

Welcome to...

The POP-IN-CAFE

An Online Community for Older Carers

*Funded by:
BUPA UK Foundation*



**Huntington's
Disease
Association**

The Pop-in-cafe



Pop-in-cafe



**Grab yourself a cuppa and
come on in for an online chat!**

.....

Ask for specific advice or
information in this virtual pop-in-
cafe or just have a rant ' n ' rave
about something that
frustrates you.



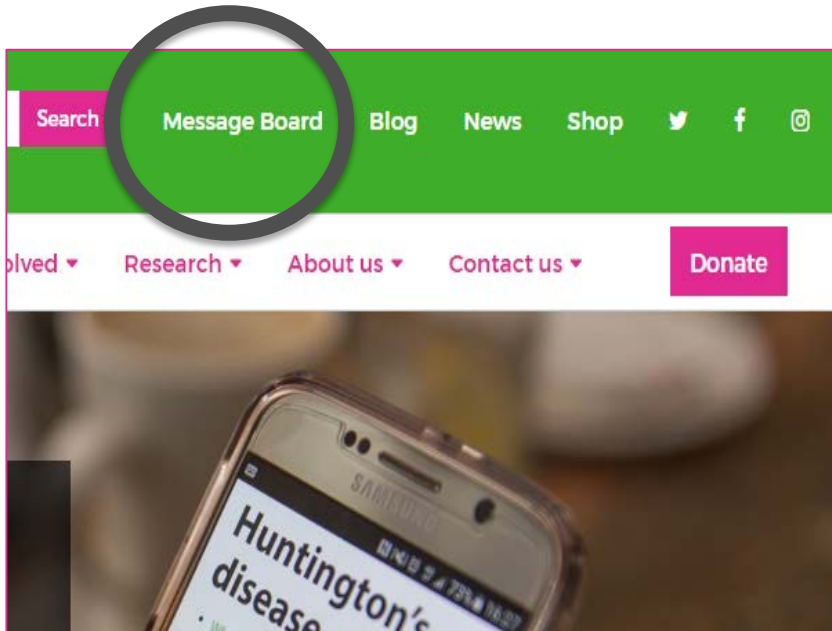
Huntington's
Disease
Association

The 'Pop-in-café'

You can come to the 'Pop-in-café' through the Huntington's Disease Association Message board. You will need access to the internet and an email address to join us!

Signing up can be a bit daunting if you aren't that keen on computers but we have made this guide to try and help you – either print it out or let us know if you would like us to post you a copy.

If you get stuck give us a call on 0151 331 5444



First you need to go to the Huntington Disease Association website (www.hda.org.uk).

At the top of the screen you will see a link to the message board – circled in blue here.

It will bring up a screen saying 'Welcome to the HDA message board'. If you are happy with what it says, then click 'sign up'.

Welcome to the HDA Message Board

This is a message board for people whose lives are affected by Huntington's disease and wish to share their experiences with others.

The message board is run, moderated and read by staff from the [Huntington's Disease Association England & Wales](#), a UK registered charity.



It is operated by us but it is powered by *you*, the people who use it. Help us maintain it as an excellent resource by always working to improve the HD-family discussion in some way, however small. The message board is a shared resource where people can help each other out or just share experiences – but please remember that other people's experiences won't always be the same as yours. It isn't a substitute for medical advice. [Your local HD association](#) can help you find professional health and social care support.

A membership account is required. Please create an account or log in to continue. If you have any problems please [email us](#).

Sign Up



Log In



Huntington's
Disease
Association

We'll be there

Create New Account



Email

Never shown to the public.

Username

anonymous, not your real name, cannot be linked back to you, no spaces

Password

at least 8 characters

Site Rules *

I agree to the [terms of service](#) and have read the [privacy policy](#).

Create New Account

Log In

Choose your username with care and do not include your real name.

You will be asked to type in your email address. When you have done this, a note will come up that says:

‘We will email to confirm’.

You will then need to think of a user name. Please don't use your real name, think up a fake name that can't be linked back to you. Please don't use any spaces.

Username

Frog62

✓ Your username is available

Password

|

at least 8 characters

Site Rules *

I agree to the [terms of service](#) and have read the [privacy policy](#).

Create New Account

Log In

Choose your username with care and do not include your real name.

