

## 7. Useful Resources and Organisations

### National Neurological Charities

Essential support & information from national sources. Discovering you are not alone can be so important. There is an extensive network of neurological charities offering support and information.

| Neurological Condition  | National Charity Details   |
|---|--|
| Acoustic Neuroma<br>Vestibular Schwannoma                         | British Acoustic Neuroma Association <a href="http://www.bana-uk.com">www.bana-uk.com</a><br>Tel: <a href="tel:01246550011">01246 550011</a>   |
| Alzheimer's   | Alzheimer's Society <a href="http://www.alzheimers.org.uk">www.alzheimers.org.uk</a><br>Tel: 0300 222 1122   |
| Aphasia   | Connect: <a href="http://www.ukconnect.org">www.ukconnect.org</a> Tel: 020 7367 0840<br>Asphasia Now <a href="http://www.aphasianow.org/">http://www.aphasianow.org/</a> Contact: <a href="#">online form</a><br>Asphasia Alliance <a href="http://www.aphasiaalliance.org/">http://www.aphasiaalliance.org/</a> |
| Ataxia (including Friedrich's Ataxia)                             | Ataxia UK <a href="https://www.ataxia.org.uk/">https://www.ataxia.org.uk/</a> Tel: 020 7582 1444   |
| Ataxia-Telangiectasia<br>Louis-Bar Syndrome                       | Ataxia-Telangiectasia Society: <a href="http://www.atsociety.org.uk/">www.atsociety.org.uk/</a><br>Tel: 01582 760 733  |
| Autism  | The National Autistic Society <a href="http://www.autism.org.uk/">www.autism.org.uk/</a><br>Tel: 0808 800 4104   |
| Bells Palsy   | <a href="http://www.bellspalsy.org.uk/">www.bellspalsy.org.uk/</a>   |
| Brain Aneurysm (unruptured)                                       | see subarachnoid haemorrhage   |
| Brain Haemorrhage   | see subarachnoid haemorrhage   |
| Brain Injury (Acquired)   | UK Acquired Brain Injury Forum <a href="http://www.ukabif.org.uk">www.ukabif.org.uk</a><br>Tel: 0845 608 0788 and 0345 6080788<br>Headway- see below   |
| Brain Tumour  | The Brain Tumour Charity <a href="http://www.thebraintumourcharity.org/about-us/contact/">www.thebraintumourcharity.org/about-us/contact/</a><br>Tel: 0808 800 0004  |
| Cavernoma - Cerebral cavernous malformations<br>Cavernous angioma | Cavernoma Alliance UK <a href="https://www.cavernoma.org.uk/">https://www.cavernoma.org.uk/</a><br>Tel: 01305 213876   |
| Cerebral Palsy  | Scope <a href="http://www.scope.org.uk/home">www.scope.org.uk/home</a><br>Tel: 0808 800 3333   |
| Charcot Marie Tooth Disease                                       | CMT UK <a href="http://www.cmt.org.uk/">www.cmt.org.uk/</a> Tel: 0800_6526316  |
| Chronic Fatigue Syndrome:   | See ME   |
| Creutzfeldt-Jakob disease   | CJD Support Network <a href="http://www.cjdsupport.net/">www.cjdsupport.net/</a><br>Tel: 01630 673973  |
| Dementia  | Dementia UK: <a href="http://www.dementiauk.org">www.dementiauk.org</a> Tel: 020 7697 4160<br>Admiral Nurses Tel: 0800 888 6678<br><a href="mailto:direct@dementiauk.org">direct@dementiauk.org</a>  |
| Dysphasia   | Speakability Since 2015 has become part of the Stroke Association <a href="http://www.speakability.org.uk">www.speakability.org.uk</a> Tel: 020 7566 1516  |
| Dyspraxia   | Dyspraxia Foundation Tel: 01462 455 016 or 454986<br><a href="http://www.dyspraxiafoundation.org.uk/">www.dyspraxiafoundation.org.uk/</a>  |
| Dystonia  | The Dystonia Society <a href="http://www.dystonia.org.uk">www.dystonia.org.uk</a><br>Tel: 020 7793 3650  |

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|---|--|
| <b>Encephalitis</b>   | The Encephalitis Society: <a href="http://www.encephalitis.info">www.encephalitis.info</a><br>Tel: 01653 692583  |
| <b>Epilepsy</b>   | Epilepsy Action <a href="http://www.epilepsy.org.uk">www.epilepsy.org.uk</a><br>Tel 0808 800 5050<br>Epilepsy Society <a href="http://www.epilepsysociety.org.uk">www.epilepsysociety.org.uk</a><br>Tel 01494 601 300/ 400                     |
| <b>Essential tremor</b>   | National Tremor Foundation: <a href="http://www.tremor.org.uk">www.tremor.org.uk</a><br>Tel: 01708 386399  |
| <b>Fibromyalgia</b>   | Fibromyalgia Action UK <a href="http://www.fmauk.org.uk/">www.fmauk.org.uk/</a><br>Tel: 0844 887 2444  |
| <b>Guillain Barré Syndrome</b>  | Guillain Barré Syndrome Support<br>Group: <a href="http://www.gaincharity.org.uk/">www.gaincharity.org.uk/</a> Tel: 0800 374803  |
| <b>Headway</b>  | Headway <a href="http://www.headway.org.uk">www.headway.org.uk</a><br>Tel: 0800 800 2244   |
| <b>Hemifacial Spasm</b>   | <a href="http://www.patient.co.uk/health/hemifacial-spasm-leaflet">www.patient.co.uk/health/hemifacial-spasm-leaflet</a><br><a href="http://www.dystonia.org.uk">www.dystonia.org.uk</a> Helpline: 020 7793 3650                               |
| <b>Hemiparesis</b>  | HemiHelp <a href="http://www.hemihelp.org.uk">www.hemihelp.org.uk</a> Tel: 0345 123 2372   |
| <b>Hereditary Sensori-Motor Neuropathies</b>  | See Charcot Marie Tooth Disease  |
| <b>Huntington's Disease</b>   | Huntington's Disease Association <a href="http://www.hda.org.uk">www.hda.org.uk</a><br>Tel: 0151 331 5444  |
| <b>Hydrocephalus</b>  | See Spina Bifida   |
| <b>Joubert Syndrome K</b>   | Joubert Syndrome UK <a href="http://www.jsuk.org/">www.jsuk.org/</a> Tel: 07530 254743   |
| <b>Ménière's Disease</b>  | Ménière's Society <a href="http://www.menieres.org.uk">www.menieres.org.uk</a> T el: 01306 876883  |
| <b>Meningitis</b>   | Meningitis Trust: <a href="http://www.meningitisnow.org/">www.meningitisnow.org/</a><br>Tel 0808 80 10 388   |
| <b>Mental Health</b>  | <a href="http://www.mind.org.uk/">www.mind.org.uk/</a> Tel: 0300 123 3393<br><a href="http://www.mentalhealth.org.uk/">www.mentalhealth.org.uk/</a><br><a href="http://www.mentalhealthintheuk.co.uk/">www.mentalhealthintheuk.co.uk/</a>      |
| <b>Migraine</b>   | Migraine Trust: <a href="http://www.migrainetrust.org">www.migrainetrust.org</a> Tel: 020 7631 6970<br>Migraine Action: <a href="http://www.migraine.org.uk">www.migraine.org.uk</a> Tel: 08456 011033   |
| <b>Motor Neurone Disease</b>  | MNDA Association <a href="http://www.mndassociation.org/">www.mndassociation.org/</a><br>MND Connect 0808 8026262 - National helpline<br><a href="mailto:mndconnect@mndassociation.org">mndconnect@mndassociation.org</a><br>Tel: 01604 250505 |
| <b>Multiple Sclerosis (MS)</b>  | MS Society <a href="http://www.mssociety.org.uk">www.mssociety.org.uk</a><br>Switchboard Tel: 020 8438 0700<br>Helpline Tel: 0808 800 8000   |
| <b>Multiple System Atrophy</b>  | Multiple System Atrophy Trust: <a href="http://www.msatrust.org.uk">www.msatrust.org.uk</a><br>Tel: 0333 323 4591  |
| <b>Muscular Dystrophy</b>   | Muscular Dystrophy UK <a href="http://www.muscular-dystrophy.org">www.muscular-dystrophy.org</a><br>Tel: 020 0800 652 6352   |
| <b>Myalgic Encephalomyelitis<br/>Myalgic Encephalopathy<br/>ADEM (Acute Disseminated<br/>Encephalomyelitis)</b> | ME Association: <a href="http://www.meassociation.org.uk">www.meassociation.org.uk</a><br>Tel: 01280 818968  |

