U.K. (England, Ireland, Wales, Scotland) Disability Resources

http://www.mndassociation.org/
Motor Neurone Disease Association
PO Box 246,
Northampton
NN1 2PR
Tel: 01604 250505
Email: enquiries@mndassociation.org

The Motor Neurone Disease Association is the only national charity in England, Wales and Northern Ireland focused on MND care, research, and campaigning. They aim to enable everybody living with MND to receive the best care, achieve the highest possible quality of life and to die with dignity.

https://imnda.ie/
Irish Motor Neurone Disease Association
Unit 3, Ground Floor
Marshalsea Ct.
22/23 Merchant’s Quay
Dublin 8 D08 CGXP
Tel: 01 8730422
Helpline: 1800 403 403
Email: info@imnda.ie
IMNDA supports people with Motor Neurone Disease (MND), their families and careers through advocacy, home, and professional support. IMNDA fundraises to help people with MND and support the vital research undertaken.

http://www.mndscotland.org.uk/
MND Scotland
2nd Floor, City View
6 Eagle St.
Glasgow G4 9XA
Tel: 0141 945 1077
Email info@mndscotland.org.uk
MND Scotland is the only Scottish charity providing care and support to people with Motor Neurone Disease (MND), their families, friends and careers. They provide a wide range of services, information about MND, and funding for research. Through education, campaigning, and research, we work collaboratively to ensure that people affected by MND have access to the highest quality care and support.

Brain Injury

http://www.birt.co.uk/
Brain Injury Rehabilitation Trust
32 Market Place,
Burgess Hill, West Sussex, RH15 9NP
Tel: 01444 239123
Email: director@birt.co.uk
The Disabilities Trust is a national charity providing innovative care, rehabilitation, and support solutions for people with profound physical impairments, acquired brain injury and learning disabilities as well as children and adults with autism.

http://www.brainandspine.org.uk/
British Brain and Spine Foundation
Fourth Floor,
CAN Mezzainie
7-14 Grent Dover St.
London
SE1 4YR
Tel: 020 7793 5900
Email: info@brainandspine.org.uk
The Brain and Spine Foundation exists to provide this information and to be there during diagnosis, treatments and in the longer term, to answer questions and provide support throughout a patient's journey.

http://www.headway.org.uk/

**Headway: The Brain Injury Association**
Bradbury House
190 Bagnall Road
Old Basford
Nottingham
Nottinghamshire
NG6 8SF
Tel: 0115 924 0800
Email: enquiries@headway.org.uk

Headway’s mission is to promote understanding of all aspects of brain injury and to provide information, support and services to people with a brain injury, their families and careers. In addition, Headway will campaign to reduce incidence of brain injury.

https://headway.ie/

**Headway Ireland: The National Association for Acquired Brain Injury**
Headway,
Blackhall Green,
off Blackhall Place,
Dublin 7.
Tel: 01 6040 800

Headway’s mission is to bring positive change in the lives of those affected by an acquired brain injury. Offices in Cork and Limerick also.

http://www.ukabif.org.uk/

**UK Acquired Brain Injury Forum**
UKABIF
Box 2539
Kemp House
152-160 City Rd.
London
EC1V 2NX
Telephone: 0845 608 0788
Email: info@ukabif.org.uk

UKABIF’s primary role is to raise awareness of acquired brain injury.

Cerebral Palsy

http://www.scope.org.uk/

**SCOPE**
Landmark
26 Whitehall Rd.
SCOPE is a disability organization in England and Wales which focuses on CP. Their mission is to drive change across society so that disabled people have the same opportunities as everyone else.

http://www.enableireland.ie/
Enable Ireland (formerly Cerebral Palsy Ireland)
32F Rosemount Park Drive,
Rosemount Business Park,
Ballycoolin Road,
Dublin 11, Ireland.
Tel: + 353 (0)1 872 7155
Email: communications@enableireland.ie
Enable Ireland’s mission is to work in partnership with those who use their services to achieve maximum independence, choice and inclusion in their communities.

Friedreich’s Ataxia

http://www.ataxia.org.uk/
Ataxia UK
12 Broadbent Close
London N6 5JW
United Kingdom
Telephone: 020 7582 1444
Email: office@ataxia.org.uk
Ataxia UK aims to support everyone affected by Ataxia, people with the condition, their families, careers and friends.

https://faraireland.ie/
Friedreich’s Ataxia Research Alliance Ireland

http://www.internaf.org/groups/ukothers.html
International Network of Ataxia Friends
List of support groups and societies in the UK who help individuals who are affected by ataxia.

