

SELF HELP

Voluntary organisations

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British Heart Foundation

This is a heart charity organisation with three vital objectives

1. **Investing in pioneering research**
2. **Supporting and caring for heart patients**
3. **Providing vital information to help people reduce their own risk of dying prematurely from a heart or circulatory related illness**

The website is packed full of information which includes living with heart disease, how to improve health of your heart, BHF multimedia which has excellent videos, photos and podcasts to download, online shop, news and how to get involved. Visit the website on www.bhf.org.uk or contact the heart helpline on 08450 708070.

Crossroads Association
10 Regent Place, Rugby,
Warwickshire CV21 2PN
Tel: (0)845 450 0350
www.crossroads.org.uk

CROSSROAD –CARER’S ASSOCIATION

One in eight (1 in 8) adults are carers, that's around six million people. 1.25 million people provide over 50 hours of care per week. The main carer's benefit is £46.96 for a minimum of 35 hours, equivalent to £1.34 per hour. People providing high levels of care are twice as likely to be permanently sick or disabled. 58% of carers are women and 42% are men. 80% of carers are of working age. These are some of the facts you can read about if you go onto this excellent website for carers. There are carers' stories, news and events, current projects, and much more on this easy to use website.

The aim of the organisation is to provide a reliable service, tailored to meet the individual needs of each carer and the person they are caring for. Every scheme provides practical support where and when it is most needed - usually in the home. A trained Carer Support Worker will take over from the carer to give them 'time to be themselves'. We talk to the carers about how often they would like us to visit, how long the visit should be and at what time they would like our support provided. They then have 'time' to use as they wish - to see friends, keep appointments, study, read or even just to sleep.

For local scheme & help contact: **Central/South Birmingham Crossroads – c/o Moseley Hall Hospital, Alcester Road, Moseley, Birmingham B13 8JL, Tel: 0121 449 1485**

Self help support group - Arthritis care 



Arthritis Care

Local group: Birmingham South West

Friends Meeting House, Walford Road, Cotteridge

Meet 1st Tuesday of each month at 7.30pm

Arthritis Care is a voluntary organisation working with and for all people with arthritis. It provides information and support on a range of issues related to living with arthritis. Arthritis Care campaigns locally and nationally to make sure people with arthritis have access to the treatments and services they deserve. Website has user friendly features such as information on different types of arthritis, advice on diet/exercise/benefits, how to get involved, contacts in your area, newsroom on current arthritis news, publications and a confidential helpline (above) is available to answer any specific questions you may have on all aspects of arthritis.

18 Stephenson Way

London

NW1 2HD Tel (Admin): 020 7380 6500

Tel (Freephone helpline, Monday - Friday 10am - 4pm): 0808 800 4050

Tel (Freephone helpline, The Source - for young people weekdays 10am - 4pm):
0808 808 2000

Web: www.arthritiscare.org.uk



Asthma UK is the charity dedicated to improving the health and well-being of the 5.2 million people in the UK whose lives are affected by asthma. The website is a great resource for all asthma sufferers young and old with many user-friendly features such as information on asthma, pictorial guide to using inhalers, the interactive “look inside your body” showing how the lung works,

ask the asthma nurse feature by telephone or email, becoming members, fund raising, childrens holidays & games arcade, special events and even jobs available within the organization!

Check click <http://www.asthma.org.uk/> and enjoy! Or write to Summit House,70

Wilson Street, London EC2A 2DB or telephone Tel: 020 7786 4900 Fax: 020 7256 6075

Email: info@asthma.org.uk



Self Help Group –Diabetes UK

If you suffer from diabetes this is a “must” organization to sign up to. Diabetes UK is a charity for people with diabetes. It is the largest organisation in the UK working for people with diabetes, funding research, campaigning and helping people live with the condition. Diabetes UK offers support and information to help you manage your disease and live a more balanced, healthy life. With its support, you can gain more confidence in managing your health, which can reduce the risk of complications such as blindness, kidney disease, strokes, and cardiovascular disease.

