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Introduction

This is a general information sheet which contains details of various organisations which may be of use to you and your family during your journey caring for your child with hemiplegia (if you are a parent or carer) or your life with hemiplegia (if you are a young person or adult). This is intended as a broad introductory guide to various areas of support but HemiHelp provides more detailed information sheets about many of these topics – these are signposted at the start of each section.

This contact list is organised into sections by topics which may be of interest at various times – so we suggest that you keep this somewhere safe where you can refer to it over time.

All these details were correct at the time of writing but things change all the time, so if you find an error within this, or you know of a useful organisation that others could find helpful, please get in touch to let us know.

It is important to note that some of the organisations listed here may charge you for their products/services. HemiHelp doesn't endorse any for-profit organisations; but we understand that some of these provide products or services that are quite unique and very relevant to families affected by hemiplegia. These organisations have been suggested by our members over the years and we have included them in this list hoping that they can also be useful to you. We have marked these organisations with an asterisk (*).

A note to our members in Scotland and Northern Ireland: many of these organisations and services are UK wide although some operate in England or England and Wales only. If you are in Scotland then please refer to the Useful Contacts for Scotland; and for those members in NI we are currently working on a similar resource for you. Most of these organisations have useful information on their websites and will provide email or phone support regardless of where they operate.

Aids and Equipment

HemiHelp produces an equipment list for a more comprehensive list of supplies to meet the needs of people with hemiplegia.

NB You may not have to pay VAT when:

- buying certain items that are intended exclusively and specifically for the use of a disabled person, such as a wheelchair or adapted computer keyboard
- having a vehicle adapted to suit their condition, or leasing a Motability vehicle
- having building work done to adapt your home because of your child's disability

For more information go to the Revenue & Customs website: www.hmrc.gov.uk/vat/sectors/consumers/disabled.htm

Able 2* - Tel: 01254 619 000 Email: enquiries@able2.eu Website: www.able2.eu

Producers of orthopaedic and electromedical products.

Anything Left Handed Ltd* - Tel: 01737 888269 Email: enquiries@anythingleft-handed.co.uk

Website: www.anythingleft-handed.co.uk (includes online shop)

Specialist mail order company and online shop which provides properly designed, fully left handed versions of everyday items such as scissors, pens, cameras and kitchen utensils. They have a large product range for children.

Assured Mobility* - Tel: 0800 496 1495 Email: sales@assuredmobilityltd.co.uk

Website: www.assuredmobilityltd.co.uk

Mail order household equipment for disabled people with 6 shops around the country.

Also available to order online, rental service and some pre-owned equipment.

BIME (Bath Institute of Medical Engineering) - Tel: 01225 824103 Email: info@bime.org.uk

Website: www.bath.ac.uk/bime

Charity carrying out design and development in medical and rehabilitation engineering including assistive technology. Works with both users and medical professionals.

Centre for Accessible Environments - Tel: 0906751 6663 Email: info@cae.org.uk Website: www.cae.org.uk

Useful if planning a house alteration.

Children Today Charitable Trust - Tel: 01244 335622 Email: info@childrentoday.org.uk

Website: www.children-today.org.uk

Local grants for equipment and aids to help children and young people with a disability to overcome their difficulties.

Disabled Living Foundation (DLF) - Tel: 020 7289 6111 Helpline: 0845 130 9177 (10am-4pm Mon-Fri)

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

Huge amount of information about useful gadgets, plus an equipment centre.

See also www.livingmadeeasy.org.uk/children for advice and information specifically for disabled children.

The Family Fund - Website: www.familyfund.org.uk

A (mainly) government financed charity that can make grants to low income families with disabled children (aged under 18) to help with the cost of such things as washing machines, computers, driving lessons for parents/carers, hospital visiting costs and holidays. See also www.familyfund.org.uk/grants/extra-savings-for-families where families can get discounts on products and services from high street retailers and organisations.

Fledglings - Tel: 0845 458 1124 Email: enquiries@fledglings.org.uk Website: www.fledglings.org.uk

A charitable search and supply service, particularly for unusual items designed for children with additional needs.

Good Designs* - Tel: 07879 522993 Email: info@gooddesigns.eu Website: www.gooddesigns.eu

Specially designed adjustable bicycle stabilisers in two sizes, originally set up by a father of a child with hemiplegia and now run by Val and James Muff who have a wealth of experience of hemiplegia.

Hope Education* - Tel: 08451 20 20 55 Email: enquiries@hope-education.co.uk Website: www.hope-education.co.uk

Catalogue of innovative educational products for Early Years, Primary and Secondary children. Includes products for children with additional needs.

Hotter Comfort Concept* - Email: mailorder@hotter.co.uk Website: www.hottershoes.com

Boots and shoes with half sizes and wide fitting available.

Inclusive Technology Ltd* - Tel: 01457 819790 Email: inclusive@inclusive.co.uk Website: www.inclusive.co.uk

Provides a range of software and hardware for learners with additional needs – including physical disabilities, learning difficulties and sensory impairments. Sells Five Finger Typist, a typing programme for learning to type one handed.

