

How this Directory (2nd edition-updated 2010) began

The first edition of this directory was created following a suggestion for its need by a founding member of the Physical Disabilities Alliance (PDA) That directory was printed in 2001 and has proved very successful with 3000 copies having been distributed and regularly used by members of community, voluntary and statutory sectors throughout the Sunderland region. Years later much has changed and the need to update that directory was very apparent. Members of the PDA, friends and colleagues worked hard to try and ensure that this second edition is as useful and successful as the first. The main body of information uses larger fonts, and whilst this equates to fewer words, they are easier for the majority of people to read

Acknowledgements. (In 2009 the PDA became DAS.)

The Disability Alliance Sunderland would like to thank everyone who was involved in giving us some direction in shaping this directory, including many DAS/PDA members. We would also thank the disabled citizens of Sunderland, Washington, Hetton, Houghton and the local area, who with their carers, family and friends have continued to highlight a need for such a directory.

Sunderland's Adult Services gave both financial and moral support to this directory and we at the DAS/PDA are very appreciative of their backing of this project.

We would also like to thank the Big Lottery Fund, without which the DAS would not necessarily be in a position to produce this work. So again, our thanks to them. ETEC, (of Hudson House, Sunderland) and PIE (People Into Employment) who specifically completed a useful body of work that helped bring this directory up to date; we thank you. Sunderland Carers' Centre are also to be thanked for their help. To Sunderland Centre for Voluntary Service, for the use of their 'Directory of Voluntary & Community Sector Organisations' and for their continuing support of the PDA & DAS; thank you.

Forsters the Printers are heartily thanked for generously helping us set out this directory and for producing it so well. Our thanks also go to the many other contributors to this book.

The
Disability Alliance
Sunderland
concise
Directory
of
Organisations & Services
available to
Disabled People
in the
City and District of
Sunderland.

**NB: Prior to 31st March 2009 we are
named
Physical Disabilities Alliance**

**DAS. Updated in 2010.
Second Printed Edition of 2008.
(First Edition was PDA 2001)**

Name Change and Font sizes

Prior to this directory being printed and distributed our charitable organisation was named the Physical Disabilities Alliance (PDA) Since the foundation of the PDA the word '*Physical*' in its title had been a true misnomer. The PDA had always been aware off, concerned with and involved in issues and matters affecting all disabilities.

This truth had been reflected within our membership where organisations and members with learning, sensory, mental health, physical and other disabilities had united in our alliance. On the 31st March 2009 we changed our name to the more representative **Disability Alliance Sunderland**

This 2nd edition of our directory (updated in 2010) uses larger fonts than previously; losing some elegance but gaining legibility.



The DAS Directory.
The 2010 updated version
of the Second Edition of 2008

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INTRODUCTION.

WHO THIS DIRECTORY IS FOR.

One person in five has a disability of some form; be it physical, learning, sensory, mental, a long term condition or health need. Disability can happen to anyone at any time. Being healthy, fit, rich, popular, intelligent or successful will offer no protection. Unfortunately it can and frequently does affect anyone.

Disability is a personal experience and can vary in degree. However, what is of importance is that everyone affected has access to services and support, as well as being treated equally in all other things; including equality of choice, access, opportunity and citizenship.

This directory covers the City of Sunderland and local area. Our aim is to provide a quick reference to disabled people, carers and others with easy to understand information on support services. This directory lists just some of the help and support available and should not be considered as a fully comprehensive list; but rather as a guide. Should those organisations and services listed here be unable to fully satisfy your enquiry, then there is a high probability that they will know of another agency that can help and guide you in the right direction.

Examples of what this directory may offer includes services that can provide a listening ear, social support, advice and information; as well as self-help support.

Finally, in producing this our second directory, our aim is to provide an accessible, updated guide to some of the help and support which is currently on offer to Sunderland's disabled people. In today's digital world some may question the worth of a printed book, yet its value is in the convenience with which this directory can be read and even be written on, in a way that few existing computers can ever match. No batteries, shockproof, no crashes and easy to use. Just keep it dry.

We again hope that disabled people, carers, professionals and support services will make good use of this directory and continue to engage in positive dialogue on the need for appropriate support and services for disabled people and their carers.

HOW TO USE THIS DIRECTORY

The Index provides a listing of all the services and information in this directory.

It is divided into 10 main sections:

- 1 Introduction and general information.** This shows how this book is organised and who it was designed for.

- 2 Statutory Services. Social and Health Care Services.** You have a legal right to access services such as Social Services, your GP and other specialist health care. These can provide a direct line to getting services and support to enable you to live independently in the community.

3. Advice & Information.

These services can point you in the right direction to access the particular type of help that you may need: for example: disability benefits, aids and equipment, information on your impairment.

4. Listening & Counselling.

These services can be very useful if you feel isolated or in need of someone to talk to. What they offer may vary between practical help, emotional support and social interaction.

5. Self Help & User/Carer Groups

[Also titled '**The main listing**']

These groups are often run by volunteers and often by individuals who want to meet regularly for mutual support and the sharing of ideas and plans to help others.

6. Useful National / Regional Groups.

This section provides details of useful national or regional groups that may or may not have local connections but may provide helpful extra facilities.

7. Transport.

Many disabled people can develop problems which affect their mobility. Specific help with mobility issues might be available to you in such circumstances.

This section also has a brief list of transport options which are available locally.

8. Education and Employment

Your disability may require you to acquire new skills so as to keep or obtain employment. The Employment Services can help.

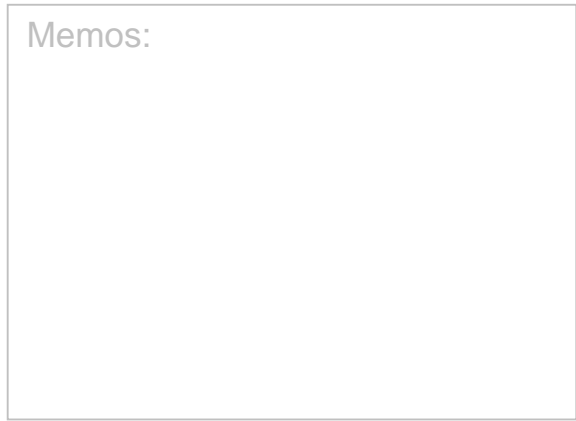
9. Your Rights (Including the D.D.A. 1995 & Amendments)

As a disabled person you have rights to protect you from the failings of your environment and also the attitudes of some people to disabled citizens.

10. Useful Telephone Numbers.

A list of mainly local telephone numbers which may be useful to have to hand.

Memos:



Statutory Services.
(Sunderland)

Main Sunderland Contact Centres
and Customer Service Centres
Tel: (0191) 520 5555

Bunnyhill, Hylton Lane, SR5 4BW
Civic Centre, Burdon Rd, SR2 7DN
Grangetown, 86, Ryhope Rd, SR2 9QE
Hetton, Welfare Rd, H-Le Sp, DH5 9NE
Highfield, Fordfield Rd, Ford, SR4 0DA
Houghton, 74, Newbottle St, DH4 4AF
Sandhills, Grindon Lane, SR3 4EN
Shiney Row, Chester Rd, DH4 4RD
Southwick, Cornhill Centre, SR2 2LR
Washington,+ Gentoo at The Galleries
Tyne & Wear. NE38 7SD

Customer Satisfaction or complaints:-
P.O.Box 100, Sunderland Civic
Centre, Burden Rd., SR2 7DN
Tel: 0191 520 5555

Statutory Services in Sunderland.

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The information in this directory is, to our knowledge, correct at the time of printing. However, nothing stays unchanged, so some of the information will alter over time. We have tried to include all the major and most important departments but some more minor sections may have been omitted, due mainly to the lack of space.

Where a choice had to be made, we have retained those areas which cover disability, all ages & benefits.

1. Adult Services
(Health & Housing & Adult Services)

Services available include: -
Older People & Long term Conditions.
(Inc. Home care support and the
Direct Payment Scheme)

Cornhill Centre, Southwick 553 5280
Houghton le Spring Tel: 553 6420
The Galleries, Washington 553 3900

People with Sensory Impairment.

Council Offices, The Broadway,
Houghton Le Spring. Tel: 566 2330
Text Phone Tel: 553 6502

**Day services for people with
Physical or Learning Disabilities.**

Fulwell, Fulwell Rd 0191 553 2255
Grindon Mews 0191 561 5822
Washington Multi Purpose Centre
0191 219 3530

Adults with Learning Disabilities.

Broadway House, Springwell Rd.,
Grindon 0191 566 2400

Short Break Services.

The Close, Rocklodge Rd 553 5425
Doric View, Station Road, Penshaw,
Sunderland. 0191 382 3063
210, Grindon Lane. 0191 525 7620

**Services for Children with
Disabilities.**

Gilpin House. Houghton Le Spring
Telephone: 0191 566 2190
Special Edu Needs, Stannington Centre
0191 553 2200
Sandhill Centre, Grindon Lne 5535600

Services for Children & Families.

Station Road Penshaw. Tel:3823105
Havelock Buildings., Hylton Rd.,
Sunderland. 0191 553 2040
Young Parents Project:.....553 2381

**Services for People with Mental-
Health / Drug / Alcohol Problems.**

The Quay, Hetton le Hole 566 1738
Johns Street. Sunderland 566 1678
Houghton Le Spring 566 2158

Other Services Available.

Assessment Service: Independent
Living Centre, Leechmere, S/land
Tel: 0191 566 2102

Hospital Social Worker Teams

Royal & Ryhope 0191 565 6256
Long term / Palliative Care 569 9197
Long term adult Care: 566 2330

Nursery Centres (some):

Child Care (Sunderland) Tel: 520 5505
Concord 0191 219 3480
Houghton0191 553 6564
Farringdon0191 553 5996
Pennywell0191 553 6827
Sandhills,0191 553 8800

2. Benefits Agency.

Part of Social Security Department.
Pays Social Security Pensions and
Benefits. Open Monday to Friday.

Benefit Enquiry line:-.

Disabled people 0800 88 22 00

Text phone 0800 24 33 55

D. L. A. Enquiries 0845 7123456

Child Benefits 0845 3021444

Sunderland.

Wearview House, Eden St. West,
Sunderland. SR1 3WD

Telephone: (0191) 554 6300.

Houghton-le-Spring.

Broadway Ho. Frederick St.,
Houghton-le-Sp. .DH4 4AH

Tel: (0191) 566 2330.

Chester-Le-Street.

Crown Buildings, Station Road,
Chester-Le-St. Tel:(0191) 387 0000.

3. Priority Healthcare Wearside Sunderland Health Authority

Community Health: -

For the District Nurse or Health Visitor
Tel your G.P or Health Centre.
Tel 0191 565-6256 and ask at the
switchboard for any of the following :

Sunderland Royal Hospital ;

Including Outpatients, Maternity
Accident & Emergency and Wards.

Ryhope General Hospital; Includes
Outpatients, Wards and Rehab..

Monkwearmouth Hospital;

Includes Outpatients (also
Chiropody),
Appliance Clinic and Palliative Care.

Specialist Nurses:

Asthma. Continence
Coronary Heart Disease. Diabetes.
Epilepsy Multiple Sclerosis.