Diabetes UK Careline also offers support to friends, family, and carers. The Careline is staffed by trained counsellors who can provide a listening ear and the time to talk things through. Diabetics can join Diabetes UK . Reduced membership rate is offered where the person paying is in receipt of state benefit, pension, or a full-time education.

Various educational leaflets can be downloaded from website or ordered by telephone. if you are able to access the website you will find lots of interesting and useful features such as –your stories (by diabetic patients), food & recipes for diabetics, all you need to know about living with diabetes from coping with everyday life to treatments available, complications, sex and pregnancy & a great deal more at a click of the button. This is available free of charge!! So check it out!!

Diabetes UK can be contacted through website www.diabetes.org.uk or

Careline: **0845 120 2960**, Monday-Friday, 9am-5pm

By Phil Ward Senior Practice Nurse



The Stroke Association

is a national charity solely concerned with combating stroke in people of all ages. It funds research into prevention, treatment and better methods of

rehabilitation, and helps stroke patients and their families directly through its community services. These include dysphasia support, family support, information services and welfare grants. The Association also campaigns, educates and informs to increase knowledge of stroke at all levels of society, and acts as a voice for everyone affected by stroke. The Stroke Association's main focus is to prevent strokes and to give support to people who have had a stroke and their families through their information and community services. Their website below is easy to navigate & you will find all the information you need about stroke with leaflets/fact sheets & frequently asked questions. If you click the “in your area” icon you get to know more of the local activities in your area. Click www.stroke.org.uk or ring helpline on **0845 30 33 100** or ring information officer on 0121 443 1896

MOOR GREEN LANE MEDICAL CENTRE SELF HELP DIRECTORY



Royal National Institute for Deaf People

RNID is a charity representing 9 million deaf and hard of hearing people in the UK. They offer a range of services for deaf and hard of hearing people, and provide information and support on all aspects of deafness, hearing loss and tinnitus. As a membership charity, they aim to achieve a radically better quality of life for deaf and hard of hearing people. Their work involves campaigning and lobbying, providing services, training, produces and equipment, and undertaking medical and technical research. They work throughout the UK.

The RNID are operating a campaign allowing people to take an instant telephone hearing check. The whole check will take you less than 5 minutes. Call 0845 600 5555 take the test or visit their website for further. The website is very easy to navigate and has loads of information such as the media centre with up to date news concerning hearing and deafness. Information and resource section has fact sheets and leaflets on hearing aids, tinnitus, hearing loss, employment issues and much more. **Information Line (Freephone) Telephone 0808 808 0123**

[Find out more at www.rnidimpact.org.uk](http://www.rnidimpact.org.uk)

Self Help Group: Mind



Mind is the leading mental health charity in England and Wales. The charity works to create a better life for everyone with experience of mental distress by:

- advancing the views, needs and ambitions of people with mental health problems
- challenging discrimination and promoting inclusion
- influencing policy through campaigning and education
- inspiring the development of quality services which reflect expressed need and diversity
- achieving equal rights through campaigning and education.

The website is mine of information with useful factsheets and booklets ranging from advance directives to manic depression all laid out in alphabetical order. There is a very useful section on money and mental health on managing money and how to deal with financial difficulties Ecomind section helps people with mental illness to get involved in environmental projects that can improve their mental and physical health. The website is easy to navigate with hyperlinks to other websites and information.

You can access all this information by clicking www.mind.org.uk

If you do not have a computer, you can contact the local MIND office below:

or

Mind in Birmingham
17 Graham Street, Hockley
Birmingham
West Midlands B1 3JR

T: 012 1608 8001
F: 012 1608 8006

MOOR GREEN LANE MEDICAL CENTRE SELF HELP DIRECTORY



Cruse Bereavement care

Cruse Bereavement Care is a registered charity which:

- Offers free information and advice to anyone who has been affected by a death
- Provides support and counselling one-to-one and in groups
- Offers education, support, information and publications to anyone supporting bereaved people
- Increases public awareness of the needs of bereaved people through campaigning and information services

Excellent website has information on bereavement, coping with traumatic loss and crisis. Free leaflet on how to cope with death.