Guillain-Barre Syndrome

http://www.gaincharity.org.uk/
Guillain-Barre & Associated Inflammatory Neuropathies (GAIN)
Glennys Sanders House
Pride Parkway
Sleaford
Lincolnshire
NG34 8GL
Tel: 01529 469910
GAIN supports people affected by Guillain-Barre syndrome, CIDP and other associated inflammatory neuropathies throughout Britain and Ireland, increase awareness of GBS, CIDP and related conditions, and raise funds for scientific and medical research.

http://www.patient.co.uk/showdoc/328/
**Patient UK: GBS Resources**
Offers a list of resources for GBS.

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**Multiple Sclerosis**

http://www.mssociety.org.uk/
**Multiple Sclerosis Society**
MS Society
MS National Centre (MSNC)
372 Edgware Road
London
NW2 6ND
Tel: 0808 800 8000
Email: helpline@mssociety.org.uk
The Multiple Sclerosis Society’s mission is to enable everyone affected by MS to live life to their full potential and secure the care and support they need, until they ultimately find a cure.

http://www.ms-society.ie/
**MS Ireland**
80 Northumberland Road,
Dublin 4
Phone: 00 353 (1) 6781600
Email: info@ms-society.ie
MS Ireland’s mission is to enable and empower people affected by Multiple Sclerosis to live the life of their choice to their fullest potential.

https://www.mssociety.org.uk/contact-us/scotland
**MS Society Scotland**
Ratho Park,
88 Glasgow Road,
Ratho Station,
Newbridge, EH28 8PP, Scotland
Telephone: 0131 335 4050
Email: msscotland@mssociety.org.uk
MS Society Scotland’s mission is to beat MS by raising awareness of MS, making it a priority at political level, and providing support and information to people affected by MS around the country.

http://www.msif.org/

**Multiple Sclerosis International Federation**
Skyline House
200 Union Street, 3rd Floor
London SE1 0LX
United Kingdom
Tel: +44 (0)20 7620 191
Facebook: https://www.facebook.com/pages/Multiple-Sclerosis-International-Federation/110033075774139
Twitter: https://twitter.com/MSIntFederation

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**Muscular Dystrophy**

http://www.muscular-dystrophy.org/

**Muscular Dystrophy UK**
61A Great Suffolk Street
London
SE1 0BU
Tel: 020 7803 4800
Email: info@musculardystrophyuk.org
Muscular Dystrophy UK is a charity focused on muscular dystrophy and other related conditions. They are dedicated to beating muscular dystrophy and other related conditions by finding treatments and cures and to improving the lives of everyone affected by them.

http://www.mdi.ie/

**Muscular Dystrophy Ireland**
75 Lucan Road,
Chapelizod, Dublin 20
Tel: (01) 6236414
Email: info@mdi.ie
Muscular Dystrophy Ireland aims to provide information and support to people with neuromuscular conditions and their families through a range of support services. Their objective is to promote through practical empowerment, independent living for people with the condition muscular dystrophy.

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**Neurofibromatosis**

http://www.nfairland.ie/

**The Neurofibromatosis Association of Ireland**
Carmichael Centre
North Brunswick Street
Dublin 7 Ireland
Phone: 01 - 428 – 2858
Email: info@nfaireland.ie
The Neurofibromatosis Association of Ireland (NF Ireland) provides a comprehensive range of services including a 24-hour Helpline, literature on the condition, genetic counselling service and information but its primary aim is to inform sufferers and their families of the disorder, supporting them and letting them know they are not alone with the condition.

https://nervetumours.org.uk/
Nerve Tumours Association (UK)
HelpLine: 07939046030
Neurofibromatosis

Post-Polio Syndrome

http://www.poliosurvivorsnetwork.org.uk/
Polio Survivors Network
P.O. Box 954
Lincoln
LN5 5ER, U.K.
Telephone: 01522 888601
E-Mail: info@poliosurvivorsnetwork.org.uk
Polio Survivors Network is a support network for Polio Survivors experiencing and coping with the effects of Post-Polio Syndrome. [PPS] Their intentions are to collect, collate and provide Polio and Post-Polio conditions related material from all over the world. This includes but is not limited to Post-Polio Sequelae, Post-Polio Syndrome and the Late Effects of Polio

http://www.ppsg.ie/
Post-Polio Support Group Ireland
Unit 319 Capel Building,
Mary's Abbey,
Dublin 7, Ireland
Tel: +353 1 889 8920
Email: info@ppsg.ie
Their mission is to create awareness and to provide information regarding the late effects of polio among Polio Survivors, statutory agencies, and the wider medical profession, and to ensure that the needs of Polio Survivors relating to their condition are met to enable them to live with dignity.

