



MD  Links

## Peer to peer support

We'll link you up – whoever you are,  
wherever you are.

**Muscular**  
Dystrophy  
Campaign





- **Do you have muscle disease?**
- **Do you want to talk to others in similar circumstances?**
- **Can you offer informal support to others in similar circumstances?**

**Our new MD Links peer support programme offers you the chance to:**

- Reduce the isolation you feel from living with a rare condition
- Learn handy tips from someone who has 'been there'
- Share experiences and support with others who have the same condition
- Develop friendships with people with muscle disease in your area

To find out more about getting involved please complete and detach the form opposite and return it to us at the freepost address.

For further enquiries about this programme, please contact:

**Information Service**

**0207 803 4800**

**[info@muscular-dystrophy.org](mailto:info@muscular-dystrophy.org)**

## Yes, I would like to join the *MD Links* programme

Name

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Date of birth (optional)

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Address

---

---

---

Postcode

---

Telephone

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Email

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Type of muscular dystrophy or related condition  
(eg Becker, FSH):

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Clinic name

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Consultant's name

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**Please note: We need your signature to hold this information on our secure database and link you to others. Please read the following and sign below.**

I would like my details to be added to the Muscular Dystrophy Campaign database so that I can receive my free welcome pack; publications about my condition; quarterly magazine *Target MD* and regular updates (client/parent or guardian to sign):

Signature

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Date

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**To keep your personal information safe we suggest you put this card in an envelope and return to:**  
**Muscular Dystrophy Campaign Support Services**  
**FREPOST RRLK-LCZC-YLKH**  
**61 Southwark Street**  
**London SE1 0HL**

**Muscular Dystrophy Campaign**  
61 Southwark Street  
London SE1 0HL

020 7803 4800

0800 652 6352 (freephone)

[info@muscular-dystrophy.org](mailto:info@muscular-dystrophy.org)

[www.muscular-dystrophy.org](http://www.muscular-dystrophy.org)

**Muscular**  
**Dystrophy**  
*Campaign*

