

Link and Learn

Motor Neurone Disease Association of NSW

Thursday 7 and Friday 8
November 2019
HUNTER VALLEY NSW



A two day residential program
for those caring for someone
with MND in Hunter, North Coast & New England regions



Come and spend two days and a night at the beautiful Hunter Valley Resort. Participation in the program, including meals and accommodation is free of charge for people caring for someone with MND. This has been made possible through a Community Grant.

"I feel that LINK and learn was the best thing that has happened to me since Terry was diagnosed, so much support and care from everyone" (Partner of a person living with MND)

Location

The Hunter Valley Resort
Cnr Hermitage Rd and Mistletoe Lane
Pokolbin NSW 2320

Date and time

9.30am Thursday 7 November until
3.30pm Friday 8 November 2019

Registration

There is no charge for you to attend this program but you will need to reserve your place. Please let us know if you have any dietary requirements. **RSVP by 31 October**
Email reg@mndnsw.asn.au or ph. 8877 0999 or Freecall 1800 777 175

This program is suitable for people who are keen to continue expanding their knowledge and confidence to care for a family member or friend with MND at home. It is suitable for both new and experienced carers.

Aim of the program:

- Providing information and tools for day to day care of someone with MND
- Peer support and learning from others in the caring role

"These two days and night have been very beneficial, I expected to learn about MND, services available & aids, which I did, but the linking with others has given me hope and inspiration for the future. Thank you all so much. It's good to feel you are not alone"