



**KEEP  
CALM**

**AND**

**Love the way  
i am**

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## **Love the way I am Support Organisations**

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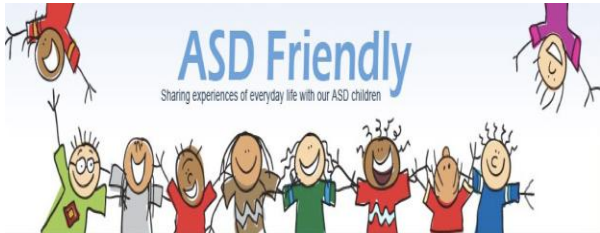
Contact information for various organisations and charities offering support and information

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**IMPORTANT:** This document is by no means complete and we are counting on everyone to make recommendations for additional organisations to add which you think will be of help to other members. Likewise, please don't hesitate to flag up if you come across any links which no longer work, or out-of-date information.

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## Love the way I am – contact information for various organisations

Charity / Organisation Description	Description (taken from their website)	Website
 <p>The National Autistic Society</p>	<p>We are the UK's largest provider of specialist autism services. Our trained staff and volunteers provide a lifeline for 100,000 people affected by autism every year. Find services for:</p> <ul style="list-style-type: none"> <li>• <a href="#"><u>people with autism</u></a></li> <li>• <a href="#"><u>parents and carers</u></a></li> <li>• <a href="#"><u>professionals.</u></a></li> </ul>	<p><a href="http://www.autism.org.uk/"><u>http://www.autism.org.uk/</u></a></p>
 <p>talk about Autism</p>	<p>Talk about Autism is an online discussion forum and community for parents, carers and family members of children with autism, people on the spectrum, and professionals. It's a safe and friendly place to share your story, get support and discuss how autism impacts on your life.</p>	<p><a href="http://www.talkaboutautism.org.uk/"><u>http://www.talkaboutautism.org.uk/</u></a></p>
 <p>ASD Friendly Sharing experiences of everyday life with our ASD children</p>	<p><b>ASD Friendly</b> is a close-knit community of parents and carers of people with Autism and Asperger's Syndrome. Established in April 2003, ASD Friendly brings us together to share tips, vent frustrations and generally have a laugh about things that other people would never understand. We know that caring for a disabled child is difficult and rewarding; it's good to know that we don't need to do it all alone.</p> <p>Wondering where to start? Drop in and say hello on our <a href="#"><u>friendly forums</u></a> - the best part of the site is being able to make firm friends with people who really do know what it's like. Before you know it, you'll be gossiping in the chatroom and meeting up in real life!</p> <p>ASD Friendly is run by parents for parents. No-one knows what you are going through like we do.</p>	<p><a href="http://asdfriendly.org/"><u>http://asdfriendly.org/</u></a></p>


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Charity / Organisation Description	Description (taken from their website)	Website
	<p>We are the leading national epilepsy medical charity working for everyone affected by epilepsy, through our cutting edge research, awareness campaigns and expert care</p> <p>Newsletter – keep up to date with news from Epilepsy Society through our twice yearly supporter newsletter Response. See how the money you raise for us is used to help people affected by epilepsy. Read about our latest research projects, information, fundraising ventures and volunteering and find out how you can become more involved.  <a href="http://www.epilepsysociety.org.uk/WhatWeDo/Responsesupporternewsletter">http://www.epilepsysociety.org.uk/WhatWeDo/Responsesupporternewsletter</a></p> <p>Members Forum <a href="http://www.epilepsysociety.org.uk/Forum/">http://www.epilepsysociety.org.uk/Forum/</a></p>	<p><a href="http://www.epilepsysociety.org.uk/">http://www.epilepsysociety.org.uk/</a></p> <p><b>Contact Epilepsy Society</b></p> <p><b>UK epilepsy helpline</b></p> <p>Tel: 01494 601 400 (10am-4pm, Monday to Friday)</p> <p>General enquiries: 01494 601 300 Fax: 01494 871927</p>
	<p>Epilepsy Action is the largest member-led epilepsy organisation in Britain, acting as the voice for the UK's estimated 600,000 people with epilepsy, as well as their friends, families, carers, health professionals and the many other people on whose lives the condition has an impact.</p> <p>As well as campaigning to improve epilepsy services and raise awareness of the condition, we offer assistance to people in a number of ways including a national network of branches, accredited volunteers, regular regional conferences and freephone and email helplines.</p>	<p><a href="http://www.epilepsy.org.uk/">http://www.epilepsy.org.uk/</a></p> <p>Helpline : 0808 800 5050 Opening hours: 9am to 4.30pm Monday to Thursday and 9am to 4 pm on Fridays (all UK times)</p> <p><a href="mailto:helpline@epilepsy.org.uk">helpline@epilepsy.org.uk</a></p>
 <p><b>Nead Trust</b></p>	<p>We are the only registered charity supporting people who suffer from Non Epileptic Attack Disorder their families and carers.</p> <p>We provide up to date information on all aspects of Non Epileptic Attack Disorder. All our information is written or verified by medical professionals who have specialist knowledge in the field of Non Epileptic Seizures.</p> <p><i>NEAD Trust is here to help all those affected by Non Epileptic Seizures</i></p>	<p><a href="http://www.neadtrust.co.uk/">http://www.neadtrust.co.uk/</a></p> <p><a href="http://www.neadtrust.co.uk/forum.html">http://www.neadtrust.co.uk/forum.html</a></p> <p><a href="http://www.neadtrust.co.uk/childservices.html">http://www.neadtrust.co.uk/childservices.html</a></p>