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|--|---|
| <b>Myasthenia Gravis and other Myasthenia Conditions</b> | Myaware (formerly Myasthenia Gravis Association):<br>Tel: 01332 290219 Email: <a href="mailto:info@myaware.org">info@myaware.org</a><br>Website: <a href="http://www.myaware.org">www.myaware.org</a>             |
| <b>Narcolepsy</b>  | Narcolepsy UK <a href="http://www.narcolepsy.org.uk">www.narcolepsy.org.uk</a> Tel: 0845 450 0394   |
| <b>Neurofibromatosis</b>                                 | The Neuro Foundation <a href="http://www.nfauk.org">www.nfauk.org</a> Tel: 020 8439 1234  |
| <b>Pain and Pain Management</b>                          | Pain UK   |
| <b>Parkinson's Disease</b>                               | Parkinson's UK: <a href="http://www.parkinsons.org.uk">www.parkinsons.org.uk</a> Tel: 0808 800 0303   |
| <b>Polio and Post-polio Syndrome</b>                     | British Polio Fellowship <a href="http://www.britishpolio.org.uk/">www.britishpolio.org.uk/</a><br>Tel: 0800 043 1935   |
| <b>Progressive Supranuclear Palsy</b>                    | The PSP Association <a href="http://www.pspassociation.org.uk">www.pspassociation.org.uk</a><br>Tel: 0300 0110 122  |
| <b>Raynaud's Syndrome</b>                                | Scleroderma and Raynaud's UK <a href="https://www.sruk.co.uk/">https://www.sruk.co.uk/</a><br>Tel: <a href="tel:08003112756">0800 311 2756</a>  |
| <b>Rett Syndrome</b>                                     | Rett UK <a href="http://www.rettuk.org/">http://www.rettuk.org/</a> Tel: 01582 798911_  |
| <b>Spina Bifida</b>                                      | Spina bifida hydrocephalus Association is now known as SHINE <a href="http://www.shinecharity.org.uk/">www.shinecharity.org.uk/</a><br>Tel: 01733 555988  |
| <b>Spinal Cord Injury</b>                                | Aspire: <a href="http://www.aspire.org.uk">www.aspire.org.uk</a> Tel: 020 8954 5759<br>Spinal Injuries Association: <a href="http://www.spinal.co.uk">www.spinal.co.uk</a><br>Tel: 0800 980 0501 or 01908 604 191 |
| <b>Spinal Muscular Atrophy (SMA)</b>                     | The SMA Trust <a href="http://www.smatrust.org">www.smatrust.org</a> Tel: 01789 801155  |
| <b>Spinal Tumour</b>                                     | Brain and Spine Foundation: <a href="http://www.brainandspine.org.uk">www.brainandspine.org.uk</a><br>Tel: 0808 808 1000  |
| <b>Stroke</b>  | The Stroke Association: <a href="http://www.stroke.org.uk">www.stroke.org.uk</a><br>Tel: 0303 3033 100  |
| <b>Subarachnoid Haemorrhage</b>                          | Brain and Spine Foundation:<br>Tel: 0808 808 1000 <a href="http://www.brainandspine.org.uk">www.brainandspine.org.uk</a>  |
| <b>TIA</b>   | See Stroke  |
| <b>Tourettes Syndrome</b>                                | Tourettes Action: <a href="http://www.tourettes-action.org.uk">www.tourettes-action.org.uk</a><br>Tel: 0300 777 8427  |
| <b>Transverse Myelitis</b>                               | The Transverse Myelitis Society: <a href="http://www.my.elitis.org.uk">www.my.elitis.org.uk</a>   |
| <b>Tremor</b>  | National Tremor Foundation (NTF) <a href="http://www.tremor.org.uk/">http://www.tremor.org.uk/</a><br>Tel: 01708 386399   |
| <b>Trigeminal Neuralgia</b>                              | Trigeminal Neuralgia Association<br>UK <a href="http://www.tna.org.uk/index.php">http://www.tna.org.uk/index.php</a> Tel: 01883 370214  |
| <b>Tuberous Sclerosis</b>                                | Tuberous Sclerosis Association: <a href="http://www.tuberous-sclerosis.org">www.tuberous-sclerosis.org</a>  |
| <b>Wilson's Disease</b>                                  | Wilson's Disease Support Group UK<br><a href="http://www.wilsonsdisease.org.uk/">www.wilsonsdisease.org.uk/</a>   |

*'The journey of a thousand miles begins with one step.'*  
*Lao Tzu*

## Regional and Local Groups

Many neurological conditions are uncommon or rare. Not all are included here and may not have local contacts. Also check National Groups. If you see any gaps please let us know.

