

# Support groups

Macular conditions can cause loss of central vision. Our support groups are there so that no one has to face macular disease alone.



Being diagnosed with macular disease can leave you and your family feeling isolated and uncertain about the future.

Our friendly groups are run by dedicated volunteers, most of whom have macular disease or know someone who has a macular condition.

Groups offer support and help in understanding macular disease and coming to terms with sight loss. They often share information about obtaining treatment, other services and staying independent.

Our support groups are open to anyone with a macular condition, their family and friends. Some groups are for younger people. They offer the chance to talk about the challenges faced by working age people. Most groups meet regularly, during the day, in places like community centres.

Many organise speakers as well as social and awareness raising events.

**Come along and meet the experts on living with macular disease.**

The Macular Society is the national charity for anyone affected by central vision loss. We provide free information and support to improve lives today. We fund research so that one day we can overcome macular disease.

You don't have to be a member of the Society to use our services. Besides support groups, we also provide:

**Befriending** – social phone calls from someone with experience of macular disease

**Advocacy** – help accessing treatments

**Counselling** – free, confidential telephone service

**Skills for seeing** – training to make best use of remaining sight

**Treatment buddy** – About to have injections for macular disease? Chat to people who've had treatment for support and advice.

**For more information contact the Helpline**  
0300 3030 111 (Monday to Friday, 9am – 5pm)  
[help@macularsociety.org](mailto:help@macularsociety.org)

**To find your local group visit**  
[www.macularsociety.org](http://www.macularsociety.org) or call 0300 3030 111.

Macular conditions cause more than half of all blindness in Britain. We urgently need to find a cure and you can help today. We are the only UK charity dedicated to funding research into macular disease.

To help us find a cure and support people with macular conditions text VIEW30 followed by £3, £5 or £10 to 70070.

To donate more than £10 please visit [www.macularsociety.org](http://www.macularsociety.org)

There is no additional fee for your text. JustTextGiving will not give your telephone number to the Macular Society. Please ask the bill payer for permission before texting.



**Macular Society**

**Support throughout central vision loss**

**Macular Society**

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Macular Society is the trading name of the Macular Disease Society.

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