Lodgesons* - Tel: 029 2043 6980 Email: sales@lodgesons.co.uk Website: www.lodgesons.co.uk

Gadgets for drivers with a disability, such as keypad controls, bleeper systems and steering balls.

MERU (Medical Engineering Resource Unit) - Tel: 01372 725 203 Email: info@meru.org.uk

Website: www.meru.org.uk

Designs and manufactures bespoke equipment and devices to meet the needs of disabled children where there is no commercially available alternative.

Nottingham Rehab Supplies* - Tel: 0845 805 2236 Email: customerservice@nrs-uk.co.uk

Website: www.nrs-uk.co.uk

Enormous catalogue of products for the home, educational toys, hobbies and haberdashery.

Mobility products, disability aids and equipment.

Patterson Medical* - Tel: 08444 124330 Website: www.pattersonmedical.co.uk

One of the world's leading distributors of daily living, therapy and paediatric products including homecraft products.

Peta (UK)* – Tel: 01376 573 476 Email: info@peta-uk.com Website: www.peta-uk.com

Designers, manufacturers and suppliers of ergonomic tools, aids and assistive devices for people with arthritis or reduced grip strength.

Posturite UK Ltd* - Tel: 0845 345 0010 Website: www.posturite.co.uk

Producers of desk sloping boards, with a magnetic facility for holding paper in place. Also provides a range of ergonomic devices and equipment to support good workstation posture.

Remap GB - Tel: 0845 1300 456 Email: s.iwanek@remap.org.uk Website: www.remap.org.uk

Teams of engineers who make up one-off pieces of technical equipment or modify commercial equipment free of charge, including for leisure activities.

Whizz-Kidz - Tel: 020 7233 6600 Email: info@whizz-kidz.org.uk Website: www.whizz-kidz.org.uk

Charity providing tailor made mobility equipment for disabled children.

Computers

For more information please refer to our Computers and ICT information sheet

Abilitynet - Tel: 0800 269545 Email: enquiries@abilitynet.org.uk Website: www.abilitynet.org.uk

Operates in England, Wales and Scotland.

Provides assessments, equipment and training and local support to help children and adults with additional needs achieve everything they can in education, at work and at home. The site has factsheets, an online assessment tool and an information/advice line.

Aidis Trust - Tel: 0808 800 009 Email: support@aidis.org Website: www.aidis.org

A charity that offers free services for disabled people wanting to take advantage of technology.

CENMAC - Tel: 020 8854 1019 Email: mail@cenmac.com Website: www.cenmac.com

Unfortunately only works in London, providing assessments of children, loans of equipment and training, but their website has lots of information, equipment and software recommendations and links which are useful wherever you live.

Keytools Ltd* - Tel: 023 8029 4500 Website: www.keytools.co.uk

Specialist supplier of assistive technology and ergonomic computer equipment.

PCD Maltron* - Tel: 0845 230 3265 Email: sales@maltron.co.uk Website: www.maltron.com

Computer keyboard designed for touch typing with one hand. Requires good dexterity and uses non-QWERTY layout (instructions and exercises supplied).

Disability organisations (general)

This section contains details of linked or general disability organisations which may have information or services which are relevant and useful to you.

Action for Kids - Helpline: 0208 347 8111 Email: info@actionforkids.org Website: www.actionforkids.org

Helps transform the lives of young people with physical and learning disabilities, across the country, through the provision of mobility equipment, learning, training and support.

Action for Sick Children - Tel: 01663 763 004 Helpline: 0800 0744 519 Email: enquiries@actionforsickchildren.org
Website: www.actionforsickchildren.org

Nationwide network of parents and professionals, dedicated to achieving the highest quality care for children both in hospital and in the community. Promotes awareness, gives advice and support to families and campaigns for quality health services for children.

British Red Cross - Tel: 0844 412 2804 Email: information@redcross.org.uk Website: www.redcross.org.uk
Numerous local branches - consult your local phone book or the website for your Area Office. Can provide escorts, transport or volunteer drivers for hospital visits, holidays or visits to friends and family. Also offer respite care.

Carers UK - Tel: 020 7378 4999 Helpline: 0808 808 7777 Email: info@carersuk.org Website: www.carersuk.org
Information and support for carers. Many local branches. Free leaflets and information sheets.
Carers Scotland - Website: www.carerscotland.org. Carers Wales - Website: www.carerswales.org
Carers Northern Ireland - Website: www.carersni.org

The Cedar Foundation – Tel (028) 9066 6188 E-mail info@cedar-foundation.org
Website: www.cedar-foundation.org
Supports people with disabilities in Northern Ireland, with a range of programmes for young people.

Citizens Advice Bureau - Website: www.adviceguide.org.uk
Provides an online guide to rights, benefits etc. The home page directs you to pages for regions of the UK.

Contact a Family - Tel: 020 7608 8700 Helpline: 0808 808 3555
Email: info@cafamily.org.uk Website: www.cafamily.org.uk
For families of disabled children, whatever the disability. Website with UK wide links. Produces a directory of rare conditions (also on the website). Puts families in touch with each other or local groups. Has a useful resource library of publications, documents and other resources.