### ALZHEIMERS SOCIETY - Central West Area

**Area:** Berkshire (Reading), Buckinghamshire (Milton Keynes), Hampshire (Portsmouth, Southampton), Channel Islands, Isle of Wight and Oxfordshire (Oxford).

**Address:** Alzheimer's Society, 118- 128 London Street, Reading, Berkshire RG1 4SJ

**Telephone:** 0118 959 6482 **Email:** [ese@alzheimers.org.uk](mailto:ese@alzheimers.org.uk)

**Area:** Basingstoke & Petersfield Office Alzheimer's Society Ground Floor Room 3 8 Chequers Road, Basingstoke, Hampshire RG21 7PU

**Telephone:** 01256 363 393 **Email:** [basingstoke-district@alzheimers.org.uk](mailto:basingstoke-district@alzheimers.org.uk)

**Area:** Portsmouth & South East Hampshire, Alzheimer's Society, Rooms 02RF28 & 03RF32, John Pounds Centre, 23 Queen Street, Portsmouth, Hampshire PO1 3HN

**Telephone:** 02392 892 035 **Email:** [portsmouth@alzheimers.org.uk](mailto:portsmouth@alzheimers.org.uk)

**Area:** Southampton & Eastleigh Office, Alzheimer's Society, 40 Chamberlayne Road, Eastleigh, Hampshire SO50 5JH

**Telephone:** 02380 610 159 **Email:** [southampton@alzheimers.org.uk](mailto:southampton@alzheimers.org.uk)

### APHASIA

**Asphasia Now**, but has no regional groups <http://www.aphasianow.org/> **Contact:** [online form](#)

**Asphasia Alliance** <http://www.aphasiaalliance.org/>

**Connect:** [www.ukconnect.org](http://www.ukconnect.org) **Regional Group:** Christchurch Helen Mann Tel: 020 7367 0864 Email: [helenmann@ukconnect.org](mailto:helenmann@ukconnect.org)

### ATAXIA UK

**Hampshire Support Group** 75 Keyhaven Road, Milford on Sea, Lymington, Hampshire SO41 Telephone Contact Jenny Rose Tel: 01590 645739 Email: [aandbmorris@gmail.com](mailto:aandbmorris@gmail.com)

### AUTISM Hampshire

**Head Office** 1634 Parkway, Solent Business Park, Whiteley, Fareham, Hampshire, PO15 7AH  
Tel: 01489 880881 [www.autismhampshire.org.uk/contact-us.html](http://www.autismhampshire.org.uk/contact-us.html)

**Community Access - Information, Advice, Projects.**

**Community Access - Southampton**, Suite 1c, Fairways House, Mount Pleasant Road, Southampton, Hampshire, SO14 0QB Tel: 02380 633951

Email: [communityaccess@autismhampshire.org.uk](mailto:communityaccess@autismhampshire.org.uk)

**Community Access - Portsmouth**, Frank Sorrell Centre, Prince Albert Road, Southsea, Hampshire, PO4 9HR Tel: 02392 814 723

For more information on our Community Access please click [here](#).

**Services for Adults** Residential Care, Support Packages.

Anglesey Lodge, Anglesey Road, Alverstoke, Gosport, Hampshire, PO12 2DX

Tel: 02392 524243 Email: [adultservices@autismhampshire.org.uk](mailto:adultservices@autismhampshire.org.uk)

For more information on our Services for Adults please click [here](#).

**Domiciliary Support Services** Supported Living, Employment and Education Support...

1634 Parkway, Solent Business Park, Whiteley, Fareham, Hampshire, PO15 7AH

Tel: 01489 880881 Ext 5 Email: [domcare@autismhampshire.org.uk](mailto:domcare@autismhampshire.org.uk)

For more information on our Domiciliary Services please click [here](#).

### BRAIN TUMOUR

Brain Tumour Charity UK [www.thebraintumourcharity.org/](http://www.thebraintumourcharity.org/)

Support and Info Tel: 0808 800 0004 Email: [support@thebraintumourcharity.org](mailto:support@thebraintumourcharity.org)

Regional Group Hampshire and Surrounding Areas contact Penny Spurr, Brain Tumour Support Worker, Tel: 07711 597166 / 0845 450 1039 or by email at [penny@braintumoursupport.co.uk](mailto:penny@braintumoursupport.co.uk)

## BRAIN AND SPINE

Brain & Spine Foundation, LG01, Lincoln House, Kennington Park, 1-3 Brixton Road, London SW9 6DE  
Tel: 020 7793 5900 Email: [info@brainandspine.org.uk](mailto:info@brainandspine.org.uk)  
Helpline Tel 0808 808 1000 Email: [helpline@brainandspine.org.uk](mailto:helpline@brainandspine.org.uk)

## CEREBRAL PALSY

For more information regarding any services within Hampshire please contact us 01256 328329 or email [romanhouse@scope.org.uk](mailto:romanhouse@scope.org.uk) to discuss your needs further.

## CHARCOT MARIE TOOTH

CMT United Kingdom, 3 Groveley Road, Christchurch BH23 3HB  
Freephone: 0800 6526316 Tel: 01202 474203 [info@cmtuk.org.uk](mailto:info@cmtuk.org.uk) Email: [enquiries@cmt.org.uk](mailto:enquiries@cmt.org.uk)  
Hampshire Group Coordinator: Terry Dean 023 8055 9307 Email: [terry@cmtuk.org.uk](mailto:terry@cmtuk.org.uk)

## CHRONIC FATIGUE See ME

## CORTICO BASAL DEGENERATION (CBD)

Hampshire Contact Louise Roberts-West Tel: 07721 073 342  
Email: [jockandlouby@googlemail.com](mailto:jockandlouby@googlemail.com)  
National Helpline on 0300 0110 122 or [helpline@pspassociation.org.uk](mailto:helpline@pspassociation.org.uk)

## DYSPHASIA

**Speakability (Action for Dysphasic Adults) In April 2015, Speakability (Action for Dysphasic Adults) became part of the Stroke Association.**

240 City Road, London EC1V 2PR Tel: 020 7566 1516 **Information Service and Helpline:** Tel: 080 8808 9572. Email: [melanie.derbyshire@stroke.org.uk](mailto:melanie.derbyshire@stroke.org.uk)

In Hampshire there is a local group in Farnborough. Please contact London office for more details. If there is no Group where you live and you are interested in forming one, please contact Melanie Derbyshire on **020 7261 9572**.

