

15. OTHER ILLNESSES AND DISABILITIES

Organisations providing support, advice and information on specific illnesses and conditions. For further information and details of West Sussex and National organisations and for advice and support concerning any condition, illness or disability, please contact:

The Carers Support Service
60a North Street
Chichester PO19 1NB. Tel: 01243 537011
Website: www.carerssupportservice.org.uk



Ankylosing Spondylitis - National Society

Provides information, local contacts and groups including physiotherapy sessions. NASS, Unit 0.2, One Victoria Villas, Richmond, Surrey, TW9 2GW

Tel: 020 8948 9117 Fax: 020 8940 7736

Website: www.nass.co.uk Email: admin@nass.co.uk

Arthritis Care - National Association

Offers an information support service, pack, and newsletter. Tel: 0808 800 4050
For young people aged 25 years and under who have arthritis or care for someone with the condition. Tel: 0808 808 2000 (10am-4pm)

Website: www.arthritiscare.org.uk Email: helplines@arthritiscare.org.uk

Asthma Centre

Advice and education on all aspects of asthma management. There is an appointments system, but referral is accepted through a GP.

Contact: St Richards Hospital, Chichester. Tel: 01243 831597 (8:30am-4pm)

Arun Sports Association for the Disabled

Aims to help people with disabilities (aged 16+ years) living in Arun, Bognor Regis and Chichester area, participate in sporting activities within their capabilities. The Group meets weekly and offer a wide variety of sports activities. Contact Kate Allen, Arena Sports Centre, Westloats Lane, Bognor. Tel: 01243 583868



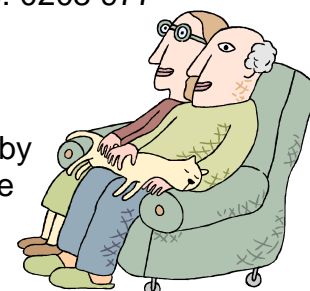
Back Care

Provides support for people with back pain through a helpline and local branches. The helpline is open: Monday, Tuesday & Friday (9am-12pm); Wednesday (12.00pm-12.30pm and 7.30pm-9pm); and Thursday (1pm-4pm). They also produce a number of publications and factsheets. Contact: 16 Elmtree Road, Teddington, Middlesex TW11 8ST. Helpline: 0845 130 2704 Office: 0208 977 5474

Website: www.backcare.org.uk Email: info@backcare.org.uk

Bognor Regis Stroke Support Group

Offers companionship, information and advice to all affected by stroke and their carers. Meets on the third Wednesday of the month at Greenways, Hawthorn Road, Bognor Regis from 2pm-4pm. Transport can be provided. Contact: Sue Kruger on Tel: 01243 544241 Email: s.krueger@btinternet.com



Breakaway

A supported employment service for adults (18-65 yrs) in West Sussex with a learning disability. Breakaway helps people find full-time and part-time employment in ordinary environments in the community. These can be paid or unpaid positions. They can offer job coaching on site if needed. Can also offer benefits advice prior to starting. Local Contact Tel: 01243 792127

British Kidney Patient Association

Offers practical help, financial aid and counselling and provides some grants. Produces leaflets on types of dialysis and kidney disease. Tel: 01420 472021/2 Fax: 01420 475831 Website: www.britishkidney-pa.co.uk

British Lung Foundation

Free information network for people living with lung disease. Advice and support, newsletter, leaflets on chest diseases, symptoms and treatment. Tel: 0845 850 5020 Website: www.lunguk.org Email: enquiries@blf-uk.org

British Polio Fellowship – West Sussex

Voluntary organisation providing welfare and social activities for people disabled by polio. Local contact Tel: 01243 789479. General Enquiries 0800 018 0586 Fax: 020 8842 0555 Website: www.britishpolio.org.uk Email: info@britishpolio.org.uk

Brittle Bone Society

The Society aims to provide support and advice to adults and children with Osteogenesis Imperfecta (OI) and their families as well as supporting research. The Sussex branch holds fundraising events, activities and promotes the Society in general. Further detailed information and fact sheets can be obtained from National Freephone Helpline: 0800 028 24 59 Local Contact: Tel: 01903 771193 Website: www.brittlebone.org Email: bbs@brittlebone.org