## Love the way I am – contact information for various organisations

Charity / Organisation Description	Description (taken from their website)	Website
 <p>About cerebral palsy. For disabled people achieving equality.</p>	<p>Scope works with disabled people, of all ages, and their families, across England and <u>Wales</u>.</p> <p>We offer <u>practical, everyday support</u> and deliver <u>campaigns</u> that can change lives.</p> <p><u>Our vision</u> is a world where disabled people have the same opportunities as everyone else. Together we can create a better society.</p>	<p><a href="http://www.scope.org.uk/">http://www.scope.org.uk/</a></p> <p>Tel: 0808 800 3333 – 9am-5pm Monday to Friday</p> <p><a href="mailto:response@scope.org.uk">response@scope.org.uk</a></p>
	<p>Bobath therapy is effective for children with all type of cerebral palsy and other allied neurological conditions, regardless of their associated problems or age. Early diagnosis and treatment is crucial to the management of these children. Each child's problems are individually assessed by our inter-disciplinary team of physiotherapists, occupational therapists and speech and language therapists. Then, as each child's needs change, we regularly reassess the treatment.</p>	<p><a href="http://www.bobath.org.uk/">http://www.bobath.org.uk/</a></p> <p><a href="mailto:enquiries@bobath.org.uk">enquiries@bobath.org.uk</a></p> <p>Tel: 020 8444 3355</p> <p>Frequently asked questions: <a href="http://www.bobath.org.uk/child-faq.php">http://www.bobath.org.uk/child-faq.php</a></p>



## Love the way I am – contact information for various organisations

Charity / Organisation Description	Description (taken from their website)	Website
	<p><b>Direct work with disabled children</b> This includes home learning (Portage) services for very young disabled children, specialist nurseries and crèches, integrated support within Children's Centres, short breaks for disabled children, both community based and residential, playgrounds and play schemes.</p> <p><b>Direct work with disabled young people</b> This includes specialist youth groups (including drama groups), short breaks for disabled young people, both community based and residential, transition support and our national Youth Inclusion Network.</p> <p><b>Support for parents of disabled children and young people</b> This includes Parent Partnership Services, parent forums, training for parents (eg Makaton), key working and our London SEN Mediation Service.</p> <p><b>Support for siblings of disabled children and young carers</b> This includes sibling groups, young carers' groups and the inclusion of siblings in KIDS playgrounds</p> <p><b>Training, information and support for professionals and organisations</b> This work includes our <a href="#">Making it Personal</a> project; the <a href="#">National Development Department's Centre of Excellence</a>, <a href="#">Inclusion into Practice</a>, <a href="#">Training and Consultancy</a> and <a href="#">KIDS eLearning</a> teams; the <a href="#">KIDS West Midlands Inclusion Development Service</a>; our <a href="#">Publications and Guidance</a> and <a href="#">Useful resources</a>; and our work with our <a href="#">Partners</a></p>	<p><a href="http://www.kids.org.uk/">http://www.kids.org.uk/</a></p> <p>Please see link for your local KIDS contact information: <a href="http://www.kids.org.uk/form/100597/contact_kids/">http://www.kids.org.uk/form/100597/contact_kids/</a></p>

## Love the way I am – contact information for various organisations


Charity / Organisation Description	Description (taken from their website)	Website
	<p>The Council for Disabled Children (CDC) is the umbrella body for the disabled children's sector in England, with links to other UK nations. We are the only national body that brings together the diverse range of organisations that work with and for disabled children to support the development and implementation of policy and practice. Our work impacts on over 770,000 disabled children and their families.</p> <p>CDC aims to make a difference to the lives of disabled children and children with special educational needs. We do this by influencing Government policy, working with local agencies to translate policy into practice and producing guidance on issues affecting the lives of disabled children.</p> <p>Further information on our work can be found in <a href="#">this brochure</a>.</p>	<p><a href="http://www.councilfordisabledchildren.org.uk/">http://www.councilfordisabledchildren.org.uk/</a></p> <p><b>Phone:</b> 0207 843 1900</p> <p><b>Email:</b> <a href="mailto:cdc@ncb.org.uk">cdc@ncb.org.uk</a></p> <p><b>Post:</b> Council for Disabled Children, 8 Wakley Street, London, EC1V 7QE</p> <p>You can also <a href="#">sign up to our newsletters</a> and <a href="#">Digest</a>.</p>
	<p>Barnardo's transforms the lives of vulnerable children across the UK through the work of our projects, our campaigning and our research expertise.</p> <p>We believe we can bring out the best in every child whether the issue is child poverty, sexual exploitation, disability and domestic violence.</p> <p>Finding your local service: <a href="http://www.barnardos.org.uk/servicemap.htm">http://www.barnardos.org.uk/servicemap.htm</a></p>	<p><a href="http://www.barnardos.org.uk/">http://www.barnardos.org.uk/</a></p> <p><b>Telephone:</b> 0208 550 8822</p> <p><b>Email:</b> <a href="#">email Barnardo's</a> (please include your telephone number and location)</p>

## Love the way I am – contact information for various organisations

Charity / Organisation Description	Description (taken from their website)	Website
	<p>Action for Children works with disabled children, young people and their families and our mission is to help them the lives they choose by providing fun, inclusive and flexible support.</p> <p>Across the UK, 4 in 10 disabled children live in poverty and the families of disabled children report particularly high levels of stress and isolation.</p> <p>From early years to key transition stages</p> <p>Our disability services provide disabled children and their families with residential and short break care, help families deal with challenging behaviour, provide specialist education and leisure opportunities, and offer innovative programmes such as the Access to IT project, which uses information technology to enhance disabled children's confidence and their educational and social inclusion.</p>	<p><a href="http://www.actionforchildren.org.uk/">http://www.actionforchildren.org.uk/</a></p> <p>Disabled Services brochure:  <a href="http://www.actionforchildren.org.uk/media/95822/action_for_children_disabled_childrens_services_brochure.pdf">http://www.actionforchildren.org.uk/media/95822/action_for_children_disabled_childrens_services_brochure.pdf</a></p> <p>Tel: 0300 123 2112</p> <p><a href="mailto:ask.us@actionforchildren.org.uk">ask.us@actionforchildren.org.uk</a></p>
	<p>Run by and for disabled people DLS is a registered national charity. We have provided high quality information and advice to disabled and Deaf people for over 30 years. Disabled people and their families, carers and advocates, are all welcome to contact our helpline for advice.</p> <p>DLS only provides advice and information in these areas of law:</p> <ul style="list-style-type: none"> <li>• <u>Disability Discrimination</u></li> <li>• <u>Goods and Services</u></li> <li>• <u>Community Care</u></li> <li>• <u>Employment</u></li> <li>• <u>Welfare Benefits</u></li> </ul> <p>We also provide a casework service, and support at any level of the legal system.</p>	<p><a href="http://www.dls.org.uk/">http://www.dls.org.uk/</a></p> <p>DLS runs a national Adviceline which is available from:</p> <p>Monday to Friday 10.00am - 5pm</p> <p>Telephone: 020 7791 9800</p> <p>Minicom: 020 7791 9801</p> <p>Fax: 020 7791 9802  E-mail: <a href="mailto:advice@dls.org.uk">advice@dls.org.uk</a></p> <p>39-45 Cavell Street, London, E1 2BP</p>






