

You may decide that joining NACC is not appropriate and one of the following organisations may be more suitable for you or could offer an additional source of help. All these organisations would appreciate an **SAE with your enquiry**.

Arthritis Care

18 Stephenson Way, London NW1 2HD

☎ 020 7380 6500 Fax: 020 7380 6505 Information Line: 0845 600 6868 (24 hour)

Helpline: 0808 800 4050 (freephone) Mon-Fri 10am-4pm

E-mail: info@arthritiscare.org.uk Website: www.arthritiscare.org.uk

Local groups; Home visiting scheme; Magazine; Leaflets & booklets; Holiday service; Information

Benefit Enquiry Line (disability benefits) at Department for Work and Pensions

2nd Floor, Red Rose House, Lancaster Road, Preston, Lancashire PR1 1HB

☎ 0800 882 200 (free) Mon-Fri 8.30-6.30 Sat 9.00-1.00

E-mail: BEL-Customer-Services@dpw.gsi.gov.uk

Website: www.direct.gov.uk/disability-money

For general advice or information about benefits for 'disabled' people.

Bladder and Bowel Foundation (B&BF)

(Formerly Incontact and Continence Foundation)

SATRA Innovation Park, Rockingham Road, Kettering, Northants NN16 9JH

☎ Nurse helpline: 0845 345 0165 Counsellor helpline: 0870 770 3246

General enquiries and to request a free 'Just Can't Wait Toilet Card': 01536 533255

Email: info@bladderandbowelfoundation.org

Website: www.bladderandbowelfoundation.org

Provides information and support for all types of bladder and bowel related problems.

British Association for Counselling and Psychotherapy

BACP House, 15 St John's Business Park, Lutterworth, Leicestershire LE17 4HB

☎ 01455 883300 Fax: 0870 443 5161 Helpline: 01455 83316

Email: bacp@bacp.co.uk Website: www.bacp.co.uk

British Liver Trust

2 Southampton Road, Ringwood, BH24 1HY

☎ Helpline: 0800 652 7330 General enquiries: 01425 481320 Fax: 01425 481335

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

Cancerbackup has merged with Macmillan Cancer Support

Coeliac UK

3rd Floor Apollo Centre, Desborough Road, High Wycombe, Bucks, HP11 2QW

☎ 01494 437 278 Fax: 01494 474 349

Helpline: 0870 444 8804 Mon-Fri 10am-4pm

Email: admin@coeliac.org.uk Website: www.coeliac.org.uk

Coeliac UK is a charity supporting people with gluten intolerance.

Colostomy Association (formerly - British Colostomy Association)

2 London Court, East Street, Reading, RG1 4QL

☎ 0118 939 1537 Fax: 0118 956 9095

Helpline - Freephone 0800 328 4257(24 hours every day)

Email: cass@colostomyassociation.org.uk Website: www.colostomyassociation.org.uk

Contact A Family

209 – 211 City Road, London, EC1V 1JN

☎ 020 7608 8700 Fax: 020 7608 8701

Helpline – Freephone 0808 808 3555 (10am – 4.00pm Mon-Fri / 5.30 – 7.30pm Mon)

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

CORE (formerly - Digestive Disorders Foundation) – Fighting Gut and Liver Disease

3, St Andrew's Place, London, NW1 4LB

☎ 020 7486 0341 (not a helpline) Fax: 0207 224 2012

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

Core - issue booklets and leaflets to help you understand the whole digestive system ie Diverticulitis, Gall stones etc. Please send SAE.

Crohn's in Childhood Research Association (CICRA)

Parkgate House, 356 West Barnes Lane, Motspur Park, Surrey KT3 6QJ

☎ 020 8949 6209 Fax: 020 8942 2044

Email: support@cicra.org Website: www.cicra.org

Diabetes UK

Macleod House, 10 Parkway, London NW1 7AA

☎ 020 7424 1000 Fax: 020 7424 1001

Careline: 0845 120 2960 or 020 7424 1000 - Mon-Fri 9am-5pm

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

Gut Trust, The (formerly IBS Network)

Unit 5, 53 Mowbray Street, Sheffield, S3 8EN

☎ Helpline: 0114 272 3253 Weekdays 6-9pm, Saturdays 10am-12 noon

Fax: 0114 201 1112

Email: info@theguttrust.org Website: www.theguttrust.org

The Gut Trust is an independent, self help organisation run by people with Irritable Bowel Syndrome. The helpline is staffed by qualified nurses who specialise in IBS.

