

Useful Contacts

ABC (Anorexia & Bulimia Care) Provides information, advice and assistance to those with eating disorders and/or their families. Also has a parent help group – ACHE.

Support line: 03000 11 12 13 Option 1

Family & friends: 03000 11 12 13 - Option 2

Office and general enquiries: 03000 11 12 13 - Option 3

www.anorexiabulimiare.co.uk

ACE Centre (Aiding Communication in Education) A centre giving advice and supplying technology and software for young people with communication and physical difficulties. Tel: 01865 759800 www.ace-centre.org.uk

Together For Short Lives (Association for Children's Palliative Care) Provides information on support services available for families.

<https://www.togetherforshortlives.org.uk/>

Helpline 0808 8088 100

Action for ME (AfME) Support group providing information, advice and support for ME sufferers and their families. Telephone support: 01179279551 www.afme.org.uk

Action for Sick Children Advice and support. www.actionforsickchildren.org Tel: 01614866788

ADD Information Services (ADDISS) Information and support related to attention deficit disorder for parents, teachers and healthcare workers.

Tel: 020 8952 2800 www.addiss.co.uk

Advisory Centre for Education (ACE) An independent national advice centre for parents. Provides advice on all aspects of education, including SEN. For the ACE Adviceline - 0300 0115 142 www.ace-ed.org.uk

AFASIC (Association for all Speech Impaired Children) A national organisation that provides information and support about speech and language disorders. Helpline: 0300 666 9410

www.afasic.org.uk

Allergy UK Advice and support for people with allergies. Helpline: 01322 619898 www.allergyfoundation.com

Alliance for Inclusive Education (ALLFIE) Supports inclusive education for all children. Tel: 020 7737 6030 www.allfie.org.uk

Anaphylaxis Campaign Gives information for those who have a severe allergy to nuts or other foods, insect stings, rubber, or anything else. Helpline: 01252 542029
www.anaphylaxis.org.uk

Anxiety Care Information, support and advice for children and young people with any form of phobia, such as school phobia, and their parents/families.
www.anxietycare.org.uk For emotional support please contact recoveryinfo@anxietycare.org.uk

Arthritis Care Voluntary organisation working with and for all people with arthritis.
Tel: 020 7380 6500 Helpline: 0808 800 4050 www.arthritiscare.org.uk

Children's Heart Association Support organisation to share contacts, information, experiences, support and help. Tel: 01706 221988 www.heartchild.info

Asthma and Allergy Information and Research (AAIR) Education and research into asthma and other allergic diseases. Tel: 0116 247 9888

Ataxia UK (formerly the Friedrich's Ataxia Group) Information and support. Helpline: 0845 644 0606 www.ataxia.org.uk

Autism Independent UK Raising awareness of autism in the UK and improving assessment, diagnosis, education and treatment. Tel: 01536 523274
www.autismuk.com

Beat (Beat Eating Disorders) Help and support for people with eating disorders and their families. Regional 'helpfinder' and young people's message board.
www.b-eat.co.uk
Helpline- 08088010677
Youthline- 08088010711

BFS (Bipolar Fellowship Scotland) Information and support for people with bipolar disorder in Scotland. Tel : 0141 560 2050 www.bipolarscotland.org.uk

Brain and Spine Foundation Helpline service for people with neurological conditions and their families. Helpline: 0808 808 1000 www.brainandspine.org.uk

British Association of Teachers of the Deaf (BATOD) Organises meetings and publishes a journal relating to the education of hearing impaired children.
www.batod.org.uk

British Deaf Association Information, advice and publications related to hearing impairment. Has a youth service.www.bda.org.uk

British Dyslexia Association (BDA) Provides advice, support and information on dyslexia.
Helpline: 03334054567 www.bdadyslexia.org.uk

British Epilepsy Association (also known as Epilepsy Action) Raises awareness of epilepsy and provides information, advice and support for sufferers and their families. Helpline: 0808 800 5050 www.epilepsy.org.uk

British Institute for Brain Injured Children (BIBIC) Provides therapy to help rehabilitate children diagnosed with a range of conditions. www.bibic.org.uk
Telephone: 01458 253344