## Love the way I am – contact information for various organisations



Charity / Organisation Description	Description (taken from their website)	Website
	<p>Parent Partnership Services (PPS) are statutory services offering information advice and support to parents and carers of children and young people with special educational needs (SEN). PPS are also able to put parents in touch with other local and national organisations.</p> <p>PPS are based with a voluntary organisation, with the Local Authority (LA) or Children's Trust. All Parent Partnership Services, wherever they are based, are at 'arm's length' from the LA and the services they provide are <b>confidential</b> and <b>impartial</b>.</p> <p><b>The services offered by individual PPS will vary but all will be able to provide information and advice about:</b></p> <ul style="list-style-type: none"> <li>• How special educational needs are identified and assessed by schools and the local authority</li> <li>• Who parents can talk to in a school or LA about their concerns</li> <li>• The SEN Code of Practice, the statutory assessment process and statements</li> <li>• Parents/carers rights and responsibilities</li> <li>• Meetings and reviews about a child's needs</li> <li>• How progress is monitored and reviewed</li> <li>• What parents can do if they are not happy with a decision made about their child's SEN</li> </ul>	<p><a href="http://www.parentpartnership.org.uk">http://www.parentpartnership.org.uk</a></p> <p>Find your local PPS:  <a href="http://www.parentpartnership.org.uk/contact_nppn.aspx">http://www.parentpartnership.org.uk/contact_nppn.aspx</a></p> <p>Frequently asked questions:  <a href="http://www.parentpartnership.org.uk/faqs.aspx">http://www.parentpartnership.org.uk/faqs.aspx</a></p>






## Love the way I am – contact information for various organisations

Charity / Organisation Description	Description (taken from their website)	Website
	<p>We are the only organisation in the country focusing solely on all aspects of living successfully with Down's syndrome. Since 1970, we have grown from being a local parents support group into a national charity with over 20,000 members. We also work closely with over 130 local support groups throughout the UK.</p> <p><a href="http://www.downs-syndrome.org.uk/information/for-familiescarers.html">http://www.downs-syndrome.org.uk/information/for-familiescarers.html</a></p>	<p><a href="http://www.downs-syndrome.org.uk">http://www.downs-syndrome.org.uk</a></p>
	<p>We help carers</p> <ul style="list-style-type: none"> <li>• get the best for the person they care for</li> <li>• make the most of their income</li> <li>• stay in paid work</li> <li>• keep healthy</li> <li>• get in touch with other carers for support</li> <li>• find a listening ear</li> <li>• campaign for change</li> </ul>	<p><a href="http://www.carersuk.org/">http://www.carersuk.org/</a>  <a href="http://www.carersuk.org/northernireland">http://www.carersuk.org/northernireland</a>  <a href="http://www.carersuk.org/scotland">http://www.carersuk.org/scotland</a>  <a href="http://www.carersuk.org/wales">http://www.carersuk.org/wales</a></p>
	<p><u><a href="#">Getting the right support</a></u></p> <p>Visit our families section for information and advice for parents, carers and family members of someone with a learning disability</p> <p>Our professionals section is full of good practice ideas and guides for those working with someone with a learning disability.</p>	<p><a href="http://www.mencap.org.uk/">http://www.mencap.org.uk/</a></p>

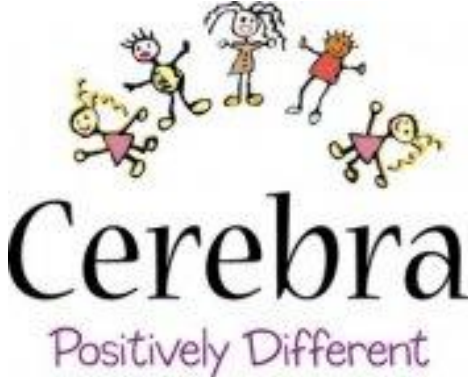
## Love the way I am – contact information for various organisations

Charity / Organisation Description	Description (taken from their website)	Website
	<p>One in 20 children are born with a disability in the UK. Contact a Family is the only national charity that exists to support the families of disabled children whatever their condition or disability.</p> <p>With over 30 years of experience, our vision is that families with disabled children are empowered to live the lives they want and achieve their full potential, for themselves, for the communities they live in, and for society.</p> <p>It's why we offer support, information and advice to over 340,000 families each year and campaign for families to receive a better deal.</p>	<p><a href="http://www.cafamily.org.uk/">http://www.cafamily.org.uk/</a></p> <p>Subscribe to magazine:  <a href="http://www.cafamily.org.uk/families/adviceandsupport/publications/connected.html">http://www.cafamily.org.uk/families/adviceandsupport/publications/connected.html</a></p> <p>Tel: 020 7608 8700</p> <p>National freephone helpline: 0808 808 3555  Monday-Friday, 9.30am-5pm  <a href="mailto:info@cafamily.org.uk">info@cafamily.org.uk</a></p>
	<p>As a parent you might ask for Home-Start's help for all sorts of reasons:</p> <ul style="list-style-type: none"> <li>• You may be feeling isolated in your community, have no family nearby and be struggling to make friends.</li> <li>• You may be finding it hard to cope because of your own or your child's illness.</li> <li>• You may have been hit hard by the death of a loved one.</li> <li>• You may be really struggling with emotional and physical demands of having twins or triplets - perhaps born into an already large family.</li> </ul> <p>Help is at hand. We support any family who needs us, as long as they have at least one child under five.</p>	<p><a href="http://www.home-start.org.uk/homepage">http://www.home-start.org.uk/homepage</a></p>




