

'Stronger Together'

A fortnightly Group Programme for people living with a CSF Leak

The Group will take place online in the early evening starting in September 2026
Dates and times tbc



Being diagnosed with a CSF Leak can be frightening, demanding, stressful and lonely.

There may well be times when your own mental health needs get lost or overlooked in the midst of the demands of day to day life, managing your condition and meeting the needs of others.

Our 'Stronger Together' group provides a safe, confidential space to share experiences, thoughts and feelings and be supported and feel less on your own with some of the unique demands of your particular circumstances.

The sessions will be facilitated by Zubyda Azzam, a specialist counsellor from Rareminds, and offer practical and emotional support for your well being alongside the opportunity to create trusted bonds with other group members.



Zubyda Azzam UKCP Accred.

Zubyda is registered with the United Kingdom Council for Psychotherapy and has worked as a therapist in a variety of settings including the NHS, prisons, refugee camps, and residential therapeutic communities. She was also a volunteer with the Samaritans for over 10 years. She is particularly passionate about the therapeutic potential of groups for rare disease communities.

There will be a maximum of 15 participants, on a 'first come, first served' basis. Although we understand 'life happens', please be prepared to commit in principle to all sessions in order to make the most of the experience.