

BOWER GROVE PARENT SUPPORT



NATIONAL ORGANISATIONS

Ability Net

<http://www.abilitynet.org.uk/>

A national charity helping disabled adults and children use computers and the internet by adapting and adjusting their technology. Their special expertise is ensures that whatever your age, health condition, disability or situation you find exactly the right way to adapt or adjust your ICT to make it easier to use.

Action for Sick Children

0800 0744 519

<http://www.actionforsickchildren.org>

Aims to ensure that sick children always receive the highest possible standard of care by offering advice on GP's, Out Patient appointments, going into hospital and helping children deal with pain.

ADDISS (Attention Deficit Disorder Information & Support Service) 020 8952 2800

<http://www.addiss.co.uk>

Provide information & support to anyone who needs assistance and has books covering all aspects of ADHD & related disorders.

AFASIC (Association for Speech Impaired Children)

0845 3 55 55 77

<http://www.afasic.org.uk>

Help children & young people with communication impairments by providing information, training and publications.

Allergy UK

01322 619898

<http://www.allergyuk.org>

Provide information on all aspects of allergy & food intolerance. Helpline provides practical advice & support to manage symptoms. Website has useful fact sheets.

Asbah

<http://www.shinecharity.org.uk/>

Spina bifida, Hydrocephalus, Information, Networking, Equality - **Shine** is a community of **75,000** individuals, families, friends, and professionals, sharing achievements, challenges and information on living with hydrocephalus, and/or spina bifida, and related issues.

BIBIC

01278 684060

<http://www.bibic.org.uk>

Offer practical help to families caring for children with conditions such as autism, cerebral palsy, Down's syndrome, developmental delay, traumatic & acquired brain injury & specific learning difficulties such as ADHD, dyslexia & dyspraxia.

The Bladder and Bowel Foundation

0845 345 0165 (nurse helpline)

<http://www.bladderandbowelfoundation.org>

Provide information and support for people with [bladder](#) and [bowel disorders](#), their carers, families & healthcare professionals.

The British Dyslexia Association

0845 251 9002

<http://www.bdadyslexia.org.uk>

Provides information & training on Dyslexia and has online shop with useful resources such as books, writing and IT equipment.

BLISS

0500 618 140

<http://www.bliss.org.uk>

Supports parents of premature babies by offering guidance and information at a critical time in families' lives.

Brittle Bone Society

08000 282 459

<http://www.brittlebone.org>

Offers help, advice and information to people affected by Osteogenesis Imperfecta.

Calibre Audio Library

01296 432339

<http://www.youngcalibre.org.uk>

Provide the pleasure of reading to people with sight problems, dyslexia or physical disabilities. Free nationwide postal service of recorded books on MP3 format, CDs, or ordinary cassettes.

Carer's UK

0808 808 7777

<http://www.carersuk.org>

Provides carers with information and advice and offers a wide range of free booklets on all aspects of caring.

Cerebra

Parent Support: 0800 32 81 159

<http://www.cerebra.org.uk>

Counselling: 0800 04 39 385

Supports families caring for a child with a brain related condition. Services include; information and advice, a sleep advice service, Speech Therapy, help to set up wills and trusts, grants for equipment, a free holiday home.

Changing Faces

0845 4500 275

<http://www.changingfaces.org.uk>

Supports and represents people who have disfigurements to the face, hand or body from any cause by providing personal support for children, young people, adults and families.

Child Brain Injury Trust

0845 601 4939

<http://www.cbituk.org>

Provide information and advice for anyone affected by childhood acquired brain injury as well as offer small grants to enable them to take part in social activities.

Child Death Helpline

0800 282 986

<http://www.childdeathhelpline.org.uk>

For anyone affected by the death of a child of any age, pre-birth to adult, under any circumstances, however recently or long ago. Open from Mon to Fri 10am to 1pm, & 7pm to 10pm.

Childline

0800 1111

<http://www.childline.org.uk>

A free 24hr helpline for children and young people providing a counselling service for any child with any problem whether they're feeling scared or out of control, lonely, worried, having problems at school or just want to talk to someone.

Children's Heart Federation

0808 808 5000

<http://www.chfed.org.uk/>

Provide information and support for parents whose child has a heart disorder.

Climb (Children with Inherited Metabolic Diseases)

0800 652 3181

<http://www.climb.org.uk>

Provide information, advice and support on all metabolic diseases to children, adults, families & professionals.