British Heart Foundation Information and advice for sufferers, parents/carers and teachers plus news of events and research. Helpline: **0300 330 3311**
www.bhf.org.uk

British Stammering Association (BSA) Supports research into stammering, promotes effective therapies and offers support to those who are affected by stammering. Tel: 0808 802 0002
www.stammering.org

Brittle Bone Society A national charity that provides a helpline and supports people who have brittle bone disease and their families. www.brittlebone.org Tel: 01382 204446

Capability Scotland Advice and support for adults and children with SEN, particularly cerebral palsy. Also links to site for teachers. Tel: 0131 337 9876 www.capability-scotland.org.uk

Cerebra Support for children/young people with brain-related conditions and their families. Includes a 'Kidzone'. Tel: 01267 244200 Parent support: 0800 328 1159
www.cerebra.org.uk

Child Growth Foundation Information, support and advice for the families of children with a variety of growth disorders. Tel: 020 8995 0257
www.childgrowthfoundation.org

Childline Helpline for children with anxieties and fears regarding bullying, abuse, etc. Children's helpline: 0800 1111 www.childline.org.uk

Children's Chronic Arthritis Association (CCAA) Information, support and practical help for children with arthritis and their families. www.ccaa.org.uk Tel: 01242 511250

Children's Liver Disease Foundation Practical and emotional support for children with liver disease and their families. Tel: 0121 212 3839 www.childliverdisease.org

Children's Society Helps children who face problems and their families through residential projects, events, outings and kidzone. www.childrenssociety.org.uk
Tel: 0300 303 7000 If you are looking for general advice or information about

safeguarding or child protection, please contact the NSPCC Helpline on 0808 800 5000.

Clear Vision Project Postal lending library of children's picture books in print and Braille (for sighted and Braille readers together) and books with tactile features. Tel: 020 8789 9575 www.clearvisionproject.org

Cleft Lip and Palate Association (CLAPA) Offers information and support to sufferers of cleft lip or palate and their families. Tel: 020 7833 4883 www.clapa.com

CLIMB (Metabolic Diseases in Children) Provides information, counselling and advice for families and children. Also has grants for equipment, etc. Tel: 0800 652 3181 or 0845 241 2173 www.climb.org.uk

Contact-a-Family Information, advice and support for families of disabled children. Links and information about many conditions. Helpline: 0808 808 3555 www.cafamily.org.uk

Council for Disabled Children Information about services and facilities for children with disabilities. www.ncb.org.uk

Cued Speech Association UK Provides information and training in cued speech, mainly to help deaf children access spoken language. www.cuedspeech.co.uk Tel: 01803 712853

Cystic Fibrosis Trust Offers support and advice to families and people with cystic fibrosis. Helpline: 0300 373 1000 or 020 3795 2184 www.cftrust.org.uk

DELTA (Deaf Education Through Listening and Talking) Information and support on hearing impairment in education. Tel: 0300 365 7200 www.deafeducation.org.uk

Diabetes UK Direct support, information, research, campaigning, helping people live with the condition (eg recipes, etc). Careline Tel: 0345 123 2399 www.diabetes.org.uk

Down Syndrome Educational Trust Offers advice, support services, publications and workshops for parents/carers. www.downsed.org

Down's Syndrome Association Information, advice, publications, counselling and support. Tel: 0333 1212 300 www.downs-syndrome.org.uk

Down's Syndrome Scotland Information, support, publications and educational advice. Tel: 0131 442 8840 www.dsscotland.org.uk

Duchenne Family Support Group (DFSG) Support network run by parents for families and for professionals working with them. Family helpline: 0800 121 4518 www.dfsg.org.uk

Dyscovery Centre Provides assessment and advice on dyslexia and dyspraxia. Tel: 01633 432330

Dyslexia Action (formerly Dyslexia Institute) A national dyslexia teaching organisation. It trains specialist teachers to assess and teach people with dyslexia. Tel: 01784 222304 www.dyslexiaaction.org.uk

Dyslexia Scotland Information and support on all aspects of dyslexia, including teachers' resources. Helpline: 08344 800 8484 www.dyslexiascotland.org.uk

