and binder for children and A5 guide for adults</i></p>	An interactive workbook designed to encourage children to identify and develop coping strategies when someone close has MND. An accompanying guide explains to a trusted adult how to use the workbook.	
<p>So what is MND anyway? <i>A4 book</i></p>	Support for young people and young carers close to someone with MND, from the point of diagnosis and throughout their journey.	
<p>Understanding my needs <i>Write-on leaflet</i></p>	A tool to record your wishes and preferences for care, to help health and social care professionals understand your needs. <i>Also provided with our Living with MND and End of life guides</i>	
<p>End of life: a guide for people with MND <i>Pack, including booklet and leaflets in an A4 folder</i></p>	Comprehensive and candid information about end of life, including guidance on how to plan ahead and managing difficult conversations.	
<p>Finding your way with bereavement <i>A5 booklet</i></p>	To help you identify emotions and find support. Includes practical tasks that need completing, and information on supporting children and young people.	

Information sheets (all A4)		Quantity
Overviews		
<p>1A - NICE guideline on motor neurone disease</p>	Information about the NICE guideline on MND, which gives recommendations about treatment, care and support.	
<p>1B - Health information in other languages or formats</p>	How to access translated health information, information in other formats, or assistance from a translator at health and social care appointments.	

All resources are free, unless health and social care professionals wish to order multiple copies of our larger guides, or to support people living with other health conditions. In this case guides will cost £5 each, plus £0.76 post and packing per copy. See page 22 for more information.

Information sheets (all A4)		Quantity
1C - Where can I find the information I need?	To guide you to appropriate information to help you access suitable support.	
1D - How we use your information	Explains why we ask for your information and how we use it.	
Disease types		
2B - Kennedy's disease	Information on Kennedy's disease. The MND Association supports people with this condition.	
2C - Primary lateral sclerosis (PLS)	Information about this slow progressing form of MND.	
2D - Progressive muscular atrophy (PMA)	Information about this rare form of MND.	
Types of care		
3A - MND care centres and networks	How our part-funded national partnership programme of MND care centres and networks can support you.	
3D - Hospice and palliative care	How this type of care can support you and your family.	
Telling people about MND		
4A - Communicating about MND with children and young people	Guidance on why children need to know about MND when someone close is diagnosed, and how to approach these discussions.	
Medication		
5A - Riluzole	Information about the only licensed drug for MND in the UK, which has a modest impact.	
Physical therapies		
6A - Physiotherapy	How physiotherapy can help with MND and how to access this support.	

All resources are free, unless health and social care professionals wish to order multiple copies of our larger guides, or to support people living with other health conditions. In this case guides will cost £5 each, plus £0.76 post and packing per copy. See page 22 for more information.

Information sheets (all A4)		Quantity
6B - Complementary therapies	Information about complementary therapies, which may help to relieve some symptoms.	
6C - Managing pain	How to find support if you experience pain due to problems with movement or mobility.	
Mouth and throat (bulbar) symptoms		
7A - Swallowing difficulties	Guidance on difficulties that might be experienced with MND relating to swallowing, saliva, coughing and choking.	
7B - Tube feeding	An explanation of feeding options to help you make an informed decision if you have difficulties with eating and drinking.	
7C - Speech and communication support	Information about alternative ways to communicate and how to access further support if your speech is affected by MND.	
7D - Voice banking	Information about voice banking and how to bank your voice.	
Breathing and ventilation		
8A - Support for breathing problems	Guidance on how MND may affect breathing.	
8B - Ventilation for motor neurone disease	Guidance on the types of assisted ventilation available to manage breathing problems.	
8C - Withdrawal of ventilation with MND	Guidance on how assisted ventilation can be withdrawn, if wished, and questions to raise with the professionals who support.	
8D - Air travel and ventilation for MND	What to think about if you use ventilation and want to travel by air.	

