Lily x

Does someone you love have mito?

Fighting mito, finding hope.

We're here for you

Being diagnosed with mitochondrial disease can be frightening and upsetting, but also very lonely. Because mito is so rare, it's hard to find people in the same situation, and that's why The Lily Foundation exists. Here are some of the ways we provide ongoing support.

Lily Family Support Weekend

A unique opportunity for families to get together and relax, with social activities, informative talks and workshops from mito experts for adults and plenty of fun for the little ones.

Patient Information Days

Come and meet us at these informal yet informative occasions hosted by the specialist mitochondrial clinics in Newcastle, Oxford and London.

Lily Wish Fund

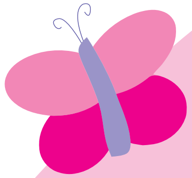
A grant scheme designed for patients to access something to improve their lives, such as specialist equipment, a home or garden adaptation or even a short break.

Virtual coffee mornings

Patients and family members from all over the country come together over Zoom for our informal weekly coffee mornings and monthly evening sessions to feel less isolated and better informed about mito.

Private Facebook group

Our private Facebook group for families affected by mito is somewhere you can connect with others who understand your situation, share experiences and make friends. Search for "The Lily Family Mito Support Group" and request to join.



Make an IMPACT

Join our Patient Advisory Committee and use your lived experiences of mito to help shape the research studies of the future.

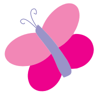
Practical information

Visit our website to learn more about mito, its symptoms and answers to frequently asked questions.

Counselling service

We partner with Rareminds to provide a free online counselling service for individuals affected by mito.

Just need someone to talk to?



Everyone's mito journey is different, and every person living with the condition faces their own challenges. But help is available – whether it's a specific question, a reassuring chat or some emotional support, we're here to listen. To speak confidentially to Liz, call 07947 257247 or email liz@thelilyfoundation.org.uk

> **The Lily Foundation offers us a safe place to meet other families in the same boat as us, they offer us understanding, love and support. Although our daughter is no longer with us our son is a non-affected carrier. The Lily Foundation offers us hope that one day a cure will be found.**
>
> *-Lisa*

You're not alone

Living with mitochondrial disease can feel isolating, but through The Lily Foundation you can stay connected to a community that understands.

By signing up to our newsletter, you'll receive important updates on our support services, advocacy work and research breakthroughs, as well as the latest news about Lily events, fundraising campaigns, personal stories and more. Scan the QR code below to join our community.

thelilyfoundation.org.uk
Charity No: 1122071 Company No: 06400879
31 Warren Park, Warlingham, Surrey CR6 9LD T. 0300 400 1234 M. 07947 257 247