4. Welfare Rights Service

Independent, free advice Includes advice on the following:-**Income support. Housing. Council tax. Incapacity benefit. Disability Living Allowance.**

Also includes representation at appeals and tribunals and at appeal hearings. Local offices are open Monday to Friday, 9.30am to 4.30pm.

Sunderland North.

Old Town Hall, Southwick Road,
SR5 2AB. Tel: 0191 553 5307

Sunderland East.

2, Bodlewell Ho. High St. East
Tel: 0191 553 5307

Sunderland South.

Action & Enterprise Centre, Thorndale
Road, Sunderland Tel 0191 553 5922

Washington, The Galleries 566 2420

Houghton / Hetton 0191 553 6791

Universal number:....0191 553 6791

5. National Health Service,

NHS Direct: 24 Hour Help-line

This excellent service provides a reliable confidential 24 hour help line with a human answering; not a machine. Strictly for health problems, the nurse or operator will have details of health information services, late night pharmacists and out of hours dentists available in your area. They can take careful note of the signs and symptoms of someone who appears unwell and if they think the problem serious they'll advise you on what to do or even connect you to emergency services. **Telephone: 0845-4647**

6. Patient Advice & Liaison Service (PALS)

Tel: 0800 587 6513

Experienced concerns with the NHS?

Email: pals@chs.northy.nhs.uk

Julie Crowther. Website: pals@nhs.uk.

PALS, Floor B, S/land Royal Hospital,
Kayll Road, Sunderland. SR4 7TP

7. Community Care Alarm System

Available to those who are both over 60 years of age and also experiencing physical disability and/or mental health problems. There is a small charge for people living in private accommodation.

The system consists of a direct link to a central control where a rapid response from trained, friendly and mobile staff can be expected. You trigger your alarm via the telephone or a personal pendant.

The system operates 24 hours a day, 7 days per week.

For more information, contact: -
Telephone: (0191) 528 2485

Advice and Information Services.

In the main listing of this publication there are dozens of organisations that have a specific knowledge of various disabilities. Be assured that such organisations will always be obliged to treat your enquiries with respect and privacy.

Over the next few pages brief details of those organisations which offer a range of information will be listed together with the more specialist 'advice & information' services locally available.

NB. All and any guidance offered in this book is given in good faith and while every effort is made to be correct we can offer no guarantees nor accept any responsibility. PDA/DAS 2008/10

Advice and Information Centres.

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Answers

Address: 21, Holmeside,
Sunderland. Tyne & Wear. SR1 3JE
Telephone number:(0191) 510 3133
Email: *answers@sunlpct.nhs.uk*

First established to provide the public and professionals with information on a wide range of health issues.

Answers now mainly provides a Youth Health & Information Service. Support young people to make safe health and sexual decisions & other issues.

Opening days and times:
Monday – Friday, 9am to 5pm
Telephone: 510 3133
Contraceptive and sexual health
Clinic: **3PM to 5.30 PM**

Sunderland Carers' Centre,
(The Princess Royal Trust)

AIMS AND SERVICES

Offers confidential support and a listening ear, information and advice to carers throughout the City of Sunderland. Provides courses on a range of carer related subjects and social activities to provide a break for carers. The centre also has a "Partner Group" to which carers and the person they care for can belong. Helps to support carers seeking to enter / re-enter paid employment.

ADDRESS, TEL & OPENING HOURS.

12, Toward Road, Sunderland.
SR1-2QF. Tel: 0191) 567 3232
Fax: (0191) 567 8536. Email :-
info@sunderlandcarers.co.uk
Open: Mon – Friday; 9am to 5pm.
NB: Also see main listing: page

Sunderland Centre for Voluntary Service. (SCVS)

The Sunderland Centre for Voluntary Service, (SCVS) is involved with the support and guidance of voluntary organisations; especially in matters of structure, training needs, skills acquisition, funding and liaison. SCVS help with consultancy needs, forward planning initiatives and even the design and printing of promotional material. SCVS has now become a source for quality information on the many topics and issues that they are competent in.

Riverview Ho., West Wear St. SR1 1XD

Open: Mon to Thurs: 9am to 5pm,

Fri: 9am to 4pm

Closed for lunch: 12.30 to 1.30pm daily.

Tel: 0191 565 1566. Email:

reception@sunderlandcvs.co.uk

**Disability Support Group N.E.
(DSGNE)** Previously the City of
Sunderland Council for Disabled. CSCD
1-2, Bodlewell House, High Street
East, Sunderland. SR2 8XD.
Tel: 567 8107
Email: *anndusty@hotmail.co.uk*
or : *gensec@cscd.demon.co.uk*
Established to promote any
charitable cause for the benefit of
people with disabilities within the
Sunderland area.

DSGNE also provide Access Audits
and useful information. They also
operate a wheelchair loan service.
DSGNE have been a source of
support and information for disabled
people for many years; having a
wealth of useful experience.
NB: Also entered in the main listing
on page 70.

Citizens Advice Bureaus.

Advice and information on a wide range of subjects.

Washington. 19, Front Street,
The Elms, Concord.
Tel: 0191 416 6848

Chester le Street: 1A, Front Street,
Durham Tel; 0191 389 3000

Peterlee:
Rear of 14, Upper Yoden Way
Tel: 0191 586 2639

Durham:
32, Claypath, Durham City
Tel: 0191 384 2638.

Housebound Readers Service.

City Library & Arts Centre,
Fawcett Street, Sunderland.
SR1 1RE.

Telephone: (0191) 514 8442.

Information on books and in books.
A free regular service, to and from
your home.

Information also available on video
or audio tape as well as floppy
disks, DVDs and CDs and other
re-useable media.

NAME OF SERVICE

The Internet and Word Wide Web.

Most households in the UK now
have access to the Internet and it
offers a wealth of knowledge.

Whilst lacking a human touch, it is
undoubtedly a very useful option.

**The British Heart Foundation.
(Sunderland branch)**

This branch is now mainly a fund raising organisation. They raise funds in various ways including supermarket collections and In memorial donations. (Instead of flowers, mourners donate money, using the good services of Northern Rock: Sunderland main branch.) Every September they hold their 'Seaburn Stroll', raising money through this fun sponsored walk. They try to support requests from clinics, specialists, etc for specific useful pieces of equipment. They also distribute Information on the causes & prevention of heart disease and other news.
Local Secretary: Tel: 0191 534 2726

**Disability Alliance Sunderland
(DSA)**

AIMS AND OBJECTIVES

Previously the PDA.

(Physical Disabilities Alliance)

To represent the views and interests of disabled people. To offer a strong and unified voice. A conduit for information between the DAS, it's members & other groups / agencies. To improve disabled people's lives.

ACTIVITIES AND SERVICES

Information gathering & distribution. To inform through authoritative city groups. Friendly Meetings & guest speakers, Access audits, Training, Consultation, Newsletter, Advice Service
Monthly afternoon meetings:
Tel for details. Venue is the I LC.
DAS, Independent Living Centre,
(I LC) Claymere Rd, Leechmere,
Sunderland. SR2 9TS.

Tel: 0191 566 2154. Email:
enquiries@dasunderland.com

The Unity Organisation.

29, Whitehall Terrace, Hylton Road,
Sunderland. SR4 7SR.Tel 565 9990

Unity is a multicultural organisation offering advice, advocacy and information. Presented the largest multicultural event in Sunderland. Help with benefits, housing, etc. In the year 2000 Unity also became a full member of a national network : DIAL. As the name implies, DIAL is a telephone based, computer lead information system with thousands of topics; both local and national.

To use DIAL Tel: 0191 565 9990

11am to 1pm, Monday to Friday.

Unity has supported ethnic minorities,

multiculturalism and integration in

Sunderland for many years. Email:

enquiries@unity-multicultural.org

Website: *unity-multicultural.org*

Welfare Rights Service

Independent, free advice Includes advice on the following:-**Income support. Housing. Council tax. Incapacity benefit. Disability Living Allowance.**

Also includes representation at appeals and tribunals and at appeal hearings. Local offices are open Monday to Friday, 9.30am to 4.30pm.

Sunderland North.

Old Town Hall, Southwick Road,
SR5 2AB. Tel: 0191 553 5307

Sunderland East.

2, Bodlewell Ho. High St. East
Tel: 0191 553 5307

Sunderland South.

Action & Enterprise Centre, Thorndale
Road, Sunderland Tel 0191 553 5922

Washington, The Galleries 566 2420

Houghton / Hetton 0191 553 6791

Universal number: ...0191 553 6791

Legal Issues.

Should you believe that you need the services of a solicitor :-

Try to choose one who is capable in the area of law that you require. Your solicitor must be a member of the Law Society. If you are on a low income then you just might qualify for Legal Aid. Ask for a quotation for all costs and other disbursements. Even the 'no win, no fee' type of arrangements may attract some client costs. Some first consultations may be free but don't take this for granted.

The legal aid franchise will usually display this sign:-



This information is given in good faith as only general information and is believed to be correct at the time of going to press. We accept no responsibility for any errors. **Community Legal Advice: 0845 345 4345**

Listening & Counselling Services

Throughout the City there are several organisations ready to offer you a confidential listening service and also counselling; should you wish it. A few of these services will be available 24 hours a day, 7 days a week. Most can only operate during normal office hours with occasional late evenings.

Some will offer telephone or even internet contact only, whilst others may offer a face to face opportunity to talk. Some will be prepared for you to speak about almost anything, whilst others may be available for more specific reasons.

On the following pages we have listed a few local organisations from many more that offer such help.

Listening & Counselling Services.

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Advocacy. (S.A.F.E.) Tel 514 1291
Sunderland Advocacy For Empowerment.
See Main Listings Page 56 for details.

NAME OF SERVICE

'Bridge' Women's Support Centre

Provide support services, advice &
information for women of all ages.

ADDRESS, TEL & OPENING HOURS

Sulgrave Hall, Manor Road,
Sulgrave,, Washington. NE37-3JB.
Open 9am-5pm. Tel : 417 0218 or
Grassmere Ter, Tel. 417 2445 Email:
shieladavidson_bridge@yahoo.co.uk

NAME OF SERVICE

'Mind' (Sunderland) Tel: 565 7218
To provide support and advice to all
suffering or recovering from mental
ill health; including relatives / carers.

14, Norfolk Street, Sunderland.
SR1-1EA. Open: Monday - Friday
10am - 4pm & Tuesday 7pm to 9pm

NAME OF SERVICE

'Reach'(Sunderland)

AIMS AND SERVICES

To offer a counselling service to women who have been the victims of rape or any sexual assault. (Also help victim's family.)

Immediate help/support is available as well as long term counselling. The service is available at any stage of the police investigation.

ADDRESS.

The Ellis Fraser Centre,
Sunderland Royal Hospital,
Kayll Road, Sunderland. SR4-7YP.

HOURS WHEN AVAILABLE

Open : Mon, Wed & Friday.
Mon 10am – 8pm. Fri 10am – 6pm.
Wed 10am –11.30am &4pm – 8pm.
Tel: 565 3725 Fax 569 9221

NAME OF SERVICE

'Relate' North East (Sunderland)

AIMS AND SERVICES

Relate is concerned with the family, marriage and personal relationships. Offers counselling for relationship problems, plus 'interpersonal skills training' and some therapy services.