Information sheets (all A4)		Quantity
Emotions, thinking and behaviour		
9A - Will the way I think be affected?	Information about the changes to thinking and behaviour that some people with MND experience.	
9B - How do I support someone if the way they think is affected?	What to consider if you are a carer for someone with MND who is experiencing changes to their thinking or behaviour.	
9C - Managing emotions	Managing the emotional challenges that life with MND may bring.	
Benefits, financial support and social care		
10A - Benefits and entitlements	A summary of benefits and entitlements relevant to MND.	
10B - Direct payments and personalisation	Personal budgets for social care needs, and how you can use direct payments to manage these to buy your own services.	
10C - Disabled Facilities Grants	Guidance on how and when to apply for a Disabled Facilities Grant (DFG) and other benefits regarding housing.	
10D - NHS Continuing Healthcare	Details about NHS continuing healthcare and how to apply.	
10E - Work and motor neurone disease	Exploring the available options if you are working and diagnosed with MND or are a carer.	
10F - Your rights to social care	Information about adult social care services.	
10G - Support for families with children	Financial support that families affected by MND with children may be entitled to.	
Daily living		
11A - Clothing	Suggestions for adapted clothing, temperature control and dressing aids.	

Information sheets (all A4)		Quantity
11B - Mouth care	Guidance on mouth and tooth care.	
11C - Equipment and wheelchairs	Looks at ways to make daily life easier by using a range of equipment.	
11D - Managing fatigue	Suggestions on how to manage fatigue.	
Getting around		
12A - Driving	What to consider if you drive and have been diagnosed with MND.	
12B - Choosing the right vehicle	Guidance on adapting your own vehicle or selecting an adapted vehicle. Includes information on the Motability scheme.	
12C - Travel and transport	Suggestions on a wide range of transport.	
12D - Planning a holiday	Guidance on selecting holidays and how to check for accessible facilities.	
Intimacy		
13A - Sex and relationships for people with MND	Responses to concerns you may have about expressing your sexuality with MND.	
13B - Sex and relationships for partners of people with MND	Responses to concerns you may have about your sexual relationship if your partner has MND.	
Planning ahead		
14A - Advance Decision to Refuse Treatment (ADRT) and advance care planning	How to record your wishes about future treatment in an appropriate and legally binding way. Includes a sample completed form and a blank form.	

Other items	Quantity
<p>Notepad for people with speech difficulties <i>Small notepad</i></p>	<p>Each page is headed with: <i>'I can understand you but have difficulty speaking please read on.'</i></p>
<p>Speech card for people with speech difficulties <i>Credit card size</i></p>	<p>Display card, showing the words: <i>'I have a physical problem which affects my speech, but I can hear and understand you. Your help and patience would be appreciated. Thank you.'</i></p>
<p>Online forum card <i>Credit card size</i></p>	<p>A handy reference card with details of our online forum.</p> <p><i>Also provided with our Living with MND and Caring and MND: support for you guides</i></p>
<p>MND Alert Card <i>Credit card size</i></p>	<p>A card that states you have MND and provides details of your emergency contacts.</p> <p><i>Also provided with our Living with MND and End of life guides</i></p>
<p>MND alert wristband</p> <p><i>Medium sized band provided with our Living with MND and End of life guides</i></p>	<p>Lets emergency and hospital staff know you have MND. Carries a clear caution that oxygen therapy may put someone with MND at risk.</p>
	<p>Small (180mm)</p>
	<p>Medium (202mm)</p>
	<p>Large (210mm)</p>

Section C

Information for health and social care professionals



This section lists information developed specifically for health and social care professionals.

Resources for professionals can be ordered free of charge (unless otherwise indicated). Our care information is also free when you order on behalf of someone with or affected by MND or Kennedy's disease, but you may be charged if ordering in multiples, or for other conditions. For example, our *Living with motor neurone disease* guide would cost £5 per copy, plus p&p.

General publications		Quantity
Motor neurone disease – a guide for GPs and primary care teams <i>A5 booklet</i>	Endorsed by the Royal College of General Practitioners (RCGP), this guide is a useful reference for GPs, primary care and other professionals who have a role in the management of MND.	
Occupational therapy for motor neurone disease <i>A5 booklet</i>	Endorsed by the Royal College of Occupational Therapists (RCOT), this guide provides information about supporting people with MND to adapt to their changing symptoms and achieve the best possible quality of life.	
Multidisciplinary team working for MND <i>A5 booklet</i>	Help establishing, developing and maintaining an effective multidisciplinary team.	
Motor neurone disease for dental professionals <i>A5 booklet</i>	An overview of potential issues with oral health that people with MND face, including suggestions to help dental professionals.	