Contact: 0121 687 8011 3rd. floor, King Edward Building, Corporation Street, BIRMINGHAM B4 6SE

Website: www.crusebereavementcare.org.uk

Self Help Group



Alcohol Anonymous

The only requirement for membership is a desire to stop drinking. On their website the main portal has easily navigable sections for people who want more information and help with problem drinking, there is information for health professionals, members area, information on local website and meetings.

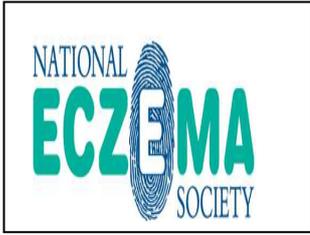
The Midlands website has all the addresses of local AA groups and where they can meet. The local helpline number is 0121 212 0111. PO Box 119, Birmingham B1 1AA. There is also an interesting online version of the book Alcohol Anonymous.

The starter pack gives useful practical tips for alcohol problems drinkers. Excellent self help group for anybody dealing with alcohol related problems.

<http://www.alcoholics-anonymous.org.uk/>

National helpline number 0845 769 7555 (call charged at local rates).

MOOR GREEN LANE MEDICAL CENTRE SELF HELP DIRECTORY



The National Eczema Society is a registered charity which provides a wide range of practical advice and information for people with eczema and their carers. The Society publishes a wide range of independently verified information for patients, carers and health care professionals. They also raise awareness of the needs of those with eczema with healthcare professionals, teachers and the government.

There is a useful **helpline** (below) as the first point of contact for anyone affected by eczema. They also produce a **quarterly magazine** *Exchange* which contains a wealth of useful articles and information for people of all ages.

The Society provides access to a network of **local support groups** across the UK & **information pack to schools**.

Tel (Helpline): 0800 0891122 Tel: 020 7281 3553

Fax: 020 7281 6395 Web: www.eczema.org

Helpline: 8am - 8pm, Monday - Friday check it out!!



Weight Watchers UK is a national organisation providing help to people to lose weight by means of Weight Watchers meetings and Weight Watchers online. They have over 40 years of experience in helping people lose weight. The **"Four Pillars"** of the Weight Watchers approach promotes healthy habits, a supportive environment, and exercise, in addition to making smarter food choices and their aim is not just to help you lose weight but to keep it off for the long haul. The website has useful information on food, exercise you can do and healthy recipes. The success stories section gives practical insight into how people have lost weight and the community section on the website tells you where your local meetings are being held when you enter your postcode. You can find what you should weigh and work out your health BMI (body mass index) on the website. There is a free newsletter and information on how to join weight watchers. For information on leaflets, the magazine, local meetings and the online programme visit the website or telephone them on: Tel (Meeting Enquiry Line): 08457 123 000

Tel (Customer Service): 0845 345 1500

Web: www.weightwatchers.co.uk

MOOR GREEN LANE MEDICAL CENTRE SELF HELP DIRECTORY



BPAS (British Pregnancy Advisory Service) was established in 1968 and is a registered non-profit organisation, with 36 consultation centres and 19 clinics and daycare units nationwide

BPAS services include the following:

- Pregnancy tests
- Contraceptive advice
- Emergency contraception
- Abortion
- Sterilisation
- Vasectomy
- After abortion support
- Vasectomy reversal
- Online testing and treatment for STIs

Website has confidential information for men, women and young people and pregnancy related topics. There are several local centres in Birmingham. For more information contact:

Action Line: (appointments) 08457 304030 (open 7 days a week)

Web: www.bpas.org



BLF (British Lung Foundation)

The British Lung Foundation support people affected by lung disease through the individual challenges

they will face. Support is the focus of many of their activities, including Breathe Easy, their nationwide support network. They help people understand their condition. They do this by providing comprehensive and clear information on paper, on the web and on the telephone. They work for positive change in lung health. They do this by campaigning, raising awareness and funding world-class research

Breathe Easy is the British Lung Foundation support network. They provide information, support and friendship to anyone affected by lung disease. The website has information on lung disease and how you lung works. Useful information on how you can get involved and activities within your area.

