



## Addison's Disease Self-Help Group (ADSHG)

The Addison's Disease Self-Help Group (ADSHG) is the UK support group for men, women and children with adrenal insufficiency. The group is a not-for-profit voluntary group and was founded by Deana Kenward in 1984.

The group has around 650 members, of whom nearly 500 are women. They range in age from roughly 8 to 80 years old. There are about 14 children. Most of our members live within the United Kingdom, from Penzance in Cornwall to Fife in Scotland. A few are resident abroad, including Spain, Cyprus, Germany and Australia.

### What does the group offer?

The group offers support to its members in the following ways:

1. A newsletter, edited by Deana Kenward, which is issued 6 times a year
2. An e-mail group, through which members can share their experiences in managing day-to-day aspects of medication and lifestyle. [www.yahogroups.com/group/adshg](http://www.yahogroups.com/group/adshg)
3. The website [www.adshg.org.uk](http://www.adshg.org.uk) is funded by group subscriptions and maintained by group members.
4. Regional meetings in various parts of the UK and an annual open day in Guildford, arranged by Deana Kenward.
5. An annual medical lecture held in London, arranged by the ADSHG's Research and Publication Fund.
6. A copy of education materials, which are published by the Research and Publication Fund. To date, the Fund's publications are:
  - Living with Addison's disease: an owner's manual
  - Emergency medical instructions: A&E Crisis Letter (doctors letter)

### Joining the group

General co-ordination and administration is handled by Deana Kenward. If you have an enquiry or wish to be able to get in touch with others in the group, you should contact:

Mrs Deana Kenward: tel: 01483 830 673, fax: 01483 830 673, email: [deana@adshg.org.uk](mailto:deana@adshg.org.uk)

In 2002 the ADSHG charged an annual subscription fee of £10 to cover newsletter and administration costs.

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