www.post-polio.org
Post-Polio Health’s Directory of Clinics that Specialize in Polio
50 Crestwood Executive Dr., Suite 440
Saint Louis, MO 63126 USA
Post-Polio Health International's mission is to enhance the lives and independence of polio survivors and home ventilator users through Education, Advocacy, Research and Networking.

http://www.sppn.org.uk/
Scottish Post-Polio Network
Telephone: 0131 447 3486
Email: scottishpolio@talktalk.net
The Scottish Post-Polio Network’s mission is to give people who have had polio the most up-to-date information about Post-Polio Syndrome, and to inform medical professionals of best practice.

www.poliowarriors.org
World-Wide Fellowship of Polio Warriors
11 Windmill Court
East Wittering, Chichester
West Sussex
UK PO20 8RJ
A not-for-profit charity that offers direct links to useful resources including world maps of the locations of polio survivors, support groups, and medical professionals experienced in post-polio syndrome.

Spina Bifida

http://www.ssba.org.uk/
Scottish Spina Bifida Association
National Office,
Dan Young Bldg.
6 Craigalbert Way
Cumbernauld G68 0LS
Tel. 01236 794500
Email: mail@ssba.org.uk
The SSBA seeks to increase public awareness and understanding of individuals with spina bifida and / or hydrocephalus and allied conditions. It aims to support all those affected to identify their needs and to empower them to make informed choices and decisions.

http://www.sbhi.ie/
Irish Association for Spina Bifida and Hydrocephalus
National Resource Center
18 Upper Nangor Road
Clondalkin
Dublin 22
The mission or purpose of Spina Bifida Hydrocephalus Ireland is to provide information, support, and advice to people with Spina Bifida and/or Hydrocephalus, their parents and careers, as well as to promote social inclusion and equality for people with Spina Bifida and/or Hydrocephalus in Irish society.

Spinal Cord Injuries

www.spinal.co.uk
Spinal Injuries Association (SIA)
2 Trueman Place
Oldbrook, Milton Keynes
MK6 2HH
United Kingdom
Tel: 0845 678 6633
Email: sia@spinal.co.uk
SIA’s mission is to support all those affected by spinal cord injury by advising, educating, and campaigning on their behalf.

www.aspire.org.uk
Association for Spinal Injury Research (ASPIRE),
Aspire Leisure Centre
Wood Lane Stanmore
Middlesex HA7 4AP
Tel: 020 8954 5759
Email: info@aspire.org.uk
ASPIRE is a registered charity formed in 1983 for rehabilitation and reintegration and works with people who are spinally injured to promote well-being and independence.

www.backuptrust.org.uk
Back-Up Trust
4 Knightly Walk
London
SW18 1G2
Tel: 020 8875 1805
Email: admin@backuptrust.org.uk
Back-Up Trust’s mission is to inspire people affected by spinal cord injury to transform their lives, challenge perceptions of disability, and deliver services that build confidence and independence and offer a supportive network.

http://www.bascis.org.uk/
British Association of Spinal Cord Injury Specialists (BASICS)
Midlands Centre for Spinal Injuries
The Robert Jones & Agnes Hunt Orthopedic Hospital
Oswestry SY10 7AG
Shropshire, England
Telephone: 01691 404363
The British Association of Spinal Cord Injury Specialists is made up of senior doctors in Great Britain, Northern Ireland, and Eire. They aim to improve the acute and long-term management of spinal cord injury and the training of doctors in the specialty. The following web site will give you the contact names of the leading consultants in each of the Spinal Injury Units in Britain and Ireland

www.salisburyfes.com

Functional Electrical Stimulation (Salisbury Spinal Injury Unit)
Dept. Medical Physics and Biomedical Engineering
Salisbury District Hospital,
Salisbury, Wiltshire, SP2 8BJ, UK
Tel +44 (0)1722 439555
E-mail Address: enquiries@salisburyfes.com
The Odstock Dropped Foot Stimulator was developed at Salisbury. Find out more about it on their web site.

