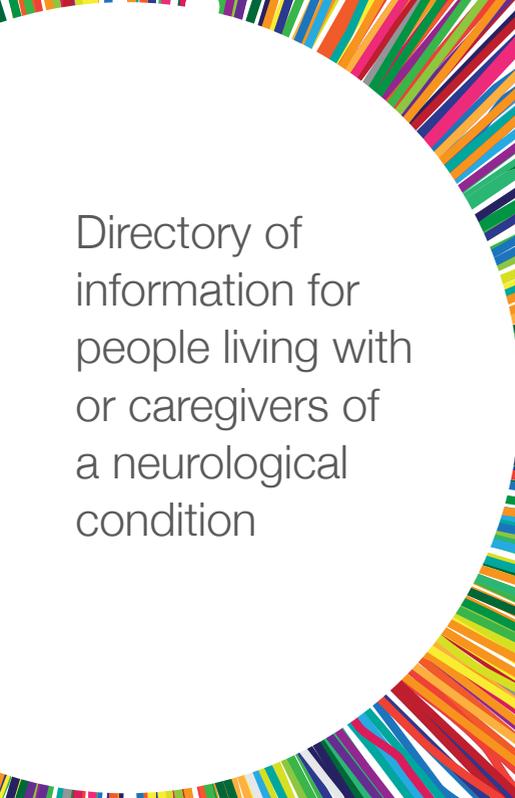


The background of the entire page is a vibrant, abstract pattern of numerous thin, multi-colored lines radiating from the left side towards the right. The colors include red, orange, yellow, green, blue, and purple. Interspersed among these lines are several white circles of varying sizes, some of which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

Tees Valley, Durham and North Yorkshire

Neurological Alliance

A large, white, semi-transparent circular graphic element is positioned on the left side of the page, overlapping the colorful background. It contains the main title text.

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

Introduction

Welcome to the 4th 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.

TVDNY Neurological Alliance delivers an Advocacy, Information and Signposting service offering support, guidance and information. The Charity ensures half the Trustee Board involves people living with or people caring for someone with a neurological condition who integrate as equal partners with students, academic staff from Teesside University, NHS and social care, personnel from national and regional charities and the Independent sector. Working across 11 Networks and Forums the Charity advocates for and influences, service design and delivery to foster a regional network of neuro-informed peers.

The Directory and Passport have been designed by service users, for service users and caregivers to help with understanding the diagnosis of a neurological condition, find suitable services, help with discharge processes after a stay in hospital or help support the planning process to have a Personal Health Budget.

The Charity can enable people with neurological conditions and disabilities in receipt of Continuing Care to have a Personal Health Budget and have greater choice, over the health care and support they receive.

There are peer supporters at TVDNY to help with ideas and care plans.

Contact:

