

Support groups



The following areas currently have a support group. The contact details for the group are listed below if you would like to join them or find out more information:

- **Colchester:** Carol Scott on **01206 563027** or Freda Jenkins on **01206 577859**
- **Cornwall:** Lee Tomkins on **07790 4450721** or email migrainecornwall@gmail.com
- **Gloucestershire:** Tricia Atkinson at triciaatkinson@hotmail.co.uk
- **Newcastle:** Kerry Rickleton on **07788 544517**
- **South / West London (Richmond, Kingston, Surbiton, New Malden):** Janet Chandler on **0208 549 8060** or Sally Flatou on **07976 150490**
- **South East Wales:** MigraineActionCardiff@groups.facebook.com or contact Helen Kaut-White by emailing Hkaut@bopenworld.com
- **Sutton / Wallington / Carshalton / Croyden:** Marilyn Minton on **0208 647 6276** or email jajomal@btinternet.com
- **West Yorkshire:** Beverley Taylor Levin on **07845 990873** (after 7pm) or email beverley@hotmail.co.uk

If you are interested in finding out more about setting up a group in your local area or would like support with your existing group, please contact Migraine Action on **0116 275 8317** or email info@migraine.org.uk. All of our information resources and more are only made possible through donations and by people becoming members of Migraine Action. Visit www.migraine.org.uk/donate to support one of our projects or visit www.migraine.org.uk/join to become a member.

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