All resources are free, unless health and social care professionals wish to order multiple copies of our larger guides, or to support people living with other health conditions. In this case guides will cost £5 each, plus £0.76 post and packing per copy. See page 22 for more information.

General publications	Quantity	
<p>Cognitive change, frontotemporal dementia and MND <i>A5 booklet</i></p>	<p>Contains information and practical tips on management of cognitive and behavioural change and frontotemporal dementia.</p>	
<p>Caring for someone with motor neurone disease: information for care workers <i>A5 booklet</i></p>	<p>Designed to give care workers information and practical tips on the care of a person with MND.</p>	
<p>Supporting children and young people close to someone with MND <i>A5 booklet</i></p>	<p>Designed for professionals working with children or young people close to somebody with MND. This includes teachers, school nurses, youth workers and social workers.</p>	
<p>Motor neurone disease (MND) in acute, urgent and emergency care <i>A5 booklet</i></p>	<p>Endorsed by the College of Paramedics and the Royal College of Emergency Medicine, this booklet is designed to give succinct guidance on actions that may be taken and those that require caution when treating someone with MND in an emergency.</p>	
<p>A professional's guide to end of life care in motor neurone disease (MND) <i>A4 booklet</i></p>	<p>Aims to encourage health and social care professionals to discuss death, the process of dying and advance care planning. It also provides information on end of life care in MND.</p>	

All resources are free, unless health and social care professionals wish to order multiple copies of our larger guides, or to support people living with other health conditions. In this case guides will cost £5 each, plus £0.76 post and packing per copy. See page 22 for more information.

Information sheets (all A4)		Quantity
P1 - Head supports for people with motor neurone disease	Information on head supports that may help you advise people with MND who experience weakness in the neck and shoulder muscles.	
P2 - Wheelchairs for people with motor neurone disease	Information about access to wheelchair services and the types of wheelchairs recommended for people with MND.	
P3 - Managing saliva problems in motor neurone disease	Guidance on saliva control and medications that may assist where problems occur with thin or thick saliva, or with dry mouth.	
P4A - MND Just in Case Kit (information)	Explains our MND Just in Case Kit, which enables a GP to prescribe medications for a person with MND to keep close at hand, in case of sudden changes with breathlessness, feelings of panic or choking. Contact MND Connect to order the Just in Case Kit.	
P5 - Providing medical evidence for benefit applications made by people with MND	How you can help people with MND when supplying medical evidence regarding their applications for certain benefits.	
P6 - Evaluation and management of respiratory symptoms in MND	Guidance on why and how to monitor respiratory symptoms related to MND, with regard to management of respiratory problems.	
P8 - Dysphagia in MND	Endorsed by the British Dietetic Association, this information covers evaluation and management of swallowing problems.	

All resources are free, unless health and social care professionals wish to order multiple copies of our larger guides, or to support people living with other health conditions. In this case guides will cost £5 each, plus £0.76 post and packing per copy. See page 22 for more information.

Information sheets (all A4)		Quantity
P9 - Oral suction	Information about oral suction for secretion management.	
P10 - Voice banking for people with MND	Information on voice banking for professionals supporting people with MND.	
P11 - Pain in motor neurone disease	Information about what can be done to help if people with MND experience pain, and where to find further information and support.	
PG015 - Augmentative and Alternative Communication (AAC) Pathway for MND: full guidance notes	Aims to ensure that people with MND get the best possible care for their communication needs, by helping professionals to identify the steps involved in the provision of AAC.	
PG015A - Augmentative and Alternative Communication (AAC) Pathway for MND: summary guidance notes	A summary version of the full guidance (see above).	

Audio visual		Quantity		Unit price	Total
Understanding MND training video (DVD)	Introduces MND to health and social care professionals. It can be watched in full or as separate chapters. Alternatively, view online for free, at: www.mndassociation.org/understandingmnd	DVD		£5 plus £0.76 p&p	
		USB stick			

All resources are free, unless health and social care professionals wish to order multiple copies of our larger guides, or to support people living with other health conditions. In this case guides will cost £5 each, plus £0.76 post and packing per copy. See page 22 for more information.

