

The background of the entire page is a vibrant, abstract pattern of numerous thin, multi-colored lines radiating from the left side towards the right. The colors include red, orange, yellow, green, blue, and purple. Interspersed among these lines are several white circles of varying sizes, some of which are partially cut off by the edges of the page.

Tees Valley, Durham and North Yorkshire

Neurological Alliance

Directory of  
information for  
people living with  
or caregivers of  
a neurological  
condition

# Introduction

Welcome to the 3rd edition of the Directory. The information has been brought together to support people living with or people who help someone live with a neurological condition. People with neurological conditions and people who help them manage have contributed ideas to what information should be included. The Directory aims to signpost you to information about neurological conditions and about statutory, independent or voluntary sector services in the region.

You will find some contact details for staff from national, condition-specific charities working in the region but for some conditions, there are no regional offices or national organisations.

## **The Neurological Alliance**

The Neurological Alliance is a campaigning organisation – the collective voice of over 70 brain and spine charities and other key stakeholders in England. They work with member organisations to campaign locally and nationally for better health and support services for people living with or caring for a neurological condition, injury or impairment.

The Neurological Alliance does not manage or support branches like some of member charities but do enable Regional Alliances to have access to information and share good practice by other Regional Alliances through the Regional Neurological Alliance Network.

# Who are we?

## **The Background**

Prior to April 2013, the North East region had a commissioner-led Neurosciences Network and 4 local service provider-led Forums working to improve standards of care for people with neurological conditions.

Until 2018, the region will have a Strategic Clinical Network (SCN) for Mental Health, Dementia and Neurological conditions to make improvements through an integrated, whole system approach. This is the first time that neurological conditions have been recognised by the NHS as a national priority and is a significant development.

The Network will provide Clinical Commissioners with strategic direction and support for neurology services.

There will be better opportunities for people's experiences of using neurological services to be integrated into the commissioning routines.

## **Tees Valley Durham and North Yorkshire Neurological Alliance**

The European Brain Foundation estimate that in the UK, 2% of people live with a neurological condition. In the North East, 1:7 people have 'caring' responsibilities.

The Tees Valley, Durham and North Yorkshire Neurological Alliance (TVDNY) is a person-centred, collaborative Charity dedicated to improving the lives of people living with a neurological condition. From the population census of 2011, we can estimate there are approximately 11,144 people in the Tees Valley, 12,376 people in Durham and Darlington and 12,024 people in North Yorkshire all living with a neurological condition.

Since inception in 2005, the TVDNY Neurological Alliance has included people living with or people who help someone live with a neurological condition in every aspect of work to raise the value of experience to help improve services at 12 Networks, Forums and reference groups across the region. We produce publications like this Directory to make sure people know what support they can get in the region when they are diagnosed with a neurological condition.

## **Contact:**

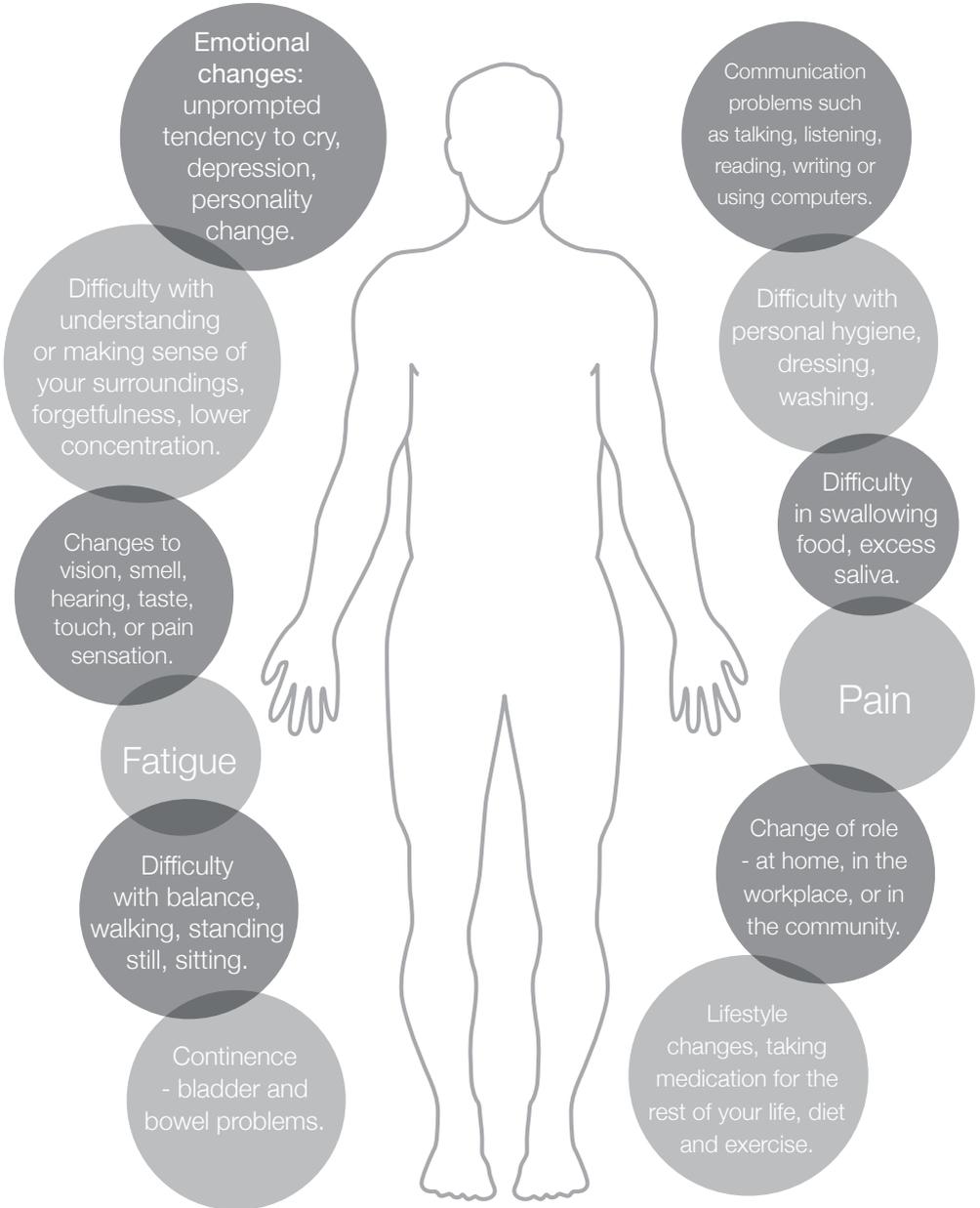
Joanne Cole  
Regional Co-ordinator  
TVDNY Neurological Alliance  
Acklam Green Centre  
Stainsby Road  
Middlesbrough TS5 4JS