Counselling available to 11 –18yr olds after parental relationship breakdown.

ADDRESS, TEL & AVAILABILITY

44, Frederick Street, Sunderland.
SR1 1NF. (Contact: Florence Rae)

Tel: - 565 8353 Fax: - 565 4967

Open: Monday to Friday.

Mon, Wed Thurs. 9am – 9pm.

Tuesday. 9am – 8pm.

Friday. 9am – 5pm.

NAME OF SERVICE

Salvation Army. (Monkwearmouth)

AIMS AND SERVICES

The provision of spiritual and secure community care. Special provisions for parents, children and youths. Also a variety of group activities, etc

(1) **Roker Avenue**, Sunderland.

SR5-1NS. Tel: 565 8918

Sundays 10.30am and 5.30pm.

(2) **Shakespeare House**,

Shakespeare Street, Southwick,

Sunderland. SR5 2JK Tel 584 1786

Email: *salvation@btclick.com*

(3) **Citadel, Rutland St**, Milfield,

S/land. SR4 6HX Tel: 528 7766

Email: *dgill7@aol.com*

(4) **4 Tempest Rd**, Seaham Harbour

Tel: 581 2048

Telephone about opening times.

NAME OF SERVICE

Samaritans. (Sunderland)

AIMS AND SERVICES

The befriending of those who are lonely, desperate, and suicidal. Providing a 24 hour emergency befriending and listening service via the Telephone. (0191) 567 7177

Also an 'open door' service, available from 10am until 10pm for personal callers.

At all times the Samaritans maintain total confidentiality. You can always trust them.

ADDRESS, TEL & OPENING HOURS.

13, Grange Terrace, Stockton Road, Sunderland. SR2 7BN.

Open to Telephone callers for 24 hours each day & for 365 days each year. Personal callers: 10am to 10pm (at the latest) Tel: 567 7177

Email: jo@samaritans.org

NAME OF SERVICE

Sunderland Carers' Centre,
(The Princess Royal Trust)

AIMS AND SERVICES

Offers confidential support and a listening ear, information and advice to carers throughout the City of Sunderland. Provides courses on a range of carer related subjects and social activities to provide a break for carers. The centre also has a "Partner Group" to which carers and the person they care for can belong. Helps to support carers seeking to enter / re-enter paid employment.

ADDRESS, TEL & OPENING HOURS.

12, Toward Road, Sunderland.
SR1-2QF. Tel: 0191) 567 3232
Fax: (0191) 567 8536. Email :-
info@sunderlandcarers.co.uk
Open: Mon – Friday; 9am to 5pm.
NB: Also see main listing: page

NAME OF SERVICE

Sunderland Counselling Services

Offer services for those suffering from mental or emotional distress within the City of Sunderland.

Bereavement and loss counselling.
Caring together to make a difference.

Children and young people
Advocacy. Care Line
Woman's support Group.

Sunderland Counselling Services,
Floor 2, Angel House,
Borough Road, Sunderland.
SR1 1HW. Tel: (0191) 514 7007

Email:-

toby@sunderlandcounselling.org.uk

Website:

www.sunderlandcounselling.org.uk

NAME OF SERVICE

Wearside Women in Need.

AIMS AND SERVICES

To provide advice, support and safe accommodation to women and children experiencing physical, sexual or emotional abuse. Offering outreach advocacy and counselling services.

ADDRESS, TEL & AVAILABILITY

The Elms, Front Street, Concord,
Washington. NE37-2BA

Tel: 416 3550 (Sylvia Osborne)

Fax:416 3888

Help Lines: Tel: (0191) 415 1506,
514 1972, 514 1964

Email: *wwinelms@aol.com*

Help available 24 hours a day via
the Help Line telephone numbers.

NAME OF SERVICE

**Disability Alliance Sunderland.
(DAS)**

We support a new
Advocacy Group in Sunderland

AIMS AND SERVICE

To promote independent living,
equality, choice, freedom of voice,
personal decision making and
confidence building.

Advocacy Group. (Peer Support)

This self governing group is a
relatively new advocacy group for
Sunderland. Meeting every month
or when the members wish, the
members of the group make all the
decisions about where to meet,
what to talk about, what date to
meet, what they want to do next.

Tel DAS on 0191 566 2154 and ask
for Advocacy. Or email:-
enquiries@dasunderland.com

**The Main Listing of disability
aware & involved local self-help
and user / carer groups together
with voluntary & Community
sector organisations.**

Entered on the following pages,
preceded by a necessary index, are
dozens of local organisations which
may prove useful to the enquirer
with regard to disability.

Many of these organisations have
proven their worth over decades of
dedicated work and a commitment
to community in general and
disabled people, their carers, family
& friends in particular.

We present this list in the hope that
it will be of value to disabled people,
carers and others seeking such
information, support or help.

Main Listing of Self-Help and User / Carer Groups.

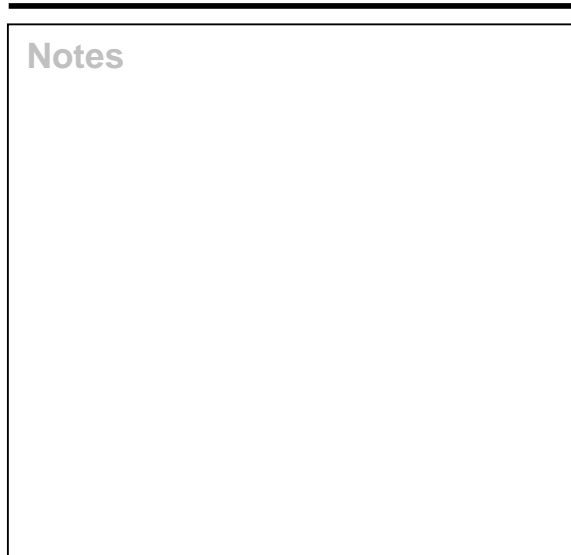
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Notes



NAME OF SERVICE

**Attention Deficit & Hyperactive
Disorder. (ADHD)**

Support for children, for Adults,
parents, carers and families.
Some fundraising to help further
medical advancement and
knowledge. Meetings organised.
Meet people who really understand.

Local Groups: **Gateshead:** contact
Pat on: 0191 496 0361

Newcastle: ADHD North East:

Diane on: 0191 455 4481

Kellymarie18_@hotmail.com

Sunderland; Dinah: 0191 419 2295

Stanley: ADHD Group 01207 233 338

North Shields: N.E. Neuro-Diverse
Adults (NENDA)

Russell on: 0191 259 6384

russelljstronach@tiscalli.co.uk

Chester le St .Jenni: 0191 387 1991

NAME OF SERVICE

Advocacy.

**Sunderland Advocacy For
Empowerment. (SAFE)**

To empower individuals and / or groups of people to have genuine decision making control of their lives and that they determine real choices and the self gaining of opportunities.

Areas of involvement:

All Disabilities, Health, Housing, Mental Health, Hospital Services, Family Services, Education & Training, Welfare, Human Rights, Counselling & Advisory and more.

Contact: Stephen Jarvis,
34, West Sunnyside, Sunderland.
SR1 1BU.
Telephone: (0191) 514 1291
Email: *SAFEadvocacy@oal.com*

NAME OF SERVICE

After Stroke Club.

AIMS AND OBJECTIVES

To provide social, educational and recreational facilities for stroke victims and also to provide some free time for carers.

ACTIVITIES AND SERVICES

Provide cooked meals, exercises, handicrafts, outings, musical appreciation and board games. Social events, brief respite for carers.

MEETING TIMES

Tel for details. Variable.

C/o Age Concern, Grange Ho,
Stockton Road
Sunderland. SR2 0NF.
TEL 514 1131 Ask for details. Email:
enquiries@acsunderland.org.uk

NAME OF SERVICE

Age Concern-Sunderland: (Age UK)

Age UK.= Age Concern & Help the Aged.

Aims to improve the quality of life for older people in the community. To develop and maintain services allowing older people to maintain independent lives in their own homes.

Offer home security, advice and a visiting service. Skills training and Leisure courses. Study opportunities, Also insurance services and a charity shop. (Stockton Road) Also have Day Clubs, dances and much more.

9am – 5.00pm Monday to Friday
Bradbury Centre, Stockton Road.,
Sunderland. SR2-7AQ.Tel 514 1131
Fax 567 0378

Email: enquiries@acsunderland.org.uk
Hetton: 5536619. Washington:4168608

NAME OF SERVICE

Alzheimer's Disease Society.
(Sunderland)

AIMS AND OBJECTIVES

Provide advice, information help and support to people who have Alzheimer's Disease & other forms of dementia.

ACTIVITIES AND SERVICES

Day care, sitting service, lunch clubs, carers groups, advice and information.

MEETING TIMES

9am – 5.00pm Monday to Friday

ADDRESS AND TEL

The Princess of Wales Centre,
Havelock Hospital, Hylton Road,
Sunderland. SR4 8AE.

Tel: - 564 0890 Fax: - 567 5514

Email:-

alz.sunderland@btconnect.com

NAME OF SERVICE

Ankylosing Spondylitis Society

(National Society)

AIMS AND OBJECTIVES

To offer sufferers and their families support and encouragement. Good social meetings are also organised.

ACTIVITIES AND SERVICES

Exercise classes at department of Physiotherapy in Bensham Hospital, Gateshead. Fund raising and fun evenings

Meet: Wednesday evenings ;
6.30 pm to 8.00pm (Best telephone first in case of there are changes)

CONTACT INFORMATION

8, Beechwood, High Spenn, Tyne & Wear. NE39 2BL

Tel & Fax: (01207) 543 854.

w.m.broderick@btopenworld.com

National Tel: (01435) 873 527

NAME OF SERVICE

Arthritis Care (Sunderland)

To try to enhance the quality of life for sufferers by offering support and advice/information sharing. To offer each other advice on pain relief and recommended healthy foods; where appropriate.

To help the almost-housebound to have an opportunity for an improved social life.

MEETING TIMES

The second Wednesday of each Month at 7.30pm in the Nookside Centre, Sunderland.

ADDRESS

6, Webster Court, Doxford Park, Sunderland. SR3 2LW.

Tel: 0191 567 0342

National Help: 0808 800 4050

Nat. Website: *arthritiscare.org.uk*

NAME OF SERVICE

Breast Care (Was Mastectomy Group)

The provision of information on the causes of and treatments for breast infections & diseases. To help increase the prevention of breast cancers and to try and ensure quick diagnosis and treatment for those who contract diseases.

To offer support and information to those who are newly diagnosed and also to offer continuous support to one another, helping each other to cope / manage their condition.

ACTIVITIES AND SERVICES

Self-help and support group.

Contact:-

Shiela Brown, 53, Leechmere Rd,
Sunderland. Tel: 0191 567 8203
Email: *brownshiela51@hotmail.com*

NAME OF SERVICE

Breathe Clear

AIMS AND OBJECTIVES

To help people with lung disorders get back into society and enjoy the benefits of the community. To raise money for local people who are patients in hospital.

ACTIVITIES AND SERVICES

Meetings with regular guest speakers. Go on day-trips. Play bingo and hold raffles to help with fund raising.
Information sharing for members.

MEETINGS

Tel to find the next date as the meetings are not always regular.