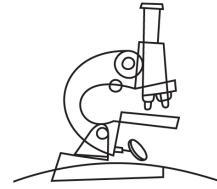
Other items		Quantity
MND Association support for health and social care professionals <i>A5 leaflet</i>	An outline of the services and support we offer to health and social care professionals.	
MND Connect poster <i>A4 colour display poster</i>	For display at surgeries, clinics and events, to raise awareness of our helpline team MND Connect, who can provide information and support to all people affected by MND and to health and social care professionals.	
Respiratory checklist <i>Credit card size</i>	A quick summary of respiratory symptoms and signs related to MND, to assist with respiratory monitoring and management.	
Red Flag diagnosis tool <i>A4 document</i>	A tool created in partnership with the Royal College of General Practitioners (RCGP) to help GPs recognise the signs of MND.	
Professional reply cards <i>Pre-paid postcards</i>	Designed for distribution at educational events and conferences. Professionals can complete this card with their details in order to receive more information about MND.	

All resources are free, unless health and social care professionals wish to order multiple copies of our larger guides, or to support people living with other health conditions. In this case guides will cost £5 each, plus £0.76 post and packing per copy. See page 22 for more information.

Care posters		Quantity	
<p>A series of posters highlighting the information and support available from the MND Association.</p> <p><i>Laminated in A3 or A4.</i></p>	• About the MND Association	A4	
		A3	
	• MND Association support for professionals	A4	
		A3	
	• What is motor neurone disease (MND)?	A4	
		A3	
	• Support from the MND Association	A4	
		A3	
	• MND care centres and networks	A4	
		A3	
	• MND Association care information	A4	
		A3	
	• Regional care development advisers (RCDA's)	A4	
		A3	
	• MND Association volunteering	A4	
		A3	

Section D

Research information



This section lists our information sheets about current research into motor neurone disease.

If you have any questions or would like to discuss MND research, contact our Research Development team on 01604 611880 or research@mndassociation.org

Research information sheets		Quantity
A - Introduction to MND research	Information on what happens in motor neurones and ways to find out more about MND research.	
B1) - Inherited MND: introduction	Information about the rare inherited form of MND, which is sometimes known as familial MND.	
B2) - Inherited MND: genetic testing and insurance	Information about genetic testing and insurance for those who have the rare inherited form of MND.	
B3) - Inherited MND: options when starting a family	Information about options available to family members affected by MND who are wishing to start a family	
C - Unproven treatments in MND	Facts about alternative or 'unproven' treatments and some of the issues to consider when making an informed decision about the treatment.	
D - Clinical trials	An explanation of how clinical trials work and things to think about when taking part.	

Research information sheets		Quantity
DA - MIROCALS clinical trial	Information about MIROCALS clinical trial – what IL2 treatment is, who can take part and how the trial will work.	
E - Research we fund	A brief overview of the portfolio of research grants awarded by the MND Association.	
F - Stem cells and MND	An explanation of stem cells and how they can be used to create new models of disease to screen for potential treatments.	
G - Biomarkers	What biomarkers are, how they are useful and which ones have been identified for MND.	
H - Accessing unapproved drugs	The process behind approving drugs, and the access options to drugs that have not yet been approved.	
I - Tissue donation	Explains how donated tissue may be used and how to go about arranging for donation.	
J - What happened to my UK MND Collections sample?	What happens to a DNA sample that was deposited as part of the MND Association's DNA Bank.	
K - Statins	An overview of up to date research on MND and the use of statins.	
L - Research involving animals	Information about the MND Association's position on research involving animals.	

Section E

General publications, fundraising and volunteering



This section lists any general information about MND Association activity, along with fundraising and volunteering publications.

General reading		Quantity
Impact Report	Information for our members on how we have all made a difference.	
Trustees' Annual Report	Annual Report and Financial Statements for the current year.	
What is an MND Association visitor?	Explains what an Association visitor (AV) is and how they can support you if you are affected by MND.	

Volunteering publications		Quantity
Could you help support someone with MND? <i>A5 leaflet</i>	Information about the role of an Association visitor (AV) and how they support people living with or affected by MND.	

