



This factsheet is nothing more than the collated contact details of all the organisations mentioned in this series of factsheets.

Support and Information

NHS24 is the national helpline for medical enquiries. Telephone number **08454 242424**

www.build-uk.net

This is a UK site for people affected by MND, built by people affected by MND. Primarily it is intended as a site where people can discuss in open forum issues related to MND.

www.patientslikeme.com

PatientsLikeMe is a privately funded company dedicated to making a difference in the lives of patients diagnosed with life-changing diseases by sharing information.

www.healthtalkonline.org.

This site used to be known as “Dipex” and has recently rebranded itself. It contains links to many useful resources and also gives people a chance to tell their story.

www.carerscotland.org

Carers Scotland, Telephone 0141 221 9141.

www.carers.org

Princess Royal Trust for Carers Tel 0141 221 5066

www.cas.org.uk

Citizens Advice

www.dlf.org.uk

Disability Living Foundation, Tel 0845 130 9177

www.independentage.org.uk

Independent Age, Tel 020 7605 4200 (can offer limited financial support.)

www.independentliving.co.uk

A community site which provides comprehensive news, views and product information designed to assist with living independently

www.ace.org.uk

Age Concern Tel 0800 00 99 66

No known website

Scottish Helpline for Older People, 0845 125 9732 offers advice on benefits

MND Scotland is the working name of the Scottish Motor Neurone Disease Association, the only charity funding research and providing care and information for those affected by MND in Scotland.

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No known website

Home Heat Helpline 0800 336699
(Minicom 0800 0272122)

www.entitledto.co.uk/

“Entitledto” an online calculator for benefits entitlements. You need to provide details of your circumstances, but not who you are.

www.radar.org.uk

RADAR (Royal Association for Disability and Rehabilitation) Tel: 0207-250-3222

www.direct.gov.uk/en/DisabledPeople/FinancialSupport/index.htm **Direct Gov Website**

www.direct.gov.uk/en/MoneyTaxAndBenefits/index.htm

Direct Gov Website

www.disabilityalliance.org

Disability Alliance

www.jobcentreplus.gov.uk

The Jobcentre Website check out employment opportunities and benefit entitlements.

www.dwp.gov.uk/lifeevent/benefits/dcs/events dbc_addresses.asp

Disability Benefits Helpline
08457 123456

www.publicguardian-scotland.gov.uk

The Office of the Public Guardian, Hadrian House, Callendar Business Park, Callendar Road, Falkirk, FK1 1XR, Telephone: 01324 678 300

www.ricability.org.uk/

Ricability evaluate and report on equipment and facilities for older and disabled people.

There are many on-line retailers of “accessible” equipment, the following links are only a very small sample of some useful sites that might give you ideas.

www.idealmobility.co.uk/

Ideal Mobility sell specialist furniture and other aids

www.portaramp.co.uk/

Ramps and similar

www.clos-o-mat.com/

Showering, bathing and toileting aids

www.qedonline.co.uk/catalog/index.php

Quality Enabling Devices, speech amplifiers, telephones, tables, software and the like

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www.nrs-uk.co.uk/

Nottingham Rehab Supplies, supporting daily living

www.toby-churchill.com/

Toby Churchill Ltd Lightwriters & environmental control systems

www.abilitynet.org.uk

Ability Net, supporting independence through technology

www.tobii.com

My Tobii eye-controlled computer system

www.sensorysoftware.com/thegrid2.html

The Grid computer communication control system

www.dynavox.co.uk/

DynaVox Systems Ltd Communications aids

www.possum.co.uk/

The **Possum** Environmental Control System and phones

www.techcess.co.uk/

Techcess, Communications equipment

www.aacmounts.com/

Mounts & More Ltd secure mountings and switches for computers

www.malvernscientific.com/

Malvern Scientific Solutions Ltd develop and supply bespoke AT systems for people with moderate to severe physical and/or cognitive disabilities.

