

## 22 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 528600 for details.

### **ADUR STROKE CLUB**

**01273 453760**

Meet on Fridays 2-4pm at Marsh House, Park Lane, Southwick. Offers companionship, social activities and rehabilitation for members.

### **BRITTLE BONE SOCIETY**

**01903 771193**

**National 0800 028 2459**

[www.brittlebone.org](http://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 (BRITISH ASSOCIATION OF CANCER UNITED PATIENTS)**

**0808 800 1234**

[www.cancerbackup.org.uk](http://www.cancerbackup.org.uk)

[www.click4tic.org.uk](http://www.click4tic.org.uk)

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.

### **DIABETES UK (BRITISH DIABETIC ASSOCIATION) LOCAL GROUPS**

**careline 0845 120 2960**

**(Steyning) 01903 812495**

**(Worthing) 01903 244628**

[www.diabetes.org.uk](http://www.diabetes.org.uk)

Diabetes UK is a charity helping people with diabetes and supporting diabetes research. Local groups across UK. Practical help, leaflets, travel and other insurance, children's holidays and weekends for families with children who have diabetes. Free Bi-monthly magazine "Balance" (available on tape). Steyning group meets on the fourth Monday of the month (unless it's a Bank Holiday when it's the third Monday) at the Steyning Centre. Worthing group meets 1<sup>st</sup> Monday (except Jan, Jul, Aug.) at Postgraduate Centre, Worthing Hospital. Diabetes Specialist Nurse 01903 285044.

### **DIFFERENT STROKES**

**01903 744540**

[www.differentstrokes.co.uk](http://www.differentstrokes.co.uk)

Different Strokes is a national charity formed by a group of young 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****01403 255450**[www.fibromyalgia-south.com](http://www.fibromyalgia-south.com)

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 6.30 pm onwards.

**HEADWAY****01903 693471/ 0808 800 2244**[www.headway-in-west-sussex.org.uk](http://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 Salvation Army Hall, Booth Way, Horsham 4 – 6 pm 4<sup>th</sup> Tuesday of each month.

**HUNTINGTONS DISEASE ASSOCIATION****01903 773370****020 7022 1950**[www.hda.org.uk](http://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)****West Sussex South 01903 514155****West Sussex North 01444 453781****National 08457 626262**[www.mndassociation.org](http://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.

**MULTIPLE SCLEROSIS****01903 527074****0808 800 8000**[www.mssociety.org.uk](http://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.

**MS Centre, Sussex** offers support and complementary therapies for people with Multiple Sclerosis, including High Dosage Oxygen Treatment, or just tea and a chat. The Centre relies on donations. Phone 01273 594484. Website: [www.mssussex.com](http://www.mssussex.com)

**PARKINSONS DISEASE SOCIETY****01903 691937****0808 800 0303**[www.parkinsons.org.uk](http://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 last Saturday of each month from 10.30am - 3pm. Local Fieldworker 01273 452278

**SASBAH – SUSSEX ASSOCIATION FOR  
SPINA BIFIDA & HYDROCEPHALUS**

**01903 507000**

[www.sasbah.co.uk](http://www.sasbah.co.uk)

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**

**0800 980 0501**

[www.spinal.co.uk](http://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.

**STROKE ASSOCIATION**

**0845 303 3100**

[www.stroke.org.uk](http://www.stroke.org.uk)

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

**STROKE ASSOCIATION FAMILY & CARER SUPPORT  
SERVICE**

**01903 846557**

The service provides information, advice and emotional support to people after stroke and their families.

**WORTHING AND DISTRICT  
SCOPE**

**01903 522366**

**Day Services and housing project 01903522399**

**Fieldworker (all other activities) 01903 821437**

[www.worthingscope.org.uk](http://www.worthingscope.org.uk)

A local charity that offers support and services to adults and children with cerebral palsy and carers. This includes a day service for adults, housing project, swimming group for very young children, wheelchair basketball club and support groups.