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Introduction

This is a general information sheet which contains details of various organisations in Scotland 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 will 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 (*).

Note that we also have an information sheet that covers organisations and services that are UK wide that may also be useful to you (see "Useful Contacts - UK"). For those members in Northern Ireland 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

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.

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 disabled children and young people 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.

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.

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.

Remap - Website: www.remap-scotland.org

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

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.

Aberlour Tel: 01786 450335 Email: enquiries@aberlour.org.uk Website: www.aberlour.org.uk

Works across Scotland, from Stranraer to Elgin & Aberdeenshire, providing residential care services, support to children whose lives are affected by parental alcohol and drug use, information, training and leisure activities.

Capability Scotland Tel: 0131 337 9876 Website: www.capability-scotland.org.uk

Set up to support people with cerebral palsy, but has developed to support children, young people and adults with a range of disabilities. It's one of Scotland's leading disability organisations, it provides a diverse range of services including community living, day and residential services, employment, respite/short breaks, therapy, education and learning, family support and activities. Their website has downloadable publications and factsheets on many subjects, including equipment, holidays and leisure activities, and a wide range of links.

Contact a Family Scotland Helpline: 0808 808 3555 Email: Scotland.office@cafamily.org.uk

Website: www.cafamily.org.uk/scotland

For families of disabled children, whatever the disability. Produces a directory of rare conditions (also on the website). Puts families in touch with each other or local groups. Has a resource library of publications, documents and other resources.

Cornerstone Email: enquiries@cornerstone.org.uk website: www.cornerstone.org.uk

Provides services to people with a range of physical and learning disabilities. Their website has details of their social events and their community support services, employment opportunities and mental health services. This is a Scotland wide charity but check their website to see what services are provided in your area.

Edinburgh Development Group Tel: 0131 476 0522 Website: www.edg-sco.org

Organisation that helps equality and inclusion of people with learning disabilities. They assist people to plan positive changes in their lives and provide person centred planning, inclusion and citizenship.

Key Community Supports Tel: 041 342 1890 Email: info@keycommunitysupports.org

Website: www.keycommunitysupports.org

They provide tailored support to people with learning disabilities.

Kindred Tel: 0131 536 0360 Helpline: 0131 536 0583 email: kindred.enquiries@gmail.com

Website: www.kindred-scotland.org

Provides advocacy and information on services available to children with additional support needs and their carers in Edinburgh, Lothians and Fife.

Quarriers Tel: 01505 612 224 / 616 000 Website: www.quarriers.org.uk

Offers support for families, disabled children and adults, from befriending services to residential childcare. This is a Scotland wide charity but check their website to see what services are provided in your area.

The Scottish Disability Equality Forum (SDEF) Tel: 01259 272 064 Website: www.sdef.org.uk

A membership organisation, open to all disability organisations and to individuals with any type of impairment. It is dedicated to furthering the social inclusion agenda, through the removal of barriers and the promotion of equal access for all people affected by disability.

Signpost Helpline: 01506 431 123 Email: enquiries@signpost-online.co.uk Website: www.signpost-online.co.uk

A voluntary organisation that provides Information and support for families of young people with disabilities or additional needs in West Lothian. It has information for professionals as well as parents and also organises activities for the families.

Update Helpline: 0131 669 1600 Email: info@update.org.uk Website: www.update.org.uk

A user-led organisation that provides services to information providers to offer accurate and reliable information, and individual disabled people in Scotland.

Disability organisations (specific conditions)

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

Bild Tel: 0121 415 6960 Email: enquiries@bild.org.uk Website: www.bild.org.uk

Work to improve the lives of people with learning disabilities and family carers and their aim is to help spread good practice. They offer training, events and conferences, books, journals and information for their members.

Carers Scotland Helpline: 0808 808 7777 Advice email: advice@carersuk.org

Website: www.carersuk.org/scotland

A charity set up to support people who care for an elderly relative, a sick friend or a disabled family member. They provide information and advice about caring and do campaign work to influence policy

Communication Forum Scotland Tel: 01382 250060 Website: www.communicationforumscotland.org.uk

An informal alliance of organisations representing people of all ages with varied communication support needs.

Epilepsy Scotland - Helpline: 0808 800 2200 Textphone: 07786 209501

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

Provides a range of information, support services and events for children and people with epilepsy and their families.

Inclusion Scotland Tel: 0141 221 7589 Email: info@inclusionscotland.org Website: www.inclusionscotland.org

A consortium of organisations of disabled people and disabled individuals that aim to reverse the current social exclusion experienced by disabled people through civil dialogue, partnerships, capacity building, education, persuasion, training and advocacy.