DIAL UK - Tel: 01302 310 123 Email: dialnetwork@scope.org.uk Website: www.scope.org.uk/dial
A network of local disability information and advice lines run by and for disabled people, based throughout England and Wales. They provide information and advice on all aspects of living with a disability.

Disability Rights UK - Tel: 020 7250 3222 Email: enquiries@disabilityrightsuk.org
Website: www.disabilityrightsuk.org
A national pan-disability organisation led by disabled people, which campaigns for better lifestyles for them and their families. They also sell a range of information booklets on issues including holidays and leisure, access to services and benefits. Has a guide to the National Key Scheme, which allows disabled people to use over 8000 locked toilets across the UK.

Face 2 Face - Tel: 0844 800 9189 Email: face2facenetwork@scope.org.uk Website: www.face2facenetwork.org.uk
The one-to-one befriending service for parents of disabled children. (HemiHelp also has a regional group scheme to connect you with other members in your region - contact the office for details)

Gingerbread - Helpline: 0808 802 0925 Tel: 020 7428 5400 Email: info@gingerbread.org.uk

Website: www.gingerbread.org.uk

Approximately 160 self-help groups providing support, friendship, holidays and advice for single parents. Many publications. Their partner organisation in Scotland, One Parent Families Scotland runs the Lone Parent Helpline on 0808 801 0323 and there is a site for Gingerbread NI. Has a separate section on its website with information for parents bringing up a child with additional needs – this section has a helpline: 0800 018 5026

Government website: www.gov.uk/browse/disabilities gives lots of information on various issues related to disability.

KIDS - Tel: 020 7520 0405 Email: enquirieslondon@kids.org.uk Website: www.kids.org.uk

Provides services to children with additional needs and their families through regional centres across UK.

Kidscape - Tel: 020 7730 3300 Helpline: 08451 205 204 Email: webinfo@kidscape.org.uk

Website: www.kidscape.org.uk

Campaigns for children's personal safety. It deals with issues such as bullying, abuse, getting lost, etc. Produces free leaflets available to download from the website.

Multiple Births Foundation - Tel: 020 8383 3519 Email: mbf@imperial.nhs.uk

Website: www.multiplebirths.org.uk

Support for families who have one or both twins (or other multiples) with additional needs.

National Children's Bureau - Tel: 020 7843 6000 Email: enquiries@ncb.org.uk Website: www.ncb.org.uk

National charity supporting all children, young people and families and those who work with them. Aims to advance well-being of children and young people across every aspect of their lives. Spans the whole spectrum of statutory and voluntary agencies.

Samaritans - Tel: 08457 909090 Email: jo@samaritans.org Website: www.samaritans.org.uk

Nationwide non-religious, non-political 24hr confidential support.

SCOPE - Tel: 0808 800 3333 Email: response@scope.org.uk Website: www.scope.org.uk

Scope is a pan-disability organisation in England and Wales. They provide advice and information, particularly at the time of diagnosis, services for disabled children and adults (focussed on those with the most complex needs) and campaigns to raise awareness, change attitudes and influence government policy.

SIBS - Tel: 01535 645453 Email: info@sibs.org.uk Website: www.sibs.org.uk

Sibs is the UK charity representing the needs of siblings of disabled people. They provide information and support.

SNAP!* - Tel: 020 7729 2200 Email: info@snapchildcare.co.uk Website: www.snapchildcare.co.uk

Agency specialising in the provision of staff for any work with children with additional needs e.g. nannies and learning support assistants. Also SNAP 16+ which works with teenagers and young adults.

Special Needs Jungle - www.specialneedsjungle.com

News, information and opinion about SEN and disability by parents for parents.

TAMBA (The Twins and Multiple Births Association) - Tel: 01483 304 442 Helpline: 0800 138 05 09

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

Information and support, research and campaigns for parents or twins, triplets and other multiples.

Youreable.com - Website: www.youreable.com

Internet-based disability info and news service. Vast range of information, including messages, posted to the site by its users.

Disability organisations (specific conditions)

This section covers organisations which provide support to people with specific conditions which can be linked to hemiplegia.

Action on Hearing Loss - formerly Royal National Institute for Deaf People (RNID) - Tel: 020 7296 8000

Textphone: 020 7296 8001 Email: informationline@hearingloss.org.uk Website: www.actiononhearingloss.org.uk

UK wide support for anyone with hearing loss.

AFASIC (Association for all Speech Impaired Children) - Tel: 020 7490 9410 Helpline: 08453 55 55 77

Website: www.afasic.org.uk

National offices in Wales, Scotland and Northern Ireland. Offers downloads, publications, local groups, parent support forums, courses, workshops, activities for young people and a helpline.

BLISS - Tel: 020 7378 1122 Helpline: 0500 618 140 Email: hello@bliss.org.uk Website: www.bliss.org.uk

Helpline and support for the parents of premature or sick babies.