## DYSTONIA

**Dystonia Society** 2nd Floor, 89 Albert Embankment, Vauxhall, London SE1 7TP  
Helpline: 020 7793 3650 Office: 020 7793 3651 Email: [info@dystonia.org](mailto:info@dystonia.org)  
Hampshire local group in Wickham, East Hants, run by volunteers.  
Contact Peter Cole 0845 899 7120. Email: [info@dystonia.org](mailto:info@dystonia.org)

## ENCEPHALITIS

Tim Bond, Regional Representative Volunteer based in Hampshire area provides local support and information to people affected by Encephalitis, their families and friends. For more information or how to get in touch please visit website [www.encephalitis.info](http://www.encephalitis.info) contact 01653 692583 or email: [support@encephalitis.info](mailto:support@encephalitis.info)

## EPILEPSY

**Epilepsy Society** Chesham Lane, Chalfont St Peter, Buckinghamshire SL9 0RJ Tel: 01494 601 300 Helpline: 01494 601 400 [www.epilepsysociety.org.uk/](http://www.epilepsysociety.org.uk/)  
**Epilepsy Action** New Anstey House Gate Way Drive Yeadon, LEEDS LS19 7XY Phone: 0113 210 8800 [www.epilepsy.org.uk](http://www.epilepsy.org.uk)

## HEADWAY

Headway National [www.headway.org.uk](http://www.headway.org.uk)  
Network support coordinator Hayley Cook, tel:07826 855811  
**Headway Southampton** 120 Commercial Road, Totton, Hampshire, SO40 3AD  
Tel: 023 8086 2948 Web: <http://www.headway-southampton.org.uk>  
**Headway Basingstoke** Headway House, Homefield Way, Basingstoke, Hampshire RG24 9SP  
Service Manager Heather Jury Tel: 01256 314969 Email: [hjury@headwaybasingstoke.org.uk](mailto:hjury@headwaybasingstoke.org.uk)

**Headway Portsmouth and South East** Headway Portsmouth & South-East Hants,  
Mountbatten Centre, Grandstand Suite Mountbatten Centre Twyford Avenue, Portsmouth PO2 9QA  
Service Manager Deborah Robinson Tel: 023 9266 4972

Email: [deborah@headwayportsmouth.co.uk](mailto:deborah@headwayportsmouth.co.uk) Website: [www.headwayportsmouth.co.uk](http://www.headwayportsmouth.co.uk)  
**Headway Isle of Wight** Tel: 01983 874651 Email: [hiowsecretary@gmail.com](mailto:hiowsecretary@gmail.com)

## HEMIPLÉGIA

Joanna Griffin, Home Visitor (SOUTHERN ENGLAND and Wales) - [joanna@hemihelp.org.uk](mailto:joanna@hemihelp.org.uk)  
[http://www.hemihelp.org.uk/families/useful\\_contacts/local\\_groups/joining/](http://www.hemihelp.org.uk/families/useful_contacts/local_groups/joining/)  
Tel: 0345 123 2372 / [helpline@hemihelp.org.uk](mailto:helpline@hemihelp.org.uk)

## HUNTINGTON'S DISEASE ASSOCIATION

Regional Care Advisor (Hants, Berks, IoW) <http://hda.org.uk/>  
Eve Payler Tel: 023 8061 2218 Email: [eve.payler@hda.org.uk](mailto:eve.payler@hda.org.uk)  
Hants and IoW Branch: <http://www.facebook.com/Huntingtons-Disease-Association-Hampshire-and-Isle-of-Wight-Branch-1258972890798592>

## M.E. ASSOCIATION

Local support groups <http://www.friendswithme.org.uk/>  
<http://www.meassociation.org.uk/information-and-support-line/find-a-local-support-group/>  
**Hampshire-wide including IoW** Hampshire Friends with M.E., c/o The Community Centre, Brinton Lane, Hythe, Southampton SO45 6DU Tel: 0845 834 0325  
Email: [membership@friendswithme.org.uk](mailto:membership@friendswithme.org.uk)

## MENINGITIS

Sonja Butler, Community Support Officer, SOUTH AND SOUTH EAST ENGLAND  
[www.meningitisnow.org/how-we-help/local-support/south-and-south-east/](http://www.meningitisnow.org/how-we-help/local-support/south-and-south-east/)  
Call Sonja on 0845 340 2454 or Email: [sonjab@meningitis-trust.org](mailto:sonjab@meningitis-trust.org) to arrange a home visit or to talk about how we can help you.  
Meningitis Now - Head Office, Fern House, Bath Road, Stroud, Gloucestershire GL5 3TJ,  
Tel: 01453 768000 Email: [info@meningitisnow.org](mailto:info@meningitisnow.org)  
Lucie Riches Community support officer, mostly covering the East of England, London and South-East. If you, or someone close to you, has been affected by meningitis, Lucie will be on hand to provide a listening ear, information and support. Tel: 0345 340 2453  
Mobile 07587 554848 Email [lucier@meningitisnow.org](mailto:lucier@meningitisnow.org) [Central and East Facebook page](#)

## MOTOR NEURONE DISEASE Tel: 01604 250505 [www.mndassociation.org](http://www.mndassociation.org)

**Hants, Dorset, IoW, Channel Isles, South Central**

**Regional Officer** - Louise Rickenbach Email: [louise.rickenbach@mndassociation.org](mailto:louise.rickenbach@mndassociation.org)

Tel: 03453 751831 or 0777 4268931 MND Connect 0808 8026262

Local support groups

**Southampton / Winchester** Contact [Mrs\\_rocket@hotmail.com](mailto:Mrs_rocket@hotmail.com) Tel 023 8089 1842

**Basingstoke Contact:** [mndconnect@mndassociation.org](mailto:mndconnect@mndassociation.org) Tel 0808 8026262

**Portsmouth Contact:** [andrew.lane72@sky.com](mailto:andrew.lane72@sky.com) Tel 01489 790978

**Regional Delivery Manager** [Hilary Fairfield](mailto:Hilary_Fairfield), , 03453 751858

Regional Contacts for Hants and IoW <http://www.mndassociation.org/get-involved/volunteering/volunteer-zone/your-staff-contacts/staff-contacts-in-the-south-east-and-thames-valley/staff-contacts-portsmouth-and-south-east-hants-group/>

Regional Contacts for North Hants

<http://www.mndassociation.org/get-involved/volunteering/volunteer-zone/your-staff-contacts/staff-contacts-in-the-south-east-and-thames-valley/staff-contacts-north-hampshire/>

## MULTIPLE SCLEROSIS

**NHS MS coordinator in Southampton** is Amy Eagles email: [Amy.Eagles@uhs.nhs.uk](mailto:Amy.Eagles@uhs.nhs.uk)

**There are ten MS Groups of the MS Society across Hampshire and the Isle of Wight - please go to the website for details [www.mssociety.org.uk](http://www.mssociety.org.uk)** based in Andover, Alton &

Petersfield, Basingstoke, Farnborough, Gosport & Fareham, Isle of Wight, Lymington, Portsmouth, Southampton and Winchester

**The MS Society Contact** - David Loveridge Tel: 020 8438 0704  
email: [David.Loveridge@mssociety.org.uk](mailto:David.Loveridge@mssociety.org.uk)

## **MULTIPLE SYSTEM ATROPHY**

**Support for you** <http://www.msatrust.org.uk/support-for-you/> Tel: 0333 323 4591

**Jill Lyons Specialist Nurse** Tel: 01934 316 119 / [jill.lyons@msatrust.org.uk](mailto:jill.lyons@msatrust.org.uk)

**Bournemouth Support Group** – Contact the MSA Trust office on 0333 323 4591 or [support@msatrust.org.uk](mailto:support@msatrust.org.uk) for more information.