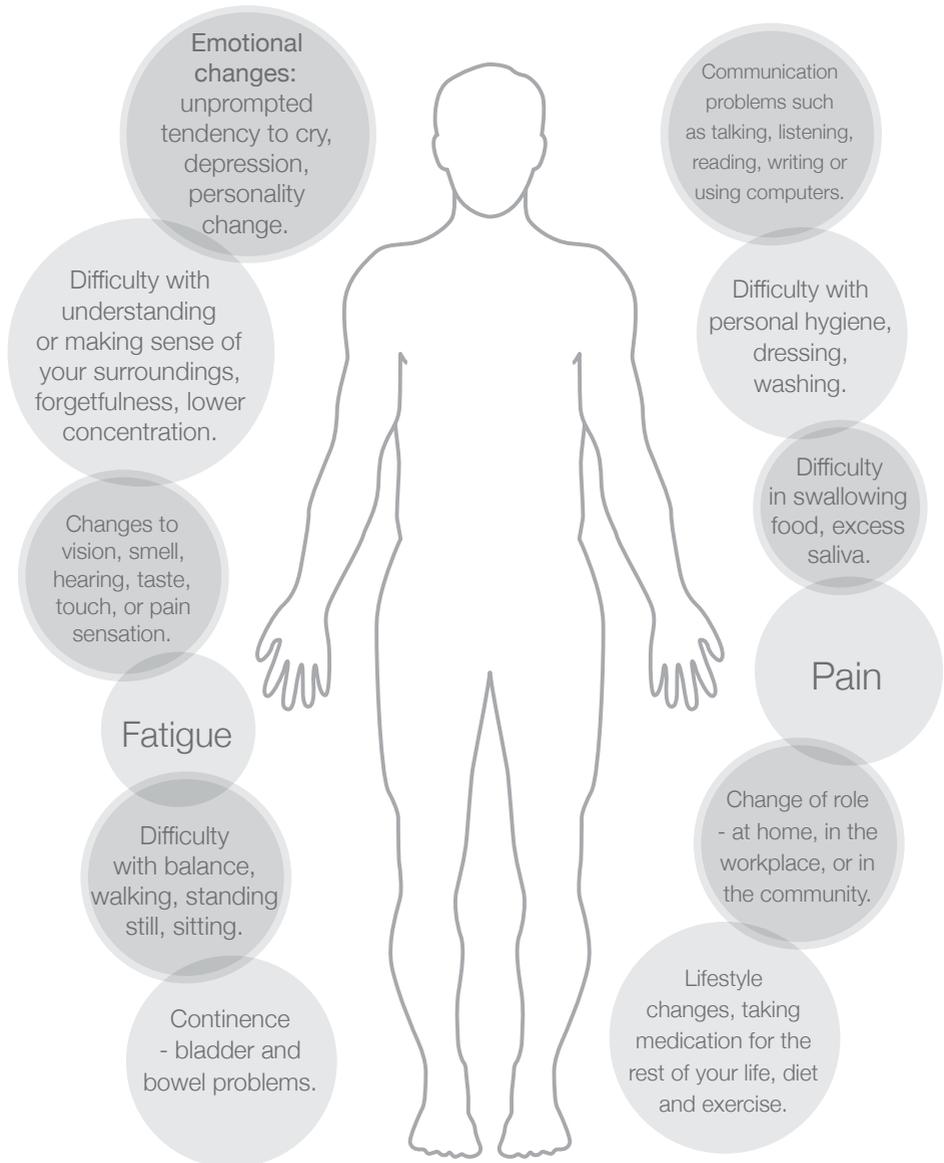
Joanne Cole
Head of Operations
TVDNY Neurological Alliance
Acklam Green Centre
Stainsby Road
Middlesbrough TS5 4JS

T: 01642 641825

E: jo.cole@na-tvdny.org.uk

W: www.na-tvdny.org.uk

How a Neurological Condition may affect you



For more see:
www.neurosymbols.org

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 report¹ 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 or
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.

¹ National Audit Office 'Services for people with neurological conditions' (December 2011)

A-Z of Neurological Conditions

Ataxia

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

Autistic Spectrum Disorder

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

Brain Tumour

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.

The Brain Tumour Charity

Hartshead House, 61-65 Victoria Road,
Farnborough, Hampshire GU14 7PA

T: 01252 749990

T; 0808 800 0004 - Support line

E: support@thebraintumourcharity.org

W: www.thebraintumourcharity.org

Cerebral Palsy

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.

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

W: www.heelandtoe.org.uk

Dementia

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

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

W: www.alzheimers.org.uk

Dystonia

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

Kibblesworth Millennium Centre,
Grange Terrace, Kibblesworth
NE11 0XN

T: 0191 492 2793

Helpline: 0845 3000 336

E: info@actionfordystonia.co.uk

W: www.actionfordystonia.co.uk

The Dystonia Society North East

27 Devonshire Street,
Sunderland SR5 1DR

T: 0191 5494271

Encephalitis

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

W: www.encephalitis.info

Epilepsy

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

W: www.epilepsysociety.org.uk

Foetal Alcohol Spectrum Disorder

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

W: www.fasdnetwork.org

Head Injury

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

W: www.headway.org.uk

Headway Teesside

E: headwayteessidecco@live.co.uk

Headway Darlington

T: 01325 466794

E: info@headwaydarlington.org.uk

Huntington's Disease

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

John Gregor

Specialist HD Advisor

T: 0191 2622358

E: john.gregor@hda.org.uk

W: www.hda.org.uk

Motor Neurone Disease

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

Jenny James

Regional Care Development Advisor
Cleveland, North Yorkshire and East
Riding of Yorkshire

T: Helpline: 08457 626262

E: jenny.james@mndassociation.org

Multiple Sclerosis (MS)

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

W: www.mssociety.org.uk

Myalgic Encephalomyelitis

Myalgic encephalomyelitis can be caused by biological, genetic, infectious and psychological mechanisms. Sometimes called Chronic Fatigue Syndrome the condition is not understood and may have multiple causes.