Brain and Spine Foundation - Tel: 0207 793 5900 Office email: info@brainandspine.org.uk

Helpline: 0808 808 1000, Helpline email: helpline@brainandspine.org.uk Website: www.brainandspine.org.uk

Produces leaflets and other information.

British Dyslexia Association - Helpline: 0845 251 9002 Email: admin@bdadyslexia.org.uk

Website: www.bdadyslexia.org.uk

A large number of local associations and support groups plus a wide range of information sheets.

CBIT (Children's Brain Injury Trust) - Tel: 01869 341 075 Helpline: 0845 601 4939 Email: helpline@cbituk.org

Website: www.cbituk.org

Provides support and information to parents and professionals.

Cerebra - Tel: 01267 244 200 Helpline: 0800 328 11 59 Email: info@cerebra.org.uk Website: www.cerebra.org.uk

A charity that offers information and support for parents, carers and others involved with any child or young person with a brain related condition. It has a range of factsheets, runs a postal book library, a sleep therapy service and has a number of regional offices. It can give grants for certain kinds of equipment and therapy.

The Challenging Behaviour Foundation (CBF) - Tel: (Family Support Line) 0845 602 7885

Email: support@theCBF.org.uk Website: www.challengingbehaviour.org.uk

A charity specialising in severe learning disabilities and behaviour described as challenging.

They work with families and professionals supporting children and adults across the UK.

Different Strokes - Tel: 0845 130 7172 or 01908 317 618 Email: info@differentstrokes.co.uk

Website: www.differentstrokes.co.uk

Support for young stroke survivors, including young adults.

Dyslexia Action - Tel: 01784 222 300 Email: info@dyslexiaaction.org.uk Website: www.dyslexiaaction.org.uk

Training and assessment centres around the country.

The Dyspraxia Foundation - Helpline: 01462 454 986 Email: dyspraxia@dyspraxiafoundation.org.uk

Website: www.dyspraxiafoundation.org.uk

Support and advice. Local co-ordinators.

The Encephalitis Society - Helpline: 01653 699 599 Tel: 01653 692 583 Website: www.encephalitis.info

Email: support@encephalitis.info

Provides support and information for people affected by encephalitis (inflammation of the brain).

Epilepsy Action - Tel: 0113 210 8800 Helpline: 0808 800 5050 Email: epilepsy@epilepsy.org.uk

Helpline email: helpline@epilepsy.org.uk Website: www.epilepsy.org.uk

Produces a number of books and leaflets plus advice for parents, patients and the general public.

There are many local support groups throughout UK.

ERIC (Education and Resources for Improving Childhood Continence) - Tel: 0117 960 3060

Helpline: 0845 370 8008 Email: info@eric.org.uk Website: www.eric.org.uk

Provides information and advice on potty training, as well as ongoing wetting and soiling.

Headway - The Brain Injury Association - Tel: 0115 924 0800 Helpline: 0808 800 2244

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

Provides information, support and services to people with a brain injury, their families and carers.

Hyperactive Childrens' Support Group - Tel: 01243 539 966 Email: hacsg@hacsg.org.uk

Website: www.hacsg.org.uk

Helps ADHD/Hyperactive children and their families, promotes a dietary approach to addressing hyperactivity.

I CAN – Tel: 0845 2254073 Email: info@ican.org.uk Website: www.ican.org.uk

UK charity that helps children to communicate.

Look (National Federation of Families with Visually Impaired Children) - Tel: 0121 428 5038

Email: office@look-uk.org Website: www.look-uk.org

Organises local groups of families for sharing information and they have a range of information and support.

MENCAP - Tel: 020 7454 0454 Helpline: 0808 808 1111 Email: information@mencap.org.uk

Website: www.mencap.org.uk

Mencap works with people with learning disabilities to change laws, challenge prejudice and support them to live their lives as they choose.

National Autistic Society - Tel: 020 7833 2299 Helpline: 0845 070 4004 Email: nas@nas.org.uk

Website: www.autism.org.uk

Aims to provide education, treatment, welfare and care to people with autism and related conditions and their families.

National Deaf Children's Society - Tel: 020 7490 8656 Email: ndcs@ndcs.org.uk Helpline: 0808 800 8880

Email: helpline@ndcs.org.uk Website: www.ndcs.org.uk

Provides educational and technical advice to families of deaf children and young people. There are 120 local groups which organise social activities and fundraising.

Newlife - Tel: 01543 462 777 Email: info@newlifecharity.co.uk Website: www.newlifecharity.co.uk

Direct help and care for sick and disabled babies, children and families. They have information to help parents through diagnosis.

RNIB (Royal National Institute for the Blind) - Tel: 0303 123 9999 Email: helpline@rnib.org.uk

Website: www.rnib.org.uk

Offers advice and support to people who are blind and partially sighted in the UK.

Shine (new name for Association for Spina Bifida and Hydrocephalus) – Tel: 01733 555988

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

A range of specialist services covering health, education, support and development.

Steps Charity Worldwide - Helpline: 01925 750 271 Email: info@steps-charity.org.uk

Website: www.steps-charity.org.uk

Support and information services for people with hip, leg or foot conditions.