## Love the way I am – contact information for various organisations

Charity / Organisation Description	Description (taken from their website)	Website
	<p>Miscellaneous information for disabled people</p>	<p><a href="http://www.direct.gov.uk/en/DisabledPeople/index.htm">http://www.direct.gov.uk/en/DisabledPeople/index.htm</a></p>
	<p>The Citizens Advice service aims:</p> <ul style="list-style-type: none"> <li>• To provide the advice people need for the problems they face.</li> <li>• To improve the policies and practices that affect people's lives.</li> </ul> <p>The service provides free, independent, confidential and impartial advice to everyone on their rights and responsibilities. It values diversity, promotes equality and challenges discrimination.</p>	<p><a href="http://www.citizensadvice.org.uk/">http://www.citizensadvice.org.uk/</a></p> <p>Scotland: <a href="http://www.direct.gov.uk/en/DI1/Directories/DG_10011137">http://www.direct.gov.uk/en/DI1/Directories/DG_10011137</a></p> <p>Northern Ireland: <a href="http://www.direct.gov.uk/en/DI1/Directories/DG_073817">http://www.direct.gov.uk/en/DI1/Directories/DG_073817</a></p>
	<p>The <b>Patient Advice and Liaison Service</b>, known as PALS, has been introduced to ensure that the NHS listens to patients, their relatives, carers and friends, and answers their questions and resolves their concerns as quickly as possible.</p> <p>PALS also helps the NHS to improve services by listening to what matters to patients and their loved ones and making changes, when appropriate.</p>	<p><a href="http://www.pals.nhs.uk/">http://www.pals.nhs.uk/</a></p>



## Love the way I am – contact information for various organisations

Charity / Organisation Description	Description (taken from their website)	Website
	<p>Founded in 2001, Cerebra is a unique national charity that strives to improve the lives of children with brain-related neurological conditions, through research, education and direct, ongoing support.</p> <p>We help children 16 or under with a wide range of neurodevelopmental disorders and conditions. The general areas we cover are listed below with a few examples of conditions that fall within the broader categories. If your child's specific condition isn't listed that doesn't automatically mean we don't cover it, if we listed every condition this page would go on forever! After reading this list, if you're still unsure if we can help you please contact us.</p> <ul style="list-style-type: none"> <li>• <b>Cerebral Palsy</b></li> <li>• <b>Autistic Spectrum Disorders</b></li> <li>• <b>Developmental disorders</b> like global developmental delay, dyspraxia and learning disabilities.</li> <li>• <b>Seizure disorders</b> such as Epilepsy, west syndrome, lennox gastaut syndrome and dravet syndrome.</li> <li>• <b>ADHD</b></li> <li>• <b>Traumatic Brain Injury</b> like head injury and shaken baby syndrome.</li> <li>• <b>Acquired Brain Injury</b> due to infections like encephalitis and meningitis, stroke, brain tumours, hypoxic event or haemorrhage.</li> <li>• <b>Down syndrome and other Chromosomal/Genetic conditions</b> - Some examples being Trisomy 13 (Patau syndrome) and 18 (Edward syndrome), Fragile X, Angelman syndrome, Prader-willi syndrome, Cornelia de Lange, Rett syndrome, Williams syndrome and chromosome deletion disorders.</li> <li>• <b>Brain Malformation/Abnormality</b> like Agenesis of the corpus callosum, Dandy Walker syndrome, Arnold Chiari malformation, lissencephaly, microcephaly and macrocephaly.</li> </ul>	<p><a href="http://www.cerebra.org.uk/English/Pages/home.aspx">http://www.cerebra.org.uk/English/Pages/home.aspx</a></p> <p>Email: <a href="mailto:info@cerebra.org.uk">info@cerebra.org.uk</a></p> <p>Helpline (freephone): 0800 328 1159</p> <p>Parent Support MSN: <a href="mailto:cerebra_uk@live.co.uk">cerebra_uk@live.co.uk</a></p> <p>General tel: 01267 244200</p> <p>Information on help available: <a href="http://www.cerebra.org.uk/English/GetHelp/Pages/HOME.aspx">http://www.cerebra.org.uk/English/GetHelp/Pages/HOME.aspx</a></p>

## Love the way I am – contact information for various organisations



Charity / Organisation Description	Description (taken from their website)	Website
	<p>Turn2us helps people in financial need gain access to welfare benefits, charitable grants and other financial help – online, by phone and face to face through our partner organisations.</p> <p>Our free, accessible website – <a href="http://www.turn2us.org.uk">www.turn2us.org.uk</a> – has been designed to help people find appropriate sources of financial support, quickly and easily, based on their particular needs and circumstances. It brings together an easy to use Benefits Checker and a Grants Search database giving access to over 3,000 charitable funds.</p>	<p><a href="http://www.turn2us.org.uk/">http://www.turn2us.org.uk/</a></p>
	<p>Ableize is a top ranking directory offering the largest Internet collection of disability, mobility and health resources in the UK and Europe. Find a vast collection of sites offering high quality trusted information, advice and sales from education through to disabled groups, clubs and sports. Ableize also lists mobility, daily living aids and disability shopping sites waiting to assist you and your special health needs.</p>	<p><a href="http://www.ableize.com/">http://www.ableize.com/</a></p>
	<p>We work with people with learning disabilities, their families and the people who support them. We:</p> <ul style="list-style-type: none"> <li>- Do research and projects that help people be included</li> <li>- Support local people and services to include people with learning disabilities</li> <li>- Improve services for people with learning disabilities</li> <li>- Spread knowledge and information</li> </ul>	<p><a href="http://www.learningdisabilities.org.uk/">http://www.learningdisabilities.org.uk/</a></p>