ME North East

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

T: 0191 3892222

E: info@menortheast.org

W: www.menortheast.org

Myasthenia

Myasthenia means muscle weakness. The condition affects the muscles that allow movement but not the 'automatic' muscle like the heart that people do not think about. The brain tells muscles to work, but the message doesn't get through. Myasthenia Gravis and Lambert Eaton Myasthenic Syndrome are autoimmune conditions in which the antibodies which normally fight infections attack the communication system between the brain and the movement muscles.

Congenital Myasthenic Syndrome is caused by an inherited genetic fault.

The symptoms for all types of myasthenia include muscle weakness making day to day activities like walking, talking and even smiling difficult. When the swallowing and breathing muscles are affected this can lead to an emergency. Myaware is the new name of the Myasthenia Gravis Association

Linda McDonald

Regional Organiser (North)

T: 01325 308180

E: info@myaware.org

W: www.myaware.org

Neuro Muscular Disorders

Guillain Barré Syndrome

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

W: www.gbs.org.uk

Muscular Dystrophy

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

Myotonic Dystrophy

Myotonic Dystrophy is an inherited condition, and the commonest muscular dystrophy of adult life, affecting around 1 in 8000 adults. Many children are also affected by the condition either at birth or later. It is also by far the most variable neuromuscular disorder in terms of severity, age at onset and different body systems affected. There is a UK patient register.

Myotonic Dystrophy Support Group,

19-21 Main Road, Gedling,
Nottingham NG4 3HQ

T: 0115 987 5869

Helpline: 0115 987 0080

Parkinson's Disease (PD)

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

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

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

Middlesbrough

Marie O'Brian T: 01642 815095

Lorraine McDonald

E: lorraine.mcdonald@stroke.org.uk

Stockton-On-Tees

Trevor Newlove

E: trevor.newlove@stroke.org.uk

Redcar

Clare Davison T: 01287 284213

Rehana Kosser T: 01287 284212

Hartlepool

Tracey Bushnall T: 01429 860545

W: www.stroke.org.uk

Different Strokes

T: 0845 130 7172

E: webcontact@differentstrokes.co.uk

W: www.differentstrokes.co.uk

Tourette's Syndrome

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 obsessive 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)

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. The Society would like to establish a group in this region.

35 Avenue Road, Brentford,
London TW8 9NS

T: 020 8568 0350.

W: www.myelitis.org

Access to Services

Social Care Services

DARLINGTON	01325 346260
www.darlington.gov.uk/health	

DURHAM	0845 8505010
www.durham.gov.uk/health	

NORTH YORKSHIRE	0845 0349410
www.northyorks.gov.uk/health	

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

All statutory services assess a person's needs against specific criteria.

Each Borough has a Carers' Strategy highlighting what services are available for carers including training for their caring role, respite breaks and emergency schemes.

There is information about Benefits and Universal Credit on Borough Council websites.

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.

There is a level 2A specialist Neurological Rehabilitation Unit at;

James Cook University Hospital (JCUH) Ward 26 (Neurological Rehabilitation Unit), James Cook University Hospital, Marton Road Middlesbrough TS4 3BW

T: 01642 850850 extn: 54526

The Neurological Rehabilitation Unit at JCUH provides highly specialist neurological rehabilitation on an inpatient basis for 18 people who have suffered major physical disability affecting mobility, self-care and everyday activities and/or disturbance of cognitive ability as a result of a neurological disease or injury. Outpatient and community rehabilitation services for people with neurological diseases are also co-ordinated from this rehabilitation unit for the local area.

People are often transferred to this unit from another ward or hospital when it is felt they would benefit from some rehabilitation and can also be admitted for a short period of rehabilitation from home by their consultant.

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

Returning to work or sustaining employment whilst managing a neurological condition, injury or impairment can be challenging

Access to Work Scheme

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. Financial support depends on personal circumstances. The money doesn't have to be paid back and will not affect other benefits.

To find out more go to:

www.gov.uk

Work Choice

Work Choice is a government funded initiative to help people with disabilities find employment opportunities. This might be because more specialised support is needed to find employment or to keep a job. Work Choice is tailored to meet individual needs and focus on achieving full potential to become more independent.

To find out more go to:

www.gov.uk

Remploy and the Shaw Trust deliver the Work Choice programme in the North East. To discuss the work choice programme visit the local Job Centre Plus and ask for a Disability Employment Advisor (DEA). The DEA will provide information and make the referral.