Dyspraxia Foundation Gives advice, support and information on dyspraxia. Helpline: 01462 454986 www.dyspraxiafoundation.org.uk

Epilepsy Action Information and support for epileptic people of all ages and their families. Helpline: 0808 800 5050 www.epilepsy.org.uk

EQUALS Services and resources for teachers of pupils with learning difficulties or disabilities. Tel: 0191 272 1222 www.equals.co.uk

Family Fund Finance for holidays, equipment, etc. for families of disabled children. Tel: 01904 621115

Foundation for People with Learning Disabilities Works to improve lives of people with learning disabilities, listening to and involving them in various ways. Has online forums. Tel: 020 7803 1100 www.learningdisabilities.org.uk

Fragile X Society (UK) Information and support for families of children with fragile X, and those working with them. Tel: 01371 875100 www.fragilex.org.uk

Guillain Barre Syndrome Support Group (GBS) Information and support for families of children with GBS and related conditions. Helpline: 0800 374803 www.gbs.org.uk

Haemophilia Society Advice and information for those with haemophilia and related disorders. Tel: 02079390780 www.haemophilia.org.uk

Helen Arkell Dyslexia Centre Support, information, publications, assessments and training. Tel: 01252 792400

Huntingdon's Disease Association Information and support for families and those who work with them. www.hda.org.uk

Hyperactive Children's Support Group Support for hyperactive children and their parents/ carers. They run clinics and workshops and provide information and advice re foods, etc. Tel: 01243 539966 www.hacsg.org.uk

I CAN Support and information for professionals and parents of children with speech and communication difficulties. www.ican.org.uk Call the I CAN Help Team on 020 7843 2544

IPSEA (Independent Panel for Special Education Advice) Advice to parents/carers from independent experts on all aspects of SEN provision Advice:
<http://www.ipsea.org.uk/>

Irlen Institute Based in USA, this is the world authority on the Irlen method for children and adults. <http://www.irlen.com/>

Irlen UK Diagnosis and treatment for Irlen syndrome. Has Irlen Centres throughout the UK. See website for each centre's contact details. www.irlenuk.com

KIDS Helping children with disabilities and other special needs, their families and those who work with them. Includes partnership with parents. Telephone: 07701 312863 <https://www.kids.org.uk/>

Kidscape Information and advice for children and their families to prevent bullying and child abuse. Tel: 020 7730 3300 Helpline: 08451 205 204 www.kidscape.org.uk

LOOK Support and information for parents and carers of children with a visual impairment. Tel:07464351958 www.look-uk.org

ME Association Support information and advice for ME sufferers and families. Helpline: 03445765326 www.meassociation.org.uk

Mencap Family support, information and educational advice about learning disabilities and mental health. Helpline: 0808 808 1111 See website for Wales and Northern Ireland. www.mencap.org.uk

Mind Provides advice and information about all aspects of mental health. Infoline:03001233393 www.mind.org.uk

Muscular Dystrophy Campaign Provides information, counselling, advice and care for those with muscle diseases and their families. Support/infoline: 0800 652 6352 www.muscular-dystrophy.org

National AIDS Trust (NAT) Provides information and support services for families and carers. Tel: 020 7814 6767 www.nat.org.uk

NACC (National Association for Colitis and Crohn's Disease) Advice, information and support for sufferers and their families. Infoline: 0845 130 2233

NASEN (National Association for Special Educational Needs) Aims to promote the education, training, advancement and development of all those working with children with SEN. Tel: 01827 311500 www.nasen.org.uk

National Asthma Campaign Funds research, education and support. Works in partnership with people with asthma and their families. Tel: 0300 222 5800.
asthma.org.uk

National Autistic Society (NAS) Advice, information and support for parents and professionals. Links to NAS Scotland, Wales and Northern Ireland. Advice line: 08088004104 www.nas.org.uk

National Children's Bureau Promotes the interests and wellbeing of all children and young people. www.ncb.org.uk

National Deaf Children's Society (NDCS) Supports and advises hearing impaired children and their families. Helpline: 0808 800 8880 www.ndcs.org.uk

