

Support after meningitis

Meningitis
now

Free UK-wide support services for people
of all ages affected by meningitis



Support following meningitis

Meningitis Now understand how tough life after meningitis or meningococcal septicaemia can be. You may be left facing a future without a loved one, coping with after-effects or dealing with the impact that meningitis has caused.

With over 30 years of experience, we offer an unrivalled range of information and support services for people of all ages. We are here to provide emotional, practical and financial support for everyone affected by meningitis in the UK, completely free of charge.

Whatever life after meningitis throws at you, Meningitis Now is here to help you face the future with confidence and hope.

“Their support has been invaluable for my family. They made me feel like I wasn’t alone on this journey – I was given hope and understood. I often wonder how I would have coped without the support of Meningitis Now.”



Meningitis Now's support team at a Forever Weekend event.

How to access support

If you've experienced meningitis it might be difficult to know where to turn. So it's reassuring to know that our confidential, nurse-led Helpline is here to provide emotional support, answer your questions and explain more about the support that Meningitis Now can provide.

The Helpline is the gateway to Meningitis Now's support and can be contacted on **0808 80 10 388** or **helpline@meningitisnow.org**

Support for families



Support for adults



Support for young people



Bereavement support



Financial support



Community support



Many medical experts now use the term sepsis instead of septicaemia.

Nurse-led Helpline

Our confidential, nurse-led Helpline is here to provide emotional support, answer your questions about the disease and explain more about the support we can provide.

You can access the Helpline by phone, email or social media.

Through the Helpline we can help by:

- Answering questions about meningitis and its after-effects
- Listening and talking through your concerns following an experience of meningitis
- Being the first point of contact if you're seeking emotional or financial support following a bereavement
- Referring you to our Community Support team for ongoing support, and to other organisations who can help
- Giving you information and guidance on applying to our Rebuilding Futures Fund
- Providing information about meningitis vaccines



“After speaking to the Meningitis Now Helpline, I’m feeling like there is hope for the first time.”

Community support

Our Community Support Officers (CSOs) are based across the UK; offering a listening ear and wealth of knowledge and experience – either on the phone, email or as a home visit.

Whatever your meningitis experience, your CSO can offer support for as long as it's needed:

- Providing emotional support
- Answering questions about meningitis and its after-effects
- Referring you to other specialist organisations who can help
- Helping you access financial support, including through Meningitis Now's Rebuilding Futures Fund
- Helping your child's school understand how meningitis can affect learning and well-being
- Helping your employer understand how meningitis can affect your ability to work



“Meningitis Now has helped tremendously. A support officer is in contact regularly and has helped me go on to access other services. I’m getting stronger and the future is beginning to look hopeful again.”

Financial support - Rebuilding Futures Fund

Meningitis can be life-changing and leave you with unexpected financial pressures. Our Rebuilding Futures Fund is here to provide financial support for people of all ages affected by meningitis. The programme focuses on four separate areas.

Health & well-being

Improving the emotional and physical well-being of those affected by meningitis and their families. We offer funding towards things like:

- Creative therapies e.g. play, music
- Complementary therapies e.g. acupuncture
- Health and exercise e.g. swimming lessons, horse riding



Bereavement

Offering family members dedicated bereavement support, so they have the strength to face the future and rebuild their lives with hope. We offer funding towards things like:

- Funeral costs
- Headstones
- Bereavement counselling



“Support from Meningitis Now’s Rebuilding Futures Fund has allowed me to get out of the house and assist my family with their travel needs. I can give back in my own way, despite my disability.”



**REBUILDING
FUTURES FUND**

**Meningitis
now**

Specialist equipment

Helping to enhance the quality of life of those living with the effects of meningitis. We offer funding towards things like:

- Specialist bikes and trikes
- Mobility aids
- Specialist beds
- Sensory toys

Opportunities

Providing help towards educational development and retraining. We offer funding towards things like:

- Education support
- Technology to support learning such as laptops, iPads
- Tuition and re-training costs



Support events

We deliver a range of events throughout the UK; bringing people affected by meningitis together.



Family Days

Our Family Days are all about families affected by meningitis having fun, relaxing and spending time together. Whether you spend the day at the zoo, a castle, a museum or a wildlife park, Family Days give children the chance to be children and parents the chance to meet other families who understand how tough life after meningitis can be.