## Love the way I am – contact information for various organisations

Charity / Organisation Description	Description (taken from their website)	Website
	<p>This is a mammoth site packed with an enormous amount of info. If you're looking for something specific, use the search box above (it works just like Google) or the category tabs. If you just want to save, the main areas are:</p> <ul style="list-style-type: none"> <li>○ <b>Step 1: Grab the 'Martin's Money Tips e-mail'.</b> The site's designed around the free <a href="#">weekly e-mail</a>. It ensures you don't miss out as many loopholes are short-lived and need speedy grabbing. Over a year, follow the info and you'll give yourself a money makeover.</li> <li>○</li> <li>○ <b>Step 2: Give yourself a Money Makeover.</b> The specially designed <a href="#">Money Makeover</a> guide takes you through the main areas you can quickly use to put cash in your pocket, and includes the free <a href="#">budget planner</a> tool.</li> <li>○</li> <li>○ <b>Step 3: Voyage into the Forums.</b> MoneySavers are generally a kind bunch and will often answer questions and share suggestions. At any moment over 5,000 may be in the <a href="#">Forum's</a> many discussion boards including <a href="#">Debt-Free Wannabe</a>, <a href="#">Old-Style MoneySaving</a> and the <a href="#">Grab-it while you can</a> bargains board.</li> </ul>	<p><a href="http://www.moneysavingexpert.com/">http://www.moneysavingexpert.com/</a></p>
	<p>BILD is the British Institute of Learning Disabilities. We want people with learning disabilities to be valued equally, participate fully in their communities and be treated with dignity and respect.</p> <p><a href="#">Our services</a> help develop the organisations who provide services, and the people who give support. That way we play a part in making sure people are supported with dignity and respect and can make choices and decisions about their lives. We have around a thousand members who we make sure get the latest news in learning disabilities - why don't you <a href="#">join us?</a></p>	<p><a href="http://www.bild.org.uk/">http://www.bild.org.uk/</a></p> <p>British Institute of Learning Disabilities Campion House Green Street Kidderminster DY10 1JL</p> <p>Tel: 01562 723010</p> <p><a href="mailto:enquiries@bild.org.uk">enquiries@bild.org.uk</a></p>




## Love the way I am – contact information for various organisations



Charity / Organisation Description	Description (taken from their website)	Website
 <p style="text-align: center;">Northern Ireland</p>	<p>Cedar delivers a range of services that enable people with disabilities to get the most out of life and to be fully included in their communities. Our services are centred around the individual needs of each person and are delivered throughout Northern Ireland.</p> <p>Our <b>Vision</b> is a society in which disabled adults and children are fully included citizens. Our <b>Mission</b> is to provide quality support, care, accommodation and training services to enable disabled adults and children to participate in all aspects of community life.</p>	<p><a href="http://www.cedar-foundation.org/">http://www.cedar-foundation.org/</a></p> <p>Malcolm Sinclair House 31 Ulsterville Avenue Belfast BT9 7AS</p> <p>Tel (028) 9066 6188</p> <p>E-mail <a href="mailto:info@cedar-foundation.org">info@cedar-foundation.org</a></p>
	<p>The Dyspraxia Foundation is a country Wide charity, founded in 1987 as the Dyspraxia Trust by two mothers who met at Great Ormond Street Hospital for Sick Children. After being told that their children had Dyspraxia they were astonished and dismayed to discover that no facilities existed to help or inform parents and children with the condition. They decided to form their own group to help others to help themselves.</p> <p>Today the Foundation, with its head quarters in Hitchin, answers approximately 10,000 enquiries and distributes more then 20,000 leaflets about the condition, annually. The Foundation seeks every opportunity to increase understanding of Dyspraxia, particularly among professionals in health and education and encourages its local groups to do the same. It continues to encourage the smaller local groups to thrive and develop their own ideas and to distribute information and fund raise for themselves.</p>	<p><a href="http://www.dyspraxiafoundation.org.uk/">http://www.dyspraxiafoundation.org.uk/</a></p> <p>Dyspraxia Foundation 8 West Alley Hitchin Herts SG5 1EG</p> <p>Helpline: 01462 454 986 (10 am - 1 pm) Mon – Fri</p> <p><a href="mailto:dyspraxia@dyspraxiafoundation.org.uk">dyspraxia@dyspraxiafoundation.org.uk</a></p>





## Love the way I am – contact information for various organisations

Charity / Organisation Description	Description (taken from their website)	Website
	<p><b>Go Kids Go!</b> is a small national charity and our mission is to enable young wheelchair-users throughout the UK to become independently mobile.</p> <p>Our primary objective is to equip young wheelchair-users with the skills to help them reach their full potential and also to increase their confidence. The skills and support we offer through our free courses are unique, practical and fun and we believe that it is important to allow parents/carers, siblings and friends to join in with the training, fun and games that we provide. To enable this we carry a stock of spare wheelchairs to our courses and we are always available afterwards to provide advice and support as well as guidance in acquiring the most suitable wheelchair for each individual's specific needs.</p> <p><b>Go Kids Go!</b> has a team of highly skilled trainers who, every year, run over 100 days of mobility skills training with young wheelchair-users and their families across the UK and Ireland and we make absolutely no charge to these families for the services that we offer.</p>	<p><a href="http://www.wheelchairchildren.org.uk/">http://www.wheelchairchildren.org.uk/</a></p> <p>North:</p> <p>206 Norwood Beverley East Yorkshire HU17 9JA</p> <p>01482 887163</p> <p>South:</p> <p>2 Horley Place Brighton East Sussex BN2 5HZ</p> <p>01482 887163</p>



## Love the way I am – contact information for various organisations

Charity / Organisation Description	Description (taken from their website)	Website
 <p>The Henry Spink F O U N D A T I O N RESEARCH INFORMATION CENTRE</p>	<p>The Foundation is an independent charity set up by Henry Spink's parents to assist families who, like them, have a child diagnosed with severe disabilities. From their direct experience of the complexities of finding treatments and undergoing therapies or simply locating appropriate information, they felt they could do something to assist others in the same situation.</p> <p>There was, and still is, a great need for accessible, useful and unbiased data on treatment and research, particularly in the fields of complementary and alternative medicine. The Foundation's first aim was to address this requirement with a single, interdisciplinary source of current information. The <b><u>Information Centre</u></b> is now established, and growing.</p> <p>Especially aimed at families and children, the Henry Spink Foundation also helps people of all ages. We cover both conventional and complementary/alternative medicine and therapies in our constantly growing database of international information which is accessible via the <b><u>Information Centre</u></b> by telephone information line and e-mail.</p>	<p><a href="http://www.henryspink.org/home.htm">http://www.henryspink.org/home.htm</a></p>
 <p>williams SYNDROME FOUNDATION</p>	<p>To be the first point of contact for individuals with Williams Syndrome, their families and professionals needing support and information regarding the Syndrome.</p> <p>We will actively support research into the educational, behavioural, social, scientific and medical aspects of the Syndrome.</p> <p>We will seek to organise our financial and personnel resources so as to achieve our mission on a sustainable basis.</p>	<p><a href="http://www.williams-syndrome.org.uk/">http://www.williams-syndrome.org.uk/</a></p> <p>Tel: 01732 365152</p>



