



Neurological Council of WA

## Fun, Friendly Peer Support for Individuals, Caregivers and Families impacted by Neurological Conditions

### What is NeuFriends?

Neurological conditions can profoundly impact individuals, caregivers and families, presenting unique challenges and complexities. NeuFriends Neurological Peer Support Groups offer a safe, social and welcoming environment where people impacted by neurological conditions can connect and find comfort, hope and empowerment through shared knowledge, experiences and a sense of community belonging.

Neufriends is a relaxed and friendly 'coffee morning' style peer-support groups, led by volunteer peer support group leaders and assisted by experienced NeuroCare community neurological nurse navigators, who provide invaluable information, advice and practical support, where and when needed, to help participants overcome challenges and take control of their health and well-being.

# NeuFriends

## Neurological Peer Support Groups



### Benefits of Joining a Peer Support Group

Joining a neurological peer support group can be a transformative experience for individuals, caregivers and families impacted by neurological conditions. Benefits include:

- Friendly, inclusive and supportive environment
- Gain insights into your condition and explore ways to improve daily life
- Access tailored resources and accurate and reliable information
- Learn about treatments, coping strategies and lifestyle adjustments to manage symptoms and functional decline
- Improve emotional well-being and reduce isolation, loneliness and depression
- Enhance self-efficacy, health literacy and medication adherence
- Gain practical help on accessing and navigating health, disability and welfare systems
- Build knowledge and confidence to handle challenges and make decisions
- Support for caregivers, including encouragement and helpful strategies
- Insights from expert guest speakers like neurologists and therapists
- Access to community-based NeuroCare Nurses for advice and assessments
- Become part of a community and build lasting friendships and networks
- Optimize brain health, overall wellbeing and quality of life





Neurological Council of WA

# NeuFriends

Neurological Peer Support Groups

## Ready to join us?

NeuFriends is free to attend and open to individuals impacted by any neurological condition, symptoms or impairment - including FND, headache and migraine, chronic fatigue, fibromyalgia, stroke, tumours, epilepsy, MS, Parkinson's, and neuromuscular, neurodegenerative or rare neurological disorders.

Come along as a guest to meet members, experience the supportive atmosphere and determine if NeuFriends aligns with your needs and interests. Morning tea is provided, and the group activities may include a mix of group discussions, guest speakers and tasks aimed at promoting well-being and resilience.

We are rolling out NeuFriends across the state. Current group locations include:

- **Mandurah** – Second Friday of every month, Lakelands Library & Community Centre
- **Geraldton** – Second Wednesday of every month, Geraldton Lotteries House
- **Albany** – Last Thursday of every month, Juniper Community Centre
- **Nedlands** – First Tuesday of every month, The Niche QEII MC Nedlands
- **Northam** – Third Wednesday of every month, Bridgeley Community Centre

The Neurological Council of WA is seeking Volunteer Peer Support Group Leaders with lived experience to help establish NeuFriends peer support groups across metropolitan and regional WA.

Contact us to explore starting a support group in your area.

To learn more or register, visit our website.

## NeuroCare TeleNurse Helpline

Call us on **1800 645 771** to speak directly with a NeuroCare Nurse. For emergencies, call 000

## Neurological Council of WA

Free Call 1800 645 771 | [ncwa.com.au](http://ncwa.com.au) | [hello@ncwa.com.au](mailto:hello@ncwa.com.au)

### Perth (Head Office)

11 Aberdare Road  
Nedlands  
WA 6009  
T: (08) 6285 3800

### South West

16C, 42 Strickland St  
Bunbury  
WA 6230  
T: (08) 6285 3803

### Great Southern

211-217 North Road,  
Centennial Park  
WA 6330  
T: (08) 6285 3802

### Mid West

14 Sanford Street,  
Geraldton  
WA 6530  
T: (08) 6285 3804