The Compassionate Friends

0845 123 2304

<http://www.tcf.org.uk>

Helps bereaved parents & their families offering understanding, support & encouragement to others after the death of a child.

Contact a Family

0808 808 3555

<http://www.cafamily.org.uk>

Provide information & fact sheets to families of children with any kind of disability, special need or long term health need...

Council for Disabled Children

<http://www.councilfordisabledchildren.org.uk/>

CDC's vision is a society in which disabled children's needs are met, their aspirations supported and their rights respected

Cry-sis

08451 228 669

<http://www.cry-sis.org.uk>

Provide self-help and support for families with excessively crying, sleepless & demanding babies. (7 days a week 9am-10pm)

Cystic Fibrosis Trust

0845 859 1000

<http://www.cftrust.org.uk>

Provide information, advice & support to people with cystic fibrosis and their families. Produce publications & offer grants.

Depression Alliance

0845 123 23 20

<http://www.depressionalliance.org>

Produce publications covering various aspects of depression offer the information and guidance and have local self-help support groups which meets monthly in Gillingham.

Downs Heart Group

0844 288 4800

<http://www.dhg.org.uk>

Offers support and information relating to heart conditions associated with Down's Syndrome.

The Downs Syndrome Association

0845 230 0372

<http://www.downs-syndrome.org.uk>

Supports people with Downs Syndrome, their families and carers as well as for those with a professional interest.

The Dyslexia Institute

01732 352762

<http://www.dyslexia-inst.org.uk>

Provide support and services for people with dyslexia and literacy difficulties. Centre in Tonbridge provide Assessments & training.

Every Disabled Child Matters (EDCM)

<http://www.edcm.org.uk>

Every Disabled Child Matters is the campaign to get rights and justice for every disabled child.

Epilepsy Action

0808 800 5050

<http://www.epilepsy.org.uk>

Provide a wide range of information and advice about epilepsy.

Equality & Human Rights Commission

0845 604 6610

<http://www.equalityhumanrights.com>

Supports disabled people by providing them with information and advice about their rights under the DDA.

ERIC (Enuresis Resource & Information Centre)

0845 370 8008

<http://www.eric.org.uk>

Provide information and support on childhood bedwetting, daytime wetting, constipation and soiling.

The Family Fund

<http://www.familyfund.org.uk>

The Family Fund gives grants to low-income families to meet the additional needs of caring for a severely disabled child such as specialist toys, holidays, driving lessons & washing machines.

Family Rights Group

0800 731 1696

<http://www.frg.org.uk>

Offer advice and support for families whose children are involved with social services.

Find A Voice

<http://www.findavoice.org.uk/>

Fragile X Society

01371 875100

<http://www.fragilex.org.uk>

Provide support and information for families whose children and relatives have Fragile X

HemiHelp

0845 123 2372

<http://www.hemihelp.org.uk>

A membership organisation supporting children and young people with hemiplegia, and their families

Hyperactive Children's Support Group

01243 539966

<http://www.hacsg.org.uk>

Provide support, information and a range of literature to help ADHD/Hyperactive children.

Ipsa

<http://www.ipsea.org.uk/>

Special Educational Needs Charity.

IPSEA has produced 40 new on-line resources to help parents take action with common SEN issues. These are available to download on their website

Lets Face It

01843 833724

<http://www.lets-face-it.org.uk>

Offer friendship, link families and build courage to face life regardless how or why a face disfigured.

Listening Books

020 7407 9417

<http://www.listening-books.org.uk>

Provide selection of audio books, on MP3, CD or via internet, to people who find it difficult or impossible to read due to illness or disability.

Mencap

0808 808 1111

<http://www.mencap.org.uk>

Provide information & advice for people with learning disabilities.

Mind

<http://www.mind.org.uk/>

Mind is the leading mental health charity for England and Wales. We provide information to help promote understanding of mental health

Muscular Dystrophy Campaign

0800 652 6352

<http://www.muscular-dystrophy.org>

Provide people with neuromuscular conditions and their families' information and advice about their conditions.

The National Autistic Society

0845 070 4004

<http://www.nas.org.uk>

Offer practical help and advice for people with Autistic Spectrum Disorders, their families and carers. An Autism Alert Card can be obtained from The National Autistic Society. They can be carried by a person to help identify their needs in situations where communication may be difficult. (£2.50 excl. Vat)

National Blind Children's Society

<http://www.nbcs.org.uk>

Provide information and advice for children with visual impairments as well as offer grants for communication equipment. Also have 'Direction Point', a Guide to Services.