For more visit:

www.shaw-trust.org.uk

Access to Vocational Rehabilitation

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

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

W: www.northernpinetreetrust.co.uk

Discrimination in the Workplace

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

Equality and Human Rights Commission - EHRC

Helpline: 0845 604 6610

Textphone: 0845 604 6620

E: englandhelpline@equalityhumanrights.com

W: 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

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

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

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

Guide and Keys are available from:

W: www.radar-shop.org.uk or

W: www.ageukincontinence.co.uk

Care Act 2014

In May 2014, the Care Act modernised 65 years of care and support law into one single piece of legislation. Built around people's needs and outcomes, the Act will have far-reaching impact on the statutory sector duty of care towards people with assessed needs, reduction of risk and promotion of wellbeing.

Continuing Care and Personal Health Budgets

Following evaluation of the Personal Health Budget's programme (2009-2012), evidence showed a personal health budget improved quality of life and reduced unplanned hospital care. Since April 2014, adults who are eligible for NHS Continuing Healthcare and children in receipt of Continuing Care have had a 'right to ask' for care to be delivered through a personal health budget with a 'right to have' a personal health budget from October 2014.

Person-centred care and care planning is at the heart of making personal health budgets work well. As a result of all care planning discussions, care plans should define the health and well-being needs that the personal health budget is to focus on, the intended outcomes that the plan is to achieve, the amount of money in the budget and how this is going to be used to meet the assessed needs and agreed outcomes.

Having the right information and support is vital for an individual to be able to achieve good outcomes with a personal health budget. There is now a duty on Local Authorities to provide an information and advice service to signpost and support people to meet their needs instead of accessing social care funded services.

Managing a personal health budget

People can have a personal health budget in one of the following, or a combination of the three ways:

1. A notional budget - where the commissioner, e.g. the CCG holds the budget but manages it to secure services to reach the agreed outcomes.
2. A third party budget - where an organisation independent of the individual and the NHS manages the budget on the individual's behalf and arranges support by purchasing services for the agreed care plan.
3. A direct payment - where money is transferred to a person or a representative organisation who will secure services for the agreed care plan.

Carers

A carer's assessment will have the same status as a service user assessment from April 2015 and in particular, will not be dependent on whether the service user they care for is eligible for social care support.

More information at - **www.personalhealthbudgets.england.nhs.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

Age UK:

T: 0800 849 8032.

W: 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

W: 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

W: 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

W: www.darlingtondisability.org

DAD Independent Living Hub

West Lodge, West Crescent,
Darlington DL3 7PS

T: 01325 254840

E: 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

W: 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

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

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

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 T: 01642 607230

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

Cleveland T: 01287 622431

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

North Yorkshire T: 01609 772186

Carrick House, Thurston Road,
Northallerton DL6 2NA

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

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

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

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

Middlesbrough MIND

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

T: 01642 257020

W: www.middlesbroughandstocktonmind.org.uk

Redcar MIND

6-8 W Dyke Rd, Redcar TS10 1DZ

T: 01642 296052

W: 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

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

Cruse Bereavement Care

T: 0844 477 9400

E: helpline@cruse.org.uk

Tees, Esk and Wear Mental Health Trust

T: 0800 8048155 or 01642 424030

E: talkingtherapies.tewv@nhs.net

W: www.tewv.nhs.uk/talkingtherapies

Talking Therapies is a free NHS service available to anyone over 16 years who lives in the Teesside area.

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

DARLINGTON

Darlington Carers Support Service

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

T: 01325 357533

E: carers@darlingtondisability.org

NORTH YORKSHIRE

Hambleton and Richmondshire Carers Centre

32 High Street, Northallerton DL7 8EE

T: 01609 780872

E: penny@hrcarers.f2s.com

W: www.hrcarers.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

W: 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

W: 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

W: www.dccarers.org

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](mailto:northtees@georgehardwickfoundation.org)

W: www.georgehardwickfoundation.org

Stockton Carers Service

Unit 21 Stockton Business Centre,
70-74 Brunswick Street,
Stockton on Tees, TS18 1DW

T: 0800 917 0204

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

The image shows a blank page with a central vertical dotted line. On both the left and right sides of this line, there are 20 horizontal lines, creating a grid for writing. The lines are evenly spaced and extend across the width of the page on each side.

The page is designed for writing and is divided into two equal-width columns by a vertical dotted line running down the center. Each column contains 20 horizontal lines, providing a guide for text entry. The lines are evenly spaced and extend across the width of each column.



TVDNY Neurological Alliance

Acklam Green Centre,
Stainsby Road,
Middlesbrough TS5 4JS

T: 01642 641825

E: admin@na-tvdny.org.uk

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.

The information was correct at the time of publication in January 2015.