People in Hampshire may well attend our Surrey or West Sussex support groups too - information on these can be found on our website [www.msatrust.org.uk](http://www.msatrust.org.uk)

Atypical Parkinsonian syndrome service

We can give you a specialist opinion and support if you've been diagnosed with progressive supranuclear palsy (PSP), multiple system atrophy (MSA), corticobasal syndrome (CBS) and other similar conditions.

<http://www.uhs.nhs.uk/OurServices/Brainspineandneuromuscular/Atypical-Parkinsonian-syndrome-service/Atypical-Parkinsonian-syndrome-service.aspx>

**MUSCULAR DYSTROPHY** - No local group but on line discussion groups and support

[www.muscular-dystrophy.org/how\\_we\\_help\\_you/care\\_and\\_support](http://www.muscular-dystrophy.org/how_we_help_you/care_and_support)

<http://www.muscular dystrophyuk.org/get-the-right-care-and-support/people-and-places-to-help-you/peer-support/>

South East Coast Muscle Group: Tel: 020 7803 4845 [Email: m.rees@muscular dystrophyuk.org](mailto:m.rees@muscular dystrophyuk.org)

Also at Muscular Dystrophy Campaign Tel 020 7803 4800 Email: [info@muscular-dystrophy.org](mailto:info@muscular-dystrophy.org)

## **MYASTHENIA GRAVIS AND OTHER MYASTHENIA CONDITIONS now MYAWARE**

**Myaware National (Derby)** (formerly Myasthenia Gravis Association):

Myaware Hampshire Support Group Contact details from : 01332 290219,

Email: [info@myaware.org](mailto:info@myaware.org) Website: [www.myaware.org/about-myaware](http://www.myaware.org/about-myaware)

**NHS Specialist Nurse** (Hants, IOW, Dorset, Channel Islands)

Lisa Joyce Email: [myasthenia@uhs.nhs.uk](mailto:myasthenia@uhs.nhs.uk)

## **NEUROFIBROMATOSIS**

We employ a network of Specialist Advisors based within NHS Trusts around the UK. To see if there is one in your area, please call us on 020 8439 1234 or [click here](#) for information about them and their

work. Rosemary Ashton – National Telephone Helpline – 07866 946 334

Carolyn Redman - South of England Local contact, based in Southampton and covering Hampshire, Dorset, West Sussex, IoW Tel: 020 8439 1234

[www.nfauk.org/about-us/specialist-advisors](http://www.nfauk.org/about-us/specialist-advisors)

## **PARKINSON'S DISEASE**

Parkinson's UK has 3 local advisors covering Hampshire and Isle of Wight.

0808 800 0303 or [www.parkinsons.org.uk](http://www.parkinsons.org.uk) for local contact details.

There are Local Branches in Alton, Andover, Basingstoke, Fareham, Hayling Island, Isle of Wight, New Forest, Portsmouth, Romsey, Southampton and Winchester there are also separate groups for younger sufferers.

## **PROGRESSIVE SUPRANUCLEAR PALSY**

Please contact the National helpline for local group information Tel: 0300 0110 122

## **SPINA BIFIDA**

**Southern Region Shine**, Grove House, Suite 1a, London Road, Halstead, Kent TN14 7DS

Telephone: 01959 534618 E-mail: [contact@shinecharity.org.uk](mailto:contact@shinecharity.org.uk)

Naomi Marston Regional Development Manager Telephone: 01959 534618

Email: [naomi.marston@shinecharity.org.uk](mailto:naomi.marston@shinecharity.org.uk) Facebook: [Shine.Naomi.Marston](#)

**Shine South** Web: [www.shinesouthcharity.org](http://www.shinesouthcharity.org)



Lorraine Norman (Vice Chair) Tel: 07826 524673 Email : [shinesouthcharity@gmail.com](mailto:shinesouthcharity@gmail.com)  
Erica Maggs (Sec) Tel: 01329 317494 / 07858 686286 [shinesouthcharity@gmail.com](mailto:shinesouthcharity@gmail.com)

## SPINAL CORD INJURIES

### Spinal injuries Association (SIA) South

Peer Support Officer for South Coast Steve Brookes Tel: 07535 590510

Email [s.brookes@spinal.co.uk](mailto:s.brookes@spinal.co.uk). General info Tel: 01908 604191,

Advice Line Tel: [0800 980 0501](tel:08009800501) OR [CHAT ONLINE](#)

Outreach Team [www.spinal.co.uk/page/outreach-team](http://www.spinal.co.uk/page/outreach-team)

Websites by SIA members <https://www.spinal.co.uk/your-community/websites-by-sia-members/>

## STROKE

**Helpline** 030 3303 3100

**Stroke Association** 02380 720420 [HantsStrokeSupport@stroke.org.uk](mailto:HantsStrokeSupport@stroke.org.uk)

Esme Mutter, Head of Stroke – South 02380 720426 [esme.mutter@stroke.org.uk](mailto:esme.mutter@stroke.org.uk)

### Stroke Association Communication Support in Hampshire:

[hantscommunicationsupport@stroke.org.uk](mailto:hantscommunicationsupport@stroke.org.uk)

New Forest: Yvonne Hobbs 07515 596867 [yvonne.hobbs@stroke.org.uk](mailto:yvonne.hobbs@stroke.org.uk)

West Hants: Graham Wake 07717 275773 [graham.wake@stroke.org.uk](mailto:graham.wake@stroke.org.uk)

North East and

North Central Hants: Sam Malkin 07764 905151 [sam.malkin@stroke.org.uk](mailto:sam.malkin@stroke.org.uk)

Portsmouth and

South East Hants: Carly Davey 07717 275850 [carly.davey@stroke.org.uk](mailto:carly.davey@stroke.org.uk)

Southampton and

Central Hants: Suzie Maidment 07717 275818 [suzie.maidment@stroke.org.uk](mailto:suzie.maidment@stroke.org.uk)

Other Stroke Association services in Hampshire:

Stroke Recovery Service, Portsmouth

Debby Lewis 07505 269845 [debby.lewis@stroke.org.uk](mailto:debby.lewis@stroke.org.uk)

Venita Symmons 07712 326997 [venita.symmons@stroke.org.uk](mailto:venita.symmons@stroke.org.uk)

6 Month Review Service, Portsmouth

Mandy Souter 07515 6596920 [mandy.souter@stroke.org.uk](mailto:mandy.souter@stroke.org.uk)

There are 25 Stroke Clubs and Voluntary led groups across Hampshire and the Isle of Wight. To search for your nearest club or group: [www.stroke.org.uk/support/search](http://www.stroke.org.uk/support/search)  
For services on the Isle of Wight please see page 66

## TOURETTES

Hampshire, IoW, Surrey, Sussex Email: [emma@tourettes-action.org.uk](mailto:emma@tourettes-action.org.uk)

<http://www.tourettes-action.org.uk/8-find-support.html>

<http://www.tourettes-action.org.uk/10-ta-groups.html?75#regiondetails>

## Isle of Wight Support Organisations

### ACQUIRED BRAIN INJURY

Headway IoW Local branch Joy Cleightonhills 01983 874651 [hiowsecretary@gmail.com](mailto:hiowsecretary@gmail.com)  
NHS Specialist nurse in Southampton is [Miranda.Gardner@uhs.nhs.uk](mailto:Miranda.Gardner@uhs.nhs.uk)

### ALZHEIMERS SOCIETY

Isle of Wight - covered by Portsmouth Office - Rooms 02RF28 & 03RF32, John Pounds Centre, 23 Queen Street, Portsmouth, Hampshire PO1 3HN  
Tel: 02392 892 035 Email: [portsmouth@alzheimers.org.uk](mailto:portsmouth@alzheimers.org.uk)

### ALZHEIMER CAFÉ UK

IOW Branch - Health conditions covered - Dementia – all types  
Contact: Maggie Bennett Tel: 01983 220200 Email: [alzheimercafeiow@btconnect.com](mailto:alzheimercafeiow@btconnect.com)  
[www.alzheimercafeiow.org.uk](http://www.alzheimercafeiow.org.uk) Facebook – AlzheimerCafeIOW Twitter - @AzCafeIOW

ATAXIA IOW Support Group Alan Reed 01983 867946 Email: [punkyal1970@gmail.com](mailto:punkyal1970@gmail.com)

### AUTISM INCLUSION MATTERS (AIM) GROUP

Tel: 01983 523000 - ask to speak to the AIM coordinator. Email: [aimisleofwight@gmail.com](mailto:aimisleofwight@gmail.com)  
AIM is an Isle of Wight group for adults (over 18) who have Autism or Aspergers, also known as an Autistic Spectrum Disorder (ASD) or Autistic Spectrum Condition (ASC). It is not a group for parents, carers or professionals. AIM is a user led group. This means that with support, people with ASD will decide what happens in the group and help to run it. It aims to help people with ASD who may feel lonely, find it difficult to meet people or make friends. Group members choose where to meet and the range of activities to do. They support members to find people with shared interests and build friendships. There is advocacy support to listen to what adults with ASD have to say about life on the Isle of Wight, and to make changes.

### BRAIN TUMOUR

Support groups meets last Tues of each month at Wessex cancer trust Support Centre, 19-21 Lugley St, Newport PO30 5HD

CHARCOT MARIE TOOTH - see Neuromuscular Diseases

### DIFFERENT STROKES, Isle of Wight

Contact: Sue Preater Tel: 01983 533236 Email: [isleofwight@differentstrokes.co.uk](mailto:isleofwight@differentstrokes.co.uk)  
Exercise classes for younger stroke survivors held at Laidlaw Hospital, St Mary's Hospital, Newport. Classes are a great opportunity to meet and share experiences with other stroke survivors. Classes are designed to accommodate a wide range of abilities and medical conditions. You can join at any time and attend as many sessions as you like. You can bring a carer or partner with you. The group is run by stroke survivor volunteers. (Also see Stroke below)

### EPILEPSY

Patients with Epilepsy and families are welcomed by the Headway group even without a brain injury causing their epilepsy.

### FIBROMYALGIA

Self-help support group meets in Ryde. Contact: Karen Smith Tel: 0844 887 2346  
Email: [iwfmsg.fibromates@gmail.com](mailto:iwfmsg.fibromates@gmail.com) [www.isleofwightfibromyalgia.webs.com](http://www.isleofwightfibromyalgia.webs.com)  
Facebook Fibromates-Isle of Wight Fibromyalgia Support Group  
Health conditions covered - Fibromyalgia, Chronic Fatigue Syndrome, ME

### HEADWAY ISLE OF WIGHT

Isle of Wight - Small Branch run by unpaid volunteers  
Riverside Centre The Quay, Newport PO30 2QR Tel: 01983 874651  
Email: [hiowsecretary@gmail.com](mailto:hiowsecretary@gmail.com)

### HUNTINGTONS

Regional Care Advisor (Hants, Berks, IOW) [eve.payler@hda.org.uk](mailto:eve.payler@hda.org.uk) Tel: 02380 612218

[annette@scivier.uk](mailto:annette@scivier.uk)

Several IOW families meet with Hampshire Branch.

Hants and IoW branch: <https://www.facebook.com/Huntingtons-Disease-Association-Hampshire-and-Isle-of-Wight-Branch-1258972890798592>

## **MOTOR NEURONE DISEASE**

Motor Neurone Disease Association, Isle of Wight branch

Contact: Maureen Martinez / Ann Marchant Tel: 01983 615 701 or 07922 12 34 16

Email: [mam\\_nfm@yahoo.co.uk](mailto:mam_nfm@yahoo.co.uk)

Info, support and guidance - regular meetings, help with funding specialist equipment, team of trained visitors. Regional Care Development Advisers train volunteers - see Regional and Local Groups  
Regional Contacts for IoW

<http://www.mndassociation.org/get-involved/volunteering/volunteer-zone/your-staff-contacts/staff-contacts-in-the-south-east-and-thames-valley/staff-contacts-isle-of-wight-branch/>

Claire Tuckett Volunteering Development Co-ordinator (VDC) Mob: 07831 349382

[claire.tuckett@mndassociation.org](mailto:claire.tuckett@mndassociation.org)

## **MULTIPLE SCLEROSIS**

Website <http://www.wight-ms.org.uk>

Facebook <http://www.facebook.com/MS-Society-Isle-of-Wight-Branch-154416151364531/>

Support Lead Jenny Harrod [isleofwightsupport@mssociety.org.uk](mailto:isleofwightsupport@mssociety.org.uk) Tel: 07976 629012 (text or voicemail only)