Helpline advice service: 08458 50 50 20

Address: 73 – 75 Goswell Road, London EC1V 7ER.

Web: www.lunguk.org find out more today!!



Relate is Britain's leading relationship support agency. High-quality counselling, relationship education and training is provided to support couple and family relationships throughout life. Relate is a national registered charity with over 70 years experience in helping people with their relationships. These centres are independent locally funded charities delivering services which meet national quality standards. Relate's services include the following:

- Education & Learning
- Help with problems in your sex life
- Help with your relationship
- Improve your family life
- Older people who need support
- Services for divorcing/separating
- Support for LGBT Relationships
- Young people who need to talk

Relate does not offer legal, financial or medical advice. Website features case studies, answers to common problems, news and links for further help.

Web: www.relate.org.uk

111 Bishopsgate Street, Birmingham, B15 1ET
Birmingham B15 1ET. **Tel: 643 1638**



Allergy UK is a national medical charity established to increase understanding and awareness of allergy, to help people manage their allergies, to raise funds for allergy research and to provide training in allergy for health care professionals including doctors, nurses, dietitians and pharmacists. Allergy UK publishes a list of fact sheets and booklets (over 50) covering all the common allergies. These are written and approved by leading allergy specialists ranging from anaphylaxis, various food allergy to allergy testing and treatment. The website is excellent and features allergy videos, latest news, allergy alerts, a online forum where you can post questions and chat to others with allergy problems and a dedicated telephone helpline below: **Tel:01322 619898 Check out their website:**

<http://www.allergyuk.org/default.aspx>



Self help group: Benefits Enquiry Helpline

The Benefit Enquiry Line (BEL) is a benefits helpline for people with disabilities, carers and representatives. BEL is part of the Department for Work and Pensions. They offer confidential advice and information on benefits and how to claim them. In addition to giving advice, they are also able to send out an extensive range of leaflets and claim packs to customers. As a national service, they serve the whole of England, Scotland and Wales.

The advisers have no access to customer's personal records and are able to provide general advice only. The advisers are trained in Social Security benefits; the most common benefits they provide advice on are those relating to sickness and disability i.e. Disability Living Allowance, Incapacity Benefit, Statutory Sick Pay, and Income Support. BEL also provides help to complete certain disability-related claim packs over the telephone. 2nd Floor, Red Rose House

Lancaster Road
Preston PR1 1HB

Helpline (voice): 0800 882200

Helpline (text): 0800 243355

Telephone: 8.30am - 6.30pm, Monday - Friday; 9am - 1pm, Saturday

Web: www.direct.gov.uk/en/DI1/Directories/DG_10011165

Women's Health concern



Women's Health Concern is the UK's leading charity providing help and

advice to women on a wide variety

of gynaecological, urological and sexual health conditions. Women's Health Concern **e-mail counselling service** provides unbiased information to women to help them understand more about their problems, allowing them to feel confident about discussing the diagnosis process and treatment options with their doctor. They also provide **a variety of factsheets** covering many problems such as breast cancer, cervical screening, heavy periods, infertility etc. The website is packed with useful information such as **frequently asked questions** covering topics such as fibroids/HRT etc and **useful weblinks** to other websites containing information on women's health issues such as British pregnancy advisory service and Hysterectomy association. **The "focus on" section** under health information provides in depth discussion on various women's health issues. For **the latest news and events**, you can get involved, in ring Tel: 01628 478 473 or click

