Useful organisations

**nidirect**
www.nidirect.gov.uk
nidirect is the official government website for Northern Ireland citizens. nidirect aims to make it easier to access government information and services. It does this by working closely with Northern Ireland departments and other public bodies to collate key information based on users’ needs.

**Action on Hearing Loss**
Telephone: 0808 808 0123
www.actiononhearingloss.org.uk
Action on Hearing Loss is the largest charity for people with hearing loss in the UK.

**Action for Sick Children**
Telephone: 01663763004
Helpline: 0800 074 4519 (Mon–Fri 9am–5.30pm)
www.actionforsickchildren.org.uk
Promotes equality of healthcare services for children in hospital, at home and in the community.

**ADDISS (National Attention Deficit Disorder Information and Support Service)**
Telephone: 020 8952 2800
www.addiss.co.uk
Provides information and resources about Attention Deficit Hyperactivity Disorder to parents, sufferers, teachers and health professionals.

**Allergy UK**
Telephone: 08448 243421
www.allergyuk.org
A leading national medical charity providing up-to-date information on all aspects of allergy, food intolerance and chemical sensitivity.

**Association for Post-Natal Illness (APNI)**
Telephone: 020 7386 0868 (Mon–Fri 10am–2pm)
Helpline: 0808 800 2222
www.apni.org
Network of telephone and postal volunteers who have experienced postnatal illness, offering information, support and encouragement.

**Asthma UK**
Telephone: 0800 151 3035
www.asthma.org.uk
A charity dedicated to improving the health and wellbeing of the 5.4 million people in the UK whose lives are affected by asthma. Works with people with asthma, health professionals and researchers to develop and share expertise to help people increase their understanding and reduce the effect of asthma on their lives.

**Aware NI**
Telephone: 028 9035 7820
info@aware-ni.org
www.aware-ni.org
Aware NI is the depression charity for Northern Ireland. Aware has an established network of 24 support groups in rural and urban areas across the country, which are run by trained volunteers.

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Barnardo’s Northern Ireland  
Telephone: 028 9067 2366  
www.barnardos.org.uk/northernireland  
A children’s charity that protects and supports the UK’s most vulnerable children and young people.

Bliss  
Telephone: 0808 801 0322  
enquiries@bliss.org.uk  
www.bliss.org.uk  
UK charity that cares for premature and sick babies. Dedicated to ensuring that babies survive and go on to have the best possible quality of life. Provides practical and emotional support to families so they can give the best care to their babies. Specialist study days and training support doctors and nurses to develop their skills. Funds research to improve the care of all sick and premature babies.

Bowel & Bladder UK  
Telephone: 0161 607 8219  
www.bbuk.org.uk  
Bowel & Bladder UK offer impartial advice and information on bladder and bowel problems, practical tips on symptom management and offer solutions to help manage problems to promote quality of life and independent living.

British Deaf Association (BDA)  
Telephone: 028 9043 7480  
www.bda.org.uk  
Provides advocacy and youth services for deaf people whose first language is British Sign Language.

Child Accident Prevention Trust (CAPT)  
Telephone: 020 7608 3828  
www.capt.org.uk  
Provides information on safety products and sources of literature. A leading charity working to reduce the number of children and young people killed, disabled or seriously injured in accidents.

Children’s Law centre  
Telephone: 028 9024 5704  
www.childrenslawcentre.org.uk  
Helping young people, their parents and professionals work with and understand laws which affect children.

Coeliac UK  
Telephone: 01494 437 278  
Helpline: 0845 3052060  
www.coeliac.org.uk  
Helps parents of children diagnosed as having the coeliac condition or dermatitis herpetiformis.

Cry-sis  
Telephone: 08451 228 669  
www.cry-sis.org.uk  
UK charity offering help and support to parents with babies who cry excessively or have sleeping problems.

Diabetes UK  
Telephone: 028 9066 6646  
www.diabetes.org.uk  
Diabetes UK fund groundbreaking diabetes research, campaign for equality of care and support for all people affected by diabetes.

Disabled Parents Network (DPN)  
Helpline: 0300 3300 639  
www.disabledparentsnetwork.org.uk  
Aims to educate and increase society’s acceptance of disability in parenthood.

Equality Commission for Northern Ireland  
Telephone: 028 9089 0890  
www.equalityni.org  
The Equality Commission is an independent public body which oversees equality and discrimination law in Northern Ireland.
Useful organisations

**Family Support NI**
www.familysupportni.gov.uk
The Family Support NI website provides details of a wide range of services provided by statutory, voluntary and community organisations.