## Love the way I am – contact information for various organisations

Charity / Organisation Description	Description (taken from their website)	Website
	<p>At In Control we're committed to creating a fairer society where everyone needing additional support has the right, responsibility and freedom to control that support. In fact, we were the pioneers of self-directed support and for nearly a decade now, we've supported more than 400 organisations nationally to transform their services and deliver personalisation.</p> <p>We partner with local authorities; user-led organisations; government and civil servants; elected members and paid staff; commercial companies; charitable and not-for-profit organisations; as well as working directly with people who need support (and their families).</p>	<a href="http://www.in-control.org.uk/">http://www.in-control.org.uk/</a>
 <p>Scotland only</p>	<p>We are working for the benefit of sick, disabled and underprivileged children. <i>Whatever</i> their disability or circumstances.....we do not discriminate.</p> <p>The Cobweb Foundation was established as a result of our own personal experience of the unsuitability of holiday accommodation for families in which one or more members are disabled, and also the lack of help and support available to us - it was established with the intention to provide holidays for families in which a member of the family was either chronically sick or disabled. Over the last 10 years we have provided holidays for many families who because of circumstances have been unable to enjoy a family holiday for many years.</p>	<a href="http://www.cobwebfoundation.org/The%20Foundation/Home.htm?p=979&amp;a=252939&amp;q=4971">http://www.cobwebfoundation.org/The%20Foundation/Home.htm?p=979&amp;a=252939&amp;q=4971</a>



## Love the way I am – contact information for various organisations

Charity / Organisation Description	Description (taken from their website)	Website
	<p>Sibs is the only UK charity representing the needs of siblings of disabled people. Siblings have a lifelong need for information, they often experience social and emotional isolation, and have to cope with difficult situations. They also want to have positive relationships with their disabled brothers and sisters and to be able to choose the role they play in future care. There are over half a million young siblings and over a million adult siblings in the UK.</p> <p>Who we support: We support siblings of all ages who are growing up with or who have grown up with a brother or sister with any disability, long term chronic illness, or life limiting condition.</p>	<p><a href="http://www.sibs.org.uk/">http://www.sibs.org.uk/</a></p> <p><a href="mailto:info@sibs.org.uk">info@sibs.org.uk</a></p> <p>Meadowfield, Oxenhope, West Yorkshire, BD22 9JD</p> <p>01535 645453</p>
	<p>The Hawn Foundation UK seeks to transform children's lives by helping them to acquire vital social and emotional skills, to improve academic performance, enhance the quality of their lives and work with others in their community. To help us achieve this vision we:</p> <ul style="list-style-type: none"> <li>• Develop evidence-based educational programmes for children, such as MindUP™, using cutting-edge scientific research on the brain and social emotional learning</li> <li>• Work with teachers and schools to create supportive learning environments that effectively address children's mental and physical wellbeing</li> <li>• Support research studies conducted by university-associated social scientists and neuroscientists</li> <li>• Support and work with other like-minded initiatives and programmes to ensure the wellbeing of our children and the future generations.</li> </ul> <p>We invite you to explore this website further and find out how we are promoting children's success in school and in life through social and emotional learning—and what you can do to help us achieve our vision.</p>	<p><a href="http://www.thehawnfoundation.co.uk/">http://www.thehawnfoundation.co.uk/</a></p> <p><a href="mailto:info@thehawnfoundation.co.uk">info@thehawnfoundation.co.uk</a></p> <p>The Hawn Foundation UK Sackville House 40 Piccadilly London W1J 0DR</p>


## Love the way I am – contact information for various organisations

Charity / Organisation Description	Description (taken from their website)	Website
	<p>Welcome to DIAL UK, a national organisation for a network of approximately 120 local Disability Information and Advice Line services (DIALs) run by and for disabled people. Last year DIALs helped over a quarter of a million disabled people.</p> <p>DIAL information and advice services are based throughout the UK and provide information and advice to disabled people and others on all aspects of living with a disability. All DIAL services are currently working to meet strict new quality standards.</p>	<p><a href="http://www.dialuk.info/">http://www.dialuk.info/</a></p>
	<p>The Brainwave Programme is aimed at achieving progress in all areas: physical, cognitive and developmental</p> <p>This integrated approach ensures the development of a child's sensory, communication and social skills will be incorporated into the Programme wherever appropriate.</p> <p>The Brainwave Programme rests on the theory of neuroplasticity and our qualified and experienced staff are drawn from the mainstream fields of physiotherapy, psychology and education. All Brainwave therapists receive additional training in cognitive and communication techniques</p>	<p><a href="http://www.brainwave.org.uk/">http://www.brainwave.org.uk/</a></p> <p>There are centres in Somerset, Essex and Warrington – please see the contact us page:  <a href="http://www.brainwave.org.uk/families_contact.aspx">http://www.brainwave.org.uk/families_contact.aspx</a></p>

## Love the way I am – contact information for various organisations



Charity / Organisation Description	Description (taken from their website)	Website
	<p>Participation Works enables organisations to effectively involve children and young people in the development, delivery and evaluation of services that affect their lives.</p> <p>We are a partnership made up of the following seven agencies: the <a href="#">British Youth Council</a>, <a href="#">Children's Rights Alliance for England</a>, <a href="#">KIDS</a>, <a href="#">National Council for Voluntary Youth Services</a>, <a href="#">National Youth Agency</a>, <a href="#">NCB</a> and <a href="#">Save the Children UK</a>. The <a href="#">Carnegie UK Trust</a> was one of the initiating partners and coordinator of Participation Works until September 2006.</p> <p>Our vision is that all organisations, agencies and services that affect children and young people will have structures and systems in place to respond to their ideas and priorities, and to work with them to bring about positive change.</p> <p><b>Please see the following link for more information specifically relating to disability:</b> <a href="http://www.participationworks.org.uk/topics/disability">http://www.participationworks.org.uk/topics/disability</a></p>	<p><a href="http://www.participationworks.org.uk/">http://www.participationworks.org.uk/</a></p>
	<p>The aim of this website is to provide information about the transition process that is useful to professionals and parents/carers. There is also a section for young people with information, news and events.</p> <p>We also run an online Resource Library which houses resources produced for the Transition Support Programme as well as resources produced by other organisations and programmes.</p>	<p><a href="http://www.transitioninforonetwork.org.uk/">http://www.transitioninforonetwork.org.uk/</a></p> <p>Email: <a href="mailto:tin@ncb.org.uk">tin@ncb.org.uk</a></p> <p>Tel: 020 7843 6006</p>