Residential Weekends (11-18 year olds)

Our action-packed residential weekends are for young people affected by meningitis, either directly or indirectly. They are held at activity centres across the country; providing a huge range of activities including abseiling, zip wire, accessible cycling, archery, giant swing and climbing. These weekends give young people the chance to try new things and challenge themselves, as well as the opportunity to meet other young people who know what life after meningitis is like.



Support for young people

Believe & Achieve
(14-25 year olds)



Our Believe & Achieve programme is for young people who have been directly or indirectly impacted by meningitis through having had it themselves (at any age) or through a family member, partner or close friend having had it.

The programme helps young people review where they are in life, set and achieve goals, overcome challenges, make new friends, learn new skills, celebrate successes and, ultimately, find the confidence to believe in themselves.

This is achieved through workshops, residential weekends, peer support and mentoring from professionals and volunteers.

Believe & Achieve gives young people the opportunity to meet others, build confidence and self-esteem, regain control over their lives, feel listened to and have fun.

"I totally recommend Believe & Achieve. I've met so many lovely people and started to make so many tiny, but positive, changes in my life."



Online peer support

We offer a Facebook Peer Support group and a Facebook Bereavement Support group. In these closed Facebook groups you can post stories, ask questions and share your experiences with others.

If you prefer not to use your Facebook profile, our Meningitis Now Health Unlocked forum also provides the opportunity to connect with others who have had similar experiences. All you need is an email address to join.

“The support on the Facebook page is immense. It is a real lifeline knowing you can always talk to someone who is in the same position as you - it's like becoming part of a family. Obviously we all wish we had no need to know each other, but we are all connected in a very special way.”

Peer support group: www.facebook.com/groups/mnpeersupport

Bereavement support group: www.facebook.com/groups/mnbereavement

HealthUnlocked: healthunlocked.com/meningitisnow

Our peer support groups can help you:

- Feel less alone
- Connect with a community of people with similar or shared experiences
- Learn more about meningitis and its impact



Support following a bereavement

Losing a loved one is one of the hardest things you'll ever have to face. Whether you call our Helpline, speak to one of our CSOs or have a home visit, we're here to listen and support you through this incredibly difficult time. Our financial support through our Rebuilding Futures Fund can also help with the unexpected costs that come when someone dies.

Bereavement support group: www.facebook.com/groups/mnbereavement

“Meningitis Now makes us feel like we are not alone. There are people who completely understand the specific trauma caused by this disease, which is a huge comfort. Grief is a lonely journey, so to have people around who are there every step of the way is priceless.”

Forever Weekends/Days

We run support events for people who have lost a loved one to meningitis. Forever Weekends are for adults only, whereas our Forever Days are for families. These events provide the opportunity to talk about your loved one, take part in sessions with bereavement specialists and meet others who understand what you're going through, regardless of how many years have passed.

Home visits

Home visits are carried out by our Support Team, including our founder, Steve Dayman, who lost his own son, Spencer, to meningitis. The team can offer immediate bereavement support through the initial grief and trauma. They can visit you at home or speak to you via email or phone if you prefer.

Forever Funds

Our Forever Funds are a lasting way to remember someone special to you, whilst raising vital funds to fight meningitis. A fund named after your loved one becomes a permanent memorial to them. All the money raised in memory of your loved one is added to your special fund. You are also welcome to visit our remembrance gardens.



Supporting the Arnold family

Mum Jo contracted meningitis and septicaemia in 2014, aged 43. As a result of the septicaemia she has had her toes amputated, a partial hand amputation of her left hand and all digits on her right hand removed. Recovery has been an emotional and physical endurance and she has been back and forth to hospital, living with pain daily.



“When I first came out of hospital I didn’t know anybody who had had meningitis. I looked at the Meningitis Now website and a lot of the personal stories. If it had not been for Meningitis Now, I think I would still have felt very, very alone.”

A year after contracting meningitis, Jo attended one of our Rebuilding Futures Days, which was an opportunity to meet others who had experienced the disease. Jo was determined to get family life back to normal for her daughters.

Together they have attended our Family Days and Believe & Achieve weekends. Last year, we were

able to support Jo with counselling sessions and she found these sessions hugely beneficial.

This year through our Rebuilding Futures Fund we have funded a membership at a small private gym, so that Jo could improve her mental well-being and enjoy swimming in a more private setting, where she can feel less self-conscious about her amputations.

Meningitis Now is here to provide ongoing support to Jo and her family, for as long as it is needed.

For more information about all our support services, please visit www.meningitisnow.org/getsupport



Meningitis Helpline
0808 80 10 388 (UK)
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