Stroke Association - Tel: 020 7566 0300 Helpline: 0303 303 3100 Email: info@stroke.org.uk

Website: www.stroke.org.uk

Information and support services, much of which is relevant to hemiplegia. Local support throughout the UK.

Young Epilepsy - Confidential enquiry line 01342 831342 Email: helpline@youngepilepsy.org.uk

Website: www.ncype.org.uk

Information service aims to provide families and professionals with information, education and training about epilepsy in young people.

YoungMinds - Tel: 020 7089 5050 Helpline: 0808 802 5544 Email: yemenquiries@youngminds.org.uk

Website: www.youngminds.org.uk

UK charity aiming to improve emotional well-being and mental health of children and young people.

Has a telephone service providing information and advice for anyone with concerns about the mental health of a child or young person.

Education and Employment

A pack of information and resources for those supporting children with hemiplegia in primary school is available on HemiHelp's website: www.hemihelp.org.uk/hemiplegia/publications/new_schools_pack

There is also a range of school items and equipment for children available to buy:
www.hemihelp.org.uk/support_us/shop/arts_and_crafts

Contact HemiHelp's Transitions Adviser Tel: 0845 120 3713 Email: karen@hemihelp.org.uk

Look at information sheet - Getting into work www.hemihelp.org.uk/families/everyday_living/getting_work

Ace Centre - Tel: 0161 358 0151 Email: enquiries@acecentre.org.uk Website: www.ace-centre.org.uk

Assessment, advice and information services for young people in education who have communication difficulties. Good range of publications for parents, teachers and professionals.

CSIE (Centre for Studies in Inclusive Education) - Tel: 0117 353 3150 Email: admin@csie.org.uk
Website: www.csie.org.uk

Works to promote equality and eliminate discrimination in education. Free advice service on all aspects of legislation and practice relating to inclusive school development including translations.

Department for Education - General enquiries: 0370 000 2288. Website: www.education.gov.uk

Employability - Tel: 07852 764684 E-mail: info@employ-ability.org.uk Website: www.employ-ability.org.uk

Assists students and graduates with all disabilities, including dyslexia or long term health conditions, into employment.

IPSEA (Independent Panel for Special Education Advice) Advice line: 0800 018 4016

Tribunal appeals: 01394 384711 Website: www.ipsea.org.uk

Charity offering independent legal based advice for parents with children with additional needs. Its services include online resources and a helpline; they give support and offer representation in SEN appeals and Disability Tribunal.

NASEN (National Association for Special Educational Needs) - Tel: 01827 311500

Email: welcome@nasen.org.uk Website: www.nasen.org.uk

Promotes development of children with additional educational needs. They also have publications, including the British Journal of Special Education.

National Parent Partnership Services - Website: www.parentpartnership.org.uk

Local services that offer information, advice and support for parents/carers of children and young people with SEN and signpost parents to other local organisations. PPS's also have a role in making sure that parents' views are heard and understood and that these views inform local policy and practice. Some parent partnerships are based in the voluntary sector, although most are based in their Local Authority or Children's Trust. However all parent partnerships are at 'arm's length' from the LA, and are able to provide impartial and confidential advice and support to parents.

National Union of Students - Website: www.nus.org.uk

Most student unions in universities and colleges have a welfare department or welfare officer who can give advice about benefits and provide help with calculations.

Papworth Trust - Tel: 0800 952 5000 Email: info@papworth.org.uk Website: www.papworth.org.uk

The trust provides support and advice for disabled people mainly in the East of England, East Midlands, Greater London and Wales.

Parents for Inclusion - Tel: 020 7738 3888 Helpline: 0800 652 3145 Email: info@parentsforinclusion.org Website: www.parentsforinclusion.org

A charity set up by parents to help parents so that disabled children can learn, make friends and have a voice in ordinary schools and throughout life.

Public Services support for parents - Website: www.direct.gov.uk/parents

Information and support for parents on how to help with your child's learning, including advice on choosing a school, finding childcare, financial support and more.

Rathbone - Tel: 0800 731 5321 Website: www.rathboneuk.org

A UK-wide voluntary youth sector organisation providing opportunities for young people to re-engage with learning, discovering their ability to succeed and achieving progression to further education, training and employment.

Scope - Website: www.scope.org.uk/work/employment Scope service to help disabled people into work.

Shaw Trust – Ability at work Website: www.shaw-trust.org.uk Tel: 01225 716300

National employment charity supporting disabled people to prepare for work, find jobs and live more independently. Regional centres offer practical help with training and advice on searches, CVs, application forms and interviews.

Preparing for Adulthood www.preparingforadulthood.org.uk

A 2 year programme funded by the Department for Education as part of the delivery support for 'Support and aspiration: A new approach to special educational needs and disability' green paper. Useful web resources.

Scotland has its own education system which differs in many respects from the rest of the UK.