## Love the way I am – contact information for various organisations




Charity / Organisation Description	Description (taken from their website)	Website
	<p><b>Every Disabled Child Matters (EDCM) is the campaign to get rights and justice for every disabled child.</b></p> <p>EDCM is a consortium campaign run by four of the leading organisations working with disabled children and their families: Contact a Family, the Council for Disabled Children, Mencap and the Special Educational Consortium. Between them, the campaign partners represent over <b>770,000 disabled children and young people</b> in the UK.</p> <p>EDCM was established in September 2006 and continues to campaign to raise the political profile of disabled children and their families within central and local government.</p> <p>Since its launch, EDCM has gained over 34,000 individual supporters and the backing of over 200 MPs. Together, we have been putting pressure on the government to put disabled children at the heart of their policy on families.</p> <p><b>Campaign Aims</b></p> <p>EDCM wants Westminster and local government to:</p> <ul style="list-style-type: none"> <li>• Give disabled children and their families <b>new rights</b> to the services and support they need to lead ordinary lives.</li> <li>• Invest in <b>new resources</b> to make sure these rights can become a reality.</li> <li>• Give disabled children and their families a <b>new level of priority</b>, and work with them to improve the services they receive.</li> </ul>	<p><a href="http://www.edcm.org.uk/">http://www.edcm.org.uk/</a></p> <p>Email: <a href="mailto:info@edcm.org.uk">info@edcm.org.uk</a></p> <p>Phone: 020 7843 6082</p>






## Love the way I am – contact information for various organisations

Charity / Organisation Description	Description (taken from their website)	Website
	<p>The Challenging Behaviour Foundation would like to see children and adults with severe learning disabilities, who are described as having challenging behaviour, having the same life opportunities as everyone else, including home life, education, employment and leisure.</p> <p>We provide a range of information about understanding and supporting children and adults whose behaviour challenges. <u>Our resources</u> offer practical information about challenging behaviour for family carers and professionals. Our resources are <b>free to families</b> and available to purchase for professionals.</p> <p>A <b>Family Support Worker</b> can offer <u>individual support and information</u> over the phone and by email. In addition, we offer a family linking scheme and online networks for family carers and professionals.</p> <p>Our positive behaviour support <b>training workshops</b> are delivered to families and professionals working in partnership, by a professional trainer and a family carer trainer jointly. The training has been found to reduce challenging behaviour and has positive outcomes for the families and professionals who attend.</p>	<p><a href="http://www.challengingbehaviour.org.uk/">http://www.challengingbehaviour.org.uk/</a></p> <p>Email: <a href="mailto:info@thecbf.org.uk">info@thecbf.org.uk</a> (to receive the newsletter please send us your full postal address)</p> <p><b>General Enquiries:</b> 01634 838739</p> <p>For <b><u>information and support</u></b> contact:</p> <p>Email: <a href="mailto:support@thecbf.org.uk">support@thecbf.org.uk</a></p> <p>Telephone: <b>Family Support Line:</b> 0845 602 7885</p> <p>c/o The Old Courthouse New Road Avenue Chatham Kent, ME4 6BE</p>
	<p>Founded in 1968 as a parent-led organisation to help children and young people with speech and language impairments and their families. We provide information and training for parents – and professionals – and produce a range of publications. Members meet in local groups in many areas of the UK.</p> <p>Afasic seeks to raise awareness and to create better services and provision for children and young people with speech and language impairments.</p>	<p><a href="http://www.afasicengland.org.uk/">http://www.afasicengland.org.uk/</a></p> <p><b>UK Helpline – 0845 3 55 55 77</b> Open 10.30am to 2.30pm Monday to Friday</p>



## Love the way I am – contact information for various organisations

Charity / Organisation Description	Description (taken from their website)	Website
 <p style="text-align: center;">Surrey</p>	<p>Disability Challengers is an Independent Childrens Charity. We rely on voluntary donations and partnerships with other organisations to deliver projects across Surrey to disabled children. If you would like to make a donation, please click on 'Donate Now.' Disability Challengers play and youth schemes are a place for disabled children and young people to play, make friends and have fun. At every Challengers play and youth scheme there are lots of enthusiastic staff so that you can leave your child with us and there will always be someone for them to play and be with. The wide range of activities that we provide means that we can offer disabled young people something to do and somewhere to go from the age of 4 to 25.</p>	<p>Tel: 01483 579 390</p> <p>Email: <a href="mailto:information@disability-challengers.org">information@disability-challengers.org</a></p>
	<p><a href="http://www.abilitynet.org.uk/">AbilityNet</a> is a national charity helping disabled adults and children use computers and the internet by adapting and adjusting their technology. Our special expertise is ensuring that whatever your age, health condition, disability or situation you find exactly the right way to adapt or adjust your ICT to make it easier to use.</p>	<p><a href="http://www.abilitynet.org.uk/">http://www.abilitynet.org.uk/</a></p>
	<p>Over 1,000 <u>tips</u> from people with first-hand experience of learning disability. Brushing <u>teeth</u>, challenging <u>behaviour</u>, <u>bed-wetting</u>, <u>constipation</u> ... there's a tip for that!</p> <p>Netbuddy is an <u>award</u>-winning site for swapping practical tips and information on all aspects of supporting people with special needs.</p>	<p><a href="http://www.netbuddy.org.uk/">http://www.netbuddy.org.uk/</a></p>