ADDRESS

Tel: Sunderland (0191) 567 3785

Email:-

Linda.riddell@btopenworld.com

NAME OF SERVICE

British Diabetic Association.

To support diabetic sufferers, their families and carers. To help sufferers keep informed about any latest care.

Offering support, giving out information and also arranging social events.

MEETING TIMES

Third Wednesday of every month.

ADDRESS.

The multi purpose room in the Post Graduate Building, Sunderland Royal Hospital, Kayll Road, Sunderland.

Care Line: 0845 120 2960

Available 9 am – 5 pm: Mon – Fri

Email: *careline@diabetes.org.uk*

NAME OF SERVICE

British Heart Foundation
(Sunderland & District)

To provide information to any interested party. To help educate the community about the causes and treatment of heart problems. To help raise funds for research. Dispersal of information. The raising of funds. Meetings to discuss relevant issues and to exchange information at a friendly social gathering. Arrange 'Seaburn Stroll' every September . New volunteers always welcome.

Meet Tuesdays, monthly but best to telephone and ask first. Meet in the Training Room, Coronary Care, Sunderland Royal Hospital.

Tel: 0191 534 2767 Email:-
Mickroper1950@hotmail.co.uk

NAME OF SERVICE

**British Lung Foundation
(Inc. Breathe Easy)**

The British Lung Foundation is the only UK charity working for everyone affected by lung disease. We focus our resources on providing support for people affected by lung disease today; and work in a variety of ways, including funding world-class research, to bring about positive change, to improve treatment, care and support for people affected by lung disease now and in the future.

73-75 Goswell Rd, London EC1V 7ER

Local Breathe Clear Group:-
Sir G B Hunter Mem Hosp, Walsend
Newcastle NE38 7PB
Tel: 0191 263 0276
[www. Lunguk.org](http://www.Lunguk.org) Tel0845 850 5020

NAME OF SERVICE

British Polio Fellowship

Our vision is of a society where people living with the effects of polio and Post Polio Syndrome have all the resources they need to lead full, active and integrated lives and of a world where polio is completely eradicated.

ADDRESS & CONTACT NUMBERS

The Eagle Office Centre, the Runway, South Ruislip, Middlesex, HA4 6SE.

FREEPHONE: 0800 018 0586

Local Meetings at Pennywell Community Centre, 1st & 3rd Tuesday monthly. Also Quarterly meetings.

Email: *info@britishpolio.org.uk*

Web Site: *www.britishpolio.org.uk*

For Information Tel: 0800 019 0586

NAME OF SERVICE

British Red Cross (Sunderland)

AIMS AND OBJECTIVES

Provide First Aid courses for both industry and the public. To educate the community in the skills of giving First Aid and to supply such a service at crowd filled events.

Hold group training and education courses on various subjects, including First Aid. Also operate shops for fundraising.

MEETING TIMES

Mon, Wed, & Friday. 7pm to 9.30pm

Red Cross House, 9, Grange Crescent, Stockton Rd, Sunderland. SR2 7BN Web www.redcross.org.uk
Also:-410, Linthorpe Rd, Midds/boro
Telephone: 01642 816390
National: 44 Moorfields, London , EC2Y9AL. Tel: 0844 871 1111

NAME OF SERVICE

Carers' Centre. (Sunderland)
(The Princess Royal Trust)

Offers confidential support and a listening ear, information and advice to carers throughout the City of Sunderland. Provides courses on a range of carer related subjects and social activities to provide a break for carers.

The centre also has a "Partner Group" to which carers and the person they care for can belong. Helps to support carers seeking to enter / re-enter paid employment.

ADDRESS, TEL & OPENING HOURS.

12, Toward Road, Sunderland.
SR1-2QF. Tel: 0191) 567 3232
Fax: (0191) 567 8536. Email :-
info@sunderlandcarers.co.uk
Open: Mon – Friday; 9am to 5pm.

NAME OF SERVICE

Disability Support Group North East. (DSGNE) Was CSCD.

AIMS AND OBJECTIVES

To promote any charitable purpose for the benefit of the disabled in the City of Sunderland and local surrounding area.

ACTIVITIES AND SERVICES

Running a transport service,
Involved in many charitable events which may aid disabled people.
Involved with access issues across the city. Telephone Information.

OPENING TIMES

Monday to Friday 9am to 5pm.

1-2, Bodlewell Ho., High St. East,
Sunderland, SR1 1AL

Tel : 567 8107 Fax : 514 3663

Email: *anndusty@hotmail.co.uk*

NAME OF SERVICE

**Cleft Lip and Palate Association.
(CLAPA)**

AIMS AND OBJECTIVES

To support parents of children with cleft lip and / or palate; plus related syndromes.

ACTIVITIES AND SERVICES

A 24 hour help line. A supply of informative booklets.

Local branches.

MEETING TIMES

Local meetings are arranged; phone or details. An out of hours answering machine will take messages.

235-237 Finchley Road, London.

NE3 6LS.

Tel: (0207) 833 4883.

Fax: (0207) 833 5999

Email: *clapa@cwcom.net*

NAME OF SERVICE

Colitis & Crohn's Disease Group.

(Durham and Wearside)

To provide information through booklets and news sheets.

The support of patients and families through contact and local group meetings. The provision of a welfare fund and a Tel listening service. Raising money for research.

ACTIVITIES AND SERVICES

News letters, booklets & videos. Local meetings, guest speakers, updates on treatments, fund raising and a confidential Tel service.

February, June & November at Dryburn Hospital, Durham.1, The Orchard, Picktree Lane, Chester-le-St. DH3 3SX. Tel: 0191 388 8963..
Dr. Chris Kettle: 0845 434 8523
Website: *nacc.org.uk*

NAME OF SERVICE

Compass - Transport Service

Compass provide a mini bus service for the benefit of member groups.

Any group may apply to join.

Driver and Passenger Assistant training is available, allowing groups to hire busses on a 'by the session' basis and to fulfil their own needs, with their own people. Compass drivers, however, are fully trained in recognising and caring for the needs of their passengers. Compass support initiatives such as the 'Blue Badge scheme and work in partnership with other voluntary & community groups in support
11-12 Sandmere Road, Leechmere, Sunderland. SR2 9TP

Enquiries: – Tel: (0191) 523 5383

Office: Telephone (0191) 523 7435

Email: *.compassct@yahoo.co.uk*

NAME OF SERVICE

Cystic Fibrosis Trust.

AIMS AND OBJECTIVES

To help sufferers to come to terms with the problem. To offer a listening ear, support and advice; if requested.

ACTIVITIES AND SERVICES

The supply of information upon request and a listening ear. The giving of help and advice when available or practical

MEETING TIMES

Tel for details. Times may vary.

ADDRESS & TEL NUMBERS.

12, Mingary Close, East Rainton,
Durham, DH5 9SG
Tel 512 0548. or Tel 496 0098
National Tel: (0208) 464 7211
Website: cft.org.uk

NAME OF SERVICE

Deaf Society (Sunderland)

AIMS AND OBJECTIVES

To promote the relief of persons who are deaf or who suffer from hearing impairment; and who are residing in the Sunderland area.

ACTIVITIES AND SERVICES

Sign language classes, sports and OAP's Club. Deaf children's society and varied information / resources. Social activities.

MEETING TIMES

Any evening 7 to 11pm (not Thursday)

35, North Bridge St., Sunderland,
SR5 1AH. TEL: 0191 510 1346
Fax 565 5692 Text 510 0579. Email:-
Tonycrompton_9@hotmail.com
Joanne_fortune@hotmail.com
Website: *www.codeaf.org.uk*

NAME OF SERVICE

Disabled Drivers Association.(NE)

AIMS AND OBJECTIVES

To help maintain or create the independence of people with physical disabilities; through mobility.

ACTIVITIES AND SERVICES

Fortnightly meetings with both informative and social content.
Tel information service.
Exhibitions held at garages.
Newsletter.

MEETING TIMES

Fortnightly on Fridays 7.30 - 9.30pm
at the Polio Fellowship Centre,
2 Woodlands Mews,
Reid Park Road, Jesmond, N/castle.

ADDRESS AND TEL

1, Holmcroft, Newbiggin by the Sea,
NE64-6DQ. Web: www.dda.org.uk
Tel (01670) 281107

NAME OF SERVICE

Disabled Motorists Federation.

[Website: www.dmf-friends.com] **(DMF)**

The DMF provides its members with information regarding the latest developments in transport options, especially for the disabled motorist. The also produce an excellent newsletter, "The Way Ahead", that is professionally produced and containing a wealth of travel ideas, information including legislation, advice, tips, holiday ideas, leisure and entertainment observations and a range of relevant articles.

The DMF meet for both social & formal events. Phone for details.

Contact Mr John Killick (Hon Sec)
on: (0191) 416 3172
145, Knoulsbery Road, Blackfell,
Washington, NE37 1JN

NAME OF SERVICE

**Disability Independent Advisory
Group. (DIAG)**

An influential city group whose members are either individuals with a strong awareness / experience of disability issues or representatives of local organisations for which disability is a primary concern. This experienced group is then consulted by statutory, community, voluntary sector or private organisations about matters relating to disability. This aims to ensure genuine consultation with and for disabled people and that truly relevant policies or projects are achieved. The DIAG may influence City Council policy via the Sunderland Partnership. New members are welcomed into this group. Contact the DIAG via DAS Tel: 0191 566 2154 (See page 105) There are other specific IAGs in the City of Sunderland. Ask for details.

NAME OF SERVICE

Dyspraxia Foundation (Tyne/Wear)

To offer help and support to those suffering from Dyspraxia and to raise awareness within educational and health fields. To better inform the public Re coordination difficulties

Monthly meetings, conferences and fundraising. Newsletters, information packs and resource library.
Computer club.

OPENING AND MEETING TIMES

Open 10.00am to 3.00pm Mon – Fri.
NB: Telephone about meetings.

ADDRESS AND TEL

205, Park Road,, North Shields.
NE28-7NL. Tel: (0191) 200 1100
Also Telephone: 01207 290 550
And 0191 200 6502. Email:-
dyspraxia.tyneandwear@virgin.net

NAME OF SERVICE

DYSTONIA (A.D.D.E.R.)

Action for Dystonia, Diagnosis,
Education & Rehabilitation.

To offer help and support for all
those suffering from Dystonia.
Provide information and keep up to
date with treatments.

ACTIVITIES AND SERVICES

Local meetings for self help and
discussion. Phone for details.

ADDRESS

The Secretary, A.D.D.E.R., Bath
Cottage, Dinsdale Park, Middleton-
St-George, Durham.

TEL NUMBER ETC

(01325) 332723 Email :
butler:adder1 @naitionwideisp.net
Local Contact: Pat Burn: 521 2399

NAME OF SERVICE

**Easington Lane & Hetton District
Disabled Club.**

AIMS AND OBJECTIVES

To offer social events for disabled members and their carers. To provide the opportunity for members to meet and exchange help, ideas and other information.

ACTIVITIES AND SERVICES

The provision of entertainment, outings and enjoyable get-togethers.

MEETING TIMES

Fortnightly on Tuesdays.
7.00pm start.

Contact The Secretary

Mrs G. Murton

TEL: - 0191 526 4057 (PM Only)

NAME OF SERVICE

Encephalitis Support Group

AIMS AND OBJECTIVES

To offer support and advice to all who are directly affected by Encephalitis. To raise awareness of the short and long term disabilities of Encephalitis amongst the medical profession and general public.

