

HERE TO HELP: our local support groups

Through our network of support groups, teams and regular information and support events, you can connect with people affected by osteoporosis in your area.

All our support groups and teams are run by volunteers – some who are living with osteoporosis, and others closely touched by the condition. They organise a regular programme of meetings, talks and social events for people living with osteoporosis and their family, friends and carers.

Meetings usually include specialist speakers on topics relating to osteoporosis and bone health, including exercise, healthy eating, medical updates, pain control, and the latest research.

Our groups are welcoming and sociable. They offer the chance to meet other people going through the same thing as you, and to learn about other useful local services.

To find information and support near you, turn the page.



**Royal
Osteoporosis
Society**

Better bone health for everybody

Support groups and teams

Would you like to speak to others affected by osteoporosis and hear from experts in the field? If so, please feel free to get in touch with our staff below for further information (please note, office hours are weekdays between 09:00 and 17:00, and some staff work part time).

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Scotland

Support Coordinator

Susan Greenhalgh (4 days)

Mobile: 07545 788873

Email: susan.greenhalgh@theros.org.uk

Support Groups

Aberdeen & North East,

Glasgow, Kilmarnock & District

Volunteer Team

Edinburgh and Lothians, Forth Valley

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Northern Ireland

Development Manager

Edel Rogan (3 days)

Mobile: 07515 574785

Email: edel.rogan@theros.org.uk

Volunteer Teams

Team East (Belfast-based)

Team NW (Londonderry/Derry-based)

Team West (Fermanagh-based)

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Wales

Development Manager

Post currently vacant.

Please contact Rachel Smith

Operations Support Officer

Rachel.smith@theros.org.uk

Tel: 01761 473253

for further information

Support Groups

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South West & Channel Islands

Development Manager

Linda Toulson

Mobile: 07710 743613

Email: linda.toulson@theros.org.uk

Support Groups

Bristol, Exeter, Guernsey, Plymouth,

Salisbury

Volunteer Teams

Yeovil, Taunton, Weston-super-Mare,

Cheltenham, Barnstaple

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South Central

Support Coordinator

Diane Ferraby

Office: 01761 473 269

Mobile: 07841 037274

Email: diane.ferraby@theros.org.uk

Support Groups

Isle of Wight, Oxford, South Bucks, Southampton

& District, West Surrey, Winchester

Volunteer Teams

Guildford, Portsmouth, Reading,

Chichester & Bognor Regis

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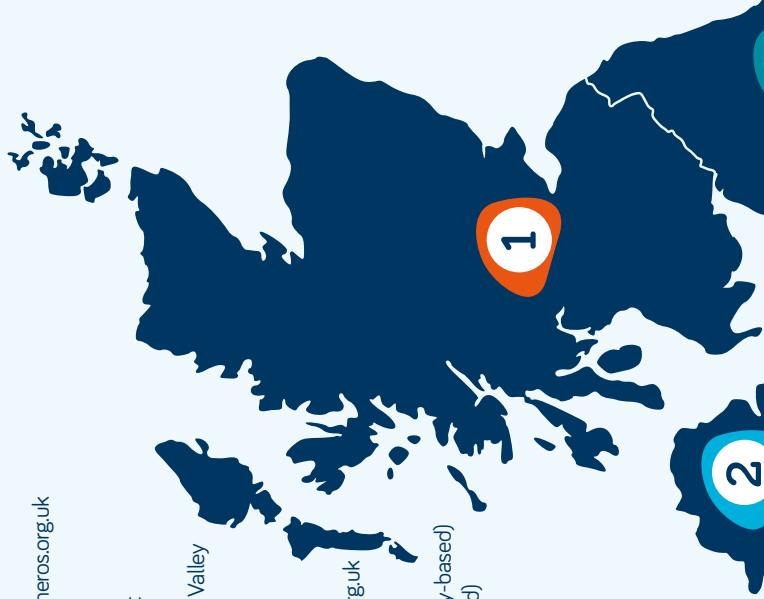
Eastern England

Development Manager

Sue Marx (4 days)

Mobile: 07720 353825

Email: sue.marx@theros.org.uk



Cardiff, Gwent,

Merthyr Tydfil, Isle of Man

Volunteer Teams:

Newtown, Carmarthen



Northern England

Development Manager

Jill Beaumont

Mobile: 07841 422078

Email: jill.beaumont@theros.org.uk

Support Groups

Blackburn, Hyndburn & Ribble Valley, Bradford, Goole, Leeds, Hambleton & Richmondshire, Morecambe Bay, Newcastle, Preston, South Tees, York

Volunteer Team

Blackpool



Central England

Development Manager

Katie Hall (3 days)

Mobile: 07545 788872

Email: katie.hall@theros.org.uk

Support Groups

Burton upon Trent, Nuneaton, Coventry

Volunteer Teams

Telford and Shropshire, Birmingham, Stoke-On-Trent



North West & North East Midlands

Development Manager

Fiona Cooper

Mobile: 07712 524880

Email: fonacooper@theros.org.uk

Support Groups

Ashton, Leigh & Wigan, Liverpool, Manchester Central, Nottingham, Wirral

Volunteer Teams

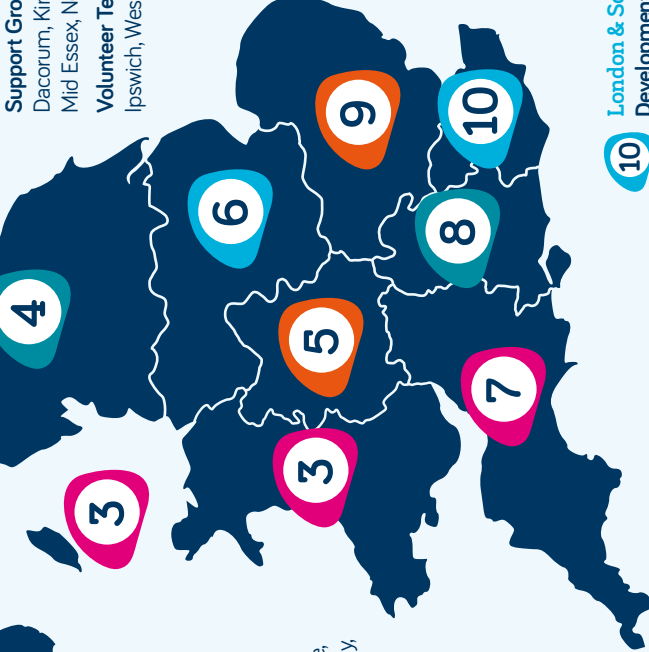
Leicester, Salford, Stockport

Support Groups

Dacorum, Kings Lynn & District, Mid Essex, Norwich, Northampton

Volunteer Teams

Ipswich, West Suffolk



London & South East

Development Manager

Post currently vacant.

Please contact Rachel Smith

Operations Support Officer

Rachel.smith@theros.org.uk

Tel: 01761 473253

for further information

Support Groups

Bromley & District, NE London, NW London, Sutton & District, Gravesend, Brighton & Hove, Eastbourne, Hastings, Medway, Middlesex



Our Helpline

For tailored information about osteoporosis and bone health, please call our specialist nurses free on **0808 800 0035**, or email nurses@theros.org.uk.

Our incredible support groups and teams:

- Provide a support network for those affected by osteoporosis
- Create a welcoming space to socialise and make friends
- Organise public and professional events to educate others
- Fundraise for local and national projects and raise awareness of the condition
- Work with the charity to influence local healthcare decision-makers to improve services

A problem shared is a problem halved

Here's what some of our support group attendees had to say about their experiences:

"At the Support Group, I get to share experiences, knowledge and practical support with people who experience similar problems. The most valuable benefit is the emotional support."

"After my osteoporosis diagnosis, I went along to my local group and received so much support. Without their kindness, I would never have found the determination to be positive and make such significant improvements."

"I look forward to meeting up with friends, old and new, who all share a common problem - osteoporosis. We help one another with the aid of the Royal Osteoporosis Society."

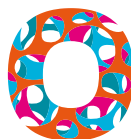
Could you volunteer?

We'd value your help.
Please do get in touch
with your local ROS
representative.

President: HRH The Duchess of Cornwall. Formerly known as the National Osteoporosis Society.

Royal Osteoporosis Society is a registered charity no. 1102712 in England and Wales, no. SC039755 in Scotland, and no. 1284 in Isle of Man. Registered as a company limited by guarantee in England and Wales no. 4995013, and foreign company no. 006188F in Isle of Man. Registered address: Camerton, Bath, England, BA2 0PJ.

NOSROSSGLFY. Reviewed Dec 2019.



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