National Federation of the Blind (UK) "The voice of blind people". Campaigning for the visually impaired. Tel: 01924 291313 www.nfbuk.org

National Meningitis Trust Information, help and support for UK and Ireland.
www.meningitistrust.org.uk

National Portage Association Works with the parents of young children with special educational needs. www.portage.org.uk

NSPCC Therapy and counselling for children and their families. Helpline: 0808 800 5000 www.nspcc.org.uk

No Panic Information and support for sufferers of phobias and panic attacks, including school phobia and OCD. Helpline: 0844 967 4848 www.nopanic.org.uk

OAASIS A resource, information and advice service for parents and professionals about Asperger syndrome, autism, etc. www.oaasis.co.uk

OCD UK (Obsessive Compulsive Disorder) Support and information for children, young people and adults with OCD and their families.
Helpline: 03332 127 890 www.ocduk.org

OSCAR Trust (Organisation for Sickle Cell Anaemia Research) Support for families and campaigning for special provision in schools. www.oscartrust.org

PEACH (Parents for Early Intervention in Autism in Children) Provides information and support for parents of children with autism and ASD. Tel: 01344 882248
www.peach.org.uk

PHAB (Physically Handicapped and Able Bodied) Clubs, activities, outings and holidays. Tel: 020 8667 9443

Princess Royal Trust for Carers Information, advice and support for carers, including many young carers. www.carers.org

PWS (Prader- Willi Syndrome Association) Information and support for people and families affected by the syndrome, and those who work with them. Tel: 01332 365676 www.pwsa.co.uk

Restricted Growth Association (RGA) Information and support for children or young people and their families. Tel: 0300 111 1970 www.restrictedgrowth.co.uk

RNIB (Royal National Institute of Blind People) Information, publications and educational advice regarding visual impairment. Helpline: 0303 123 9999 www.rnib.org.uk

RNID Publications and educational advice for families of the deaf or hearing impaired. Helpline: 0808 808 0123 www.rnid.org.uk

Scope Support and information for children affected by cerebral palsy and their families. Helpline: 0808 800 3333 www.scope.org.uk

Scottish Society for Autism Support and information about autism and Asperger syndrome. Various regional numbers. www.autism-in-scotland.org.uk

SEBDA (Social Emotional and Behavioural Difficulties Association) Supports those who work with children and young people who have social, emotional and/or behavioural difficulties. www.sebda.org

Sense (for deaf/ blind people) Educational advice for parents of children with visual and hearing impairment. www.sense.org.uk

Sensory Integration Network Information and courses about sensory integration and how to help. www.sensoryintegration.org.uk

Sickle Cell Society Information and support for families of those with sickle cell disorders. Tel: 020 8961 7795 www.sicklecellsociety.org

SNAP (Special Needs Active Parents) Families providing support and information to families. Branches in England, Scotland, Wales and Ireland. Tel: 01277 211300 www.snapcharity.org (Google for regional websites)

SPD Support (Semantic Pragmatic Disorder Group) Parents and professionals providing information, advice and support to parents/carers and professionals supporting children with SPD. www.spdsupport.org.uk

Special Kids in the UK A charity for families of children and young people with special needs. Offers information, support, contact, respite and lending service. Tel: 07876 796 453 www.specialkidsintheuk.org

Speech Teach For parents and professionals supporting children with speech difficulties. www.speechteach.co.uk

Starlight Children's Foundation (UK) A charity which aims to brighten the lives of seriously ill children. Tel: 020 7262 2881 www.starlight.org.uk

STEPS A self-help group helping families of children with lower limb abnormalities. Helpline: 01925 750271 www.steps-charity.org.uk

Tourettes Action Information and support groups for families of children with the syndrome. Tel: 0300 777 8427 www.tourettes-action.org.uk

Turner Syndrome Support Society Information and support for TS girls and their parents/ carers, and for professionals working with them. Tel: 0141 952 8006 Helpline: 0845 230 7520 www.tss.org.uk

Williams Syndrome Foundation Information and support for parents/carers. www.williams-syndrome.org.uk

Young Minds Providing information and support to improve mental health of children and young people. Tel: 0808 802 5544 www.youngminds.org.uk