http://www.inspire-foundation.org.uk/index.asp

INSPIRE Foundation
The INSPIRE Foundation,
Spinal Treatment Centre,
Salisbury District Hospital, SP2 8BJ.
Tel No: 01722 336262 ext. 2465
INSPIRE exists to promote research into the development of practical systems for people with damage to the spinal cord using the latest advances in electronic, mechanical and medical technology.

www.royalbucks.co.uk

International Spinal Injuries & Rehabilitation Centre: The Royal Buckinghamshire Hospital
The Royal Buckinghamshire Hospital
Buckingham Road
Aylesbury
Buckinghamshire UK HP19 9AB
Tel: +44 (0) 1296 678800
Email: info@royalbucks.co.uk
The Royal Buckinghamshire Hospital is an independent rehabilitation center with an international reputation for treating patients with spinal cord injury, acquired brain injury, stroke and other neurological conditions.

www.spinal-research.org

International Spinal Research Trust (ISRT)
ISRT exists to fund research with the sole aim of ending the permanence of paralysis caused by spinal cord injury.
Mark Davies Injured Riders Fund
Lancrow Farmhouse
Penpillick Hill
Cornwall PL24 2SA
Tel: 01726-813156
Mob: 07710-788364
Email: rosemary@mdirf.co.uk
Charity organization that assists by financial means those who were injured in equestrian related accidents.

https://www.markpollocktrust.org/
Mark Pollock Trust
Ground Floor, Wilton Plaza
Wilton Place
Dublin 2, Ireland
Email: info@markpollocktrust.org
A trust which supports the cure for spinal cord injury and paralysis. Pollock is a board member of the Christopher & Dana Reeve Foundation.

www.mascip.co.uk
Multidisciplinary Association of Spinal Cord Injured Professionals (MASCIP)
National Spinal Injuries Centre NSIC
Physiotherapy Department
Stoke Mandeville Hospital
Lower Road
Aylesbury, Bucks HP21 8AL
Telephone 01296 315880
E-mail: mascipsecretary@hotmail.co.uk
The Association's prime objective is to provide a national professional forum to promote standards in clinical practice, foster research and encourage the development of health and social care services for people with spinal cord injuries.

http://www.buckshealthcare.nhs.uk/Downloads/Patient-leaflets-NSIC/Supporting%20children%20when%20their%20parent%20has%20a%20SCI.pdf
National Health Service: Supporting children when their parent has an SCI Pamphlet.

http://www.rstrust.com/
Rooprai Spinal Trust
Manufactory House,
Bell Lane, Hertford,
Hertfordshire, SG14 1BP
Email: info@rstrust.com
Rooprai Spinal Trust’s mission is to help people affected by spinal cord injury by supporting and funding.
Spinal Injuries Scotland (SIS)
Fullarton Ct. (Unit C)
11 Drumhead Place
Glasgow, G32 8EY
Phone: +44 (0)141 427 7686
Email: info@sisonline.org
SIS’s mission is to education, advice and support for people with a spinal cord injury, their family, friends and those that care for them.

Spinal Muscular Atrophy

Spinal Muscular Atrophy Support UK
40 Cygnet Court, Timothy's Bridge Road,
Stratford-upon-Avon, Warwickshire, CV37 9NW
Tel: 01789 267520
Email: office@smasupportuk.org.uk
Spinal Muscular Atrophy Support UK’s mission is to provide a range of information and support to families and health professionals as well as promoting and supporting research.

Stroke

The Stroke Association
Stoke Association House,
240 City Road,
London EC1V 2PR
Phone: 020 7566 0300
Email: info@stroke.org.uk
The Stroke Association’s mission is to prevent strokes and achieve life after stroke through providing services, campaigning, education, and research.

Northern Island Chest Heart and Stroke Association
21 Dublin Road
Belfast,
BT2 7HB
Tel: 028 9032 0184
Email: mail@nichs.org.uk
The Northern Island Chest, Heart and Stroke Association’s mission is to eliminate the chest, heart and stroke illnesses from Northern Ireland by focusing on care services, prevention, health promotion, research and campaigning.
Chest, Heart and Stroke Scotland
Third Floor Rosebery House
9 Haymarket Terrace
Edinburgh
EH12 5EZ
Telephone: 0131 225 6963
Email: admin@chss.org.uk
Chest, Heart and Stroke Scotland’s mission is to improve the quality of life for people in Scotland affected by chest, heart and stroke illness, through medical research, influencing public policy, advice and information and support in the community.