T: 01642 641825

E: [admin@na-tvdny.org.uk](mailto:admin@na-tvdny.org.uk)

W: [www.na-tvdny.org.uk](http://www.na-tvdny.org.uk)

# How a Neurological Condition may affect you



# Neurological Conditions

## What is a neurological condition?

Neurological conditions are health disorders involving the brain and nervous system and may be caused by physical injury or result from biochemical causes. A neurological condition may cause paralysis of any part of the body. They include multiple sclerosis, motor neurone disease, Parkinson's disease, stroke, dementia, cerebral palsy, epilepsy, Huntington's disease and acquired brain injury.

Many of the precise causes of neurological conditions are not yet known. Neurological conditions affect young and old, men and women and people from all cultures and ethnicities. Multiple sclerosis is more prevalent in the northern hemisphere.

Some neurological conditions are life-long or people can experience onset at any time in their lives. Cerebral palsy is present from birth whilst muscular dystrophy appears in early childhood.

Stroke and Parkinson's disease are commonly thought of as occurring in older people, but there are incidences of stroke and Parkinson's in younger people. Epilepsy can impact at any time of life with 25% of people who have had a stroke developing epilepsy.

People living with neurological conditions experience health and social care that is fragmented and disconnected and do not receive the information or referred to all the services which may help them.

This is evidenced by a report<sup>1</sup> which highlights the continued inadequacy of care. Despite significant investment in health services in recent years, neurological services have failed to improve. The care for people with neurological conditions reflects lengthy time delays to diagnosis, little information, a lack of coordination between services and unnecessary hospital admissions. The impact on the lives of individuals, their families and caregivers is real and considerable.

For a full list of named neurological conditions, go to

**[www.ninds.nih.gov/index](http://www.ninds.nih.gov/index)** or  
**[www.disabled-world.com](http://www.disabled-world.com)**

For support groups or branches of national charities, please contact the condition-specific charity. For some rare conditions an organisation may not exist, contact TVDNY to check local information.

<sup>1</sup> National Audit Office 'Services for people with neurological conditions' (December 2011)

# A-Z of Neurological Conditions

## Ataxia

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People with ataxia have problems with co-ordination and balance. Cerebellar ataxias are a group of rare neurological disorders, many of which are inherited. There is large variation in the severity of the different types, and the rate of progression varies between individuals. For help and advice contact:

### **Ataxia UK**

There are four branches of Ataxia UK in the North East region.

Carlisle Branch: 01387 381 884

East Durham Branch: 0191 581 9995

Newcastle Branch: 0191 285 6466

North Yorkshire Branch:  
01759 301250

W: [www.ataxia.org.uk](http://www.ataxia.org.uk)

## Autistic Spectrum Disorder

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Autistic Spectrum Disorders (ASDs) are a distinct group of neurological conditions characterised by a greater or lesser degree of impairment in language and communication skills, as well as repetitive or restrictive patterns of thought and behaviour. Autism is not a learning disability although some people with autism can also have specific learning difficulties such as dyslexia.

There are less common ASDs such as Rett's Syndrome or Fragile-X Syndrome. Common additional neurological conditions include dyspraxia, dyscalculia, attention deficit hyperactive disorder (ADHD), Tourette's syndrome and epilepsy.

Asperger syndrome (AS) is a developmental disorder within the ASD group.

### **National Autistic Society (NAS)**

The nearest branch of the NAS is in Newcastle and they will direct you to support services that will make a positive difference to you.

T: 07920 086299

E: [NewcastleGateshead@nas.org.uk](mailto:NewcastleGateshead@nas.org.uk)

## Brain Tumour

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Cells within the brain normally grow in an orderly and controlled way, but if for some reason this order is disrupted, the cells continue to divide and form a lump or tumour.

A tumour may be either benign or malignant (cancerous). Brain tumours can be primary or secondary.

- Primary brain tumours start in the brain. It is extremely rare for them to spread elsewhere in the body. Primary brain tumours may be benign or malignant.
- Secondary brain tumours occur because cancer cells have spread into the brain from cancer in another part of the body. They are always malignant.

### **Brain Tumour UK**

Tower House, Latimer Park,  
Chesham, Bucks HP5 1TU

T: 0845 4500 386

E: [enquiries@braintumouruk.org.uk](mailto:enquiries@braintumouruk.org.uk)

W: [www.braintumouruk.org.uk](http://www.braintumouruk.org.uk)

### **Brain and Spine Foundation**

3.36 Canterbury Court,  
Kennington Park, 1-3 Brixton Road,  
London SW9 6DE

T: 0808 808 1000

E: [helpline@brainandspine.org.uk](mailto:helpline@brainandspine.org.uk)

W: [www.brainandspine.org.uk](http://www.brainandspine.org.uk)

## Cerebral Palsy

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Cerebral palsy is a disorder of movement and posture. It is caused by damage to areas of the brain that control movement. Difficulties can include awkwardness in walking or hand and arm movements, or speech.

