

18. PHYSICAL DISABILITIES, ILLNESSES AND CONDITIONS

In this section you will find details of organisations that we are asked for most often, but many more exist covering an enormous range of conditions, illnesses and disabilities - please contact ICIS on 0800 859929 or CSS, Worthing & District on 01903 536378 for details.

ADUR STROKE CLUB

Meet on Fridays 2-4pm at Marsh House, Park Lane, Southwick. Offers companionship, social activities and rehabilitation for members. *Area(s) covered: Adur only.*

BRITTLE BONE SOCIETY

www.brittlebone.org

This is a UK wide charity which gives support and advice to people who have osteogenesis imperfecta (brittle bones), and their relatives.

CANCER BACKUP

www.cancerbackup.org.uk

www.click4tic.org.uk

Cancerbackup merged with Macmillan Cancer Support in April 2008. An information service with an extensive range of factsheets and booklets, staffed by specialist cancer nurses, for people affected by cancer and their families and friends. Also provides emotional support.

CANCER JOURNEY

www.cancerjourney.org.uk

A service that signposts cancer patients and their families to the best possible course of information to help manage their disease. They have a database containing hundreds of organisations offering support and advice on all aspects of living with cancer.

CARING WITH CONFIDENCE

Free course being operated locally by the Alzheimer's Society, for carers of people with dementia to help build on their own strengths, share experiences and gain useful information, ideas and tips about looking after someone with dementia to help them decide how to make positive changes to their caring role.

DIABETES UK (BRITISH DIABETIC ASSOCIATION) LOCAL GROUPS

www.diabetes.org.uk

Charity for people with diabetes, their family, friends and carers. It produces a wide range of magazines, books and leaflets covering all aspects of diabetes.

DIFFERENT STROKES

www.differentstrokes.co.uk

Different Strokes is a national charity formed for stroke survivors, which now has branches in many parts of the country. The West Sussex Different Strokes group runs weekly exercise and social meetings, held from 2pm—3.30pm on Thursdays at Chanctonbury Sports and Leisure Centre, Storrington. The exercise session is taken by an experienced exercise professional.

FIBROMYALGIA SUPPORT GROUP

www.fms-sas.co.uk

Aims to support, advise and encourage those who have fibromyalgia through meetings and social gatherings. People with Myalgic Encephalomyelitis (ME) and Chronic Fatigue Syndrome are also welcome. Meets at Methold House in Worthing on the 4th Tuesday of the month from 7 pm – 9 pm.

HEADWAY

www.headway-in-west-sussex.org.uk

Aims to provide information, support and advocacy for people with brain injuries, their families and carers, including self help groups and day centres. Support group meets at The Rowans, Steepleview, Tarring, Worthing between 6-8pm on 2nd Wednesday of each month and on 1st Thursday of the month, 6-8pm The Orchard, 1-2 Gleneagles Court, Brighton Road, Crawley.

HUNTINGTONS DISEASE ASSOCIATION

www.hda.org.uk

National charity which promotes research, provides information, support and advice, including financial support when appropriate. Local group covers East and West Sussex, and provides support, information and care for sufferers, carers and "those at risk". Monthly meetings are held at Cliffe Church Hall in Lewes.

MOTOR NEURONE DISEASE ASSOCIATION (MND)

www.mndassociation.org

Provides information, advice and support for people with MND and their carers. Local meetings are held regularly, contact either of the above numbers for details.

MS SOCIETY

www.mssociety.org.uk

The MS Society funds MS research, runs respite care centres, provides grants, education and training on MS. It produces numerous publications on MS and runs a freephone specialist helpline. Local group offers advice, support and regular meetings.

The Sussex Multiple Sclerosis Treatment Centre offers support and complementary therapies for people with Multiple Sclerosis, including High Dosage Oxygen Treatment, or just tea and a chat. www.mssussex.com

PARKINSONS DISEASE SOCIETY

www.parkinsons.org.uk

Nationwide charity dedicated to supporting all people with Parkinson's, their families, friends and carers. Local support group provides social contact and information for people with Parkinson's Disease and their carers, and meets on the fourth Saturday of each month from 10.30am.

SASBAH – SUSSEX ASSOCIATION FOR SPINA BIFIDA & HYDROCEPHALUS

www.sasbah.org

Provides support for people with spina bifida and/or hydrocephalus in East and West Sussex, including advice, support and friendship, and possible welfare grants.

SPINAL INJURIES ASSOCIATION

www.spinal.co.uk

National organisation of spinal cord injured people, supporting all those who are affected by spinal cord injury, including the family and friends of the disabled person. Offers help, advice and factsheets.

This information is extracted from the Worthing & District Carers Information Pack 2009, and is provided for information without liability or recommendation. Please contact us on 01903 536378 for a full printed copy.

STROKE ASSOCIATION

www.stroke.org.uk

Information and advice for people who have had a stroke, their families, friends and carers.

WORTHING AND DISTRICT SCOPE

www.worthingscope.org.uk

A local charity that offers support and services to adults and children in West Sussex with cerebral palsy and similar disabilities, their families, carers and friends. Includes a day centre for adults, community services, family support group and housing projects.