

FND

DIMENSIONS

Strengthening Mind & Body



FND DIMENSIONS aims to develop support groups run by patients for patients in the UK.

Operating under the ethos of

‘Strengthening Mind & Body’

We aim to bring those diagnosed with functional symptoms together in their local area to talk and listen to others with similar challenges, issues or concerns. Likewise, it can simply be a social gathering where you do not have to feel inhibited because of your personal circumstances. Over the past few months we have been running a pilot project in Nottingham. The group now has 16 members and meets every four weeks and have become a great support network. We are also working closely with the Queens Medical Centre who are referring patients directly to the group.

We are looking for people who are willing to help lead groups and ultimately develop a network of support across the UK. We want the groups to be as accessible as possible, therefore are currently raising funds from various activities in order to help meet the additional costs some people may have to be able to attend their local group. The isolation some people feel is often mentioned but it does not have to be like that.

By working closely with FND Action we aim to develop a collaborative support programme that meets your needs and endeavours to break down barriers by providing FND awareness and training opportunities.

For more information go to

fnddimensions.org

or email your interest to get involved to

enquiries@fnddimensions.org