### **Northumberland Branch of Brainbox**

T: 0800 0124 027

W: [www.scope.org.uk](http://www.scope.org.uk)

### **Teesside Support**

T: 0808 800 3333

### **Heelandtoe**

Jordan House, Finchale Road,  
Framwellgate Moor,  
County Durham DH1 5HL

T: 0844 335 0512

E: [info@heelandtoe.org.uk](mailto:info@heelandtoe.org.uk)

W: [www.heelandtoe.org.uk](http://www.heelandtoe.org.uk)

## Dementia

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Dementia is a term used to describe various different brain disorders that have in common a loss of cognitive brain function that is usually progressive and eventually severe.

### **Alzheimer's Society**

#### Middlesbrough Office

Suit 40, Evans Business Centre,  
Unit 1, Stephenson Court,  
Skippers Lane Industrial Estate  
Middlesbrough TS6 6UT

T: 01642 442030

E: [darlingtonteesside@alzheimers.org.uk](mailto:darlingtonteesside@alzheimers.org.uk)

#### County Durham Locality

South Approach, Bullion Lane,  
Chester-le-Street, Co. Durham  
DH2 2DW

T: 0191 389 0400

#### Hambleton and Richmondshire Office

Garget Walker House, 25a Olav Road,  
Richmond DL10 4PU

T: 01748 825817

E: [richmond@alzheimers.org.uk](mailto:richmond@alzheimers.org.uk)

W: [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

## Dystonia

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Dystonia is a movement disorder, characterised by involuntary and often painful, prolonged muscle spasms, frequently causing twisting and repetitive movements or abnormal postures. Dystonia may accompany other neurological problems. It can affect a single part of the body or whole body. Treatments include drug therapy, botulinum toxin injections and surgery.

### **Action for Dystonia, Diagnosis, Education and Research - A.D.D.E.R**

21 Liddell Terrace, Bensham,  
Gateshead, Tyne and Wear NE8 1YN

T: 0191 477 7700

Helpline: 0845 3000 336

E: [info@actionfordystonia.co.uk](mailto:info@actionfordystonia.co.uk)

W: [www.actionfordystonia.co.uk](http://www.actionfordystonia.co.uk)

### **The Dystonia Society North East**

27 Devonshire Street,  
Sunderland SR5 1DR

T: 0191 5494271

## Encephalitis

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Encephalitis is a rare, life-threatening, neurological condition which causes inflammation of the brain tissue. It is caused by either an infection or an autoimmune disease where the body, instead of attacking an infection, attacks itself. If the brain and brain lining are inflamed the condition is called meningoencephalitis. If the spinal cord is inflamed as well as the brain, the condition is called encephalomyelitis.

### **Encephalitis Society**

32 Castlegate, Malton,  
North Yorkshire YO17 7DT

T: 01653 692583

E: [mail@encephalitis.info](mailto:mail@encephalitis.info)

W: [www.encephalitis.info](http://www.encephalitis.info)

## Epilepsy

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Epilepsy is defined as a tendency to have recurrent seizures - often called fits or convulsions. A seizure is caused by a sudden burst of excess electrical activity in the brain, causing a short disruption in messages passing between brain cells which results in the messages either stopping or becoming confused. Medication is available for children and adults to reduce the number of seizures they have, although there is no cure for epilepsy.

### **Epilepsy Action**

Cliff Challenger

Northern Manager

New Anstey House, Gate Way Drive,  
Yeadon, Leeds LS19 7XY

T: 0113 210 8800

Helpline: 0808 800 5050

### **Epilepsy Society**

Dee Moore

North East Manager

T: Helpline - 01494 601 400

E: [Dee.Moore@epilepsysociety.org.uk](mailto:Dee.Moore@epilepsysociety.org.uk)

W: [www.epilepsysociety.org.uk](http://www.epilepsysociety.org.uk)

## Foetal Alcohol Spectrum Disorder

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FASD occurs through pre-natal alcohol exposure which causes a permanent brain injury with a neuro-behavioural impact. Some people may have identifiable facial features but for the majority it is largely invisible. There is evidence of the brain injury across many domains such as attention, memory, social skills, receptive and expressive language, fine and gross motor skills, hyperactivity, difficulty with abstract concepts. There may be associated conditions such as autism, ADHD, attachment disorder and mental health issues.

### **FASD Network**

Maria Catterick

T: 07743 380163

E: [fasdnetwork@mail.com](mailto:fasdnetwork@mail.com)

W: [www.fasdnetwork.org](http://www.fasdnetwork.org)

## Head Injury

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An acquired brain injury (ABI) is an injury caused to the brain any time after birth, for example following a fall, a road accident, tumour or a stroke.

### **Headway UK**

Alastair White

North East Regional Co-ordinator

c/o Blaydon Primary Care Centre,  
Shibdon Road, Blaydon, Tyne & Wear,  
NE21 5NW

T: 0191 283 4562

M: 0776 6666 015

E: [ne.regional.co-ordinator@headway.org.uk](mailto:ne.regional.co-ordinator@headway.org.uk)

W: [www.headway.org.uk](http://www.headway.org.uk)

### **Headway Teesside**

Sarah Raine

Community Development Officer

E: [headwayteessidecdo@live.co.uk](mailto:headwayteessidecdo@live.co.uk)

## Huntington's Disease

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Huntington's disease (HD) is a progressive hereditary disorder of the central nervous system which damages the nerve cells and causes a gradual loss of function. HD is caused by a faulty gene on chromosome 4, which produces a protein called Huntington. Symptoms include mood swings and personality changes.

### **Huntington's Disease Association**

Dee Boyd

North East Care Adviser

T: 0191 373 1709

E: [info@hda.org.uk](mailto:info@hda.org.uk)

W: [www.hda.org.uk](http://www.hda.org.uk)

## Motor Neurone Disease

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In motor neurone disease (MND), motor nerves become damaged and cease to work. The muscles that the damaged nerves supply gradually lose their strength. There is no cure for MND, but treatments can help to ease symptoms and disability.

