

nab

**NORTHAMPTONSHIRE
ASSOCIATION
FOR THE BLIND**

Charity No. 201240

Macular Disease Support Groups

**in
Northamptonshire**

**Programme
of meetings for
2010**

**Supporting
people with sight
loss
T: 01604 716044
www.nab.org.uk**

Northampton MD Group

Meets at

Holy Sepulchre Church Rooms

Off Sheep Street

Northampton

On **Wednesday** afternoon 2pm start

13 January **NEW YEAR -- NEW INTERESTS**

Don't let AMD limit your activities or your social life! We'll be looking at local opportunities to pursue interests in and out of the home – with talks by Pat Reeve, Chair of Northampton University of the Third Age and John Clarke from Northamptonshire Libraries.

14 April **UNDERSTANDING THE “YELLOW SPOT”**

When retired optometrist Harry Marsland of Oundle developed AMD he began looking for answers. He heard of a new type of food supplement and this, he claims, has led to the recovery of most of the sight in his left eye. He will be sharing his experience, and explaining the research now going on in Ireland to understand the “yellow spot” at the macula.

14 July **WHEN YOUR LIFE CHANGES, CHANGE YOUR LIFE!**

We welcome Maxine Turkington from Cambridge who, from her own experience of AMD over more than 30 years, shows how it is still possible to live a full and positive life. She will pass on her own personal coping methods and address the psychological problems associated with sudden sight loss.

13 October **MORE HELP FOR THE HELPERS**

The stresses of caring for a loved one who is in poor health or disabled have traditionally been underrated. But more help is being made available. **Gwyn Roberts**, Carers' Support and Assessment worker attached to NAB and **Jenny Osborne** from Northamptonshire Carers will bring us up to date. * **Aids and Gadgets from 3pm** *

Kettering MD Group

Meets at
The Corn Market Hall
London Road
Kettering

On Monday morning 10am start

1 February UNDERSTANDING THE “YELLOW SPOT”

When retired optometrist Harry Marsland of Oundle developed AMD he began looking for answers. A new type of food supplement has, he claims, restored much of his sight. He will be sharing his experience, and explaining the research now going on in Ireland to understand the “yellow spot” at the macula.

10 May TIME TO TALK

This is a meeting for YOU to really have your say! We will be discussing issues affecting people with macular degeneration and anticipate some lively comments! **Dennis Renney**, Kettering’s Community Librarian will also be popping in to bring us up to date with new or improving services. * Aids and Gadgets from 11am *

2 August MORE HELP FOR THE HELPERS

The stresses of caring for a loved one who is in poor health or disabled have traditionally been underrated. But more help is being made available. **Gwyn Roberts**, Carers’ Support and Assessment worker attached to NAB and **Jenny Osborne** from Northamptonshire Carers will bring us up to date.

8 November SAFE AND SECURE

Feeling safe and secure is the key to remaining independent in your own home. And for a growing number of older people this is helped by the combination of an emergency response system and a variety of hi-tech equipment. Join us – and find out more.

Wellingborough MD Group

Meets at

The Tithe Barn

Burystead Place

Wellingborough

On Wednesday afternoon 2pm start

17 March MORE HELP FOR THE HELPERS

The stresses of caring for a loved one who is in poor health or disabled have traditionally been underrated. But more help is being made available. **Gwyn Roberts**, Carers' Support worker attached to NAB and **Jenny Osborne** from Northamptonshire Carers will bring us up to date. * Aids and Gadgets from 3pm *

9 June WHEN YOUR LIFE CHANGES, CHANGE YOUR LIFE!

We welcome Maxine Turkington from Cambridge who, from her own experience of AMD over more than 30 years, shows how it is still possible to live a full and positive life. She will pass on her own personal coping methods and address the psychological problems associated with sudden sight loss.

8 September SAFE AND SECURE

Feeling safe and secure is the key to remaining independent in your own home. And for a growing number of older people this is helped by the combination of an emergency response system and a variety of hi-tech equipment. Join us – and find out more. Also Community Librarian **Jane Parker** will be popping in to update us on new and improving services.

8 December CHRISTMAS TEA AND CHAT

A festive finale to the year! There will be time to talk and listen to each other's experiences of AMD, from diagnosis to registration and beyond -- with some seasonal fare thrown in for good measure.

Daventry MD Group

Meets at

The Abbey Centre (Room 3)

Market Square

Daventry

On Monday afternoon 2pm start

25 January MORE HELP FOR THE HELPERS

The stresses of caring for a loved one who is in poor health or disabled have traditionally been underrated. But more help is being made available. **Gwyn Roberts**, Carers' Support and Assessment worker attached to NAB and **Jenny Osborne** from Northamptonshire Carers will bring us up to date.

26 April WHERE THERE'S A WILL THERE'S A WAY

Don't let AMD limit your activities or your social life! We'll be looking at local opportunities to pursue interests and activities in and out of the home, and Community Librarian **Judith Davies** will also be popping in to tell us about the latest things the Library has to offer.

26 July TIME TO TALK

This is a meeting for YOU to really have your say! We will be discussing issues affecting people with macular degeneration and anticipate some lively comments! *Aids and Gadgets from 3pm*

25 October SAFE AND SECURE

Feeling safe and secure is the key to remaining independent in your own home. And for a growing number of older people this is helped by the combination of an emergency response system and a variety of hi-tech equipment. Join us – and find out more.

All the Northamptonshire Groups meet on a quarterly basis for up-to-date information, advice and access to support.

Most meetings feature talks on issues relating to “MD” or more general topics or services relevant to people with sight loss. There is friendly group discussion and the chance to chat with other people who have this condition.

**Meetings are open to anyone with “MD”,
relatives, friends or carers.**

**If you would like to find out more about Macular Degeneration and how to cope with it
WHY NOT JOIN US!**

****A raffle is usually held at each meeting – donations are welcome ****

**Organised by the Community Team of
Northamptonshire Association for the Blind
Charity No: 201240**

Tel: 01604 716044

In association with The Macular Disease Society