Syringomyelia

http://www.annconroytrust.org/
Ann Conroy Trust
Tel: +44 (0) 300 111 0004
Email: info@annconroytrust.org
The only organization in the UK which provides educational material about SM. They wish to increase their knowledge and understanding of Syringomyelia Chairi Malformation and associated conditions. They wish to provide support for patients their relatives and careers.

Transverse Myelitis

http://www.myelitis.org.uk/
Transverse Myelitis Society
35 Avenue Road
Brentford TW8 9NS
Email: info@myelitis.org.uk
Facebook: https://www.facebook.com/groups/5655147062/
Twitter: https://twitter.com/TM_awareness_UK
The TMS website has been designed specifically for those who are interested in Transverse Myelitis and its associated neurological conditions, ADEM, NMO and others. The TMS exists to assist members through the provision of information, personal support, and financial assistance.

www.wearesrna.org
Siegel Rare Neuroimmune Association USA
United Kingdom: TM Support Groups
List of Transverse Myelitis support groups locally and internationally.
Cross Disability

www.ace-north.org.uk
ACE
ACE Centre
Hollinwood Business Centre
Albert Street
Hollinwood
Oldham
OL8 3QL
Phone: 0161 358 0151
Email: enquiries@acecentre.org.uk
The ACE Centre is a multidisciplinary team of health, education, and assistive technology professionals.

https://www.aerobility.com/introduction
Aerobility
Blackbushe Airport
Aerobility is a registered charity founded in 1993 offering disabled people, without exception, the opportunity to fly an aeroplane.

https://bellspalsy.org.uk/
Bell’s Palsy Association
The main aim of the Bell’s palsy Association is to provide information about the condition to the sufferer and their families.

www.bladderandbowelfoundation.org
Bladder and Bowel Foundation
Bladder and Bowel Community
Forward House
17 High St.
Henley-in-Arden
B95 5AA
Email: help@bladderandbowelfoundation.org
Offers support and information to those living with bowel or bladder dysfunction.

http://www.bsdh.org/
British Society for Disability and Oral Health
Email: lornahollingsworth@nhs.net
The aim of this society is to bring together all those interested in the oral care of people with disabilities.

http://www.capability-scotland.org.uk/
Capability Scotland
Osborne House
1 Osborne Terrace
Capability Scotland campaigns with, and provides education, employment, and care services for, disabled children and adults across Scotland.

http://www.chuc.org.uk/
Ceiling Hoist Users Club
c/o 7 The Scarplands
Duston
Northampton
NN5 6EY
Tel: 01604 805839
Email: admin@CHuC.org.uk
CHuC (the Ceiling Hoist users Club) was set up by the late Sue Maynard Campbell
MBE, M.D. of Equal Ability CIC, to promote the interests of those disabled people who
need to use hoists and particularly those who need, or prefer, ceiling track hoists (also
caller tracker and tracking hoists).

https://www.disabledparent.org.uk/
Disability, Pregnancy and Parenthood International
87 Barrenger Road,
London N10 1HU.
Tel: 0800 018 4730
Email: info@dppi.org.uk
DPPI (Disability, Pregnancy & Parenthood) is a registered charity that promotes better
awareness and support for disabled people during pregnancy and as parents.

http://www.tfl.gov.uk/gettingaround/3222.aspx
Dial-a-Ride - London
PO Box 68799
London SE1P 4RD
Phone: 0343 222 7777
Email: DAR@tfl.gov.uk
Door to door transport for people with mobility difficulties (temporary or permanent)

https://www.ictu.ie/equality/disability/usefuldisabilit.html
Workway
Irish Congress of Trade Unions
31/32 Parnell Square
Dublin 1
Ireland
Tel: +353 1 8897777
Email: congress@ictu.ie
Workway was an IBEC/ICTU partnership initiative designed to tackle higher levels of unemployment among people with disability by raising awareness and addressing barriers to increase the employment opportunities.

https://www.base-uk.org/

British Association for Supported Employment
Unit 4, 200 Bury Road
Tottington, Lancashire BL8 3DX
Tel: 01204 880733
Email: admin@base-uk.org
The British Association for Supported Employment’s purpose is to support, promote and develop the principles and provision of supported employment.