### **Motor Neurone Disease Association**

Colin Pearson

Regional Care Development Advisor

Cleveland, North Yorkshire and East

Riding of Yorkshire

T: 07831 865329

E: [colin.pearson@mndassociation.org](mailto:colin.pearson@mndassociation.org)

## Multiple Sclerosis (MS)

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MS is a life-long but not terminal condition. People with MS can expect to live as long as anyone else. For some people, MS is characterised by periods of relapse and remission while for others, MS is progressive and deteriorating.

Symptoms of MS include visual problems, lack of coordination, muscle weakness affecting mobility and balance, bladder or bowel problems, pain, fatigue, cognitive and emotional difficulties.

Disease modifying drugs are available to ease symptoms but they are not a cure for MS. Suitable diet and exercise or therapies can help relieve symptoms.

### **Multiple Sclerosis Society**

Supports a network of local branches for information and advice

Angela Stewart

Service Development Officer

North East and North Cumbria

T: 02084380828

E: [astewart@mssociety.org.uk](mailto:astewart@mssociety.org.uk)

W: [www.mssociety.org.uk](http://www.mssociety.org.uk)

## Myalgic Encephalomyelitis

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Myalgic encephalomyelitis is a genetic condition caused by an environmental stimulus such as a virus infection, stress or trauma. Symptoms are both physical and cognitive including chronic fatigue and vary from person to person.

### **ME North East**

Bullion Hall, South Approach,  
Chester le Street, Co Durham DH2 2ES

T: 0191 3892222

E: [info@menortheast.org](mailto:info@menortheast.org)

W: [www.menortheast.org](http://www.menortheast.org)

# Neuro Muscular Disorders

## Guillain Barré Syndrome

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Guillain Barré Syndrome is an inflammatory disorder of the peripheral nerves- those outside the brain and spinal cord- which may be caused by a viral or bacterial infection. It is characterised by rapid onset of muscle weakness and loss of sensation and, in serious cases, can lead to paralysis of the legs, arms, breathing, muscles and face.

There are variants of Guillain Barré Syndrome such as Miller Fisher Syndrome.

### **Guillain Barré Syndrome Support Group**

Ground Floor, Woodholme House,  
Heckington Business Park,  
Station Road, Heckington,  
Sleaford NG34 9JH

T: 01529 469 910

E: [admin@gbs.org.uk](mailto:admin@gbs.org.uk)

W: [www.gbs.org.uk](http://www.gbs.org.uk)

## Muscular Dystrophy

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The muscular dystrophies are a group of neuromuscular disorders. These conditions are characterised by the loss of muscle strength, as progressive muscle wasting or nerve deterioration occurs. Many, but not all, are inherited.

The Muscular Dystrophy Society has regional events and regional care advisors which they jointly fund with the NHS organisation in their area.

### **Muscular Dystrophy Society**

T: 020 7803 4800

W: [www.muscular-dystrophy.org](http://www.muscular-dystrophy.org)

## Parkinson's Disease (PD)

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Parkinson's is a progressive neurological disorder affecting learned voluntary movements such as walking, talking, writing and swallowing and is caused by a loss of dopamine in the brain.

There are three main symptoms, but not everyone experiences all three: tremor, rigidity and slowness of movement. Drug treatments are available to help control the symptoms of PD. Diagnosis must be made by a neurologist or elderly care physician specialising in PD. Most areas have a PD Nurse specialist and therapists who can help with mobility problems.

### **Parkinson's UK**

Parkinson's UK has a free national helpline 0808 800 0303. The Parkinson's UK North East Regional Team works to improve services;

- Provides Information and Support Workers for families and carers;
- Education and Training for health and social care staff;
- Supports a network of local support groups.

Ebbie Hulland

North East Regional Manager

T: 0844 225 3600

E: ehulland@parkinsons.org.uk

W: www.parkinsons.org.uk

## Spinal Injuries

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Spinal cord injuries occur through trauma or illness such as tumours, infections like meningitis and poliomyelitis, or inflammatory or autoimmune diseases. Motor neurone disease and spinal muscular atrophy may also be classed as spinal injuries.

### **Spinal Injuries Association**

Ian Younghusband

Community Peer Support Officer,  
SIA House, 2 Trueman Place,  
Oldbrook, Milton Keynes MK6 2HH

T: 01908 604 191

E: sia@spinal.co.uk

W: www.spinal.co.uk

## Stroke

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A stroke is a 'brain attack' that occurs giving a sudden onset of symptoms such as numbness, weakness or paralysis on one side of the body, a drooping arm, leg or lower eyelid, a dribbling mouth, slurred speech, difficulty finding words or understanding speech, sudden blurred vision or loss of sight, confusion, unsteadiness or a severe headache.

The effects of a stroke will depend on the part of the brain that has been injured, how bad the injury is and general health when the stroke happens.

## **Middlesbrough Information and Support Service**

Carter Bequest Hospital, Cambridge Road, Middlesbrough TS5 5NH

T: 01642 815095

E: stephanie.edwards@stroke.org.uk

E: lorraine.mcdonald@stroke.org.uk

E: trevor.newlove@stroke.org.uk

W: www.stroke.org.uk

## **Different Strokes**

9 Canon Harnett Court, Wolverton Mill, Milton Keynes MK12 5NF

T: 0845 130 7172

E: webcontact@differentstrokes.co.uk

W: www.differentstrokes.co.uk

## **Tourette's Syndrome**

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Tourette's syndrome is a neurological condition sometimes known as multiple tic disorder or tic spectrum disorder. In most cases, the condition is also linked to other behaviours, most often obsessional compulsive disorder and attention deficit disorder. Even within the same person, the tics vary in many ways.