ACTIVITIES AND SERVICES

A number of meetings are held each year. Topics may include benefits, employment etc and there are also invited speakers and arranged workshops.

ADDRESS AND CONTACT NUMBER(S)

Sunderland Encephalitis Support Group, C/o. SCVS, River View House, West Wear St, Sunderland. SR1 1XD

Tel: 0191 565 1566. Fax: 568-0740

NAME OF SERVICE

Epilepsy Advisory Service

AIMS AND OBJECTIVES

To provide advice and information about epilepsy. To provide basic or in depth training about epilepsy to both statutory & voluntary groups. To enable social interaction.

ACTIVITIES AND SERVICES

Advisory service, home visits, support if required when meeting GP's and Consultants. Social events, fund raising and support.

MEETING TIMES

Enquire for details.....variable.

ADDRESS & TEL

Old Laygate Reading Rooms,
Western Approach, South Shields.
NE33-5DR.

Tel: 0191 529 4871

NAME OF SERVICE

Fibromyalgia in the North East

AIMS AND OBJECTIVES

To support sufferers, their carers and their families. Sharing and caring. Health & Welfare support.

ACTIVITIES AND SERVICES

Operate a Tel help-line;
Monday to Thursday 12.30 to 2.30pm.
Provide information on the condition and also arrange social evenings and outings.

MEETING TIMES

Telephone for details.

ADDRESS

208, The Avenue, Deneside,
Seaham. SR7-8BQ
Tel 513 0015 Email:-
angelo@fibromyalgia.fsnet.co.uk

NAME OF SERVICE

Get Epilepsy Moving. (G.E.M.)

AIMS AND OBJECTIVES

Provide support for sufferers of epilepsy and to keep them up to date with any new information or treatments. Offer support to family, carers and friends of sufferers.

ACTIVITIES AND SERVICES

Regular meetings for discussions with invited guest speakers. Social events and outings.

MEETINGS

Meet every second Friday : 11am until 1pm at Saint Gabrielle's Church, Sunderland.

Telephone: (0191) 416 2830. Email: gem@swalton.freespace.co.uk

NAME OF SERVICE

Go Direct

**Also part of the Personalisation
Consultation Group**

AIMS AND OBJECTIVES

Provides advice, information, and support regarding Direct Payments.

Help in understanding Direct Payments. Support through the process of Direct Payments.

Assisting in the recruitment of Personal Assistants and help with the required bookwork.

OPENING TIMES

Monday to Friday; 9am to 4pm.

ADDRESS AND TEL / FAX NUMBERS

Go Direct, Bradbury Centre,
Stockton Road, Sunderland.

SR2 7AQ

Tel (0191) 514 1131. email: *direct
payments@acsunderland.org.uk*

NAME OF SERVICE

Handicapped Club (Washington)
[Established 1967]

AIMS AND OBJECTIVES

To help its members to enjoy more fulfilled lives with a strong social content.

ACTIVITIES

Social evenings and events; trips and local outings, plus fund raising. Providing information to the members. Occasional guest speakers.

MEETINGS

Tel for details. Dates may vary.

Contact: John Taitley,
18, Saint Andrews Avenue, Donwell,
Washington, Tyne & Wear.
Tel (0191) 416 7306

NAME OF SERVICE

**Houghton & District Centre For
The Blind.**

AIMS AND OBJECTIVES

To promote social activities for blind
and partially sighted people.

ACTIVITIES AND SERVICES

Meetings to arrange social events,
outings and entertainment.
Fund raising.

MEETING TIMES

Tuesdays 1pm & Wednesdays 6pm

ADDRESS

Thornhill St., Houghton le Spring,
DH4-5BE

Tel: (0191) 584 2294 or 526 7741

NAME OF SERVICE

Huntington's Disease Assc.

Huntington's disease, which is often called HD, is an hereditary disorder of the central nervous system. It usually develops in adulthood and can cause a very wide range of symptoms. The disease affects both men and women.

North East Regional Care Advisor is
Dee Boyd. Tel 0191 373 1709
Email: *dee_boyde@hda.org.uk*

County Durham Contact is
Arthur Sowerby
Email:
arthursowerby@btinternet.com
H.O. = Liverpool: Tel 0151 298 3298
H.O.Email: *info@hda.org.uk*

NAME OF SERVICE

Kidney Patients Association (KPA)

Tyneside KPA and North East KPA

AIMS AND OBJECTIVES

To promote & support renal care and support to patients, To support a local resource room. To help with the skills training of people to talk with kidney patients, their families, carers and friends. Fund raising.

ACTIVITIES AND SERVICES

Regular meetings with speakers.
Day's out to visit interesting places.
Social events including an Xmas dinner & Summer fun day.

National Switchboard: 01661 871399

Tyneside Chair: Simon Llyod

Email: *Lloyds@u-free.co.uk*

North East Chair: Ray Mackey

Secretary: Gordon Nicholson

Email: *sue-jim-white@ntlworld.com*

NAME OF SERVICE

Laryngectomy Club(Sunderland)

AIMS AND OBJECTIVES

To provide both pre-operative and post-operative support for patients undergoing treatment of laryngeal cancer. To help with rehabilitation, information and any related issues.

ACTIVITIES AND SERVICES

One-to-one support and encouragement. Regular meetings and socialising. The provision of information when required.

MEETING TIMES

The second (2nd) Tuesday each month at the Grindon Mill. 11am.

41, Elmsleigh Gardens, Cleadon Village, Sunderland, Tyne & Wear.

SR6-7PU. Tel: 536 9655

Email: *ethelculling@hotmail.com*

NAME OF SERVICE

Lupus Group. (North East)

AIMS AND OBJECTIVES

To increase public awareness of Lupus and to support sufferers, their families, friends and carers.

ACTIVITIES AND SERVICES

Meetings with invited speakers.
Both national and local newsletters are received to keep sufferers up to date with the latest information.

MEETINGS AND ADDRESS

Members are notified by post of the next meeting.

15, Australia Tower, Lakeside,
Sunderland. SR3-3AY. Tel:522 6689

National: Lupus UK

Also: Lupus UK Tel: 01708 731 251

And Lupus UK's NE Secretary's Email:
secretary@northeastlupus.org.uk

NAME OF SERVICE

Marie Curie Centre.(Newcastle)

Website: *www.Mariecurie.org.uk*

To provide caring, professional and expert nursing and medical support for patients with cancer. To afford the best quality of life that's attainable in an atmosphere which is comfortable and friendly for patients, their families, friends and carers.

Offering in-patient services: a total care service. e.g. symptom control, Pain relief, respite care, terminal care, day care, bereavement care, spiritual care, and support for the whole family. A range of therapies and a facility for families to stay in the centre overnight.

Address: The Marie Curie Centre,
Marie Curie Drive, Newcastle. NE4-6SS
Tel:(0191) 273 7931 FAX:272 3067

NAME OF SERVICE

M.E. & C.F.S. Support Group
(Sunderland & South Tyneside)

To offer advice, information, help and support to anyone who has M.E. (Myalgic Encephalomyelitis) and / or Chronic Fatigue Syndrome.(CFS)

Regular meetings with fellow sufferers where information & ideas are exchanged and where a real understanding is to be found.

Meetings: Third (3rd) Wednesday every month: 7pm. (Not December.)
Bunnyhill Centre, Community Learning Room. (1st floor..good lift)

Contact: Pauline Donaldson. 25 Vincent St, South Shields. NE33 3AR
Telephone: (0191) 455 6959
Email:- *me-cfs@blueyonder.co.uk*

NAME OF SERVICE

Migraine Support Group (North East)

AIMS AND OBJECTIVES

To encourage and support research into migraine and to allay feelings of isolation in sufferers,

Meetings where sufferers can exchange information and ideas.
Fund raising activities to support research.

MEETING TIMES

Second (2nd) Monday of every month
Tel for time details.

ADDRESS

14, Stockton Road, Ryhope,
Sunderland. SR2-0NF.
Tel 521 0967

Also: The Migraine Action Assoc.

Web Site: www.migraine.org.uk

NAME OF SERVICE

Motor Neurone Disease Assoc.

AIMS AND OBJECTIVES

The promotion and support of research into MND and the assurance that sufferers will obtain specialist equipment and support.

Specialist equipment supplied, delivered and maintained free of charge. Monthly meetings. National help-line Monday to Friday, 9am to 10.30pm on 0345 626262.

MEETING TIMES

First Thurs monthly. 7pm - 9pm
Phone for meeting's details.

Hilary Shaw Tel: 0845 375 1837

Fax: 01661 822884. Email:-

Hilary.shaw@mndassociation.org

Tyne & Wear = Chris Ellison; WebSite:

www.mnd.tyneandwear.org.uk

Tel: 0845 375 1845

NAME OF SERVICE

Multiple Sclerosis (M.S.) Society.
(Sunderland & District)

AIMS AND OBJECTIVES

To offer mutual support to sufferers, their families and carers. To help in the funding of research into M. S.

ACTIVITIES AND SERVICES

Meetings where information and ideas are exchanged. Social events are arranged; including swimming, Yoga and coffee mornings. Transport can also be arranged.

MEETING TIMES AND PLACE

Telephone for venue & Times

Contact Person:

Chairman: Tony Watson

Telephone: 0191 549 8232

Help-line 0808 800 8000

NAME OF SERVICE

Muscular Dystrophy Support Group.

AIMS AND OBJECTIVES.

To aid and support sufferers and to keep them up to date with the latest information and research.

ACTIVITIES AND SERVICES

'Mail outs' of information and activities to members & Support & Information on Tel: 0800 652 6352

MEETING TIMES.

Telephone, email or write for details.

ADDRESS & LOCAL CONTACT

10, Westmoor Drive, Cleadon Village, Sunderland. SR6 7TW.
Also North East Support- Email:- *northeast@muscular-dystrophy.org*
Glenn Oakes:-Regional Fundraising Manager Tel: 02870 751497

NAME OF SERVICE

**North East Branch of
Downs Syndrome Association.**

Aims: To create and develop conditions where people with Downs Syndrome may attain their full potential. Promote the care and understanding by parents of children / young people who have Downs Syndrome.

ACTIVITIES AND SERVICES

Counselling and advice; especially for new parents of a baby with Downs syndrome. Publication of newsletters and literature. Meetings, workshops and seminars.

Rachel Barron: PO Box 1193,
Sunderland, SR5 9ES.Tel 525 0233.
*rachelbarron@downssyndromenorth
east.org.uk*

NAME OF SERVICE

**Northeast Disability Resource
Centre. NDRC**(Was S/land & Dist SCOPE)

To offer skill learning opportunities for people with physical disabilities and / or learning difficulties. To try to enhance their social, educational, leisure & employment opportunities by the acquisition of such skills.

ACTIVITIES AND SERVICES.

Skills training programmes, including: Adult literacy & numeracy; Computer and I.T; Pre NVQ Office skills; Leisure and community skills; Personal care; Money management; Relaxation therapies, Gardening.etc.

(Joined with Donna Clare Venture.)

Mon to Fri, 8.30am to 4.30pm

Cork Street Centre, Sunderland.