## Love the way I am – contact information for various organisations

Charity / Organisation Description	Description (taken from their website)	Website
	<p>Kith &amp; Kids provides activities, opportunities, information and support for people with a learning disability or autism, their parents and siblings.</p> <p>We help the whole family to overcome social isolation and live more fulfilled lives. Kith &amp; Kids' aim is to empower families who have a son or daughter with a learning disability or autism (many also have a physical or sensory disability) to overcome their social exclusion.</p>	<p><a href="http://www.kithandkids.org.uk/">http://www.kithandkids.org.uk/</a></p> <p><a href="http://www.kithandkids.org.uk/contact-us/">http://www.kithandkids.org.uk/contact-us/</a></p>
	<p>IPSEA is a national charity providing free legally based advice to families who have children with special educational needs. All our advice is given by trained volunteers.</p>	<p><a href="http://www.ipsea.org.uk/">http://www.ipsea.org.uk/</a></p> <p>General Advice Line: 0800 018 4016</p> <p>Tribunal Help Line: 0845 602 9579</p>
	<p>This website offers tips, resources and advice to parents negotiating the special needs statutory assessment and statementing process. It's written by people who have been through it, not professionals, so we cannot offer legal advice, but can point you in the direction to find it if that's what you need. It's mainly to help get you off the starting blocks and to provide links to established organisations who can help if problems arise along the way. It will provide links to useful sites and tips on how to get prepared and stay motivated throughout the process.</p>	<p><a href="http://specialneedsjungle.com/">http://specialneedsjungle.com/</a></p> <p><a href="http://specialneedsjungle.com/contact/">http://specialneedsjungle.com/contact/</a></p>


## Love the way I am – contact information for various organisations

Charity / Organisation Description	Description (taken from their website)	Website
	<p>Home Education</p> <p>This is the web site of the HE-Special-UK mailing list. We are a group of families who Home Educate children with Special Educational Needs.</p> <p>“Home Education” is the UK term for what may be better known as Homeschooling. Our children don't attend school, or in some cases may only attend school part time.</p> <p>If you are Home Educating a child with Special Educational Needs, or if this is something that you are thinking about, then I'd like to invite you to <a href="http://www.he-special.org.uk/">join us</a>. You will be very welcome.</p>	<p><a href="http://www.he-special.org.uk/">http://www.he-special.org.uk/</a></p>
	<p>Carewell has been developed with the help of carers, for carers. Throughout the site you will find useful information to help you make changes that give you more energy to care.</p> <p>Carewell is a partnership between Bupa, Carers UK and MEND to help carers, and the people they care for, make positive changes to be healthier and happier. We know caring affects everyone's life in a different way, and Carewell is our way of helping carers continue to provide great care and support to their loved ones.</p>	<p><a href="http://carewelluk.org/">http://carewelluk.org/</a></p>

## Love the way I am – contact information for various organisations

Charity / Organisation Description	Description (taken from their website)	Website
 <p><b>DOUGLAS SILAS</b> <i>s o l i c i t o r s</i> Education, Disability &amp; Public Law</p>	<p>Douglas Silas Solicitors are a small, niche but nationally acclaimed firm of solicitors specialising exclusively in <u>Education &amp; Disability</u> particularly in cases concerning <u>Special Educational Needs</u> (SEN). We were established by Douglas Silas on 3 May 2005, before which he had successfully represented many hundreds of clients during the previous 10 years for other firms. Since setting up we have won or successfully settled around 85% of our cases including many SEND Tribunal (formerly known as 'SENDIST') appeals/DDA claims, Judicial Reviews and Appeals against SEND Tribunal (SENDIST) decisions.</p>	<p><a href="http://www.specialeducationalneeds.co.uk/">http://www.specialeducationalneeds.co.uk/</a></p>
<p><b>Disability Rights UK</b></p>	<p>Disability Rights UK has been formed through a unification of Disability Alliance, Radar and National Centre for Independent Living on 1 January 2012. We aim to be the largest national pan-disability organisation led by disabled people.</p> <p>Disability Rights UK will focus on:</p> <ul style="list-style-type: none"> <li>• promoting “meaningful” independent living for disabled people</li> <li>• promoting disabled people’s leadership and control</li> <li>• breaking the link between disability and poverty</li> <li>• campaigning for disability equality and human rights</li> </ul>	<p><a href="http://www.disabilityrightsuk.org/">http://www.disabilityrightsuk.org/</a> <a href="http://www.disabilityrightsuk.org/we-canhelp.htm">http://www.disabilityrightsuk.org/we-canhelp.htm</a></p>

## Love the way I am – contact information for various organisations

Charity / Organisation Description	Description (taken from their website)	Website
	<p>Phab's aim is to promote and encourage people of all abilities to come together on equal terms, to achieve complete inclusion within the wider community. Phab celebrated its Golden Jubilee in 2007, having been established in 1957.</p> <p>Phab creates opportunities for children and adults of all abilities to enjoy life together by ...</p> <ul style="list-style-type: none"> <li>• Supporting a network of nearly 200 clubs throughout England and Wales for all age ranges, offering activities and holidays which members can share and enjoy together</li> <li>• Promoting and encouraging the self confidence and independence of young people of all abilities through a range of diverse projects</li> <li>• Funding special short breaks – inclusive experiences for disabled and non-disabled children and young people to share in a full range of adventurous outdoor activities at fully accessible activity centres offering specialist tuition</li> <li>• Providing specially equipped and fully accessible holiday units at an award winning beach site in Dorset at very affordable weekly rates</li> <li>• Organising national and regional events for Phab club members and supporters to enjoy together and to promote the Phab philosophy of inclusion</li> </ul> <p>Latest PHAB magazine: <a href="http://www.phab.org.uk/content/KITAutumn11.pdf">http://www.phab.org.uk/content/KITAutumn11.pdf</a></p> <p>Click to find PHAB club nearest to you : <a href="http://www.phab.org.uk/map.php">http://www.phab.org.uk/map.php</a></p>	<p><a href="http://www.phab.org.uk/">http://www.phab.org.uk/</a></p> <p>Summit House, 50 Wandle Road, Croydon, Surrey, CR0 1DF</p> <p>tel : 020 8667 9443 fax : 020 8681 1399</p> <p>Email: <a href="mailto:info@phab.org.uk">info@phab.org.uk</a></p> <p>North: Rebecca Hargreaves <a href="mailto:rebecca.hargreaves@phab.org.uk">rebecca.hargreaves@phab.org.uk</a> tel : 01254 824784</p> <p>Midlands: Heather Clarke <a href="mailto:heather.clarke@phab.org.uk">heather.clarke@phab.org.uk</a> tel : 0121 249 0537</p> <p>South East and London: Janine Williams <a href="mailto:janine.williams@phab.org.uk">janine.williams@phab.org.uk</a> tel : 01825 749826</p> <p>South West &amp; Wales: <a href="mailto:info@phab.org.uk">info@phab.org.uk</a> tel: 020 8667 9443</p>