### **Tourette's Action**

Julie Collier

Group Officer

E: julie@tourettes-action.org.uk

W: www.tourettes-action.org.uk

Jacqueline Campbell

North East Support Group

E: jac.campbell@homecall.co.uk

W: www.tourettes-action.org.uk

## **Transverse Myelitis (TM)**

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Transverse myelitis is a neurological syndrome caused by inflammation of the spinal cord. It occurs in both adults and children. People may experience loss of temperature and pain sensation but others may experience chronic pain as well as numbness in the legs. Some may experience bladder symptoms and depression. Medication and therapies will help this condition. The term myelopathy is often used which is a more general term for any disorder of the spinal cord.

### **Transverse Myelitis Society**

The nearest support group is in the North West and the Society would like to establish one in Yorkshire and the North East.

35 Avenue Road, Brentford, London TW8 9NS

T: 020 8568 0350.

W: www.myelitis.org

# Access to Services

## Healthcare Services

People with neurological conditions will normally visit their GP who will decide upon the most appropriate course of action. This is likely to involve referral to hospital for diagnosis and treatment planning. The specialist neurological centre for this region is **James Cook Hospital in Middlesbrough** with access to some condition-specific specialist nurses and rehabilitation.

There are also outpatient clinics in local district general hospitals.

Increasingly, individuals who suffer a stroke are sent to a dedicated stroke unit and in the North East these are at:

**James Cook Hospital in Middlesbrough**

**North Tees Hospital in Stockton-on-Tees**

**University Hospital of North Durham**

## Social Care Services

In this section we have collated a quick reference list of social services in the region. There are a range of social services provided within each Local Authority area including assessment and provision of social care, direct payments to enable people to purchase social care services from independent providers, funding of home adaptations, help when you leave hospital, assessments and services for caregivers and health and well-being.

Each borough has a Carers' Strategy highlighting what services are available for carers including training for their caring role, respite breaks and emergency schemes. All statutory services will make an assessment against criteria.

Each Borough Council offers information about the changes to Welfare and Council Tax Benefits and Universal Credit on their websites. Each Borough Council also has personnel available to offer advice and support.

DARLINGTON	01325 346260
<a href="http://www.darlington.gov.uk/health">www.darlington.gov.uk/health</a>	

DURHAM	0845 8505010
<a href="http://www.durham.gov.uk/health">www.durham.gov.uk/health</a>	

NORTH YORKSHIRE	0845 0349410
<a href="http://www.northyorks.gov.uk/health">www.northyorks.gov.uk/health</a>	

TEES VALLEY	
Hartlepool	01429 523872
Middlesbrough	01642 726004
<a href="http://www.middlesbrough.gov.uk/ccm/navigation/health-and-social-care/">www.middlesbrough.gov.uk/ccm/navigation/health-and-social-care/</a>	
Redcar	01642 771500
<a href="http://www.redcar-cleveland.gov.uk">www.redcar-cleveland.gov.uk</a>	
Stockton-on-Tees	01642 527764
<a href="http://www.stockton.gov.uk/citizenservices/firstcontact/">www.stockton.gov.uk/citizenservices/firstcontact/</a>	

# Access to Services

## Access to Rehabilitation

People who have been diagnosed with a neurological illness or who have suffered a stroke or brain injury may be referred for rehabilitation by their consultant.

Rehabilitation covers a range of therapies including speech and language therapy, physiotherapy, occupational therapy, social and recreational therapy, neuro-psychology as well as specialist nursing care.

The regional specialist rehabilitation centre is:

### **Walkergate Park**

Centre for Neurorehabilitation and Neuropsychiatry, Northumberland Tyne and Wear NHS Foundation Trust, Walkergate Park, Benfield Road, Newcastle upon Tyne NE6 4QD  
Tel: 0191 2875000

Walkergate Park Centre provides rehabilitation services on an inpatient, outpatient, day patient or community basis, for people who experience consequences of neurological disease, and are treated for:

- Major physical disability affecting mobility, self-care and everyday activities
- Disturbance of cognition or behaviour

People can self-refer to Walkergate Park but are assessed on clinical criteria.

## Access to Respite Care

Respite Care services vary across the region from independent providers, specialist centres to hospices offering respite, emergency and day care services.

Contact your local council social services department to find out the most suitable provider for your needs.

### **Regional Hospices**

Butterwick Hospice - Stockton

T: 01642 678050

Butterwick Hospice - Bishop Auckland

T: 01388 603003

Teesside Hospice - Middlesbrough

T: 01642 811060

St Teresa's Hospice - Darlington

T: 01325 254321

Hartlepool and District Hospice

T: 01429 855555

St Cuthbert's Hospice - Durham and Chester-le-Street

T: 0191 386 1170

# Employment

Work is an important element of an independent and fulfilling life - everyone has skills and abilities to offer. Returning to work or sustaining employment with a neurological condition or any other disability may be challenging. It may prove even harder to find a new job with a neurological condition. In this section we direct you to information and organisations who can help you retain your job or search for employment.

## Access to Work Scheme

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Access to Work is a government funded scheme which can help you if your health or disability affects the way you do your job. It gives you and your employer advice, guidance and support with extra costs which may arise because of your needs. Access to Work might pay towards a support worker or the equipment you need at work and can also contribute towards the cost of getting to work if you cannot use public transport. If you need a communicator at job interviews, then Access to Work may be able to pay some or all of the communicator costs.

To find out more go to:

**[www.gov.uk](http://www.gov.uk)**

## Work Choice

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Work Choice is a government funded initiative designed to help people with disabilities to find and secure employment opportunities. This might be because you need more specialised support to find employment or to keep a job once you have started work. If Work Choice is for you it will be tailored to meet your individual needs. It will focus on helping you achieve your full potential and moving towards being more independent. This programme is a 36-week initiative with the goal of gaining employment.