National Centre for Young People with Epilepsy

01342 831342

<http://www.ncype.org.uk>

Provide information and support for children and young people with epilepsy and other neurological conditions.

National Deaf Children's Society

0808 800 8880

<http://www.ndcs.org.uk>

Helpline provides clear, balanced information and support for families of deaf children, deaf young people and professionals working with families. Also provide grants and loan equipment.

The National Literacy Trust

020 7587 1842

<http://www.literacytrust.org.uk>

Provide support & information to help improve reading/ writing

Newlife Foundation for Disabled Children

0800 902 0095

<http://www.newlifecharity.co.uk>

Provides support for parents of disabled children aged up to 18. Helpline provides qualified Nurses who offer comfort, support and guidance as well as offer grants for equipment.

The Nystagmus Network

0845 634 2630

<http://www.nystagmusnet.org>

Self-help group providing support for people with nystagmus, an eye condition characterised by rapid, jerky eye movements.

Parentline Plus

0808 800 2222

<http://www.parentlineplus.org.uk>

Offer free, 24 hour confidential helpline to anyone parenting a child on any issue that is affecting them.

Respond

0808 808 0700

<http://www.respond.org.uk>

Helpline for people with learning disabilities, their families, carers and professionals affected by trauma and abuse

Rethink

0845 456 0455

<http://www.rethink.org.uk>

A leading national mental health membership charity, working to help everyone affected by severe mental illness recover a better quality of life.

Rett Syndrome Association UK

01582 798910

<http://www.rettsyndrome.org.uk>

07970 546653 - Out of hours family helpline

Offer information, practical help, friendship and support to people with Rett Syndrome, their families and carers.

Royal National Institute for the Blind (RNIB)

0303 123 9999

<http://www.rnib.org.uk>

Confidential helpline offers information, support & advice. Website has information about specific conditions & useful advice.

Royal National Institute for the Deaf (RNID)

0808 808 0123

<http://www.rnid.org.uk>

Offer information, training, fact sheets, leaflets, publications and information about equipment and products.

Samaritans

08457 90 90 90

<http://www.samaritans.org.uk>

4hr confidential & emotional support for people experiencing feelings of distress or despair. Can also e-mail anonymously.

Scope

0808 800 3333

<http://www.scope.org.uk>

Offer support, information, campaigning & news for people with Cerebral Palsy & related disabilities.

SEN PATHFINDER

<http://www.se7pathfinder.co.uk/home-1>

Check out this website for key Special Educational Needs (SEN) information

Sense

<http://www.sense.org.uk/>

Sense is the leading national charity that supports and campaigns for children and adults who are deaf blind.

ShawTrust

<http://www.shaw-trust.org.uk/>

National charity which works with employers, social services and the disabled to help people with disabilities find employment.

Sibs

01535 645453

<http://www.sibs.org.uk>

Provide support & information for people who grow up with a brother or sister with disability or chronic illness.

STEPS

0871 717 0044

[http:// www.steps-charity.org.uk](http://www.steps-charity.org.uk)

Provide support & advice to families of children with lower limb abnormalities including club feet, hip problems, amputations and orthotic support.

TAG (The Arthrogyrosis Group)

01737 813527

[http:// www.tagonline.org.uk](http://www.tagonline.org.uk)

A national support group for people, or families with children, who have the condition Arthrogyrosis (stiff joints).

Unique

01883 330766

[http:// www.rarechromo.org](http://www.rarechromo.org)

A source of information, mutual support and self-help to families of children with any rare chromosome disorders.

Whizz Kidz

020 7233 6600.

<http://www.whizz-kidz.org.uk/>

Whizz-Kidz is a charity that is all about giving disabled children the chance to lead a more independent life.

Winston's Wish

08452 03 04 05

<http://www.winstonswish.org.uk>

Offer practical support and guidance to bereaved children, young people and their families.

Working Families 'Waving not Drowning'

0800 013 0313

<http://www.workingfamilies.org.uk>

For parents who work, or want to work, and who have children with disabilities by providing a network of help and information including details of flexible working rights.

Young Carers Net

<http://www.youngcarers.net/>

An innovative, online service for **Young Carers** from The Princess Royal Trust for **Carers**.

Young Minds

0808 802 5544

<http://www.youngminds.org.uk>

Emotional well being and mental health of children and young people. Helpline number for children and parents above.