Web: www.womens-health-concern.org



The IBS Network (formerly known as The Gut Trust) is a self-help organisation for people with irritable bowel syndrome (IBS) offering information, support and advice. The mission of The IBS Network is to inform, support and educate those with IBS and their families and carers; to improve the quality of life of those with IBS and to raise public awareness of IBS and the issues surrounding this condition. The website has details of various resources such as their helpline, medical advice, factsheets and self-help tips, quarterly magazine called gut reaction which contains many interesting and informative articles relating to Irritable Bowel Syndrome. Members also receive a *Can't Wait* membership card, have the opportunity to participate in research, join a media list and reviewing scheme. More *Tel (Helpline): 0872 300 4537.
Web: www.theibsnetwork.org

Self help



Home-Start is a charity with over 345 local schemes supporting families all over the UK. Their volunteers offer regular support, friendship and practical help to any family with a child under five who are experiencing difficulties.

Home-Start supports families experiencing all sorts of difficulties including:

- Develop and improve parenting skills
- Increase access to health, education and community services
- First time parenthood or new babies.
- Loneliness and isolation.
- Relationship problems/ Lone parenting.
- Coping with several pre-school children.
- Ill health, disability or special needs.
- Postnatal illness.
- Children's behavioural problems

Website has a lot of information including local schemes e.g in Northfield, useful weblinks for families, news and leaflets

Tel: 0116 258 7900 (admin) Tel: 0800 068 63 68 (National Freephone Information Line)

Fax: 0116 258 7901

Web: www.home-start.org.uk



Self help organisation

Click on: <http://www.fitfortravel.scot.nhs.uk/home.aspx>

Travel health information for people travelling abroad from the UK

'fitfortravel' is a public access website provided by the NHS (Scotland). It gives travel health information for people travelling abroad from the UK. The website is well laid out with a home page, A-Z index, and advice and destination section. The advice section provides an extensive range of additional advice to help travellers plan their journey and look after their health such as accident prevention, insect bite avoidance, acute mountain sickness, backpacking and many more. Clicking on the destination tab takes you to the world map and you can click the country that you are travelling to & access up to date information on vaccinations, malaria, and news about the country. Links to other websites are also provided in the resource section. Check it out!*****



Click on: <http://www.gingerbread.org.uk/>

Gingerbread is a leading national charity working to help the UK's 1.9 million lone parents and their children. They believe in a fairer society for all families, in which people bringing up children on their own are recognised for their positive contributions and where they and their families can thrive and enjoy equal opportunities financially and socially.

Gingerbread has headquarters in London and a network of regional offices in Wales, Manchester, the North West and the South East. They have a number of resources online, including numerous factsheets on how to deal with your finances. In addition, the website provides online advice sessions and you can also sign up for newsletters from the organisation. If you want to contact Gingerbread, they have a freephone helpline and can be contacted on 0808 802 0925. If you are part of a single parent family and would like further advice and support, be sure to check this website out.



The **British Liver Trust** is a national organisation devoted to the prevention, treatment and cure of all liver diseases.

Its aims are as follows:

- To publish up-to-date information for patients and services.
- To increase funding for the promotion of healthier life styles to help prevent liver disease, particularly relating to alcohol, obesity and hepatitis infection
 - To support individuals with liver disease and those who care for them within the Charity's resources.
- To raise the profile of liver disease by addressing the lack of public knowledge, challenging preconceived ideas and reducing confusion
 - To encourage and fund liver disease research within the Charity's resources.

The British Liver Trust has an extensive range of publications on individual liver conditions. The website is loaded with lots of information including a regular news bulletin; you can download numerous patient guides on liver diseases from hepatitis to liver transplants. There is information on how to get you can get involved in local activities, a 24 hour helpline and a section on frequency asked questions which is very useful. Log onto: Web: www.britishlivertrust.org.uk

Tel: 01425 481320; (Helpline): 0800 652 7330



The **British Kidney Patient association** is a UK registered charity, working to improve the quality of life for adults and children with chronic kidney disease.