To find out more go to:

**[www.gov.uk](http://www.gov.uk)**

Remploy and the Shaw Trust are contracted to deliver the Work Choice programme in the North East. Both organisations are generic disability support organisations with a number of years of experience.

To discuss the work choice programme you should visit your local Job Centre Plus and ask to speak to a Disability Employment Advisor (DEA). The DEA will provide you with all the information you need and make the referral on your behalf to either company depending upon your needs and preferences.

For more visit:

**[www.shaw-trust.org.uk](http://www.shaw-trust.org.uk)**

## Access to Vocational Rehabilitation

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An alternative to the generic Work Choice programme is the Momentum Vocational Rehabilitation programme. This programme is funded by the primary care trusts and local authorities across the North East and provides highly specialised return to work services exclusively for individuals who have acquired brain injuries and other neurological conditions. The service includes psychological and cognitive support as well as general employment skills support such as CV building, interview techniques and vocational profiling.

Momentum has an open referral system so you or a carer or another organisation can refer you for a place on a programme.

### **Momentum**

T: 0191 232 0234

E: [enquiriesnc@rehabuk.org](mailto:enquiriesnc@rehabuk.org)

### **Northern Pinetree Trust**

Provides free self employment counselling and guidance to ensure you make an informed choice about whether working for yourself or creating a social enterprise is for you.

T: 0191 4928215/19

E: [admin@pinetree-centre.co.uk](mailto:admin@pinetree-centre.co.uk)

W: [www.northernpinetreetrust.co.uk](http://www.northernpinetreetrust.co.uk)

## Discrimination in the Workplace

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If you think you are being discriminated against in the workplace because of your neurological condition, you can seek advice at your local Citizen's Advice Bureau or contact:

### **The Advisory, Conciliation and Arbitration Service - ACAS**

Helpline: 08457 474747

W: [www.acas.org.uk](http://www.acas.org.uk)

### **Equality and Human Rights Commission - EHRC**

Helpline: 0845 604 6610

Textphone: 0845 604 6620

E: [englandhelpline@equalityhumanrights.com](mailto:englandhelpline@equalityhumanrights.com)

W: [www.equalityhumanrights.com](http://www.equalityhumanrights.com)

# Useful Information

## DVLA

The DVLA must be notified if a medical condition or a disability is diagnosed. Medical conditions such as epilepsy, stroke, mental health problems, physical and visual impairments and neurological conditions such as Huntington's, Parkinson's, MND and multiple sclerosis should be reported to DVLA. If someone has multiple sclerosis, motor neurone disease, or Huntington's there is a questionnaire CN1 to fill in. If someone has Parkinson's there is a form PK 1 to fill in. These forms allow a medical advisor to contact a GP and assess their capacity to drive. All forms are available from a GP surgery.

All drivers must renew their driving licence when they reach 70. The DVLA will send a form - D46P called 'Application for renewal of a driving licence' 3 months before the 70th Birthday.

If you receive the correct allowances, have a Mobility vehicle and plan to keep driving, you must renew your licence to ensure you can keep driving a Mobility vehicle.

If you are unable to drive or elect not to continue to drive, you can nominate up to TWO people to drive your Motability vehicle on your behalf.

It is possible to apply on-line at [www.gov.uk](http://www.gov.uk)

## Blue Badge

The Blue Badge scheme allows drivers or passengers with severe mobility problems to park close to where they need to go.

The Blue Badge Scheme is run by your local council - contact the transport department first for more information or advice on the cost, where you can use your badge, how to display it and how to use it abroad contact the or visit: W: [www.gov.uk](http://www.gov.uk)

## Motability Scheme

If you are entitled to receive the higher rate mobility component of the Disability Living Allowance (DLA) or the War Pensioners' Mobility Supplement, you can sign up to the Motability scheme. Through Motability, a 3-year lease is possible for a new car or scooter by transferring the mobility component of DLA to pay for the lease.

The scheme is very easy to access:

T: 0845 456 4566

W: [www.motabilitycarscheme.c.uk](http://www.motabilitycarscheme.c.uk)

## National Key Scheme

The National Key Scheme known as 'Radar Keys', offers disabled people independent access to locked public toilets around the UK. Toilets fitted with National Key Scheme (NKS) locks can now be found in shopping centres, pubs, cafés, department stores, bus and train stations and many other locations.

The National Key Scheme Guide 2011 can locate the 9,000 accessible toilets across the UK fitted with the NKS lock. This valuable resource is the only guide of its kind and 'opens doors' to independent living.

Radar's NKS Smartphone App can instantly locate the nearest toilet facility and receive directions by road, bus or foot.

An iPhone application is available from the App Store at [www.apple.com](http://www.apple.com)

Guide and Keys are available from:

W: [www.radar-shop.org.uk](http://www.radar-shop.org.uk) or

W: [www.ageukincontinence.co.uk](http://www.ageukincontinence.co.uk)

## Incontinence

Following an assessment by a specialist nurse at a continence clinic, free continence pads may be available. If you have difficulty leaving the house, contact your GP Practice nurse for advice or contact the Bladder and Bowel Foundation:

Helpline: 0845 345 0165

W: [www.bladderandbowelfoundation.org](http://www.bladderandbowelfoundation.org)

## Age UK:

T: 0800 849 8032.

W: [www.ageukincontinence.co.uk](http://www.ageukincontinence.co.uk)

## Relate North East

Relate North East, provide Relationship Counselling for couples and individuals, Sex Therapy, Families Counselling and Children and Young People's counselling. Working with couples, individuals and families who are affected by a change in their circumstances, Relate are aware that diagnosis of a neurological condition can have a big effect on personal relationships. Relate help families work through change and encourage families to voice fears and concerns. Relate deliver counselling in Darlington, Durham, Hartlepool, Middlesbrough, Northallerton, Pickering and Scarborough.

There is a charge for the service which will be explained at the time of booking.