Here are two useful addresses:

- 1) **Enquire** - Helpline: 0845 123 2303 Email: info@enquire.org.uk Website: www.enquire.org.uk
Scottish advice service for parents, carers, professionals, children and young people for additional support for learning. Publishes a downloadable parents' guide to ASL and various useful factsheets. Also runs a telephone helpline and online enquiry service.
- 2) **Education Scotland** Tel: 0141 282 5000 Email: enquiries@educationscotland.gov.uk Website: www.educationscotland.gov.uk
Government funded organisation for curriculum development in Scotland. It provides advice, support and resources to education professionals.

Holidays and Travel

A list of organisations that may be useful for your holidays and travel:

Bendrigg Trust - Tel: 01539 723766 Email: office@bendrigg.org.uk Website: www.bendrigg.org.uk

Outdoor activity centre for day activities or residential holidays for disabled people of all ages and abilities.

Calvert Trust - Website: www.calvert-trust.org.uk

Activity holidays for disabled people and their family and friends. Suitable for all ages, includes climbing, abseiling, water-sports, horse-riding, all under supervision of instructors. Three centres in England.

National Holiday Fund for Sick and Disabled Children - Tel: 01493 731 235 Email: office@nhfcharity.co.uk

Website: www.nhfcharity.co.uk

Offers opportunities for disabled children to go on group holidays to USA allowing parents and carers respite. Parents are not asked to contribute to the holidays.

National Rail - Enquiries: 08457 48 49 50 Email: customer.relations@nationalrail.co.uk

Website: www.nationalrail.co.uk

Find out about Disabled Persons Railcard and support available to make your journey easier.

Red Ridge Centre - Tel: 01938 810821 Website: www.redridgecentre.co.uk

Situated near the English/Welsh border, the centre offers residential courses with a wide range of activities to groups and individuals, regardless of ability.

Short Breaks Network - Tel: 01749 689259 Email: info@shortbreaksnetwork.org.uk

Website: www.shortbreaksnetwork.org.uk

Short breaks for children with disabilities and their families.

Ski 2 Freedom Foundation - Tel: 0844 855 2303/ 07980 691 372 Email: info@ski2freedom.com

Website: www.ski2freedom.com

The Ski 2 Freedom Foundation is a non-profit making organisation launched to help people with disabilities enjoy access to all winter sports, where previously they may have found it difficult or impossible to pursue their interests.

Tourism For All - Tel: 0845 124 9971 Email: info@tourismforall.org.uk Website: www.tourismforall.org.uk

Information service on holidays and days out for people with disabilities.

Vitalise - Tel: 0303 303 0145 Email: bookings@vitalise.org.uk Website: www.vitalise.org.uk

A national charity providing short breaks, respite care and holidays for disabled people and carers.

Travel Insurance

A range of travel insurance options are available which take into account pre-existing medical conditions. Here is a selection that our members have found:

- **Able2Travel*** - Tel: 01483 562 662 Email: enquiries@voyagerins.com Website: www.able2travel.com
- **All Clear*** - Tel: 0845 250 5201 Email: info@allcleartravel.co.uk Website: www.allcleartravel.co.uk
- **En Route*** - Tel: 0800 783 7245 Email: info@enrouteinsurance.co.uk Website: www.enrouteinsurance.co.uk
- **Fish insurance*** - Tel: 0500 432141 for all enquiries. Website: www.fishinsurance.co.uk
- **Freespirit*** - Tel: 0845 230 5000 Website: www.free-spirit.com
- **Pulse*** - Tel: 01280 841430 Website: www.pulse-insurance.co.uk
- **Orbis Plus*** - Tel: 0845 338 1638 Email: cover@orbisinsurance.co.uk Website: www.orbisplus.co.uk
- **World First*** – Tel: 0845 90 80 161 Website: www.world-first.co.uk

A European Health Insurance Card (EHIC) is for when you travel to another country in the European Economic Area (EEA) or Switzerland. It has replaced the E111 form, which is free (if you order by telephone) and should be renewed every five years. If you become ill while abroad, the EHIC gives access to state-provided medical treatment in the country you are visiting. This may be free or you may have to pay on the same basis as residents of that country. The card also covers any treatment you need for a chronic condition or pre-existing illness, and routine maternity care. The EHIC is not a substitute for travel insurance, since there are some things that it does not cover, such as repatriation. To apply for a card visit www.nhs.uk/ehic or call 0300 3301350.

Legal and Financial

For further information on benefits please see HemiHelp's Benefits for Families and Benefits for Adults information sheets.

AvMA (Action against Medical Accidents) - Helpline: 0845 123 2352

Website: www.avma.org.uk

Charity providing free and confidential advice to people affected by medical accidents.

Children's Legal Centre – Free legal advice: 08088 020 008 Website: www.childrenslegalcentre.com

Provides legal advice through its helpline and produces information sheets for parents about children and the law.

Citizens Advice Bureau - Website: www.advice.org.uk

Visit www.adviceguide.org.uk for the Citizens advice bureau's online guide to rights, benefits etc.

The home page will direct you to pages for all parts of the UK.

Department for Work and Pensions –

Website: www.gov.uk/government/organisations/department-for-work-pensions

Use the online benefits advisor to find out what you could be eligible for and how to apply.