Pamis Tel: 01382 385 154 Email: pamis@dundee.ac.uk Website: www.pamis.org.uk

They offer support to people with profound learning disabilities and their carers. As well as support services they have a library with all sorts of relevant information and a transition service to prepare and plan for the future.

People First (Scotland) Tel: 0131 478 7707 Email: peoplefirst1@btconnect.com

Website: www.peoplefirstscotland.org

An independent self-advocacy and collective advocacy organisation of people with learning difficulties in Scotland. They support local groups, run conferences and workshops and do advocacy and campaigning work.

Scottish Consortium for Learning Disability Tel: 0141 559 5720 Email: administrator@sclld.co.uk

Website: www.sclld.org.uk

Works in partnership with people with learning disabilities of all ages and family carers to challenge discrimination and to develop and share good practice. SCLD provides lots of useful information and statistics about learning disabilities and autism in Scotland.

Sight Action Tel: 01463 233 663 Website: www.sightaction.org.uk

Assists blind and visually impaired people in the Scottish Highlands and Western Isles.

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

Abilitynet Tel: 0800 269 545 Email: enquiries@abilitynet.org.uk Website: www.abilitynet.org.uk

Provides assessments, equipment and training to help children with additional needs get the most out of education. Their site has factsheets, skillsheets and free downloadable software.

ARC Scotland Tel: 0131 663 4444 Email: muriel.mcleod@arcuk.org.uk Website: <http://arcuk.org.uk/scotland>

Support providers of services to people with a learning disability. They provide training, learning and support through 'short' courses, skills development programmes and design bespoke, tailor made training.

CHIP (Children in the Highlands Information Point) Tel: 01463 711189 Email info@chipplus.org.uk

Website: www.chipplus.org.uk

CHIP gives information, support and advice to the families and carers of children and young people who need additional support in or outside of school and to professionals who work with them. They also give out information packs and organise training events for families and professionals.

The Disabled Workers Co-operative Website: www.disabledworkers.org.uk

A charity that helps enable people with disabilities to take an active role in the economy and achieve a greater sense of self-worth and also to raise awareness of the contribution that they can make to society. Their website allows the employers to post their job vacancies for free.

Employability and Tackling Poverty Website: www.employabilityinscotland.com

A website which has been designed as a practical guide for anyone who is involved in employability or tackling poverty.

ENABLE Scotland Tel: 0300 000 101 Email: enabledirect@enable.org.uk Website: www.enable.org.uk

Supports people who have learning disabilities and their families to live, work and take part in their communities.

Enquire Helpline: 0845 123 2303 Tel: 0131 222 2425 Email: info@enquire.org.uk Website:

<http://enquire.org.uk>

A national advice service for additional educational needs in Scotland. It provides independent advice and information to families of children who need extra help at school, to children and young people themselves and to the professionals who work on their behalf.

Lead Scotland Tel: 0131 228 9441 Email: enquiries@lead.org.uk Website: www.lead.org.uk

A voluntary organisation set up to widen access to learning for disabled young people and adults and carers across Scotland.

Scottish Centre for Children with Motor Impairments Tel: 01236 456 100

Email: sccmi@craighalbert.org.uk Website: www.craighalbert.co.uk

Provide educational and therapy services for children and young people throughout Scotland affected by cerebral palsy and related conditions. Children access the Centre through a variety of methods, including self-referral (by parents), through the NHS or from Local Authority Education Departments.

Scottish Childcare Website: www.scottishchildcare.gov.uk

Provides free information on childcare pre-school education services throughout Scotland, childcare availability in your area including: nurseries, childminders, playgroups and out of school care; funded pre-school education places for three and four years olds and much more.

Scottish Council of Independent Schools (SCIS) Telephone: 0131 556 2316 Email: info@scis.org.uk

Website: www.scis.org.uk

Provides information, advice and guidance to parents and training or advice for teachers.

SQA Tel: 0345 279 1000 Email: customer@sqa.org.uk Website: www.sqa.org.uk

Provides information about the provision of additional support during assessment and examinations.

Holidays and Travel

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

Badaguish Tel: 01479 861 285 Email: info@badaguish.org Website: www.badaguish.org

Offers a series of holiday programmes and facilities accessible to all.

Disabled Access Holidays* Tel: 0800 622 6000 Email: info@disabledaccessholidays.com

Website: www.disabledaccessholidays.com

Arranges holidays for people with medical conditions and disabilities.