Cancer Backup *see Chapter 1, Advice & Information*

Cancer Journey *see Chapter 1, Advice & Information*

Cancer Wise *see Chapter 1, Advice & Information*

Cardiac Support Group The group is affiliated to the British Heart Foundation, and provides the opportunity for people with heart problems, and their families, to meet, socialise and obtain information and advice at a purpose built day care centre. Meetings are held on the third Monday of the month at the Judith Adams Centre, St Pancras, Chichester commencing at 7.30pm (except in January) For further details about the group and meetings Tel: 01243 781282



Chichester & Bognor Regis District Parkinson's Disease Society Support Group

Supports, carers and sufferers of Parkinson's Disease (PD) in the Chichester District (inc Midhurst and Petworth) Arundel, Bognor Regis, Witterings and Emsworth areas.

Bognor Regis The group meets on the first Tuesday of the month at The Friends Meeting House, 6 Victoria Drive, Bognor Regis 2pm-4pm. Carers and sufferers of PD are welcome to attend. Contact Beryl Giles on: 01243 861474

Chichester The group meets on the third Monday of the month at St Paul's Church Hall, Chichester 2pm-4pm. Contact Alan Colenutt on: 01243 781704

A quarterly newsletter is available from head office to all members as is information on PD and the medication available. Head Office: 080 8800 0303.

Community Support Worker: 01273 452278 or South East Region Team: 01798 344802. Website: www.parkinsons.org.uk Email: jrenshaw@parkinsons.org.uk

Chichester Stroke Club

A club for Stroke sufferers that enables their carers to take a break for two hours. Carers are, however, welcome to stay if they wish. Takes place every Thursday 10am-12pm at the Newell Centre, Chichester. Tel: 01243 823314 or 837386 or 780852. Email: swainv@onetel.com

Coeliac UK

Provides information to help people with coeliac disease and dermatitis herpetiformis manage their health and diet.

Helpline: 0870 444 8804. Or write to: Coeliac UK, Suites A-D Octagon Court, High Wycombe, Bucks, HP11 2HS.

Website: www.coeliac.co.uk Email: sussex@coeliac.org.uk

Cystic Fibrosis Trust - Sussex

Provides support and advice for people with Cystic Fibrosis throughout Sussex as well as their families and carers. The Sussex branch holds meetings and awareness raising events. Local contact: 01444 230207

Helpline: 0845 859 1000 National number: 020 8464 7211

Website: www.cftrust.org.uk Email: enquiries@cftrust.org.uk

Diabetes UK - Chichester and District

Holds meetings on the fourth Thursday of the month at 7.45pm in the Chichester Medical Education Centre. The Branch is a self-help support group providing information on diabetes, the state of diabetes research, fund raising activities and a place to meet others. (No meetings in July, August, December and January). Newsletters are sent to members after each monthly meeting.

Local Contact Tel: 01243 603638 National Careline Tel: 0845 120 2960

Website: www.diabetes.org.uk Email: info@diabetes.org.uk

Dyspraxia Foundation – Sussex

Support, advice and information about dyspraxia. Open Mon-Fri 10.00am-1.00pm

Tel: 01462 454986 Website: www.dyspraxiafoundation.org.uk

Email: dyspraxia@dyspaxiafoundation.org.uk

Epilepsy Action

A local group offering support for people with epilepsy, their families and carers. Holds monthly meetings on the third Tuesday in the month from 7.30pm – 9.30pm at the Friends Meeting House, Priory Road, Chichester PO19 1NX (between North Street and New Park Road). For further information, contact Susan Mistry on 01372 744302/e-mail: smistry@epilepsy.org.uk or the Epilepsy Action Freephone helpline on: 0808 800 5050 which offers information, advice and listening support. Website: www.epilepsy.org.uk Email: helpline@epilepsy.org.uk

Fibromyalgia Support Group

A group aiming to support, advise and encourage those people who have the condition, through meetings, social gatherings, newsletters and a telephone helpline. Contact: 01403 255450 (Mon-Fri 10am-4pm)
Website: www.fibromyalgia-south.com Email: fibrojoatsyandsx@hotmail.com

Headway

A support group for those with head injuries, carers or concerned professionals. Provides a listening ear, leaflets and information, and links families for mutual support. Meetings take place regularly – for details, contact Pam: 01403 782744. National Free Helpline: 0808 800 2244
Website: www.headway-in-west-sussex.org.uk
Email: info@headway-in-west-sussex.org.uk