SR1 1EJ Tel: Fax (0191) 565 9206

Email:- *ndrc@fsmail.net*

NAME OF SERVICE.

North Tyneside Disability Forum.

Working with and for Disabled
People and their representatives in
North Tyneside.

When: Monday-Friday and one
Saturday per month 8am-9pm
Free

Contact Information:
North Tyneside Disability Forum,
The Shiremoor Centre,
Earsdon Rd, Shiremoor, NE27 9HJ,

Disabled Facilities include
accessible entry, toilets and parking.

Telephone: 0191 200 8570,
Minicom: 0191 200 8572,
Fax: 01912008570, *infowntaf.co.uk*,
Website: *www.ntdf.co.uk*

NAME OF SERVICE

Pallion Action Group (PAG)

To offer an accessible facility where groups from the local community can come together for various activities. Strong supporters of disabled people, young people and the local community.

Has a 16 unit computer suite and is now a resource centre. Welfare rights projects, Debt advice. Help for benefit form filling. Grey-Force computer Club. Learn Direct. V-in-spired young volunteers 16-25yrs
16 week tours of volunteering. Line-dancing, carpet bowls, Jujititsui, Kick-boxing, Art Classes, Hall hire
5, East Moor Road, Pallion,
Sunderland. SR4 6QW.
Tel 514 2011. FAX: 565 7496
Email: *pag5uk@yahoo.co.uk*

NAME OF SERVICE

Parkinson's Disease Society

AIMS AND OBJECTIVES

To support and supply information to sufferers of Parkinson's Disease, their families, carers and friends.
Some fund raising for research.

ACTIVITIES AND SERVICES

Monthly meetings for mutual support and the exchange of information.
Printed information and Tel contact.
Some in-store collections.

MEETING TIMES

Second (2nd) Monday of each month, 2pm to 4pm.(Phone First)

Friends meeting house, Roker Park Rd., Sunderland.SR6-9PF

TEL: 0191 548 6071

Email:- *pdssunderland@aol.com*

Also, Chester Le St. 0191 387-3924

NAME OF SERVICE

People Into Employment (PIE)

AIMS AND OBJECTIVES

PIE is an independent, impartial and informal project which supports people who want to return to work. Specialists in supporting disabled people into work.

ACTIVITIES AND SERVICES

Support is tailored to suit individual needs and can include training, vocational experience, voluntary work and employment.

Meetings can be arranged with PIE staff in your locality to suit your requirements.

Contact:-

Hudson House, 1 Moor Terrace,
Hendon, Sunderland SR1 2JH

Tel: - (0191) 514 6158

Email: *pie@etc.org.uk*

NAME OF SERVICE

Disability Alliance Sunderland (DAS)

Previously: Physical Disabilities Alliance -PDA

To represent the views and interests of disabled people; offer a unified voice. A conduit for information between DAS members and others Promoting independence, equality, choice and control.

To improve disabled people's lives.

ACTIVITIES AND SERVICES

Information gathering & distribution.

To inform through authoritative city groups. Friendly Meetings & guest speakers, Access audits, Training, Consultation, Newsletter, Support Advice. Intro to Advocacy Group.

Tel for details. DAS venue is in the Independent Living Centre,(I LC)

Claymere Rd, Leechmere, Sunderland.

SR2 9TS. Tel: 0191 566 2154.

Email: *enquiries@dasunderland.com*

NAME OF SERVICE

Redby Disabled Club.

AIMS AND OBJECTIVES

To provide an opportunity for people with disabilities to enjoy a social evening with entertainment and light refreshments.

ACTIVITIES AND SERVICES

Annual outings, a Christmas dinner and twice yearly pie & pea suppers. Regular meetings.

MEETING TIMES

First and third (1st & 3rd)
Wednesdays each month. 7.30pm
to 9.00pm

ADDRESS

Redby Community Centre, Fullwell
Rd, Fullwell, Sunderland. SR6-9QP
Tel (0191) 548 4515

NAME OF SERVICE

**Riding for the Disabled (RDA)
Association.(Tyne & Wear Group)**

AIMS AND OBJECTIVES

To provide facilities which enable disabled people to go pony riding and horse driving.

ACTIVITIES AND SERVICES

Pony riding and driving. Training for carers & helpers in both equestrian and caring skills.

OPENING TIMES

Daily 10.00am to 4.00pm

ADDRESS AND TEL NUMBER.

Strang Riding Centre for the Disabled, Stephenson Road, Washington. NE37 3HR

NE37-3HR Tel: 416 2745

Also Tel: 0845 450 6930

Web site: *riding-for-disabled.org.uk*

NAME OF SERVICE

Royal Society For The Blind.
(Sunderland & North Durham.)

AIMS AND OBJECTIVES

To improve the social position of
blind and partially sighted persons.
Holiday and financial assistance.
Information distribution in Braille,
tape recordings and printed matter.

ACTIVITIES AND SERVICES

Distribution of radios and cassette
tapes as well as other literature. The
consideration of financial assistance
to those requesting it and help with
outings and parties.

OPENING TIMES

Monday to Friday, 10am to 1pm.

ADDRESS AND TEL NUMBER

8, Foyle Street, Sunderland.
SR1 1LB. Tel: 567 3939.

NAME OF SERVICE

Shopmobility, Sunderland

**101, The Bridges, Upper Market Square,
Sunderland. SR1 3LB. (Ross-Care)**

Sunderland Shopmobility Service provides powered scooters, manual and powered wheelchairs to help people who have limited mobility through disability, age or accident. This service is run from Ross Care's Mobility Products store on the upper level of the Bridges Shopping Centre. There is a taxi drop off point and Blue Badge parking spaces just yards from the premises on the upper parking level.

For membership two examples of acceptable ID plus two recent passport sized photos are required There is a modesty annual fee for membership.(i.e. £20 in 2010)
Tel: 0191 514 3337 for details.

NAME OF SERVICE

Soundwaves

AIMS AND OBJECTIVES

To provide on loan, informative or entertaining audio recordings on tapes, CD Roms, DVDs and other recordable media, so helping *blind or *partially sighted people
(*Whether temporary or permanent)

Soundwaves produces a monthly general magazine, the Sunderland Echo and the Houghton & Seaham Star: births, deaths and marriages. Also the recording of minutes of organisations; for blind members to access. Also sports information, etc.

21, Toronto Road, Thorney Close,
Sunderland. SR3 4HU.

Tel and Fax: 0191 522 6514

Email: *soundwaves@tesco.net*

NAME OF SERVICE

**Spina Bifida & Hydrocephalus
Association** (Sunderland, South
Tyneside & North Durham)

To support and try to cater for the
needs of sufferers and their families
living in the local area. To aid
research.

Fund raising for the support of
research and also to finance
outings, holiday etc. for sufferers
and their families. Regular meetings
for information and support.

MEETING TIMES AND LOCATION

Tel for details of next meeting in
Sunderland.

TEL: (0191) 415 1725

Mr J Pounder, 42 Gowanburn
Fatfield, Washington, NE38 8SG

NAME OF SERVICE

SSAFA. Forces Help.

(Sailors, Soldiers, Airmen and Families Association)

AIMS AND OBJECTIVES.

To offer support and companionship to both serving and ex-serving men, women and their families.

ACTIVITIES AND SERVICES.

Advice on welfare, pensions and war pensions. Help and advice on resettlement, maintaining family links, family escort service, short-stay housing. Some financial help is also sometimes available.

ADDRESS AND TEL.

5TH Floor, Mea Ho., Elison Place,
Newcastle, Tyne & Wear. NE1 8XS
Tel:(0191) 232 6218. Fax 230 3952.
Email: *sunderland.div@ssafa.org.uk*

NAME OF SERVICE

Sunderland People First (SPF)

Members gather together on a daily basis to discuss matters they consider worthwhile, to gain skills and to organise the literature and services that they offer others.

A learning disabled organisation the members all help to produce information on subjects such as: Self advocacy, Disability awareness, Adult protection training, Friendship groups, a newsletter and much more. Others then benefit from their work. SPF is also a campaigning group, often working in partnership. SPF. Pennywell Business Centre, Sunderland. Tel: 0191 549 8168 Also Tel 0191 534 7784. Email: *contactspfmembers22@f2s.com* Or ***sunderlandpf@yahoo.co.uk***

NAME OF SERVICE

**Volunteer Centre Sitting service
(Part of the Volunteer Bureau)**

AIMS AND OBJECTIVES

To provide relief for carers by providing a sitting service for those persons needing care.

A sitting service for carers and the cared for.

The Volunteer Bureau offers voluntary work opportunities to interested persons, often attaining useful & worthwhile skills. Such volunteers may then be available to help organisations with their aims.

Monday to Friday; 9 am to 4 pm.

ADDRESS AND TEL / FAX NUMBERS

4, Toward Road, Sunderland.

SR1 1QF. Tel: (0191) 567 8902

Fax: (0191) 567 8906

Email; *sunderlandvb@aol.com*

NAME OF SERVICE

Wear Body Positive.

AIMS AND OBJECTIVES

To offer support, advice, help and information to any person infected by HIV/AIDS; including relatives, friends, partners and carers. Also support for male victims of sexual abuse.

The support of both sufferers and victims, plus 'buddy support' and 'prison support'. Information on safer sex and safer drug use as well as housing, benefit & welfare advice. Visits and help at home. S/land gay men's health project.

32, Norfolk Street, Sunderland.
SR1-1EE.

Mon to Fri 9.00am to 5.00pm.

Tel: 567 1111. Fax: 565 9005

E-mail: *admin@Wearbp.force9.net*

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Notable National & Regional Orgs

Adaip. Alliance of Disability Advice and Information Providers.

National provider of information, funding ideas and training opportunities. Producer of regular Adaip Newsletter.

Tel / minicom: 01302 570800

Web:<http://www.members.aol.com/adaip>

Arachnoiditis & Neuropathic Pain Trust. (Nat} Tel: 01652 680795

Blue Badge Network.

Concerned with greater mobility & access for Badge users with better integration for disabled people into society. Opposes fraudulent badge use & supplies a regular newsletter.

198, Wolverhampton St, Dudley,
West Midlands. DY1 1DZ.

Tel/Fax: 01384 257001

headoffice @bluebadgenetwork.org

Brain Injuries Rehabilitation Trust.

The care and re-integration into society of brain injured people.
28, St. Barnabus Way, Hendon,
Sunderland SR2 8LH. Tel 565 7646.

British Limbless Ex-Servicemens Association. (BLESMA)

To promote the welfare of all who lost a limb or one or both eyes as a result of serving in any branch of HM Forces.

Fund raising. Members meetings.
Debate issues – Guest speakers
Telephone for information about any meeting due or any new information.
Frankland Moore House, 185 – 187
High Road, Chadwell Heath,
Romford, Essex. RM6 6WA
Tel: 0208 5901124 Fax 0208 599 2932
Web Site: www.blesma.org
Email: headquarters@blesma.org

Calvert Trust

Specialist holidays, facilities and activities for people with disabilities.(Also log style cabins, outdoor sports/activities in great scenery.)

Tel / Fax: 01434 250-232 / -015.

Tel / Minicom (Keswick) 017687-72254.

Changing Faces.

Encourages people with a facial disfigurement and society at large to deal positively with the situation.