Fundraising publications		Quantity
Fundraising pack <i>A4 folder/various items</i>	Includes our events diary, guide to fundraising, materials order form, Annual Review, membership form, A4 poster and awareness banner.	
Legacy information <i>A5 leaflet</i>	Explains how someone, even after their death, can continue to help achieve our vision of a world free from MND.	
A tribute to someone special <i>A5 leaflet</i>	A Tribute Fund celebrates the life of someone special while supporting our vital work.	
Fightback Funds <i>A5 leaflet</i>	Helping people with MND fight back through fundraising.	
Membership form <i>A5 membership leaflet</i>	To apply for membership of the MND Association, which is free for people with MND and their spouses, partners and carers.	
Direct Debit form <i>A4 single page form</i>	To set up a regular donation by Direct Debit.	
Bakeit! <i>A4 folder/ various items</i>	Details of how to get involved in this fundraising campaign.	
Walk to d'feet MND <i>A4 folder/ various items</i>	Pack to help organise a fundraising walk at any time of year.	

Send your order with payment, if relevant, to:
The MND Association, PO Box 246, Northampton NN1 2PR

Delivery details: (Please complete in BLOCK CAPITALS)

Name: _____

Address: _____

Postcode: _____

Telephone: _____

Email: _____

Are you?

someone living with MND or
Kennedy's disease

an agency, other charity
or organisation

a carer/family member
or friend

a student

a health or social care
professional

a general enquirer

Where appropriate, post and packing charges are per single item, costing £0.76. If you need a bulk order as a health or social care professional, this can cost up to £7.50 or more depending on how many copies you need. Contact MND Connect for more information.

Call: 0808 802 6262 or email: mndconnect@mndassociation.org

Total cost of order, including p&p (if applicable):	
Donation to MND Association:	
£5.00	
£10.00	
Other	
Total amount:	

Please see our privacy policy for further details on how we use your information:
www.mndassociation.org/privacy-policy

Payment method

Please only complete when ordering chargeable items or making a donation.

I enclose a cheque for £_____ made out to MND Association, or

I authorise you to debit my payment/credit card with the total amount:

Card number:

Expiry date:

Billing details for card account (UK card holders only):

House number/name:

Postcode:

Signature:

Date:

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Increase your donation at no extra cost

Thanks to the Gift Aid scheme, the MND Association can reclaim 25p for each £1 you give, increasing its value to £1.25.

If you have made a donation, please tick one of the following boxes:

I am a UK taxpayer and would like the MND Association to treat all donations I have made in the past four years or I make in future as Gift Aid donations. I understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

I am not a UK tax payer.

Name:

House number/name:

Postcode:

Signature:

Date:

Data protection: We greatly value your support and would like to keep you up to date with our work and how you, your family and friends can support us in the future. This could be by volunteering, campaigning or financially, through fundraising events and appeals. If you consent to receiving these communications please indicate below.

Yes I consent to further communications by: Post Email

Please see our privacy policy for further details on how we use your information:
www.mndassociation.org/privacy-policy

About us

The MND Association was founded in 1979 by a group of volunteers with experience of living with or caring for someone with MND. Since then, we have grown significantly, with an ever-increasing community of volunteers, supporters and staff.

We are the only national charity in England, Wales and Northern Ireland focused on MND care, research and campaigning.

Our mission

We improve care and support for people with MND, their families and carers.

We fund and promote research that leads to new understanding and treatments, and brings us closer to a cure for MND.

We campaign and raise awareness so the needs of people with MND and everyone who cares for them are recognised and addressed by wider society.

We welcome your views

We welcome feedback on our publications to help us improve the content.

Feedback forms or links to surveys are either provided with each item or through our website www.mndassociation.org/publications

You can also email suggestions to: infofeedback@mndassociation.org or send them by post to: Information feedback, The MND Association, PO Box 246, Northampton NN1 2PR.

MND Association

PO Box 246, Northampton NN1 2PR

Tel: 01604 250505

Email: enquiries@mndassociation.org

www.mndassociation.org



@mndassoc



/mndassociation

Last updated: May 2019

Registered Charity No. 294354 © MND Association 2019

If you need any further information or support, please contact our helpline

mndconnect
0808 802 6262
mndconnect@mndassociation.org