Isle of Lewis Access Forum Tel: 07092 892 604 Website: www.spanglefish.com/AccessLewis

A group of people with disabilities campaigning for access improvements. It includes information about the group and an access guide. Visitors and residents can also add views, comments, photos and ideas to the guestbook.

Scotland Holiday Cottage Email: enquiries@whichcottage.co.uk

Website: www.scotland-holiday-cottage.com/disabled-access.htm

Offers a selection of cottages suitable for people requiring disabled access throughout Scotland.

Shared Care Network Website: www.sharedcarenetwork.org.uk

Network of 400 respite schemes which will link a host carer to disabled child/adult for short periods to give families a break.

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.

Visit Scotland Tel: 0845 859 1006 Email: info@visitscotland.com Website: www.visitscotland.com
Scotland's national tourism organisation.

Vitalise Tel: 0303 303 0147 Email: bookings@vitalise.org.uk Website: www.vitalise.org.uk
A national charity providing essential breaks 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.adviceguide.org.uk/scotland.htm
Online guide to rights, benefits etc.

Disability Advice and Welfare Network - Email: help_@abilityonline.net Website: www.abilityonline.net
Gives disability information, news and views.

Disability Alliance - Website: www.disabilityalliance.org

Produces an annual Disability Rights Handbook which provides up to date information on changes in the benefits system, housing and more.

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.

Disability Rights UK – Tel: 020 7250 3222 (check their website for numbers of different advice lines)

Email: enquiries@disabilityrightsuk.org

Organisation led by disabled people that do campaign and policy work. They have free factsheets about benefits, independent living and work issues. They also have a range of helplines and provide training about welfare benefits and disability confidence.

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

Provides grants to help the families of children with severe physical disabilities.

Sport and Leisure

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

Artlink Central Tel: 01786 450 971 Email: info@artlinkcentral.org Website: <http://artlinkcentral.squarespace.com>

Promotes art and disabled artists in Scotland through different arts, music and drama programmes.

Birds of Paradise Tel: 0141 339 1155 Website: www.birdsofparadisetheatre.co.uk

A touring theatre company working with casts of disabled and non-disabled professional actors.

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.

Disability Football: Tel: 01423 867 748 Email: marksummers@btinternet.com Website: www.disabilityfootball.co.uk

This is a directory of disability football clubs in England, **Scotland** and Wales.

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

Has contacts with clubs throughout the UK.

Disability Snowsport UK Tel: 01479 861 272 Website: www.disabilitysnowsport.org.uk

Caters for people of any age or ability who wish to practice snow sports, including skiing and snowboarding.

East Kilbride Youth Disability Sports Club Tel: 01357 520 553 Email: info@ekydsc.org.uk

Website: www.ekydsc.org.uk

Provides disabled youth with the chance to take part in competitive and non-competitive sports.

Indepen-dance Tel: 0141 559 4930 Email: admin@indepn-dance.org.uk Website: <http://indepn-dance.org.uk>
Creates opportunities for people with diverse abilities to enjoy, express and fulfil their potential through dance.

Lung Ha's Theatre Company Tel: 0131 221 9568 Email: info@lunghas.co.uk Website: www.lunghas.co.uk
Provides opportunities for people with learning disabilities to become actively involved in the performing arts.

Muirfield Riding Therapy Tel: 01620 842 502 Email: muirfieldrda@aol.com Website: www.muirfieldrda.co.uk
A charity that provides riding sessions for people with all sorts of disability.

No Limits Sports Club Email: info@nolimitssportsclub.org.uk Website: <http://nolimitssportsclub.org.uk>
Based in West Lothian, the No Limits Sports Club offers disabled children and young adults the opportunity to try sports. To access their services you don't have to be resident in West Lothian.

Plus (Stirling) Tel: 01786 450086 Email: mail@plus-stirling.org.uk Website: www.plus-stirling.org.uk
Organises fun and exciting activities in the Stirling area to give young children and disabled children the support they need to have fun. This also allows parents and carers to have some time for them.

The Pony Club Tel: 024 7669 8300 Email: enquiries@pcuk.org Website: www.pcuk.org
The Pony Club is an international voluntary youth organisation for young people interested in ponies and riding. This organisation covers all regions in the UK including Northern Ireland, but not all branches provide for disabilities.

Project Ability Tel: 0141 552 2822 Email: info@project-ability.co.uk Website: www.project-ability.co.uk
A Glasgow-based visual arts organisation that creates opportunities for disabled people and people with mental health issues, aged 5 years to 80 plus, to express themselves and achieve artistic excellence.