Heart Support Group

A self-help group that welcomes all those who have had a heart episode, and their carers, in the Bognor Regis and Arundel areas. Supplies information, organises outings and runs exercise groups. Also holds meetings on the first Wednesday in the month at 7pm at the Chestnuts Centre, London Road, Bognor Regis.
Tel: 01243 862685 Email: morganken@talktalk.net



Hodgkin's Disease & Lymphoma Association

Support organisation for people with lymphatic cancer, Hodgkin's Disease and non-Hodgkin's lymphomas. Provides emotional support and information on diagnosis, treatment, therapies and coping with these illnesses. Patient to patient telephone links. Support groups in some areas. Booklets, information leaflets and newsletter. Helpline Tel: 0808 808 5555 Mon-Thurs (9am-6pm), Fri (9am-5pm)
Local contacts: Cath (01293 539722); Marianne (01306 627335) and John (01903 785644) Website: www.lymphoma.org.uk Email: information@lymphoma.org.uk

Huntingdons Disease Association - Sussex Branch

Provides support and information for sufferers, carers and those "at risk". The Branch covers both East and West Sussex, with monthly meetings in Lewes. Local quarterly newsletters plus handbooks, leaflets and fact sheets are available from Head Office (Down Stream Building, 1 London Bridge, London, SE1 9BG) or through the Branch. Possibility of phone support or one-to-one meetings apart from the monthly group events.
National Office - Tel: 020 7022 1950. Fax: 020 7022 1953
Regional Care contact: Susan Young on Tel: 01825 841466

Monthly meetings and information contact: Lindsay Sherwood, Secretary of Sussex Branch on Tel: 01903 773370
National website: www.hda.org.uk Email: info@hda.org.uk

Motor Neurone Disease Association

Provides advice, information, help with respite and specialised equipment for Midhurst and Petworth, Bognor Regis, and Arundel areas. Meetings are held on the fourth Monday of each month at the Laurels Day Centre, Sheepfold Avenue, Rustington at 7.30pm. Tel: 01243 825678
National Helpline number: 08457 626262 Mon-Fri (9am-5pm and 7pm-10.30pm)
Website: www.mndassociation.org Email: enquiries@mndassociation.org

Multiple Sclerosis Society

A self help group covering the Chichester District area that meets in the evening on the third Thursday of the month at the Judith Adams Centre, St Pancras, Chichester. The Group arranges social outings and produces a local newsletter. Information regarding the Multiple Sclerosis (MS) Society, research and self-help are available in the national magazine and local newsletter.
Tel: 01243 542949 (Support Officer) or 01243 574768 (Secretary)
National Freephone Helpline Tel: 0808 800 8000 Mon-Fri (9am-9pm).
Website: www.mssociety.org.uk

Muscular Dystrophy Campaign

Provides support to people with neuromuscular conditions and their families through its care advisors, information service, factsheets and grants.
Tel: 020 7803 4800 Fax: 020 7401 3495
Information and Support Line: 0800 652 6352
Website: www.muscular-dystrophy.org Email: info@muscular-dystrophy.org

National Association for the Relief of Paget's Disease

Tel: 0161 799 4646 Website: www.paget.org.uk Email: director@paget.org.uk

National Osteoporosis Society

Provides information and support and holds meetings at 7pm on the 1st Thursday of every month (not Jan) at The Bognor Regis War Memorial Hospital restaurant. For details contact: 01243 822615
The national helpline, run by a team of nurses, offers advice information and support on all aspects of Osteoporosis as well as providing detailed information booklets. Tel: 0845 450 0230 Mon-Fri (10am-3pm)
Website: www.nos.org.uk Email: info@nos.org.uk

Parkinson's Disease Society Community Support Outreach Worker

Provides practical advice and emotional support to people with Parkinson's, their carers and families. The service also includes telephone support, home and hospital visits and information about welfare benefits. Contact Jonathan Smith on:
Tel: 0844 2253667 Email: jsmith@parkinsons.org.uk
National Parkinson's Disease Helpline: 0800 800 0303
Website: www.parkinsons.org.uk

Prostate Cancer Network

A charity providing free and confidential help, support and information to patients, families and anyone concerned about prostate cancer. Local group holds regular meetings with Speakers in Fareham and Southampton.

