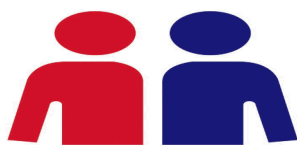




HELPING HANDS

Directory of support organisations



**Disability
Shetland**

...working together



Directory Of Organisations

The organisations listed in this booklet provide a wide range of services from information and advice to equipment and leisure opportunities. You can contact organisations by phone, letter or e-mail or even through their website to find out more about what they offer. Many of them have useful leaflets and books, so ask for their publications list.

Action for Blind People

Tel: 0800915466
www.actionforblindpeople.org.uk
Offers family counselling, contact with other families, a resource centre and advice.

Action for Leisure

C/o Warwickshire College
Morton Morrel Centre
Morton Morrel
Warwickshire CV 35 9BL
Tel: 01926 650 195
Small national charity working to promote play, leisure and recreation with and for disabled people of all ages.

Advisory Centre for Education (ACE)

1C Aberdeen Studios
22 Highbury Grove
London
N5 2EA
Tel: 02077043370
www.ace-ed.org.uk
Advice service for parents when dealing with schools and education authorities.

ASBAH (Association for Spina Bifida and Hydrocephalus)

Helpline: 08454507755
www.asbah.org
Support services for anyone with spina bifida and/or hydrocephalus and their families.

Association of Youth With Me (AYME)

AYME
9A Vermont Place
Tongwell
Milton Keynes
MK15 8JA
www.ayme.org.uk
Support for children and young people with ME; advice available on education issues.

BBC Disability Zone

Ouch it's a disability thing
www.bbc.co.uk/ouch
Blogs, News, message board

Benefit Enquiry Line

Tel: 0800 882200
Text 0800 243355
Lines are open between 8.30 - 6.30 Mon to fri

Benefit Enquiry Line
201 Red Rose House
Lancaster Road
Preston
Lancaster
PR1 1HB

An enquiry line for people with disabilities, their carers and representatives. They provide confidential advice on various benefits.



Dyslexia Association

Unit 8, Bracknell Beeches
Old Bracknell Lane
Bracknell RG12 7BW
Helpline: 0845 251 9002
Office: 0845 251 9003
Fax: 0845 251 9005
For enquiries about dyslexia:
Helpline: 0845 251 9002

www.bdadyslexia.org.uk

British Institute of Learning Disabilities(BILD)

Campion House
Green Street
Kidderminster
Worcestershire
United Kingdom
DY10 1JL

Tel: 015962723010
Fax: 01562723029
E-mail: enquires@bild.org.uk
www.bild.org.uk

Independent organisation committed to improving the quality of life of all young people with a learning disability. Services promote good practice in health and care services.

Capability Scotland

Capability Scotland
Head Office
Westerlea
11Ellesly Road
Edinburgh
EH12 6HY

Tel: 01313379876
Textphone: 01313462529
E-mail: ascs@capability-scotland.org.uk
www.capability-scotland.org.uk
Advice, information and support for people with cerebral palsy.

Central Shetland Carers Group

Central Shetland Carers Group
SCSS Support Worker
Market House
14 Market Street
Lerwick
Shetland

Tel: 01595 743923

Challenging Behaviour Foundation

The Challenging Behaviour Foundation
C/O The Old Courthouse
New Road Avenue
Chatham
Kent
ME4 6BE

Family Support Line: 08456027885
General Enquiries: 01634838739
E-mail: info@theCBF.org.uk

Contact A Family

Norton Park
57 Albion Road
EDINBURGH EH7 5QY
Tel: 0131 475 2608
www.cafamily.org.uk
Supports families and children with special needs up to the age of 19, offering general advice and information.

Council For Disabled Children

8 Wakley Street
LONDON EC1V 7QE
Tel: 020 7843 6000
Promotes the interests of disabled children and young people to improve their status in a diverse society.

Helping Hands Information Sheet



Cystic Fibrosis Youth Line

27 Spencer Street
Carlisle CA1 1BE
Helpline: 0800 454482
www.cftrust.org.uk

Support, advice and information for young people with cystic fibrosis and their brothers and sisters.

DIAL UK

www.dialuk.org.uk

Disability Advice Network

Down's Syndrome Association

Down's Syndrome Association
Langdon Down Centre
2a Langdon Park
Teddington
TW11 9PS

Tel: 0845 230 0372
Fax: 0845 230 0373
Email: info@downs-syndrome.org.uk

Helpline: 0845 230 0372

www.downs-syndrome.org.uk

Dyspraxia Foundation

Dyspraxia Foundation
8 West Alley
Hitchin
Hert
SG5 1EG

Helpline: 01462 454 986 10 am - 1 pm Mon - Fri

E-Mail: dyspraxia@dyspraxiafoundation.org.uk

Supports individuals and families affected by dyspraxia through books, suggestions and has a teen newsletter and adult support group

ENABLE Scotland

2nd Floor,
146 Argyle Street,
Glasgow
G2 8BL

Telephone: 0141 226 4541
Fax: 0141 204 4398
Email: enable@enable.org.uk

Provides information and support on all aspects of learning disabilities

Epilepsy (Shetland)

Dr Rory Laidlay

Tel: 01595 695147

Epilepsy Scotland

Epilepsy Scotland
Head Office
48 Govan Road
Glasgow
G51 1JL

Telephone: 0141 427 4911

call the Helpline 0808 800 2200

Email: enquiries@epilepsyscotland.org.uk

www.epilepsyscotland.org.uk

Family Fund

Family Fund
4 Alpha Court
Monks Cross Drive
York
YO32 9WN

Tel 0845 130 4542 or 01904 621115
Textphone 01904 658085

Fax 01904 652625
Email info@familyfund.org.uk

Give grants to support family living

Helping Hands Information Sheet



Hyperactive Children Support Group

Dept W.
The Hyperactive Children's Support Group
71 Whyke lane, Chichester
West Sussex
PO19 7PD

Tel: 01243 539966

www.hacsg.org.uk

Advice and information on different aspects of hyperactivity in children and possible causes. Uses nutritional, dietary therapies as opposed to medication, ADHD children.

Muscular Dystrophy Campaign

61 Southwark Street
London
SE1 0HL

Information and Support Line:
0800 652 6352 (freephone)

T: 020 7803 4800

F: 020 7401 3495

info@muscular-dystrophy.org

www.muscular-dystrophy.org

Shetland Childcare Partnership

Bruce Family Centre
Lovers Loan
Lerwick
Shetland

Tel: 01595 695401