West Lodge, West Crescent,  
Darlington DL3 7PS

T: 01325 461500

E: [counselling@relatenortheast.org.uk](mailto:counselling@relatenortheast.org.uk)

W: [www.relatenortheast.org.uk](http://www.relatenortheast.org.uk)

## UNITE

Unite is a not-for-profit organisation and a company limited by guarantee offering an independent, impartial and confidential Special Educational Needs (SEN) mediation service to help resolve disagreements about the education of children and young people with special educational needs. In addition to Family mediation to resolve family conflict, Unite offer Workplace Mediation focussing on dialogue, rather than confrontation.

Cargo Fleet Offices, Middlesbrough Road,  
Middlesbrough TS6 6XH

T: 01642 311633

W: [www.unite-mediation.org](http://www.unite-mediation.org)

W: [www.unite-mediationatwork.org](http://www.unite-mediationatwork.org)

# Independent Living

Organisations offering a range of equipment or services to support people with neurological conditions.

## **Darlington Association on Disability (DAD)**

DAD acts as a focal point for consultation with disabled people and carers and manages a range of services for people with disabilities, including Direct Payment support and support and advice for Personal Health Budgets. There is also a Shopmobility service that provides manual and electric wheelchairs (a fee is charged).

20-22 Horsemarket,  
Darlington DL1 5PT

T: 01325 489999

Text: 0762 481 8780

E: [mail@darlingtondisability.org](mailto:mail@darlingtondisability.org)

W: [www.darlingtondisability.org](http://www.darlingtondisability.org)

## **DAD Independent Living Hub**

West Lodge, West Crescent,  
Darlington DL3 7PS

T: 01325 254840

E: [independentlivinghub@darlingtondisability.org](mailto:independentlivinghub@darlingtondisability.org)

## **Disabled Living Foundation**

Disabled Living Foundation, 380-384  
Harrow Road, London W9 2HU

T: 0845 130 9177

E: [info@dlf.org.uk](mailto:info@dlf.org.uk)

W: [www.dlf.org.uk](http://www.dlf.org.uk)

A new website managed by the Disabled Living Foundation for guided advice about safety and equipment for health, home and daily activities for older or people with disabilities.

W: [www.asksara.org.uk](http://www.asksara.org.uk)

## **Hartlepool Centre for Independent Living**

1 Havelock Street, Hartlepool TS24 7LT

T: 01429 523897

## **Multiple Sclerosis Therapy Centre**

Stadium Court, Wallis Road,  
Skippers Lane Industrial Estate,  
Middlesbrough TS6 6JB

T: 01642 461673

## **Pioneering Care Partnership**

Carers Way, Newton Aycliffe,  
Co. Durham DL5 4SF

T: 01325 321234

E: [enquiries@pcp.uk.net](mailto:enquiries@pcp.uk.net)

## **Real Opportunities Centre - Redcar**

Real Opportunity Centre (ROC) is managed, driven and led by and for disabled people delivering two main projects:

1. An independent living resource hub,
2. An Information and Shopmobility

Coatham Memorial Hall, 7 Coatham Road, Redcar TS10 1RH

T: 01642 774 500

Text: 0791 8080 923

E: redcarroc@btconnect.com

## **Red Cross Services**

The Red Cross service helps people return home after a hospital stay or can enable them to go on holiday with friends or family or loan equipment. Equipment is usually available within 24 hours in an emergency and is loaned free of charge, although a refundable deposit may be requested.

Short-term loans of medical equipment for people with a disability or illness are available at;

### **Teesside**

2 Thornaby Place, Thornaby, Stockton-On-Tees TS17 6BN

T: 01642 607230

### **Cleveland**

9 Amber Street, Saltburn-by-the-sea, Cleveland TS12 1DT

T: 01287 622431

## **North Yorkshire**

Carrick House, Thurston Road, Northallerton DL6 2NA

T: 01609 772186

## **Stockton Independent Living Centre**

Tithebarn House, High Newham Court, Hardwick, Stockton-on-Tees

T: 01642 528467

## **The Independent Living Centre**

Holyrood Lane, Off Lansdowne Road, Middlesbrough TS4 2PG

T: 01642 250749

## **Wilf Ward Family Trust**

Wilf Ward offer bespoke packages of support or care for a range of services to children and young people with disabilities, carers of and adults with disabilities and older people.

W: [www.wilfward.org.uk](http://www.wilfward.org.uk)

40 Avenue Rd, Hartlepool, Cleveland TS24 8AT

T: 01429 268659

34/Unit 1 Stephenson Court, Skippers Lane Industrial Estate, Middlesbrough, TS6 6UT

T: 01642 442020

Westgate House, 5 Westgate, Pickering, North Yorkshire, YO18 8BA

T: 01751 474 740

12-16 Church Road, Stockton-On-Tees TS18 1TX

T: 01642 526594

# Mental Health

MIND offers advice and support services

## **Darlington MIND**

St Hildas House, 11 Borough Rd,  
Darlington DL1 1SQ

T: 01325 283169

W: [www.darlingtonmind.com](http://www.darlingtonmind.com)

## **Chester-le-Street and Durham MIND**

27 The Close East, South Pelaw,  
Chester-le-Street, Co. Durham DH2 2EY

T: 0191 3883411

W: [www.clsmind.co.uk](http://www.clsmind.co.uk)

## **Middlesbrough MIND**

The Mind Centre, 90-92 Lothian Road,  
Middlesbrough TS4 2QX

T: 01642 257020

W: [www.middlesbroughandstocktonmind.org.uk](http://www.middlesbroughandstocktonmind.org.uk)

## **Redcar MIND**

6-8 W Dyke Rd, Redcar TS10 1DZ

T: 01642 296052

W: [www.randcmind.org](http://www.randcmind.org)

## **Stockton-On-Tees MIND**

Catalyst Building, 27 Yarm Road,  
Stockton-on-Tees TS18 3NJ

T: 01642 645655

W: [www.middlesbroughandstocktonmind.org.uk](http://www.middlesbroughandstocktonmind.org.uk)

## **Alliance Psychological Services**

20 Yarm Road, Stockton-on-Tees

T: 01642 352747

## **Counselling Directory**

The Directory lists counsellors and psychotherapists who are registered with a recognised professional body.