www.madhousesoftware.co.uk

Madhouse Software Productions Ltd commercially develop and retail Electronic Assistive Technologies

www.communicationmatters.org.uk/

Communication Matters Umbrella organisation for communications specialists

Transport & Driving

www.dptac.gov.uk/door-to-door/03/01.htm

This is a good website from the Disabled Transport Advisory Committee which will give you advice about all aspects of transport and travel

www.accessibletravel.co.uk

ACCESSIBLE TRAVEL & LEISURE Holidays abroad tailored to your individual needs Tel: 01452729739 Website

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www.tourismforall.org.uk

Tourism for All UK Tourism for All UK is a national charity dedicated to standards of world class tourism
Tel: 0845 124 9971

www.sharedcarescotland.org.uk or www.carebreaksscotland.org **Online Short Break Information Service (OSBIS)**. Share Care Scotland have developed a unique online short break information service (OSBIS) which was launched in June 2008. It provides information on home-based and residential-based respite, family placements, befriending projects, activity clubs, holiday breaks and more specialised guest houses and hotels.

www.visitscotland.com/guide/where-to-stay/accessible-scotland/ **Visit Scotland** publish an "Accessible Scotland" guide to short breaks and holidays. Alternatively, call the National Booking Hotline on **0845 22 55 121**

Scottish Driving Assessment Service, Astley Ainslie Hospital, 133 Grange Loan, Edinburgh EH9 2HL Tel : 0131-537-9192 Fax : 0131-537-9193
Email : marlene.mackenzie@nhslothian.scot.nhs.uk

www.dvla.gov.uk

DVLA Medical Unit, 0870 600 0301

www.mobilise.info

Mobilise, Promoting mobility for disabled people
01508 489449

www.freewebs.com/dmfed

Disabled Motorists Federation 0191 416 3172

www.motability.co.uk

Motability 0845 456 4566, textphone 01279
632273

Centres for Inclusive Living

www.gcil.org.uk

Glasgow Centre for Inclusive Living, 117-127 Brook Street, Bridgeton, Glasgow G40 5AP, Tel: 0141 550 4455, Fax: 0141 5504858, Textphone: 0141 554 6482, Email: gcil@gcil.org.uk

www.lothiancil.org.uk

Lothian Centre for Inclusive Living (LCiL), Norton Park, 57 Albion Road, Edinburgh, EH7 5QY, Tel: 0131 475 2350, Minicom: 0131 475 2463, Fax: 0131 475 2392

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Dundee

The Ability Centre
The Mackinnon Centre
491 Brook Street
Broughty Ferry
Dundee
DD5 2DZ
Tel: 01382 431 990
Fax: 01382 431 989
E-mail: ability.centre@dundeecity.gov.uk

Contact: Andrew McGhee

Edinburgh

Lothian Disabled Living Centre
Astley Ainslie Hospital
Grange Loan
Edinburgh
EH9 2HL
Tel: 0131 537 9190
Minicom: 0131 537 9190
Fax: 0131 537 9190
E-mail: lothian.dlc@1pct.scot.nhs.uk

Contact: Lorna Macgregor

Elgin

Moray Resource Centre
Maisondieu Road
Elgin
Morayshire
IV30 1RX
Tel: 01343 551 339
Textphone: 01343 551 376
Fax: 01343 542 014
E-mail: info.dlc@comm.moray.gov.uk

Contact: Alison Blair-Noble

Grangemouth

Dundas Resource Centre
Oxgang Road
Grangemouth
Stirlingshire
Scotland
FK3 9EF
Tel: 01324 504 311
Fax: 01324 504 312
E-mail: lindsay.russell@falkirk.gov.uk

Contact: Lindsay Russell

Paisley

Disability Centre for Independent Living
30 Seedhill Road
Paisley
Scotland
PA1 1SA
Tel: 0141 847 4959
Fax: 0141 847 4956

Contact: Helen Blackwell