33 – 37 University St., London,
WC1E 6JN

Tel / Fax: 0845 4500-275 / -276

17, Thirlmere Close, Newcastle.

NE12 0GZ. Tel: (0191) 268 0202

Email: *info@changingplaces.org*

Disabled Drivers Association.

North East Branch. Secretary:-
1, Holmecroft, Newbiggin by the Sea
Northumberland, NE64 6DQ.
Tel: (01670) 818 840 National H.Q:
Norwich :Tel: (01508) 489 449

Disabled Drivers Motor Club.

National. Tel (01832) 733 816
Cottingham Way, Thrapston,
Northantsire.

Disabled Holiday Directory

Telephone: 01348 875 592
www.disabledholidaydirectory.co.uk

Disabled Motorist Club: North East.

Contact:
69, Locomotion Way, Royal Quays,
North Shields.
NE29 6XE. Tel: (0191) 259 6854

Disability North.

The Dene Centre, Castle Farm
Road, Gosforth, Newcastle.NE31PH.

Disability Advice. Information.

Training. Conferences.

Tel: (0191) 284 0480.Fax 213 0910

Minicom: - 285 7261 [Also N/castle
Disability Forum. Tel 285 4556]

Email: reception@disabilitynorth.org.uk

Donna Claire Venture. Respite

Care & holiday breaks. Donna Claire
Ho, 6, Seaburn Terrace, Seaburn,

Sunderland.SR6-8BZ.TEL 529 3171

Also Connected with NDRC- On Page 100.

Holiday Care Services. (H.C.S.)

Independent advice / information on
all aspects of travel.

2, Old Bank Chambers, Station

Road, Horley, Surrey. RH6 9HW

Tel.(01293) 774 535. Fax: 784 647

Minicom : (01293) 776 943.(24 hrs)

Headlight (Mental health issues)
14, Mary St., Sunderland. SR1 3NH
Tel: (0191) 510 1494

Motability. (National Charity)

Helps those with a disability to acquire their own transport through a leasing / purchasing arrangement; provided they are receiving the higher rate of the mobility component of the Disability Living Allowance (or the War Pensions Mobility Supplement) for long enough. City Gate House, Southwark Bridge Road, London. SE1 9HB. Tel: 0845 456 4566
Minicom 0845 675 0009
Witness Fraud? Tel 01279 632233
Help-line and information :
(01279) 635 666
Web Site: www.motability.co.uk

Mencap: N.E. Advisory Service
20-21, Marquis Crt., Team Valley,
Gateshead. Tel: 0191 487 0444
Website: *www.mencap.org.uk*

RADAR.
**Royal Association for Disability
And Rehabilitation.**

Provide information and advice as
well as operating the 'RADAR'
National key scheme for secure
public toilets.

RADAR work to remove
architectural, economic and
attitudinal barriers to free access.

Tel: 0207 250 3222.

Minicom 0207 250 4119

Fax: 0870 141 0337

12, City Forum, 250 City Road,
London. EC1V 8AF.

Email: *radar@radar.org.uk*

REMAP [www.remap.org.uk]

The provision of custom designed technical aids for disabled people; when such designs can not be met through the NHS, Social Services or commercial sources.

(There is no fee for this service.)

NB. Prior to contacting REMAP you should first contact Disability North at Castle Farm Road, Gosforth, Newcastle, Tel 0191 284 0480

REMAP: 12, The Manor Close, Shincliffe, Durham. DH1 2NS.

Tel: 0191 386-5491. or also

Newcastle Area:-

Mr. R Peveller: 01670 515109

Mr P Lamb 01661 872156 or

Cleveland Area:-

Or M.J.Idle 01642 455101 or

National: Sevenoaks, Kent: Chief Exec

Tel / Fax: 0845 130-0456 / -0789

Scope (National)

Established to empower people with cerebral palsy, their carers & family. Also to build up relevant local partnerships.

6, Market Road, London. N7 9PW
SwitchboardTel (0207) 619-7100
Tel Response: 0800 800 3333
Email: response@scope.org.uk

Seniorline: Information for senior citizens, carers & families.

Tel: 0800 800 6565 or 0800 800 7575

Sense North

Working for the needs of adults and children who are both deaf & blind.

Tel/Fx/Txt: 0113 2059 500/ 501/ 502
Rodney Clark Resource Centre,
Leeds Road, Robin hood,
Wakefield, WF3 3BG
Email: northenquiries@sense.org.uk

Shelterline [www.shelter.org.uk]
Help for anyone who is facing a
housing emergency.
Tel (FREE): 0808 800 4444

Stroke Association.

Free and confidential service for
patients, family and friends.

Regional : [www.stroke.org.uk]
Information & Education Service,
Stroke Association, Satellite Centre,
Stockton on Tees. TS18 1DW.
Tel: (01642) 808 480.
Fax (01642) 808 481.

'Friedreich's Ataxia Group',
1-2 Brixton Rd, Lincoln House,
Kennington Pk. ,London. SW9 6DE
Help-line 0845 644 0606
Office 020 7582 1444.
Email: helpline@ataxia.org.uk

Trade Union Disability Alliance

An organisation of disabled trade unionists from over 25 trade unions. Trying to make all trade union activities accessible to all. Supporting equal rights for all disabled people in society.

BM TUDA, London. WC1N 3XX.

Tel: 01926 402195

(They prefer email contacts.)

Email: *Mail@tuda.org.uk*

Triscope.

Free planning advice for disabled people, whether travelling world-wide or just locally.

The Vassall Centre, Gill Avenue, Fishponds, Bristol. BS16 2QO.

Tel: 0845 758 5641

www.triscope.org.uk

Vision Sense (*www.visionsense.co.uk*)

Vision Sense can ensure that your organisation is working towards meeting the requirements of legislation, including the Disability Discrimination Act (1995), in every area? Vision Sense Training is excellent, accessible, educational and interactive.

Vision Sense supports the social model of disability & access for all.

TEDCO Business Centre
Viking Industrial Park, Jarrow
South Tyneside. NE32 3DT
Tel: 0845 108 0553 Fax 0191 428 3388
Email: *Tom@visionsense.co.uk*

Sunderland Visual Action Group
C/o Age Concern Tel: 514 1131
Email: *paulmetters@btinternet.com*
Sensory Disability, Self help group.

Disabled Children's Services.
(Local & National. See also pages 17-18)

Cerebra: For Brain injured children and young people. Also a support network for parents, carers & family
FREEPHONE: 0800 3281 159
For information mail to;
Cerebra (Parent Support)
FREEPOST SWC 3360
Email: info@cerebra.org.uk
Web Site: cerebra.org.uk

Downs Syndrome North East.

Address:
DSNE, P O Box 185,
Newcastle upon Tyne, NE12 7WP
Tel: 0870 765 2121. Email:
*Contact@downssyndromenorth
east.org.uk*
Web Site:
downssyndromenortheast.org.uk

Grace House: Children's Hospice Appeal. Tel: 0191 516 6302

By supporting this appeal people will be helping them reach their goal of building a children's hospice for sick and dying children in the North East.
Web site: www.gracehouse.co.uk
Unit F1, Wearfield, S/land. SR5 7TA

Learning Disabilities Help-line

Free confidential service for anyone wanting information relating to Learning Disabilities including Housing, Education, Money, local services etc. For more Information
Tel 0808 808 1111
Minicom: 0808 808 8181
Fax: 0121 707 3019
Email: help@mencap.org.uk
Address: 4, Swan Court Yard,
Coventry Rd, Birmingham.B26 1BU.

Myalgic Encephalopathy North East.

Regional Young Person's Group
M.E. North East, Bullion Hall,
South Approach, Chester Le Street,
DH2 2DW.

Telephone: 0191 389 2222

Email: *info@menortheast.org*

Web Site: *www.menortheast.org*

National Asthma Campaign

Non standard asthma care at some schools. Kidz Zone on their web site offer information including PEAK holidays for 6 – 17 year olds. Junior Asthma club: 4 – 12 years. Provides confidence to understand and control their own asthma.

Asthma UK, Tel 020 7786 5000

Summit House, Help Line 0845 7010203

Wilson St London EC2A 2DB

Email: *info@asthma.org.uk*

National Autistic Society (NAS)

70, Wilson St, London. EC2A 2DB

Support people with Autism,
Asperger syndrome & families etc.

Help-line: 0845 070 4004

Minicom: 0845 070 4003

Email: nas@nas.org.uk

Website: www.nas.org.uk

Phab (UK) www.phab.org.uk

"Phab' s aim is to promote and encourage people of all abilities to come together on equal terms, to achieve complete inclusion within the wider community." Organises the PhabKids integrated living experiences for 9-16 year olds.

Tutors skills of independent living: self reliance. North Rep: Rebecca, Rebecca.hargreaves@phab.org.uk

National Tel: 020 8667 9443

The Rainbow Trust Birth – 18 years

Supports young people with life threatening or life limiting conditions.

The Rainbow Trust Children's Society, Forster House, Forster business Park, Finchale Road, Newton Hall, Durham. DH1 5HL. Tel 386 4400
24 hr Help-line: 01372 453 309
Email: *enquiries@rainboetrust.org.uk*

Sunderland Children with disabilities.

Web Site: *www.sncwd.org.uk*

Sunderland Deaf Children Society

Email: *ed.toomey@sunderlandcommunitynetwork.org.uk*

St., Oswalds Children's Unit

Offers respite care. Tel: 566 2190

Sunderland Autistic Society.

Thornbeck Colledge, Thornhill Park,
Tel: (0191) 510 2038
WebSite: *www.tawas.org.uk*

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Transport (Mobility options)

Should you have a disability which adversely affects your mobility; or care for someone with such a disability, then you or they may be entitled to the mobility component of the Disability Living Allowance.(DLA)

DLA-Mobility Component & Motability.

The Mobility component of DLA is awarded to those people who are unable to walk, or have extremely limited walking ability, or for whom walking is very detrimental to their health and /or wellbeing. It is not awarded automatically; you must apply using the correct form from Social Services.

Should you require help with an application please see our section

on **'Advice and Information'** and contact a group. The 'Mobility' award may be used to acquire your own personal transport such as a motor car or perhaps a power-chair. These forms of transport can be obtained through the Motability Scheme.

Motability are a charitable leasing and purchasing agent. It is now one of the largest vehicle leasing agents in Europe. (It came into existence partly because of pressure for such a service; by the Disabled Drivers Association (DDA), in particular.) There are strict rules attached to the scheme, but it is very attractive to many. Some vehicles may require a deposit, although there are many which do not.

The deposit is usually non-returnable. You may also be entitled to free Road-tax. (Road fund licence.) However, there are limitations on the use of such a road taxed vehicle.)

The 'Mobility' component need not just be used to purchase vehicles. It may be spent on acquiring a wheelchair, for taxi fares or any other service which can be an aid to your Mobility.

Whether or not you are awarded a Mobility component, you will probably have need of local Public Transport systems. So we have listed some useful local telephone numbers which may help you with any enquiries.

Bus Services.(local)

Local companies include:

Travel Line (NE) 0870 608 2608

Go North East: 01270 290 516

Go Wear Buses: 0845 6060 260

National Express: 0191 416 3727

Stagecoach Buses: 0870 580 8080

Wear Buses: 0191 567 5251

Compass Transport: 0191 523 5383

LinkUp Transport: 0191 565 0099

TaxiLink by Nexus: 202 0666
Also 202 0632

Sunderland Volunteers Centre,
Transport: 567 8902

Taxis.