W: [www.counselling-directory.org.uk](http://www.counselling-directory.org.uk)

## **Cruse Bereavement Care**

T: 0844 477 9400

E: [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)

# Carers' Centres

Carers' Centres are independent charities delivering a wide range of services to meet the needs of caregivers.

## **Carers UK**

Help and advice on practical issues, latest news and useful information on Welfare Reform.

T: 0808 808 7777

W: [www.carersuk.org](http://www.carersuk.org)

## **DARLINGTON**

### **Darlington Carers Support Service**

Enterprise House, South Entrance,  
Valley Street, North Darlington DL1 1GY

T: 01325 357533

E: [carers@darlingtondisability.org](mailto:carers@darlingtondisability.org)

## **NORTH YORKSHIRE**

### **Hambleton and Richmondshire Carers Centre**

32 High Street, Northallerton DL7 8EE

T: 01609 780872

E: [penny@hrscarers.f2s.com](mailto:penny@hrscarers.f2s.com)

W: [www.hrscarers.f2s.com](http://www.hrscarers.f2s.com)

## **COUNTY DURHAM**

### **Wear Valley Carers Initiative**

Community Centre, 30 Edgar Grove  
Bishop Auckland, DL14 7QL

T: 01388 451 400

E: [info@durhamdalescarers.org.uk](mailto:info@durhamdalescarers.org.uk)

W: [www.carer.org.uk/local-centre/wear-valley](http://www.carer.org.uk/local-centre/wear-valley)

### **Derwentside Carers Centre**

The Village Hall, Delves Lane,  
Consett, County Durham DH8 7BH  
T: 01207 502 688

### **Durham County Carers Support**

Sedgefield Locality Carers Centre, Suite 3,  
Avenue House, Greenwell Road, Newton  
Aycliffe, County Durham DL5 4DH

T: 0300 005 1213

E: [admin@dccarers.org](mailto:admin@dccarers.org)

W: [www.durhamcarers.info](http://www.durhamcarers.info)

### **Durham and Chester-le-Street Carers Project**

Bullion Hall, Bullion Lane, Chester-le-Street, Co. Durham DH1 3YG

T: 0191 387 1991

E: [info@dccarers.org](mailto:info@dccarers.org)

W: [www.dccarers.org](http://www.dccarers.org)

### **Durham Dales Action for Carers**

Teesdale, Claire House, Victoria Road,  
Barnard Castle, Co. Durham DL12 8HW

T: 01833 630 202

E: [info@durhamdalescarers.org.uk](mailto:info@durhamdalescarers.org.uk)

W: [www.durhamdalescarers.org.uk](http://www.durhamdalescarers.org.uk)

### **Easington District Carers Support**

4th Floor Lee House, Yoden Way,  
Peterlee, Co. Durham SR8 1BB

T: 0191 586 9134

### **Sedgefield Carers Centre**

Suite 3, Avenue House, Greenwell Road,  
Newton Aycliffe, Co.Durham DL5 4DH

T: 01325 313 123

TEES

### **Bridges**

5 Ramsgate, Stockton-on-Tees TS18 1BS

T: 01642 527764

### **Carers Together - Redcar**

23 Queen Street, Redcar TS10 1AB

T: 01642 488977

E: carerstogether@btconnect.com

### **Hartlepool Carers Centre**

19a Lowthian Road, Hartlepool TS24 8BH

T: 01429 283095

E: staff@hartlepoolcarers.org.uk

W: www.hartlepoolcarers.org.uk

### **North Tees Centre**

Hardwick Road, Stockton-On-Tees  
TS19 8PE

E: northtees@georgehardwick  
foundation.org

W: www.georgehardwickfoundation.org

### **Stockton Carers Centre**

5 Wellington Square, Wellington Street,  
Stockton-on-Tees, TS18 1RG

T: 0845 3025 523

E: stockton@georgehardwick  
foundation.org

W: www.georgehardwickfoundation.org

## PARENT SUPPORT GROUPS

### **Parent Support Group**

Teesdale Carers Centre, 35 Victoria Rd,  
Barnard Castle, Co.Durham DL147QL

T: 01833 630 202

### **Daisy Chain Links**

Daisy Chain, Calf Fallow Farm, Calf Fallow  
Lane, Norton, Stockton-on-Tees TS201PF

T: 01642 531248

E: info@daisychainproject.co.uk

### **FOCAS**

For families of children with ASD

Linda Dickinson

T: 01642 461163 T: 01287 644137

E: mdickinson@ntlworld.com

## YOUNG CARERS PROJECTS

### **The Bridge**

4 Redhill Villas, Nevilles Cross,  
Durham, DH1 4BA

T: 0191 383 2520 M: 07805 990908

W: www.family-action.org.uk

### **The Junction**

19 Station Road, Redcar TS10 1AN

T: 01642 756 000

W: www.thejunctionredcar.com

### **Barnardo's Young Carers Service**

Bridgeway Project, Allendale Road,  
Ormesby, Middlesbrough TS7 9LF

T: 01642 300774

W: www.barnardos.org.uk

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**TVDNY Neurological Alliance**

Acklam Green Centre,  
Stainsby Road,  
Middlesbrough TS5 4JS

T: 01642 641825

E: [admin@na-tvdny.org.uk](mailto:admin@na-tvdny.org.uk)

**[www.na-tvdny.org.uk](http://www.na-tvdny.org.uk)**

**Disclaimer**

The material contained herein is for information only. A link to a particular organisation does not imply endorsement - a lack of link does not imply lack of endorsement.

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