IA (The Ileostomy and Internal Pouch Support Group)

Peverill House, 1-5 Mill Road, Ballyclare, Co Antrim, BT39 9DR

☎ 0800 018 4724 (freephone) or 028 9334 4043 (standard rate) Fax: 028 9332 4606

Website: www.iasupport.org Email: info@iasupport.org

Young IA Co-ordinator: Richard Shawyer – Email: richard.shawyer@iasupport.org

☎ 0800 018 4724

The **IA** gives advice to anyone who has an ostomy. They are also happy to visit people in their own homes to offer counselling.

Irritable Bowel Syndrome Network (now called The Gut Trust) – see above

Macmillan Cancer Support (Including Cancerbackup)

89 Albert Embankment, London, SE1 7UQ

☎ 0207 840 7840 Fax 0207 840 7841

Macmillan CancerLine: Freephone **0808 808 2020** Monday to Friday 9am - 9pm

Helpline: Freephone **0808 800 1234** (Mon–Fri 9am–8pm). Trained nurses will answer any questions or worries you may have about cancer. The helpline number is also free from these mobile phone networks: 3, O2, Orange, T-Mobile, Virgin, Vodaphone when calls are made from the UK.

Youthline for 12-21 years 0808 808 0800 (Mon-Fri 9am-8pm)

E-mail: cancerline@macmillan.org.uk Website: www.macmillan.org.uk

National Ankylosing Spondylitis Society

RCN 272258, Unit 0.2, One Victoria Villas, Richmond, Surrey TW9 2GW

☎ 020 8948 9117 Fax: 020 8940 7736

E-mail: admin@nass.co.uk Website: www.nass.co.uk

Ankylosing spondylitis is a rheumatic disease that affects the spine, and can also affect the joints of the limbs and tissues in other parts of the body. It occurs in up to 15% of patients with IBD.

National Osteoporosis Society

Camerton, Bath, BA2 0PJ

☎ Helpline: 0845 450 0230 Mon-Fri 9am-5pm – to speak to a nurse

General enquiries: 01761 471 771/0845 130 3076 Mon-Thurs 9am-4.30pm,
Fri 9am-4pm Fax: 01761 471 104

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

Local group support and advice.

Outsiders - Sex and Disability

Outsiders has taken over the SPOD (Sexual Problems of Disabled People) helpline and information leaflets.

4S Leroy House, 435 Essex Road, London N1 3QP

☎ 020 7354 8291

☎ Helpline: 0707 499 3527 Weekdays 11am-7pm

E-Mail: info@Outsiders.org.uk Website: www.outsiders.org.uk

Action on Pain

PO Box 134 Shipdham, Norfolk, IP25 7XA

☎ PainLine: 0845 603 1593 (lo-call rate) Mon-Fri 10am – 4pm or
Tel/Fax: 01362 820750

Email: aopisat@btinternet.com Website: www.action-on-pain.co.uk

Support service for patients and their relatives with chronic pain.

Pain Concern

PO Box 13256, Haddington, EH41 4YD

☎ Helpline: 01620 822 572 - Mon-Fri 9am-5pm, Fri eve 6.30-7.30pm
Fax: 01620 829 138

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

Information and support for pain sufferers, those who care for them and about them.

PromoCon

Redbank House, 4 St Chads Street, Cheetham, Manchester M8 8QA

☎ 0161 214 5959 Fax 0161 214 5961

Helpline: 0161 834 2001 Mon-Fri 10am-3pm

email: promocon@disabledliving.co.uk Website: www.promocon.co.uk

Information on continence products for children and adults.

RADAR

The Royal Association for Disability and Rehabilitation

National Key Scheme, 12 City Forum, 250 City Road, London EC1V 8AF

☎ 020 7250 3222 9am-5pm Mon-Fri Fax: 020 7250 0212

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

RADAR runs a National Key Scheme which allows people to access specially adapted toilets which are kept locked to avoid vandalism. RADAR can provide a key at a cost of £3.50 on declaration of disability. A guide to toilets is also available to buy.

The Steroid Aid Group

5 Wessex Court, Tennyson Road, Worthing, West Sussex BN11 4BP

Self help group for patients.

Other UK Organisations Edition 2

Updated 17 June 2009