

Cookstown Multiple Sclerosis



Help and Support Group

Group Information

Q1. What is Cookstown MS Help and Support Group?

A1. We are a charitable organisation that facilitates a group of individuals to meet together in order to improve the quality of their lives.

Q2. Who can join the group?

A2. Anyone who has been diagnosed with MS and their families and carers who live in Cookstown or the surrounding area.

Q3 What is the purpose of the group?

A3. Members can meet with each other and have a chat and a cup of tea and exchange views on their condition and general health.

If you would like more information please go to our website

www.cookstownms.org.uk

Or email us

info@cookstownms.org.uk

Q4. What are the benefits of the group?

A4. The group offers treatments such as physio, reflexology, oxygen therapy, reiki and acupuncture. The group also includes a fully qualified counsellor.

Social benefits include evenings out, networking with other groups, day trips, group meals and fundraising events.

Q5. What is the future of the group?

A5. To increase our membership by informing MS patients about our group and that we are here to help.

Q6. Where and when does the group meet?

A6. We meet every Thursday morning at 11am in Cookstown.

You can also contact ...

Denise on **028 8676 6146**

John on **077 0624 9349**

They will be pleased to help!

What happens next?

If you are diagnosed with MS
come and join us. Let us face
the future together

“Don't think twice”



Cookstown Multiple Sclerosis
Help & Support Group

Charity No XR81128

www.cookstownms.org.uk