- They provide information and advice.
- They give grants to help patients and families cover the costs of domestic bills, hospital travel, education and holidays.
- They provide financial support to kidney units throughout the UK working to improve kidney services and patient care.

The website has loads of information including facts sheets on kidneys diseases and treatment such as dialysis. There is a section on grant info for financial aid/travel costs, holidays etc. Don't miss out on the personal stories blog section and all the current news and events. The review magazine and you can speak to a renal counsellor or support worker on a new support helpline : **Tel: 01420 541424**

3 The Windmills

St Mary's Close, Turk Street

Alton, GU34 1EF

Web: www.britishkidney-pa.co.uk

MOOR GREEN LANE MEDICAL CENTRE SELF HELP DIRECTORY



The **Anorexia and Bulimia Care** is a UK registered charity, and has 23 years of experience as a UK national eating disorder organisation.

- They provide personal support and advise to individuals suffering from eating disorder like anorexia, bulimia, binge eating.
- They likewise support not just the sufferers, but also their friends and families towards full recovery.
- The organisation is run by a network of staff, many of whom are recovered sufferers or their carers.
- They run conferences and campaigns regarding eating disorders and related topics.
- They offer several ways of helping sufferers and their families.

Website has a lot of useful information such as patient stories, publications, support for friends and family, member befriender scheme and other resources.

Contact: Providence House, The Borough, Wedmore, Somerset, BS28 4EG. **Tel: 03000 11 12 13**

Parent Helpline: Option 1 Sufferer Helpline: Option 2

Self-Harm Helpline: Option 3

Sleep Apnoea Trust



Tel: 01628 478 473

The Sleep Apnoea Trust is Britain's largest patient support group for people with sleep apnoea. The Sleep Apnoea Trust exists to improve the lives for people with sleep apnoea, their partners and their families. A quarterly newsletter "Sleep Matters" is free to members. There is also an annual conference at which members and their guests see the latest equipment, listen to talks by medical experts and exchange views with other people with sleep apnoea. They produce free leaflets including:

- Snoring the facts.
- Hospital admission and sleep apnoea.
- Weight loss and sleep apnoea - the facts.
- Driving and OSA. There is a nationwide list of NHS sleep clinics, a support helpline and you can obtain medical alert cards. For **the latest news and events**, how you can get involved, ring number or click www.sleep-apnoea-trust.org



The British Thyroid Foundation (BTF) is a registered charity, launched in 1992. The principle aims of the BTF are to provide the sufferer and the medical profession with information, to establish regional support groups, and to raise funds for research. BTF members receive the following:

- 3 newsletters per year which include: articles by medical professionals on various aspects of thyroid disease, case histories, information on local group activities, letters and comments from members.
- A selection of information pamphlets.
- Details about thyroid books.
- Access to a medical advisory service. The website has leaflets, quick guides, fact sheets, patient stories, newsletters, & how to get involved.

Address: 2nd Floor, 3 Devonshire Place, Harrogate HG1 4AA Tel: 01423 709707/709448

Web: www.btf-thyroid.org

MOOR GREEN LANE MEDICAL CENTRE SELF HELP DIRECTORY



This is a national registered charity for those affected by anxiety disorders. They are a user-led organisation, run by sufferers and ex-sufferers of anxiety disorders, supported by a high-profile medical advisory panel. Anxiety UK works to relieve and support those living with anxiety disorders by providing information, support and understanding via an extensive range of services, including 1:1 therapy. They work regularly with external agencies and healthcare professionals to improve services for those living with anxiety disorders. They also campaign to raise awareness of anxiety disorders.

The **website** has information on anxiety, video clips, symptom checker and downloadable information leaflets everything from phobias, OCD, post traumatic stress etc There is even a Smartphone app to help you with relaxation technique see get help section. Check it out!

