

## Useful organisations

### **nidirect**

**[www.nidirect.gov.uk](http://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 for Sick Children**

**Telephone: 07508 705 106**

**Helpline: 01614 866 788 (Mon–Fri 9am–5.30pm)**

**[www.actionforsickchildren.org](http://www.actionforsickchildren.org)**

Promotes equality of healthcare services for children in hospital, at home and in the community.

### **Action on Smoking and Health (ASH)**

**Telephone: 0207 404 0242**

**[www.ash.org.uk](http://www.ash.org.uk)**

A campaigning public health charity that works to eliminate the harm caused by tobacco.



### **ADDISS (National Attention Deficit Disorder Information and Support Service)**

**Telephone: 020 8952 2800**

**[www.addiss.co.uk](http://www.addiss.co.uk)**

Provides information and resources about Attention Deficit Hyperactivity Disorder to parents, sufferers, teachers and health professionals.

### **Allergy UK**

**Helpline: 01322 619 898**

**[www.allergyuk.org](http://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)**

**[www.apni.org](http://www.apni.org)**

Network of telephone and postal volunteers who have experienced postnatal illness, offering information, support and encouragement.

### **Asthma UK**

**Helpline: 0300 222 5800**

**[www.asthma.org.uk](http://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](mailto:info@aware-ni.org)**

**[www.aware-ni.org](http://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.

### **Barnardo's Northern Ireland**

**Telephone: 028 9067 2366**

**[www.barnardos.org.uk/northern-ireland](http://www.barnardos.org.uk/northern-ireland)**

A children's charity that protects and supports the UK's most vulnerable children and young people.

### **Bladder and Bowel UK**

**Helpline: 0161 214 4591**

**www.bbuk.org.uk**

Bladder and Bowel 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.

### **Bliss**

**Telephone: 020 7378 1122**

**hello@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.

### **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: 0333 332 2033**

**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**

**Helpline: 0345 123 2399**

**www.diabetes.org.uk**

Diabetes UK fund groundbreaking diabetes research, campaign for equality of care and support for all people affected by diabetes.

### **Domestic and Sexual Abuse helpline (24 Hour)**

**Helpline: 0808 802 1414**

**www.dsahelpline.org**

**Email: help@dsahelpline.org**

The Domestic and Sexual Abuse Helpline provides information and support to those affected by domestic and sexual abuse across Northern Ireland. It is funded by the Departments of Health, Justice and Communities and aims to offer support, help, signposting and referral to victims, family, friends and professionals.

### **Equality Commission for Northern Ireland**

**Telephone: 028 9050 0600**

**www.equalityni.org**

The Equality Commission is an independent public body which oversees equality and discrimination law in Northern Ireland.

### **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](http://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](http://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](http://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**

**Helpline: 0800 652 6352**

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

Provides support, advice and information for people with muscle disease, their families and carers.

## National Childbirth Trust (NCT)

**Telephone: 0300 330 0700**

**[www.nct.org.uk](http://www.nct.org.uk)**

Supports parents through helplines, courses and a network of local support.

## 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](http://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](http://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](http://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](http://www.nspcc.org.uk)**

The leading children's charity in the UK, specialising in child protection and dedicated to the fight for every childhood. NSPCC is the only UK children's charity with statutory powers and that means they can take action to safeguard children at risk of abuse.



## 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 for the Deaf

**Telephone: 0808 808 0123**

**www.rnid.org.uk**

RNID is the charity making life fully inclusive for deaf people and those with hearing loss or tinnitus.

## Royal National Institute of Blind People (RNIB)

**Telephone: 028 9032 9373**

**Helpline: 0303 123 9999**

**www.rnib.org.uk**

Information, advice and services for blind and partially sighted people.

## Royal Society for the Prevention of Accidents (RoSPA)

**Telephone: 0121 248 2000**

**www.rospace.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.