

You may decide that joining Crohn's and Colitis UK 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 ☎ 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@dwpgsi.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 Fax: 01536 533240

☎ For general enquiries and to request a 'Just Can't Wait Toilet Card' (a small fee is payable): 01536 533255

☎ Confidential advice – 0800 011 4623

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: 01455 550243

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

British Liver Trust

2 Southampton Road, Ringwood, BH24 1HY

☎ Helpline: 0800 652 7330 Mon-Fri 9am to 5pm

☎ General enquiries: 01425 481320 Fax: 01425 481335

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

Cancerbackup has merged with Macmillan Cancer Support

Carers Direct

☎ Helpline 0808 802 0202 Mon-Fri 8am – 9pm, weekends 11am – 4pm

Website: www.nhs.uk/carersdirect

Coeliac UK

3rd Floor Apollo Centre, Desborough Road, High Wycombe, Bucks, HP11 2QW
☎ 01494 437 278 Fax: 01494 474 349
☎ Helpline: 0845 305 2060 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
☎ 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
Helpline – Freephone 0808 808 3555 (9.30am – 5.00pm Mon-Fri)
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/Freepost LON4268 London NW1 0YT
☎ 020 7486 0341 (not a helpline)
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 6NB
☎ 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 - 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
☎ 0114 272 3253 Weekdays 10am – 3pm general enquiries Fax: 0114 201 1112
☎ 0872 300 4537 Tues and Thurs 7.00pm – 9.00pm for medical enquiries
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
Email: info@iasupport.org Website: www.iasupport.org
Young IA Co-ordinator: Miss Sue Blackwell
☎ 0208 316 2946 – Email: youngia@iasupport.org

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 0000** Monday to Friday 9am - 9pm
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, Vodafone when calls are made from the UK.

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

National Ankylosing Spondylitis Society

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

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

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

E-Mail: info@Outsiders.org.uk; sexdis@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

1 Civic Square, Tranent EH33 1LH

☎ 01875 614537 Fax: 01875 614505

☎ Helpline: 0844 499 4676 - Mon-Fri 10am-4pm

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

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

PSC Support

☎/Fax: 020 8693 8789 or 020 8637 0592 Email: pscsupport@aol.com

Website: www.psc-support.demon.co.uk

Information and support for people with Primary Sclerosing Cholangitis

PromoCon

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

☎ 0161 214 4594 Fax 0161 214 3591

☎ 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, Sussex BN11 4BP

Self help group for patients. Send A5 stamped, addressed envelope for information.

Other UK Organisations

Updated February 2011

Please note: We try to update this list regularly, but cannot guarantee the accuracy of these contact details.