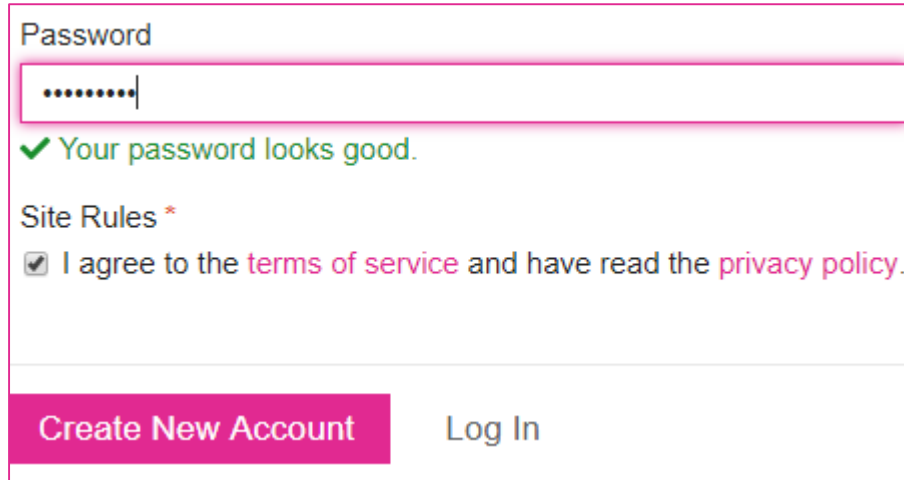
Now you need to choose a password. This needs to be at least 8 characters long.



Huntington's
Disease
Association

We'll be there

Once you have chosen a password that will work, a green tick will appear and it will say, 'Your password looks good'.



Password

.....|

✓ Your password looks good.


Site Rules *

I agree to the [terms of service](#) and have read the [privacy policy](#).

Create New Account Log In


You then need to have a look at the 'Terms of service' for the board and also the 'Privacy policy', this is to make sure that you know what you are signing up to and that you are happy with the rules, and how your data will be used.

If you are happy, you can tick the small box and then click on 'Create a new account'.

You're almost done! We sent an activation mail to @hotmail.co.uk. Please follow the instructions in the mail to activate your account.

If it doesn't arrive, check your spam folder.

 Resend Activation Email

 Change Email Address

You'll get a message to say that an email is on its way.



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We'll be there

[HDA Message Board] Confirm your new account



HDA Message Board <messageboardadmin@hda.org.uk>

Mon 17/06/2019 12:38

You ▾

Welcome to HDA Message Board!

Click the following link to confirm and activate your new account:

<https://hdmessageboard.com/u/activate-account/cb84e9ad55d6113b0d8eb32efcdefcbc>

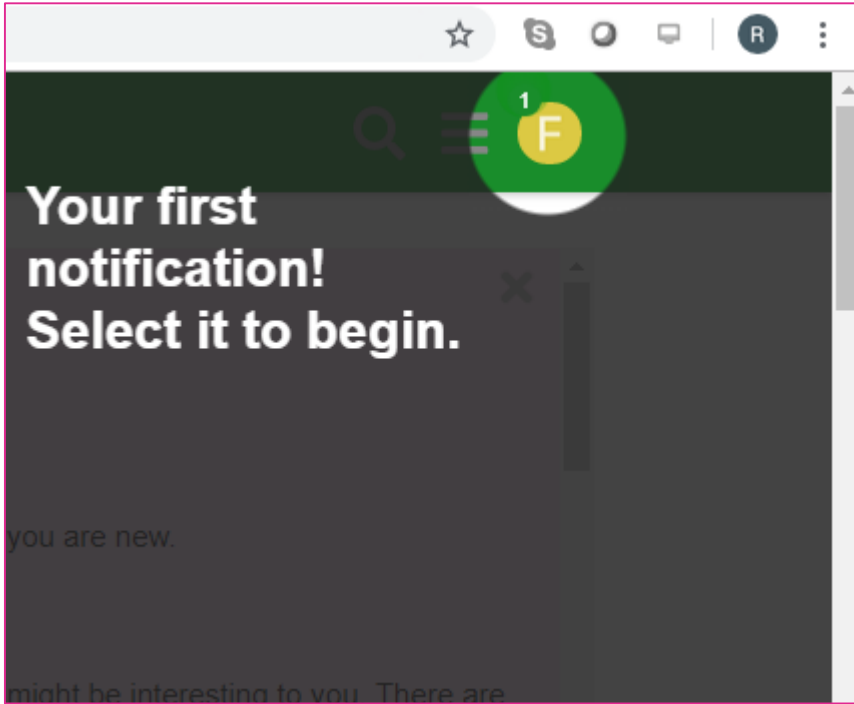
If the above link is not clickable, try copying and pasting it into the address bar of your web browser.

Now you need to go to your emails and check that you have an email from 'Huntington's Disease Association message board', if it's not there it might have gone to your junk email.

Welcome to HDA Message Board!

[Click here to activate your account](#)

Once you click on the link in your confirmation email mentioned above, you will be taken to the Huntington's Disease Association message board.