**Mencap**
Telephone: 028 9069 1351
Learning Disability Helpline: 0808 808 1111 (Mon-Fri, 9am-5pm)
www.mencap.org.uk
Mencap works with people with a learning disability and their families and carers. Advice and information on local branches.

**Meningitis Now**
Nurse-led helplines:
UK: Freephone 0808 80 10 388
Northern Ireland: 0345 120 0663
www.meningitisnow.org
Meningitis Now is a national charity based in the United Kingdom. Meningitis Now is working towards a future where no one in the UK dies from meningitis and everyone affected gets the support they need.

**Meningitis Research Foundation**
Telephone: 028 90 321 283
www.meningitis.org
the Meningitis Research Foundation promotes education and awareness to reduce death and disability from meningitis and septicaemia, and supports people affected by these diseases. Funds research to prevent the diseases and improve survival rates and outcomes.

**Muscular Dystrophy Campaign**
Telephone: 020 7803 4800
www.muscular-dystrophy.org
Provides support, advice and information for people with muscle disease, their families and carers.

**National Deaf Children’s Society (NDCS)**
Helpline: 0808 800 8880 (Mon 9.30am–7.30pm; Tue–Thu 9.30am–5pm; Fri-Sat 9.30am–12pm) www.ndcs.org.uk
An organisation of families, parents and carers, providing emotional and practical support through the freephone helpline, a network of trained support workers, a wide range of other support services, publications and the website.

**National Eczema Society**
Helpline: 0800 089 1122 (Mon–Fri 8am–8pm)
www.eczema.org
An eczema patient support organisation offering help and information to everyone affected by eczema.

**National Children's Bureau Northern Ireland (NCB NI)**
Telephone: 028 9087 5006
www.ncb.org.uk/northern-ireland
The National Children's Bureau in Northern Ireland champions the right of children to be safe, secure and supported.

**National Society for the Protection of Cruelty to Children (NSPCC)**
Helpline: 0808 800 5000
www.nspcc.org.uk
The leading children’s charity in the UK, specialising in child protection and dedicated to the fight for every childhood. We’re the only UK children’s charity with statutory powers and that means we can take action to safeguard children at risk of abuse.

**National Childbirth Trust (NCT)**
Telephone 0300 330 0770
www.nct.org.uk
Supports parents through helplines, courses and a network of local support.
Netmums
www.netmums.com
A family of local websites, each site set up around a local community, which is totally interactive, with much of the information coming from local mums. At the heart is the coffeehouse, an invaluable place members can chat and get support and advice on anything to do with being a parent.

Northern Ireland Commissioner for Children and Young People (NICCY)
Telephone: 028 9031 1616
www.niccy.org
The Commissioner’s role is to safeguard and promote the rights and best interests of children and young people. All of the Commissioner’s work is focused on making sure children and young people have access to these rights in their day-to-day lives, so they have the best opportunity to reach their full potential.

Parenting NI
Telephone: 028 9031 0891
Helpline: 0808 8010 722
www.parentingni.org
Parenting NI is committed to supporting all parents and ensuring that their voices are heard whenever decisions are made that will affect them.

Royal National Institute of Blind People (RNIB)
Telephone: 028 9032 9373
www.rnib.org.uk
Information, advice and services for blind and partially sighted people.

Royal Society for the Prevention of Accidents (RoSPA)
Telephone: 028 9050 1160
www.rospa.com
By providing information, advice, resources and training, RoSPA is actively involved in the promotion of safety and the prevention of accidents in all areas of life – at work, in the home, on the roads, in schools, at leisure and on (or near) water.

Stillbirth and Neonatal Death Charity (SANDS)
Telephone: 028 7436 7940
Helpline: 0808 164 3332
www.sands.org.uk
SANDS exists to reduce the number of babies dying and to ensure that anyone affected by the death of a baby receives the best possible care and support for as long as they need it wherever they are in the UK.

St John Ambulance
Telephone: 028 9079 9393
www.sja.org.uk
St John Ambulance provides a range of first aid courses designed to meet the needs of home or leisure activities. Courses include CPR and basic first aid.

Tiny Life
Telephone: 028 9081 5050
www.tinylife.org.uk
Northern Ireland’s premature and vulnerable baby charity dedicated to reducing premature birth, illness, disability and death in babies.