Secretary Livvy Kane [isleofwight@mssociety.org.uk](mailto:isleofwight@mssociety.org.uk)

Charity Shop Manager Helen Downer 01983 867500 [mssocietyshanklin@gmail.com](mailto:mssocietyshanklin@gmail.com)

Specialist Nurse Eileen Morley Tel: 01983 552094 /07917 558154 [Elaine.Morey@iow.nhs.uk](mailto:Elaine.Morey@iow.nhs.uk)

## **MUSCULAR DYSTROPHY CAMPAIGN, Isle of Wight Branch**

Contact: Mr Colin M Baker Tel: 01983 242961 Email: [feathers455@hotmail.co.uk](mailto:feathers455@hotmail.co.uk)

[www.muscular-dystrophy.org](http://www.muscular-dystrophy.org) [www.facebook.com/muscular dystrophy campaign](https://www.facebook.com/muscular dystrophy campaign)

## **MYASTHENIA GRAVIS & OTHER MYASTHENIA CONDITIONS**

Myaware Isle of Wight Support Group, (formerly Myasthenia Gravis Association, Isle of

Wight) contact Myaware, tel: 01332 290219, email: [info@myaware.org](mailto:info@myaware.org), website: [www.myaware.org](http://www.myaware.org)

NHS Specialist nurse (Hants IOW, Dorset + Channel Islands)

Lisa Joyce: [myasthenia@uhs.nhs.uk](mailto:myasthenia@uhs.nhs.uk) or Tel: 02381 205948

## **NEUROMUSCULAR DISEASES**

This includes muscular dystrophy and many rare types such as Charcot Marie Tooth.

NHS Neuromuscular coordinator and Specialist Physiotherapist

Tel: 07798 667784 Email: [Sunitha.narayan@uhs.nhs.uk](mailto:Sunitha.narayan@uhs.nhs.uk)

CMT- Hampshire Group

Coordinator: Terry Dean Tel: 023 8055 9307 Email: [terry@cmtuk.org.uk](mailto:terry@cmtuk.org.uk)

## **PROGRESSIVE SUPRANUCLEAR PALSY**

No local contacts, specific NHS service or 3rd sector group known to Neuro Network

## **SPINA BIFIDA**

Isle of Wight Association for Spina Bifida and Hydrocephalus

Secretary: Ms Freya Conway Tel: 07535 004502 Email: [littleowl2013@gmail.com](mailto:littleowl2013@gmail.com)

Chairman: Anne Axford Email: [anneaxford@gmail.com](mailto:anneaxford@gmail.com)

Contact through the website, by email or by telephone. Website: [www.iwasbah.com](http://www.iwasbah.com)

Facebook: <http://www.facebook.com/pages/Isle-of-Wight-Association-for-Spina-Bifida-and-Hydrocephalus/585664281508543>

## **STROKE Support Service Isle of Wight:**

Stroke Recovery Service:

Mary Barton: 01983 898301 [mary.barton@stroke.org.uk](mailto:mary.barton@stroke.org.uk)

Heidi Kurowska: 01983 898302 [heidi.kurowska@stroke.org.uk](mailto:heidi.kurowska@stroke.org.uk)

Stroke Recovery Service - Communication Support:

Tina Cutting: 01983 612729 [tina.cutting@stroke.org.uk](mailto:tina.cutting@stroke.org.uk)

Isle of Wight Stroke Club - Health conditions covered - Stroke - CVA, TIA

Contact: Tel: 01 983 869 100 Email: [enquiries@wightfightingstroke.org](mailto:enquiries@wightfightingstroke.org) [www.wightfightingstroke.org](http://www.wightfightingstroke.org)  
[www.facebook.com/home.php#!/groups/i.o.w.strokeclub/](http://www.facebook.com/home.php#!/groups/i.o.w.strokeclub/)

(Also see Different Strokes above)

## **Additional Support for People with Neurological Conditions on IoW**

### **AGE UK**

01983 525282 [www.ageukiw.org.uk](http://www.ageukiw.org.uk)

IAG, Lifeline project, Handyperson, small repairs - no charge for labour only materials, gardening service, Just About You - personal assistant service, nail cutting service, dementia services, falls prevention, digital inclusion, good neighbour scheme, active network of social groups.

### **CARERS IOW & QUAY CARERS**

Health conditions covered - Unpaid Adult Carers of Adults. Contact: Elizabeth Martin Tel: 01983 533173 <http://carersiow.org.uk/>

### **JOHN CHEVERTON INFORMATION AND SUPPORT CENTRE**

Earl Mountbatten Hospice, Halberry Lane, Newport, Isle of Wight PO30 2ER

<http://www.iwhospice.org/about-us.aspx> Email: [infosupport@iwhospice.org](mailto:infosupport@iwhospice.org)

Tel: 01983 535320 or 01983 535319

The centre is open to anyone and everyone affected in anyway by any potentially life limiting illness (this includes relatives, friends, carers and health care professionals). It is open Monday to Friday 10am-4pm on a drop in basis and has been designed to offer contact, support, information, signposting, direction and help, advice and guidance café, listening, travel information, counselling services, benefits advice, employment & legal advice. Someone will always be available to listen to you and discuss your needs.

### **THE HEIGHTS LEISURE POOL**

The Heights The Broadway Sandown Isle of Wight PO36 9ET Tel: 01983 405594

Open 7 Days a week - call first to confirm opening times. Have a hoist to assist swimmers who have additional needs.

### **INDEPENDENT LIVING CENTRE (ILC) - user led organisation**

Downside Community and Learning Centre, Furlongs, Newport, IOW PO30 2AX

01983 241494 [www.peoplematteriw.org](http://www.peoplematteriw.org) [www.riversidecentre.org.uk](http://www.riversidecentre.org.uk)

Assessment of needs (self-referral or referred), OT on site - is able to assess more complex needs and advise appropriately. Includes a centre to demonstrate adaptations IOW based organisation supporting those with Long-term Neurological Conditions and Carers -

**PARES** (Personal Recruitment and Employment Service) helps to link suitable personal assistant to client. Client is in control of the interview process.

**TAP** (Team Around the Person) assessment - ensures everyone around the person e.g. carers, support workers, family & voluntary organisations work together to support you.

