

Hampshire Neurological Alliance (HNA) covers Hampshire, Isle of Wight, Portsmouth and Southampton. All our trustees are people with a long term neurological condition and/or carers. We work closely with a range of local condition specific organisations forming a Steering Group to guide all our actions.

HNA aims to:

- help people with long term neurological conditions, their families and carers
- promote self-help and peer support - we believe that knowing others in a similar situation is empowering and reassuring
- provide appropriate and timely advice, advocacy and support
- provide better quality, accurate & timely information about useful services and support organisations
- signpost people affected by neurological conditions to other relevant support, services and organisations to help them
- improve the quality of life of people affected by neurological conditions by better coordination of local support

So much keeps changing across the NHS and other networks / resources that we aim to keep our information as up to date as possible by being web-based.

You can contact us in a number of ways to find out more and/or support our work.

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Where to Start?

I have recently been diagnosed with a neurological condition. Where can I get specific advice and support?

When you are first diagnosed with a long-term neurological condition, it can be confusing, and hard, to take in what you are told by a doctor. You may need guidance and information both at the start and later during your journey with the condition.

How do you know what you don't know?

Sometimes you don't know what you don't know..... so you don't ask about itnor know who to ask to find out.....

Hampshire Neurological Alliance (HNA) aims to guide you to the right information and local support available when you need it.

HNA has a Neurological Information Booklet that includes information about:

- local NHS services
- local adult health and social care
- local advice and self help groups
- national and local organisations



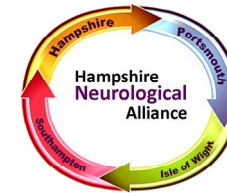
Find the Booklet:

www.hampshireneural.org.uk

For more information contact:
Hampshire Neurological Alliance
9 Love Lane
Romsey
Hampshire SO51 8DE
Phone: 07847 794937

Email: contact@hampshireneural.org.uk

Web: www.hampshireneural.org.uk



Neurological Information Leaflet



This leaflet has basic information and facts to help you.

The full version of the Neurological Information Booklet has many pages of information and support.

It will enable you to get the best from neurology services across Southampton, Hampshire, Isle of Wight and Portsmouth.

www.hampshireneural.org.uk

Adult Services Departments

Hampshire Adult Services	0845 603 5630
HCC Hants Direct (Out of hours)	0845 600 45 55
Isle of Wight Council	01983 814980
Portsmouth City Council	023 9268 0810
Southampton City Council	023 8083 3003

NHS Choices - Your Health, Your Choices

For Information from the National Health Service on conditions, treatments, local services and healthy living go to website: www.nhs.uk
or
for non urgent medical advice: Phone: 111

Neurological Information Booklet

The booklet holds, and directs you to, information about how to find answers to your questions and access support if you:

- have any long term neurological condition and
- live in Hampshire, Isle of Wight, Portsmouth or Southampton.

Find the Booklet: www.hampshireneural.org.uk

Partners in the development of the Booklet:

Carers Together	www.carerstogether.org.uk
Charcot Marie Tooth UK	www.cmt.org.uk
Disabled People's Voice Hampshire	info@dpvh.org.uk
Headway	www.headway.org.uk
Huntington's Disease Association	www.hda.org.uk
Motor Neurone Disease Association	www.mndassociation.org
Multiple Sclerosis Society	www.mssociety.org.uk
Parkinson's Disease UK	www.parkinsons.org.uk
Stroke Association	www.stroke.org.uk

Also see: West Hants online Neuro Information Resource
www.westhampshireccg.nhs.uk/neurology-information-resource

Clinical Commissioning Groups (CCGs)

CCGs are NHS organisations set up by the Health and Social Care Act 2012 and run by GPs to organise the delivery of NHS services in England.

Fareham and Gosport

www.farehamandgosportccg.nhs.uk

Isle of Wight www.isleofwightccg.nhs.uk

North East Hants & Farnham

www.northeasthampshireandfarnhamccg.nhs.uk

North Hants www.northhampshireccg.com

Portsmouth www.portsmouthccg.nhs.uk

South East Hants

www.southeasternhampshireccg.nhs.uk

Southampton www.southamptoncityccg.nhs.uk

West Hants www.westhampshireccg.nhs.uk

NHS Provider Trusts

Southern Health	01420 488008
Solent Health	023 8060 8900
Isle of Wight NHS Trust	01983 524081

NHS Hospital Trusts and Hospitals

UHS (Southampton Hospital)	023 8077 7222
HHFT (Winchester Hospital)	01962 863 535
HHFT (Basingstoke & N Hants)	01256 473 202
QA (Queen Alexandra Hospital)	023 9228 6000
St Mary's IoW	01983 524081
Andover Hospital	01264 358811
Lymington Hospital	01590 663000
Melbury Lodge	01962 897700
Royal South Hants	023 8063 4288
Salisbury Hospital	01722 336262
Western Hospital	023 8047 5401

Emergency Numbers

POLICE / FIRE / AMBULANCE	999
ELECTRICITY (Southern Electric)	0845 770 80 90
GAS	0800 111 999
WATER	0845 278 0845

Helplines

Police Stations (non emergency)	0845 045 45 45 or 101
Medical Advice - non urgent	111
Childline	0800 1111
Elder Abuse	0808 8088 141
Samaritans	0845 790 90 90
Al - Anon for relatives	020 7403 0888
Alcoholics Anonymous	0845 769 7555 or 023 8022 3198
Blue Badge Scheme	0845 603 5633
British Red Cross	0845 0547 222
Citizen's Advice Bureaux	www.citizensadvice.org.uk
Citizen's Advice IoW	08444 111 444 or 0300 3300 650
Dental Helpline	0845 050 8345
DWP - Job Seeker Direct	0845 60 60 234
DWP - Pensions Service	0845 60 60 265
M.P. - How to find your MP	020 7219 4272
Mail Preference Service	020 7291 3310
Post Office Counters helpline	0845 722 3344
Registration (Births/Marriages/Deaths)	0845 603 5637
Say It Once (Info Sharing Forms/Help)	01794 519495 or www.sayitonce.info
Solicitors for the Elderly	0844 567 6173
Telephone Preference Service	0845 07 007 07
Tell Us Once - (Bereavement Advice Centre)	0800 634 9494