Disability Advice and Welfare Network - Email: help_@abilityonline.net Website: www.abilityonline.net

Give disability information, news and views.

Disability Law Service - Tel: 020 7791 9800 Email: advice@dls.org.uk Website: www.dls.org.uk

Law and advice centre for people with disabilities and their families and carers.

Family Fund Trust Tel: 08449 744 099 Email: info@familyfund.org.uk Website: www.familyfund.org.uk

Provide grants to help low income families of children with disabilities.

Sport and Leisure

For more information on individual sports bodies please see HemiHelp's Getting Active (children) and Staying Active (adults) information sheets. There is also a music information sheet providing details of a range of ways children with hemiplegia can get involved in music.

Amateur Swimming Association - Tel: 01509 618 700 Website: www.swimming.org/britishswimming

Website with a section on disability swimming

British Association of Drama Therapists Tel: 01242 235 515 Email: info@badth.org.uk

Website: www.badth.org.uk

Find out about drama therapy and find a practitioner.

Chickenshed - Tel: 020 8292 9222 Website: www.chickenshed.org.uk

An inclusive theatre company for children and young people of all abilities and disabilities. It is based in North London and regularly tours to theatres around the UK. It also runs workshops, courses and outreach projects.

CP Sport England and Wales - Tel: 0115 925 7027 Email: info@cpsport.org Website: www.cpsport.org

Promotes and seeks to increase sport and physical recreation opportunities for people with cerebral palsy and other disabilities.

Disability Martial Arts Association – Tel: 0208 245 2383 Website: www.disabilitymartialartsassociation.co.uk

Has contacts with clubs throughout the UK.

Disability Sport Wales - Tel: 0845 846 0021 Email: office@disabilitysportwales.com

Website: www.disabilitysportwales.org

Government organisation for the development of sport and physical activities for disabled people

Disability Sports NI - Tel: 02890 387 062 Email: email@dsni.co.uk Website: www.dsni.co.uk

Disabled Photographers' Society - Email: enquiries@disabledphotographers.co.uk

Website: www.disabledphotographers.co.uk

Encourages disabled people to take an active interest in photography as a therapeutic and creative pursuit.

Has a quarterly competition for photography.

English Federation of Disability Sport - Tel: 01509 227750 Website: www.efds.co.uk

Advice, guidance and information on how to participate in all manner of disability sport.

Film: Most national cinema chains are members of a scheme where if a disabled person buys a ticket a carer goes free. Forms can be downloaded from www.ceacard.co.uk to apply for a plastic card. This is not free but will pay for itself after one visit. Conditions apply.

Halliwick Association of Swimming Therapy - Website: www.halliwick.org.uk
A method of swimming instruction that focuses on people with a physical/learning disability.

NASCH - Tel: 01329 833689 Email: naschswim-willows@yahoo.co.uk Website: www.nasch.org.uk
Produces a directory with all the swimming clubs for people with disabilities within the UK.

Playmatters - Tel: 020 7843 6000 Email: enquiries@ncb.org.uk Website: www.ncb.org.uk/play-matters
In Scotland: www.smartplaynetwork.org
Part of the National Children's Bureau, this is a national network of Toy Libraries which provides information, support and advice about choice of toys which are sometimes specially adapted to your child's needs.

Riding for the Disabled Association (RDA) - Tel: 0845 658 1082 Email: info@rda.org.uk
Website: www.rda.org.uk
Locally run riding groups all over the UK.

RYA Sailability - Tel: 023 8060 4100 Website: www.rya.org.uk/sailability
Bringing boating to people with disabilities.

Therapies

See also HemiHelp information sheets on: Ankle & Foot Splints or Orthoses, Botulinum toxin, Orthopaedic Surgery. There is a DVD called My Moves which demonstrates exercises for children of all ages – available on the HemiHelp website.

Association of Paediatric Chartered Physiotherapists - Website: www.apcp.org.uk
Can provide advice on finding a private physiotherapist.

BIBIC - Tel: 01278 684060 Email: info@bibic.org.uk (general enquiries) Website: www.bibic.org.uk
National charity offering practical help to families caring for a child with a brain condition; addresses social, physical, communication and learning abilities. Individual programmes developed with a team of therapists, on-going treatment carried out at home.

Bobath Centre - Tel: 020 8444 3355 Email: enquiries@bobath.org.uk Website: www.bobath.org.uk
www.bobathscotland.org.uk / www.bobathwales.org
A non-profit making organisation specialising in the treatment of children with cerebral palsy through a multi-disciplinary team of Bobath trained therapists. Branches in Cardiff and Glasgow.

Brainwave Centre - Website: www.brainwave.org.uk Centres in SW, SE and NW England.
National charity offering practical help to families caring for a child with a brain condition; addresses social, physical, communication and learning abilities. Individual programmes developed with a team of therapists, on-going treatment carried out at home.

British Association of Occupational Therapists and College of Occupational Therapists -
Tel: 020 7357 6480 Website: www.cot.co.uk
Find out about the benefits of occupational therapy (OT) and access a register of private OTs.