### **ISLE HELP HUB**

Centre in Newport for contacting the following: Citizens Advice Bureau, People Matter, Footprint Trust, Age UK IOW, Law Society, Community Action Isle of Wight Tel: 01983 823898

<http://www.islefindit.org.uk> Advice Hub, 7 High Street, Newport, Isle of Wight, PO30 1SS

### **LOCAL AREA COORDINATORS**

Active knowledgeable coordinators in different localities connecting vulnerable people to build their vision of a good life. <https://iwight.com/Residents/Care-Support-and-Housing/Community-Health-and-Wellbeing/Local-Area-Coordination/Introduction7/> or via IOW Council 01983 821000

### **SHOP MOBILITY**

Tel: 01983 718950 Email: [info@iowshopmobility.org.uk](mailto:info@iowshopmobility.org.uk)

Run by volunteers, it supplies a mobility scooter and wheelchair hire service so people can shop independently. It is located in Newport Town Centre, on the corner of South Street/Orchard Street, beside the Church Litten Car Park, near the library and bus station. Office Open Hours / Hire Times: Tue 10.00 – 3.30, Wed 10.30 – 2.30, Thu 10.30 – 2.30, Fri 10.00 – 3.30

### **WEST WIGHT SPORTS CENTRE**

Moa Place, Freshwater, IOW PO40 9XH [www.westwight.org.uk](http://www.westwight.org.uk)

provides exercise and Information

Special care swimming sessions on Wednesdays with hoist, warmer water and extra staff to support.

### **WIGHTCARE**

Bugle House, 11a High Street, Newport PO30 1TP

01983 821105 [wightcare@iow.gov.uk](mailto:wightcare@iow.gov.uk) and [www.iwight.com/wightcare](http://www.iwight.com/wightcare)

Round the clock reassurance, personal alarms, assisted technology and telecare work in partnership with Health and Social Care. Responders are trained in First Aid. Short term, long-term and holiday/respite installations

### **ISLE ACCESS**

A one-stop location for visitors and Isle of Wight residents searching for information about access at places and venues around the Island. Our listings include recommendations on accommodation and links to the transport companies that serve the Isle of Wight. We also provide disability awareness training, customer advisory groups, advice on completing access statements and much more [www.isleaccess.co.uk](http://www.isleaccess.co.uk) 07522 558 999

## Adult Services Contacts

### Hampshire, Isle of Wight, Portsmouth, Southampton & Neighbouring Local Authorities

#### Dorset County Council

- Social care information: [Community Care \(Adult Social Care\) Services](#)
- Dorset Adult Access Team: 01305 221016
- Bournemouth Care Direct: 01202 454979
- Poole Helpdesk: 01202 633902

#### Hampshire County Council

- Adult Social care <http://www3.hants.gov.uk/health>
- Adult Social Care: 0300 555 1386
- Out of hours / Emergency contact: 0300 555 1373
- Email: [adult.services@hants.gov.uk](mailto:adult.services@hants.gov.uk)

#### Isle of Wight Council

- Adult Social Care: 01983 823340
- Social care information: [Adult Social Care /](#)

#### Portsmouth City Council

- City Helpdesk: 023 9268 0810
- Out of hours / Emergency contact: 02392 822251
- Housing: [PCC Housing advice](#)
- Email: [cityhelpdesk@portsmouthcc.gov.uk](mailto:cityhelpdesk@portsmouthcc.gov.uk)

#### Southampton City Council

- Adult Services: 023 8083 3003 from 8.30am- 5.00pm (Friday 4.30pm)
- Out of hours / Emergency contact: 023 8023 3344
- Website: [www.southampton.gov.uk/health-social-care](http://www.southampton.gov.uk/health-social-care)
- Housing: [www.southampton.gov.uk/housing-council-tax](http://www.southampton.gov.uk/housing-council-tax)

#### Surrey County Council

- Adult Services: 0300 200 1005. Alternatively use SMS: 07527 182861
- Out of Hours/ Emergency contact Tel: 01483 517898 or via text direct, 18001 01483  
517898 Email: [edt.ssd@surreycc.gov.uk](mailto:edt.ssd@surreycc.gov.uk)
- Social care information: <http://www.surreycc.gov.uk/social-care-and-health>

#### West Berkshire Council

- Adult Services: 01635 503050
- Out of hours / Emergency contact: 01344 786543
- Social care information: <http://www.westberks.gov.uk/index.aspx?articleid=27090>

#### West Sussex County Council

- Adult Social: 01243 642121
- Social care information: <https://www.westsussex.gov.uk/social-care-and-health/how-to-get-social-care-help/adults/how-to-get-adult-social-care-help/>

#### Wiltshire County Council

- General Enquiries 0300 456 0111
- Out of hours / Emergency contact: 0300 456 0100
- Social care information: [Health and Social Care](#)
- [customeradvisors@wiltshire.gov.uk](mailto:customeradvisors@wiltshire.gov.uk)

#### Wokingham Borough Council

- Adult Social Care (Optalis): 0118 974 6800
- Out of Hours / Social care emergencies: 01344 786 543
- Social care information: <http://www.wokingham.gov.uk/care-and-support-for-adults/>
- Email: [wokinghamdirect@wokingham.gov.uk](mailto:wokinghamdirect@wokingham.gov.uk)

## Additional Support for People with Neurological Conditions and Carers

### Carers Together

Phone: 01794

519495 [admin@carerstogether.org.uk](mailto:admin@carerstogether.org.uk) <http://782186386632763965.weebly.com/> [www.southamptoncarers.org.uk/](http://www.southamptoncarers.org.uk/)

### Elderly Advice Council and First Stop Care Advice

Tel: 0800 377 7070 [www.housingcare.org/](http://www.housingcare.org/) [www.firststopcareadvice.org.uk/](http://www.firststopcareadvice.org.uk/)

### Hampshire Neurological Alliance

Tel: 07847 794937 [contact@hampshireneural.org.uk](mailto:contact@hampshireneural.org.uk) [www.hampshireneural.org.uk](http://www.hampshireneural.org.uk)

### Queen Elizabeth Foundation

QEF, Leatherhead Court, Woodlands Road, Leatherhead, Surrey KT22 0BN

Tel: 01372 841100

<http://qef.org.uk>, lists services that they offer.

### British Red Cross

[www.redcross.org.uk/](http://www.redcross.org.uk/) Tel: 0344 871 11 11

### Macmillan

[www.macmillan.org.uk/Home.aspx](http://www.macmillan.org.uk/Home.aspx) Tel: 0808 808 0000

### Marie Curie

[www.mariecurie.org.uk/](http://www.mariecurie.org.uk/) Tel: 0800 090 2309

### Dying Matters

<http://dyingmatters.org/> Tel: Freephone 08000 21 44 66

There are many patient groups online where you can connect with others, who have similar neurological conditions.

These can be invaluable in terms of not feeling alone in what you are experiencing.

Patient.co.uk is one site where you can obtain health information and connect to others via the forums section. [www.patient.co.uk/](http://www.patient.co.uk/)

Facebook also has a number of closed patient groups for different conditions. [www.facebook.com/](http://www.facebook.com/)