



Medical Ketogenic Diet Support Forum



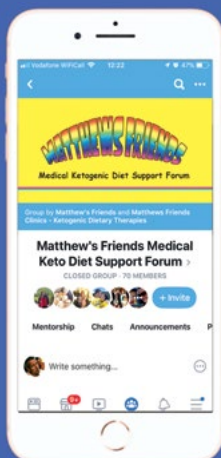
Matthew's Friends Supporting Patients and Families

ONLINE INTRODUCTORY AND INFORMATION FILMS

At your leisure, view films made by the Matthew's Friends Team led by the Chair of our medical board, Professor Helen Cross OBE.

Topics include:

- History of the diet
- Different types of diet available
- The need for medical management
- Side Effects of the diet
- Recipe and ingredient demonstrations
- Family Stories



FACEBOOK FAMILY SUPPORT FORUM

Once you or your loved one is on a medically supervised ketogenic dietary therapy, you can gain access to our Facebook support forum by filling out the request form and sending it to us. You will then be invited to join the forum and get to know other families in the same situation as yourself, where you can discuss any problems or concerns you may have or share your successes, recipes and handy hints and tips that makes things work for you.

This is a safe and confidential forum which is moderated by the Matthew's Friends team of past and present Ketogenic Ambassadors and Regional Co-ordinators all of whom have a wealth of experience. Our Ketocheffs will also be on hand to answer any food questions for you and from time to time we will have guest professionals join us for specific question and answer sessions on topics that YOU want addressed.

The link for the films and access to the Facebook support forum is as follows:
www.matthewsfriends.org/ketotraining/online-introductory-films-families-patients



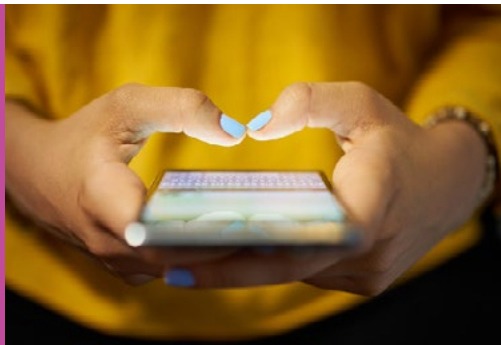
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THE MATTHEW'S FRIENDS KETOGENIC TELEPHONE SUPPORT LINE

+44 (0)788 405 4811

If you don't want to join a forum but would prefer to talk or send a text message to someone then our support line is available, all you need to do is text your message to the number and someone will get back to you as soon as possible.



**ALL OUR SUPPORT SERVICES ARE AVAILABLE 365 DAYS
A YEAR. WE ARE JUST A CLICK OR A PHONE CALL AWAY.**



A MESSAGE FROM MATTHEW'S MUM & CHARITY FOUNDER EMMA WILLIAM MBE

"When I started the diet with Matthew there was no one to talk to and I did feel very isolated at times and even though I had a fantastic dietitian, by the very nature of her job, she could not be on call every day and there were certainly times when I felt like throwing the scales out of the window! On setting up the charity in 2004, the first thing we did was to include a website forum and this proved wonderfully popular and was a fantastic source of support for all of us who used it and I made some very special friends from that forum who are an important part of my life to this day.

With the increase of social media the need for a website forum became less and much of our work has been via social media and email support. However we have been repeatedly asked to set up a Facebook forum for families and who are we to ignore the needs of the families... we never have before.

I am delighted that once again, our forum has taken off and families are able to support one another. The sad fact is that we know more families are coming and every day we are contacted by those whose drugs are not helping or are wanting a supervised diet for other conditions. Matthew's Friends will continue to champion Medical Ketogenic Dietary Therapies and provide as much support as possible and I wish everyone the best of luck on their ketogenic path.... it changed our lives forever and there is not a day where I am not grateful for it. Much love, Emma." x



Matthew's Friends Registered Charity No. 1108016
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