Contact: Zion Community Resource Centre, 339 Stretford Road, Hulme, Manchester M15 4ZY
Tel: 08444 775 774 (open Monday to Friday 9.30- 5.30)

Admin/office line: 0161 226 7727

www.anxietyuk.org.uk



An organisation that believes that everyone has the right to work and supports disabled and disadvantaged people towards employment through either [Work Choice](#) or the [Work Programme](#) in the following areas: Help in preparing for work, Help with employment and managing a disability

Shaw Trust provides help for employers to manage and support disabled and disadvantaged employees with: Recruitment of pre-screened, job ready candidates

They help employers to become disability confident and a website accessibility accreditation service.

Who to contact? Contact your Disability Employment Adviser (DEA) at your local Job centre Plus or call Work Choice Direct for advice on **0300 3033111**. The website has information for the individual and employers www.shaw-trust.org.uk



The National Autistic Society exists to champion the rights and interests of all people with autism and to ensure that they and their families receive quality services appropriate to their needs. The aims of the Society are:

- To offer families and carers information, advice and support.
- To improve awareness amongst key decision-makers, professionals and the general public.
- To provide training and promote research into autism.
- To develop a range of educational and support services for people with autism. The website is packed with useful information with a complete A_Z on resources, discussion forums, news & events, network autism, welfare and benefits advice etc.

Address: 393 City Road, London, EC1V 1NG Tel: (Helpline) **0808 8000 4104** Web:

www.autism.org.uk



Alopecia UK is a registered charity providing information, support and advice for people with experience of alopecia areata, alopecia totalis and alopecia universalis. It also works to raise public awareness and understanding throughout the UK and supports and funds research. Alopecia is a general term used for hair loss; this can be a small bald patch on the head or the loss of all the hair over the entire body. The website provide useful information on alopecia which you can download, FAQ on the subject, information on support groups, discussion forum, information on treatment & wigs and how you can join a fundraising event, make a donation, volunteer with them or become a member to receive some benefits. There is a section on ask the expert and you can email

Online or Log onto: www alopecia.org.uk or address: 39 Wykeham Drive, Basingstoke, RG23 8HW.



Bladder & Bowel foundation is a registered charity providing information, support and advice for people with continence needs as a result of both bladder and bowel control problems. There is a free confidential helpline, a separate section for bowel and bladder problems, FAQ section, fact sheets, newsletter, patient stories, information on specialist services, toilet cards and position. Pathway to Success is a free step-by-step booklet that's been created to help men and women who are concerned that they may have a bladder problem. Helpline: 0845 345 0165. General enquiries: 01536 533255.

Email: info@bladderandbowelfoundation.org

web: <http://www.bladderandbowelfoundation.org/>



www.thrombosisuk.org

Lifeblood: the Thrombosis Charity has changed its name to **Thrombosis UK**, and it is a registered charity providing information, support and advice for regarding blood clots. Their main aims are to increase awareness and education, improve prevention of hospital acquired clots, and give support to patients who have suffered with PE or DVT. They provide newsletters, information on clots, advice and are piloting a 'buddy system' for the public.

More information can be found on the website: <http://www.thrombosis-charity.org.uk/index.php> Alternatively, you can contact the project manager on 0300 772

9604 for information about patient support/stories, volunteering, patient & educational days

MOOR GREEN LANE MEDICAL CENTRE SELF HELP DIRECTORY



Crohn's and Colitis UK was founded in 1979, the charity has been providing information and support, funding research and fighting for change by bringing together people of all ages who have been diagnosed with IBD, their families and friends, and the professionals involved in their care. The website has a lot of useful information on IBD and sharing the experience of those with IBD. There is a section on how you can get involved with your local group. There is an e-newsletter to keep you up to date and many more features. For more information go on their website: <http://www.crohnsandcolitis.org.uk/> where there are contact details for info & services, ask a question, advice of disability and much more. Alternatively, you can contact them on general enquiries - 01727 830 038.