For details contact: PO Box 66, Emsworth, Hampshire, PO10 7ZP

Tel: 0845 650 2555 Mon-Fri (10am-7pm) Website: www.pcaso.com

Reach – Association for Children with Hand or Arm Deficiency

Newsletter, information, meetings, local branches. Contact Tel: 0845 130 6225

Website: www.reach.org.uk Email: reach@reach.org.uk

Remember

A charity providing information and advice to people with ME/CFS (Chronic Fatigue Syndrome) and their carers. Runs information seminars for patients, carers and professionals, Self-management courses for CFS sufferers and carers, and produces a newsletter and information booklet. Tel: 01273 831733 also Helpline: 01273 832202

Website: www.remembercfs.org.uk Email: me_cfs@hotmail.com

Riding for the Disabled

Riding for disabled people, and rural work and training for people of all ages with learning disabilities. Areas covered - Chichester, Bognor Regis, Singleton and Midhurst. Meets on alternate Tuesdays at Hunters Lodge, Hunston between 2pm and 3.30pm Tel: 01243 780651

SASBAH

(Sussex Association for Spina Bifida and Hydrocephalus)

Provides for the care, welfare, treatment, education and advancement of people with Spina Bifida and/or Hydrocephalus. Also runs a buddy scheme, linking physically disabled people of all ages with local volunteers.

Tel: 01903 507000

Stroke Association - Family Support Service

A visiting service for all new stroke patients, both in hospital and at home, and for their families and carers, providing practical advice, emotional support and information to help them understand the effects of a stroke. Family and Carer Support Co-ordinator, Bognor and Midhurst area Tel: 01730 812226 or

Email: smitchell@stroke.org.uk

For The Stroke Association Southeast Regional Office Information Centre

Tel: 02380 720 420 Website: www.stroke.org.uk

Sussex Lupus Group

Provides support, information and contact for people (and their families) with Lupus and those with symptoms, prior to diagnosis, living in the Sussex area. Has quarterly group meetings and monthly 'Coffee and Chat'. Produces newsletters to keep members informed of planned activities, and provides information about Lupus. Also has a range of leaflets and books in the 'lending library' and a range of Lupus goods and books for sale. Holds a variety of fund raising and awareness events across the region. Tel Chair: 01273 395704.

Email: sussexlupusgroup@yahoo.co.uk Website: www.lupusuk.org.uk

Sussex ME/CFS Society

The Society informs, supports and represents many of the over 4,000 adults and children in Sussex that are affected by the Chronic Fatigue Syndrome - ME. It has helplines, holds meetings, produces a quarterly newsletter. Tel: 01273 674828

Website: www.measussex.org.uk Email: admin.sussexme@btopenworld.com

Sussex Otters

A swimming group for people with disabilities. The sessions are open to people of all ages with any form of disability. Carers/family are also welcome to swim. There are lifeguards on duty throughout the session, which takes place every Saturday from 4.30pm-5.30pm at the Westgate Leisure Centre swimming pool in Chichester. Help is provided with changing if required. Tel: 01243 781259 or contact Westgate Leisure Centre on 01243 785651

Website: www.sussexotters.org.uk Email: sussexotters@sussexotters.org.uk

SWAN (Syndromes Without a Name)

A national support group for parents of children who have undiagnosed un-named conditions. Produces a quarterly newsletter and information pack. Also provides information on a range of therapies and puts parents in touch with each other to share common problems. Contact: 01922 701234.

Email: info@undiagnosed.org.uk Website: www.undiagnosed.org.uk

Teenage Cancer Trust

Provides information and support to teenagers with cancer or those close to them. Tel: 020 7612 0370

Website: www.teenagecancertrust.org Email: tct@teenagecancertrust.org

UK Self Help

A website with the telephone numbers and web addresses of numerous UK Self Help groups. Website: www.ukselfhelp.info

West Sussex Association for Disabled People

Aims to provide advice and information by phone or by outreach service to your home, support and social contact for disabled adults throughout West Sussex. Regular meetings held throughout West Sussex. The Main Office offers advice, provides interest-free loans and grants, provides equipment not available from statutory authorities (after referral from an Occupational Therapist), - all subject to strict criteria and the funds available.

Contact: WSAD, 7 St Johns Parade, Alinora Crescent, Goring By Sea, West Sussex, BN12 4HJ. Tel: 01903 244457

Website: www.wsad.org.uk Email: info@wsad.org.uk