British and Irish Orthoptic Society - Tel: 01353 66 55 41 Email: membership@orthoptics.org.uk
Website: www.orthoptics.org.uk
Advice on eye movement, e.g. squints. It is the professional association for orthoptists.

British Psychological Society - Tel: 0116 254 9568 Email: enquiries@bps.org.uk Website: www.bps.org.uk
Find a chartered psychologist.

British Association for Music Therapy -Tel: 020 7837 6100 Email: info@bamt.org
Website: www.bamt.org
Provides an information and advice service with area co-ordinators who can put people in touch with music therapists locally.

The Chartered Society of Physiotherapy - Tel: 020 7306 6666 Website: www.csp.org.uk
Provides a search facility called Physio2u and information about physiotherapy.

Homeopathic Medical Association UK - Tel: 01474 560 336 Website: www.the-hma.org
Represents qualified professional homeopaths and promotes homeopathy and homeopathic education.
Provides a list of Homeopathic Hospitals in England and Scotland.

The Epilepsy Society - Tel: 01494 601300 Helpline: 01494 601400
Website: www.epilepsysociety.org.uk
Information service with good leaflets, helpline and online forum. Residential care for severe and complex epilepsy.

National Institute of Conductive Education – Tel: 0121 442 5556
Email: mmccann@conductive-education.org.uk Website: www.conductive-education.org.uk
The Foundation for Conductive Education is working to improve the lives of children and adults with neurological motor disorders through the training and practice of Conductive Education.

National Portage Association - Tel: 0121 244 1807 Email: info@portage.org.uk Website: www.portage.org.uk
Home-visiting educational service for pre-school children with additional support needs and their families.
Offers a framework of support with regular home visits by a trained Portage Home visitor, with the aim of finding an activity which the family can practice and enjoy together.

Occupational Therapists in Independent Practice - Tel: 0207 9890681 Email: enquiries@cotss-ip.org.uk
Website: www.cotss-ip.org.uk
A directory of independent registered (private) occupational therapists - searchable on their website.

Osteopathic Centre for Children - Tel: 0208 875 5290 Email: enquiries@fpo.org.uk Website: www.fpo.org.uk
A network of professionals worldwide. Provides cranial osteopathy treatment at their London clinic.

Royal College of Speech and Language Therapists - Tel: 020 7378 1200 Email: info@rcslt.org
Website: www.rcslt.org
Find out about benefits of speech and language therapy (SALT) and find a practitioner.

The Society of Chiropodists and Podiatrists - Tel: 020 7234 8620 Website: www.scpod.org
Find information about chiropody and podiatry and find a practitioner.

Transport and Accessibility

For more information on driving please see HemiHelp's driving information sheet.

Blue Badge - Go to www.gov.uk and search for "Blue Badge" to apply for a parking permit and find out where it enables you to park.

Bus Fares - Reduced fares may be available for disabled children on local bus services, and disabled adults are entitled to free travel on off peak and some peak services on local buses. Your Local Authority or CAB website should provide more information.

DisabledGo - Website: www.disabledgo.com

An organisation set up by disabled people to remove barriers to mobility by providing accessibility guides to locations and venues across the UK and in Europe too. Their site tells you everything you want to know about any given town or city, from loos to clubbing, and has a guide to university and college campuses - accommodation, bars, sports facilities, the lot!

Disabled Motoring UK - Tel: 01508 489 449 Email: info@disabledmotoring.org
Website: www.disabledmotoring.org

Campaigning charity for disabled drivers, passengers and Blue Badge holders. They have useful information on their website.

Disabled Person's Railcard - Five to 16-year olds, as well as adults with hemiplegia, may qualify for this. Children pay the normal child fare, but an adult travelling with them gets one-third off the standard adult fare. Adults get one-third off for themselves and another adult accompanying them. At the time of writing the price was £20 for one year or £54 for three years (in 2013).

Forum of Mobility Centres – Tel: 0800 559 3636 Email: mobility@rcht.cornwall.nhs.uk
Website: www.mobility-centres.org.uk

A network of centres around the UK and its extensive website has all kinds of information, links etc for disabled drivers. Although independent, the centres are recognised by other mobility organisations including Motability and the Driver and Vehicle Licensing Agency (DVLA).

Insurance - Getting car insurance can be a problem for disabled drivers, especially young ones. HemiHelp's driving information sheet provides information about companies which offer cover (for 16 year olds as well).

HemiHelp makes every effort to ensure the accuracy of information in its publications but cannot be held liable for any actions taken based on this information.

The organisations listed above are provided for information and convenience only. We cannot accept responsibility for the sites linked to, or the information found there. A link does not imply an endorsement of a site or organisation; likewise, not linking to a particular site or organisation does not imply lack of endorsement.

*HemiHelp has a range of information sheets for families and people affected by hemiplegia:
www.hemihelp.org.uk/hemiplegia/publications*

*Helpline: 0845 123 2372 (Mon-Fri 10am-1pm) / Office: 0845 120 3713
Email: support@hemihelp.org.uk / www.hemihelp.org.uk*

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