Legislation requiring taxi companies to either adapt their existing vehicles to allow easier, more dignified access for disabled people, or to replace them with ones that do, has had a welcome effect over the last few years. Some taxi companies have been excellent in meeting disabled citizen's needs. Similar to the buses there is a date limit of 2012 for this work to be done. Due to the much smaller size of some taxi companies we may get very close to that date before we see full

Over the last few years all of the local taxi companies have made great efforts to increase the number of wheelchair accessible vehicles that they have in their fleets. Of course the Hackney Carriage

licensing rules of our local authorities have ensured such a change but the owners must also be applauded for their part in this

If your disability affects the height that you can lift your feet or the overall physical strength of your arms and hands, then you may in the past have only found it more comfortable using a saloon vehicle. Many of today's accessible taxis are now just as easy to use. However, only you will know which design of cab you are better off using. The DDA and local authority rules have helped disabled people get a better deal with taxis but to maintain such standards we must all keep on our guard against any falling of transport standards or lowering of choice for disabled people.

Rail Enquiries... Tel: 0845 748 4950
Fax 0845 6050 900

Nexus Contact Numbers

Travel Enquiries0191 203 3333

Travel Line.....0871 200 2233

Metro: Lost Property ...0191 203 3186

Travel Shops0191 203 3315

Care Services0191 202 0500

Shields Ferry0191 454 8183

Address:

Nexus Ho., 33, St James Boulevard,
Newcastle. NE1 4AX

Web Site: *www.nexus.org.uk*

Local International Airports

Newcastle: Enquiries: 0871 882 1121

Car Parking: 0191 214 4026

Web Site: *www.newcastleairport.com*

Durham/Tees Valley Enq:0871 224 2426

Web Site: *www.dtva.co.uk*

Leeds / BradfordEnq: 0113 250 9696

Manchester ... Enquiries : 0871 271 0711

Supported Employment Opportunities.

People Into Employment. (P.I.E.)

This scheme was set up to help disabled people and carers who might not usually make use of mainstream services and therefore feel unable to access any employment opportunity. Key partners are from health and social services, training and community enterprises, the council, and commercial & voluntary sectors.

A development worker supports prospective job seekers; also identifying and overcoming barriers to their specific employment requirements. The partners also offer real work opportunities and support the disabled worker to

succeed. This service has been in operation for a number of years now and a notable number of disabled people have used it to obtain both the necessary work place experiences required and also to obtain employment. This is a successful service that is held in high regard by other service providers and also by those who have gained from this work.

It is important to be aware that not only disabled people but also carers, family, friends and also employers benefit from the success of People Into Employment.
Telephone direct: (0191) 514 6158
or Etec 514 6150 & ask to speak to:
People into Employment (PIE), C/o
Etec, Hudson House, Sunderland.
email: *gill.charman@etec.org.uk*

**Job Centre Plus and:-
Workstep. Work Preparation,
Access to Work,
New Deal for Disabled People.**

Your local Job Centre Plus will work both with you and also with local employers, to ensure that local disabled people get genuine employment opportunities and are not overlooked when recruiting staff.

Workstep is designed to offer you : a lot of support, skills development, and to help you when first meeting or working with people.

Work preparation is really a chance to experience work (unpaid) for between 6 to 13 weeks, whilst being supported by Job Centre people or by a job broker. A job broker supports and works closely with a person wishing to work and

matches abilities, achievements and wishes with a range of job opportunities

Access to Work is a scheme that helps disabled people to either stay in, to obtain or to regain employment. Equipment can be obtained to support a disabled person into work, adaptations made and even a support worker provided. Some other costs such as travel could also be met.

For the employer: - possible financial support and/or support for workplace alterations.

New Deal for Disabled People would offer all sorts of help to get you a job that you really want to do.

Tel: 0845 6060 234

Text phone: 0845 6055 255

Web: www.jobcentreplus.gov.uk

Contact the manager on 553 6210

Rights: Disabled People & Carers

The introduction of the Disabilities Discrimination Act of 1995 made many disabled people very much aware that previously they had all too often been treated unfairly and unequally when compared with the majority of society.

From its introduction the worth of the DDA has grown and since the 1st September 2007 the Equality and Human Rights Commission has been given increased powers to ensure that disabled people have the full weight of the law to support them. The majority of people believe in the moral justness of equality for all. The laws, including the carer's acts of 1995 and 2001, were not passed with such people in mind.

Knowing that they have a wealth of legislative support, carers and disabled people now have opportunities to not only become involved in all areas of life but also to succeed in a way that no generation of disabled citizens had previously hoped to dream of.

The British Para Olympians of 2008 had succeeded in a manner that few would have predicted prior to the Beijing games. Their success has also become the agent of their acceptance by the general public. Similarly the success of disabled people in everyday situations may well be our means of achieving equal citizenship. By becoming mundane in the eyes of the general public we may eventually attain the true parity that comes with equality.

The Disabilities Discrimination Act. (D.D.A.1995 & Amendments)

The D.D.A. was introduced to help prevent discrimination against disabled people. Both an adult and a child have protection under the Act if he or she is disabled or once The Act defines a disabled person as: someone who has a physical or mental impairment which has an effect which is:-
substantial and adverse
and long term, on his or her ability to carry out normal day-to-day activities. Physical or mental impairment includes sensory impairment. Hidden impairments are also covered by the Act, as too are learning disabilities.
An effect is substantial if it is more than minor or trivial.

An effect is long term if it has lasted (or is likely to last) for at least a year, or if it is likely to last for the rest of the life of the person who is affected.

The Act also protects people who have been disabled within the definition of the Act, but no longer have the disability.

Under the Act people should not to be discriminated against because of their disability.

The Disabilities Discrimination Act (1995 & Amendments) is a very detailed document which carefully describes its provisions, conditions, inclusions and exemptions.

Each point is clearly explained with the use of fictitious examples to further inform where appropriate.

To attempt to outline the whole Act within the bounds of these few small pages would fail to do justice to the complete document and might also inadvertently misinform.

Therefore only very general descriptive statements about the D.D.A. are presented here and these should not be treated as either complete or authoritative statements of the law.

The Act deals with several main areas including:

Employment , Transport
Education, Goods,
services, facilities and
premises, including the buying
or renting land or property, the
hire and supply of services
together with several other
provisions; including services
provided free of charge

In general the Act states that people who are disabled should not be discriminated against by service providers or those involved in the disposal or management of premises. Reasonable provision should also be made to afford disabled people access to goods, facilities or services.

This Act will encompass nearly all buildings at present. (Printed 2008)
However, the DDA does not take precedence over Building Regulations or Health & Safety Regulations

The area of 'Employment' includes those disabled people who are employed, those who become disabled whilst they are employed and those who are disabled and seek employment.

In general the Act states that employers (and / or their employees) should not treat less favourably any person who is disabled and is either an employee or is a prospective employee.

Employers should also make reasonable adjustment to accommodate their employee's disabilities whilst at work, or a prospective employee's disability. e.g. at an interview or ability test.

It is often quite easy to accommodate a disabled person within many working environments. There are many thousands of disabled people working with skill and integrity in a vast range of working places. There is little excuse for an employer to avoid seeking a solution that may advantage everyone including him or herself.

The area of 'Transport' in the DDA relates almost exclusively to the access of public vehicles. These are referred to as the 'accessibility regulations'.

The accessibility regulations require that all new public transport vehicles - buses, coaches, trains and taxis – are accessible to disabled people. There are possible exemptions and there are different 'conformity dates' for the various modes of transport.

The D.D.A also has areas dealing with: 'Education' and also 'Existing legislation'. There are exemptions to the Act here also.

More information about the Act can be gained by a visit to the City Centre Library, or one of several 'Information and Advice' providers. (See : Information section: page 25.)

On 1 September 2007 the **Equality and Human Rights Commission** took over the work of the Disability Rights Commission (DRC), the Commission for Racial Equality (CRE) and the Equal Opportunities Commission (EOC). The **EHRC** is a non-departmental public body and has been set up as an independent advocate to reduce inequality, eliminate discrimination, strengthen good relations between people and promote the observance of human rights.

The D.D.A. Information Line is available on Tel: 08457 622 633
Or: 08457 622 644 (text)
FREEPOST MID02164, Stratford upon Avon, CV37 9BR.
Website: www.dfee.gov.uk/dda

Useful Telephone Numbers

Emergencies:

Police: Ambulance: Fire / Rescue:

Other Rescue: Coastguard:..... 999

Neighbourhood line..... 0300 1000 101

Urgent Help

Animal welfare.RSPCA.0300 1234 999

Child-line0800 1111

Child Protection NSPCC 0808 800 5000

Environment ..Local..0191 520 5503

Hospitals Sunderland...0191 565 6256

Household: Urgent:

Electricity.....0800 668 877

Gas0800 111 999

Water .Northumbrian .0845 717 1100

Lazarus Fdtn-Dire Need? 0191 567 7100

NHS Direct0845 46 47

Police (local S/land) 0191 454 7555

Crime Stoppers0800 555 111

Rape Crisis0191 232 9858

Samaritans 0845 790 9090

Victim Support.(local). 0191 567 2896

City Of Sunderland services, etc

General Enquiries ...0191 520 5555
Adult Services520 5555
Housing & C/Tax benefits 520 5502
Library & Arts Centre514 1234
Refuse (collection) ask at 520 5555
Registrar Gen Enquiries 520 5509
Street Lighting553 1999
Trading Standards553 1717

Emergency Only Numbers : 24 hours
Social Services0191 553 1991
Community Care Alarm ...567 6711
Gento Emergency Repairs...525 5000

Health Information.....0800 555 777
Cares' Line0808 808 7777
Family Care (Youth). 0208 514 1177
Parent line–Support-.0808 800 2222
Mind Sunderland.....0191 565 7218
Alcoholics Anon.0845 769 7555
Marie Stopes (Unplanned Pregnancy?
Want Information?) 0845 300 80 90



DAS Directory.
The 2010 updated version
of the 2008 printed edition
of the Directory.

**The
Disability Alliance Sunderland
Concise Directory
of
Organisations and Services
available to disabled people in
the City and District of
Sunderland.**

Should you require this directory in an alternative format please contact us using the following information.

Independent Living Centre,
Claymere Road,
Leechmere Industrial Estate,
Sunderland. SR2 9TS.

Telephone: 0191 5662154

**NB: Prior to 31st March 2009 we are
named**

Physical Disabilities Alliance

**DAS updated in 2010.
Second Printed Edition of 2008.
(First Edition was PDA 2001)**

Disclaimer.

This directory is presented in good faith and whilst having worked hard to ensure that all the contents were correct at the time of it going to print, we can not accept any responsibility for errors and / or omissions.

Inclusion in this directory does not imply endorsement , just as exclusion does not imply any form of criticism. Lack of space, has been our main constraint. Where we have been unable to verify information we have utilised recently published information; using it in good faith.

We welcome the copying of entries for private use by disabled people, carers & family. Copyright is waived for such cases.

The DAS / PDA: 2008 / 2010.