This will be the first screen that you see. It is telling you that you have a notification. Click on this green circle.

Welcome 🙌

Hello and welcome to the HDA Message Board!

Getting started 🌟

The message board contains a lot of useful information and discussion, read the [faq](#) and take time to have a look round if you are new.

Reading and searching 😎

A good place to start is by reading some of the years of posts that are here and using the search button to find topics that might be interesting to you. There are some wiki posts in the **Guides** category that contain links and other information our members have contributed.

all categories ▾

Latest

New (1)

Unread

Top

Categories

+ New Topic

Welcome to our community! These are the most popular recent topics.

hdahelper Greetings!

Log Out Dismiss

You will then see a welcome message. This will give you some helpful information about using the message board. Another message with a bit more information will follow.

Greetings!






hdahelper

1h

Thanks for joining HDA Message Board, and welcome!

- I'm only a robot, but **our friendly staff** are also here to help if you need to reach a person.
- For safety reasons, we temporarily limit what new users can do. You'll gain **new abilities** (and **badges**) as we get to know you.
- We believe in **civilized community behavior** at all times.

If you'd like to learn more, select  below and  **bookmark this personal message**. If you do, there may be a  in your future!

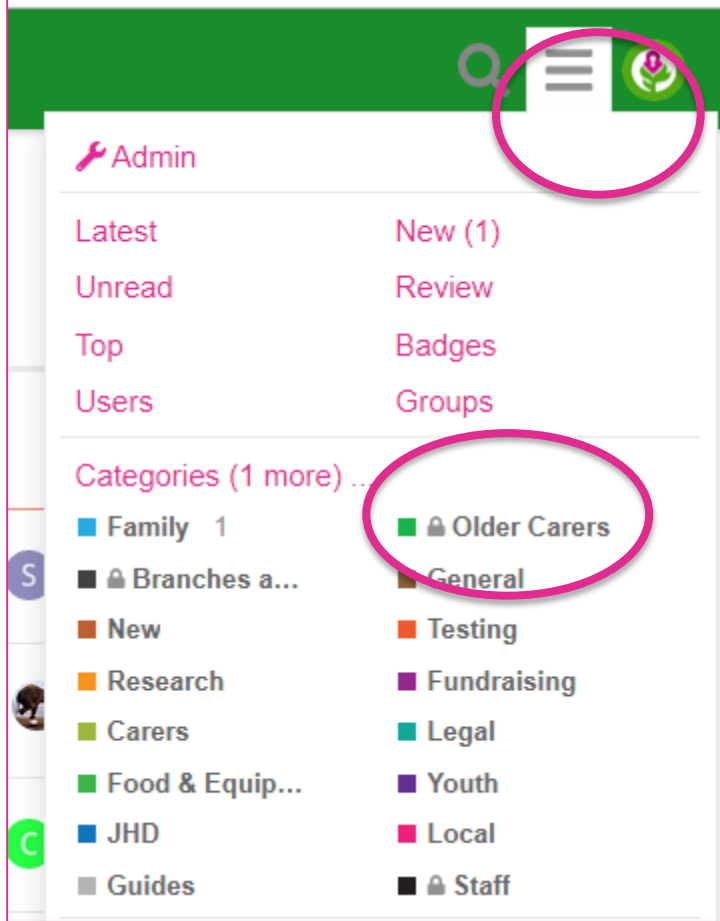
You don't need to take too much notice of the bits about badges etc...we don't make a point of using them!



GREAT! You are now able to join us in the 'Pop-in-café'!





At the moment the 'Pop-in-café' (Aka the Older carers section of the message board), Is only open to people who register, so if you email ruth.abuzaid@hda.org.uk or phone her via 0151 331 5444, She will add you to the group.

We would love it if you can be a friendly face on the 'Pop-in-café' – saying hello to new people, possibly starting topics of conversation, or joining in topics already exist.



You can return to the 'café' by clicking on the 'hamburger' at the top of the message board pages and then clicking on the 'Older Carers' category

Older Carers ▾ Latest Top + New Topic !

Topic		Replies	Views	Activity
 The POP IN CAFE - An online community for carers who are 65+		0	10	17h
Support Services Availability	 	1	8	6d

There are no more Older Carers topics. [Why not create a topic?](#)

You will see a list of topics that you can read ...and you can start new ones by clicking on 'new topic' in the top right hand corner.

The topic at the top (with the drawing pin next to it) is a 'pinned topic' and it will always stay at the top – it's a little introduction to the café....

We look forward to
seeing you at the Pop-
in-café soon!

Huntington's Disease Association

Tel: 0151 331 5444

E mail: info@hda.org.uk

Web: www.hda.org.uk



**Huntington's
Disease
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