

What happens next?

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

"Don't think twice"



Cookstown M.S.
Help & Support Group

Charity No. XR 81128

Cookstown M.S.



Help &
Support Group

Q1. What is Cookstown MS Help and Support Group?

A1. 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 coffee or tea, also exchange views on their condition and general health.

Q4. What are the benefits of the group?

A4. The group offers medical

benefits such as physio, reflexology, bi-oura, reiki. The social benefits include table quizzes, weakest link, day trips etc.

Q5. What is the future of the group?

A5. To increase our membership by telling existing MS sufferers and those yet to be diagnosed with MS that we exist and are here to help.

Q6. Where and when does the group meet?

A6. We meet every Thursday morning at 11.00am in Cookstown. If you would like more information please contact...

Denise on 07745 588192 or Elaine on 07752 464369

They would be pleased to help!