

Living With PKU

An 8-week Facilitated Group Programme

for those aged 18+

The sessions will run weekly on a Thursday
7.00pm to 8.30pm (online)

The first session will be
Thursday 8th October 2026



This is a pilot scheme. The small group programme will involve a combination of information and group discussion on themes such as living with uncertainty, making the most of appointments, coping with family and relationship dynamics, and managing anxiety.

It will provide a supportive, confidential space to share experiences and meet with others experiencing similar situations. Over the 8 weeks there is an opportunity to explore common themes, discuss practical and emotional coping strategies - and meet online with others in a similar situation. Bring a big cup of tea or coffee too!



Rebecca Hargreaves, MBCAP Accred

Rebecca is an Adult and Young Peoples Counsellor with a particular interest in the psychological impact of health conditions on the family as a whole. She originally worked as a Nurse for over 20 years including in hospices, and is the former Lead for a large schools counselling service. She works as a counsellor with several rare disease patient organisations.

There will be a maximum of 12 participants, on a 'first come, first served' basis. Although we understand 'life happens', please be prepared to commit in principle to all 8 sessions in order to make the most of the experience.

To register your interest in the Group Programme
please email contactus@rareminds.org