Ravelrig Riding for the Disabled Tel: 0131 449 7994 Email: ravelrigrda@tiscali.co.uk
Website: www.rda-ravelrig.org.uk
Provides disabled people the opportunity to ride and enjoy all the activities connected with horse riding.

Riding for the Disabled Association (RDA) Tel: 0845 658 1082 Email: info@rda.org.uk
Website: www.rda.org.uk
This website provides a list of contact details by region with a list of links and telephone numbers to some of the county or local groups that provide horse riding opportunities for children, from simply stroking a horse to having proper riding lessons.

Scottish Disability Sport Tel: 0131 317 1130 Email: admin@scottishdisabilitysport.com
Website: www.scottishdisabilitysport.com
The Scottish governing and co-coordinating body of all sports for people of all ages and abilities with a physical, sensory or learning disability.

Scottish Special Needs Judo Group Email: info@scottishsnjudo.org Website: www.scottishsnjudo.org
Provides extra training and competition opportunities for judo players with additional needs (physical, sensory or learning disabilities). The group meets for monthly training sessions and travels to competitions together.

The Seagull Trust Tel: 01324 627 600 Website: www.seagulltrust.org.uk
Offers free social and fun canal cruising for disabled people in Scotland. Their site offers canal maps and details of events.

Sense Scotland Tel: 0141 429 0294 Email: info@sensescotland.org.uk Website: www.sensescotland.org.uk

A charity that provides assistance with as well as offering social activities to adults and children with deaf blindness, sensory impairment, learning and physical disabilities.

Sound Sense Email: info@soundsense.org Website: www.soundsense.org

Through their National Music and Disability Information Service they can help you find a suitable teacher or project for your child; they have regular e-bulletins for members, a small collection of materials on music and disability, including materials with one-handed tips and information.

Special Olympics Great Britain (SOGB) Tel: 020 7247 8891 Website: www.sogb.org.uk

A provider of sporting opportunities for people with a learning disability. Their five most popular sports are athletics, swimming, football, gymnastics and bowls, amongst a variety of other activities including winter sports. They have local branches throughout England, **Scotland** and Wales and accept people of any ability from age 8 upwards. For all enquiries about Special Olympics Scotland region please contact 01307 475367

Walking on Air Tel: 01592 840 543 Email: info@walkinonair.org.uk Website: www.walkingonair.org.uk

A club for wheelchair users and other disabilities to learn to fly a glider. Their website offers videos, membership details and price guides.

West Lothian Group RDA Tel: 0845 4506952 Website: www.westlothianrda.org

West Lothian RDA is a local horse riding group that teaches people of all ages with various disabilities how to ride and Carriage drive.

Youth Music Tel: 0207 902 1060 Email: network@youthmusic.org.uk Website: www.youthmusic.org.uk

Youth Music is a UK children's music charity providing funding for music projects and activities, and aiming to provide music-making activities to 0-18 year olds who might otherwise lack opportunity for whatever reason.

Therapies

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

Bobath Scotland Tel: 0141 352 5000 Email: info@bobathscotland.org.uk Website: www.bobathscotland.org.uk

Provides specialist therapy at Glasgow based Children's Cerebral Palsy Therapy Centre, supporting both child and family in a relaxed, non-clinical and fun environment. To access their services a letter of referral is required from your child's paediatrician.

British Association for Music Therapy Tel: 020 7837 6100 Email: info@bamt.org Website: www.bamt.org

Provides an information and advice service with co-ordinators who can put people in touch with music therapists locally.

British Psychological Society Tel: 0116 254 9568 Email: enquiries@bps.org.uk Website: www.bps.org.uk

Find a chartered psychologist.

NHS Scotland (CEN) Website: www.cen.scot.nhs.uk

The National Managed Clinical Network for Children with Exceptional Healthcare Needs (CEN) aims to strengthen specialist services for children with complex and exceptional healthcare needs in Scotland.

Royal College of Speech and Language Therapists Tel: 020 7378 1200 Email: info@rcslt.org

Website: www.rcslt.org/about/governments/scotland

Find out about benefits of speech and language therapy (SALT) and find a practitioner.

The Society of Chiropodists and Podiatrists Tel: 020 7234 8620 Email: enq@scpod.org

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.directscot.org 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. Their 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 both families where there is a child with hemiplegia and adults with the condition, www.hemihelp.org.uk/hemiplegia/publications

Helpline: 0845 123 2372 (Mon-Fri 10am-1pm) / Admin: 0845 120 3713

Email: support@hemihelp.org.uk / www.hemihelp.org.uk

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