http://www.mobilitymojo.ie/

Mobility Mojo App
Mobility Mojo is a user generated app and website for accessible travel in Dublin, Ireland. Focusing on accessibility users can find and share personal tried and tested knowledge about accessible destinations. The Mobility Mojo app is free to download and allows users to rate the level of accessibility provided and recommend places they have visited to others.

www.motivation.org.uk

Motivation
Unit 2, Sheene Rd.
Bedminster
Bristol
BS3 4EG
United Kingdom
Tel: +44 (0)1275 464012
Email: info@motivation.org.uk
Motivation helps disabled people to stay healthy, get mobile and play an active part in their communities. They are a charity that provides wheelchairs to those in developing countries.

http://www.origincare.com/

Origin
7.0.6. Cameron House,
White Cross, Lancaster LA1 4xq
Tel. 01524 34100
E-mail: info@origincare.com
Providing a unique and wide range of specialist spinal injury care services, Origin delivers focused live-in care services to meet individual needs and aspirations for independent living.

http://www.bbc.co.uk/ouch/

Ouch…It’s a Disability Thing from the BBC
Email: ouch@bbc.co.uk
Facebook: http://www.facebook.com/Ouch.BBC
Twitter: https://twitter.com/#!/bbcouch
Ouch explores the disability world in blog posts and a monthly internet radio talk show.

http://www.disabilityrightsuk.org/
Disability Rights UK
Plexal
14 East Bay Lane
Here East
Queen Elizabeth Olympic Park
Stratford
London
E20 3BS
Tel: 020 7250 8181
Email: enquiries@disabilityrightsuk.org
Disability Rights UK’s mission is to strengthen the voice of disabled people to make their rights real, as an effective national organization led by people with a wide range of impairments or health conditions.

www.accessibleguide.co.uk
Rough Guide to Accessible Britain
City Gate House,
22 Southwark Bridge Road
London SE1 9HB
A guide for access to mobility and days outside.

Riding/Driving

https://www.rda.org.uk/
Riding for the Disabled Association Incorporating Carriage Driving
Norfolk House,
1a Tournament Court,
Edgehill Drive,
Warwick
CV34 6LG
Tel: 0845 658 1082
Email: info@rda.org.uk
At RDA, their horses and ponies provide therapy, achievement and enjoyment to people with disabilities all over the UK.

http://www.rdai.org/
Riding for the Disabled Incorporating Carriage Driving—Ireland
Secretary, Rathlinn, Templecarrig
Lower, Delgany, Co. Wicklow
Tel: 01-2876503
Email: rdaisecretary@eircom.net
The main focus of RDA Ireland is to broaden the physical, intellectual and social horizons of people with special needs.

Service Animals

www.caninepartners.co.uk
Canine Partners
Mill Lane
Heyshott, Nr Midhurst
West Sussex
GU29 0ED
Tel: 08456 580480
Canine Partners’ mission is to assist people with disabilities to enjoy a greater independence and a better quality of life and, where possible, to help them into education and employment, through the provision of specially trained dogs for the disabled, whose well-being is a key consideration.

http://www.dogaid.org.uk/
Dog AID (Assistance in Disability)
Earlyworld House
7 Darwin Ct.
Oxon Business Park
Welshpool Road
Shrewsbury
SY3 5HL
Tel: 01743 588469
Email: general_admin@dogaid.org.uk
Dog A.I.D's Mission’s is to empower the less able; by supplying the pet dog owner with a trainer to help give them the knowledge and skills to turn their pet dog into a qualified Assistance Dog.

https://dogsfordisabled.ie/
https://www.dogsforgood.org/
Dogs for Good
The Frances Hay Centre,
Blacklocks Hill, Banbury,
OX17 2BS
Tel: 01295 252600
Email: info@dogsforgood.org
Dogs for Good is working to provide solutions to help people with a wide variety of different disabilities and conditions; from assistance dogs helping children and adults with physical disabilities and families affected by autism, to pet dog autism workshops, and innovative new projects working in schools and residential care settings.
Sailing

https://www.sailing.ie/trysailing/sailability/

**Sailability Ireland**
Tel: 087 8800744
Email: ciaran.murphy@sailing.ie
Sailability Ireland to introduce and encourage people of all ages with disabilities to take up sailing.

https://www.rya.org.uk/

**RYA Sailability**
RYA House,
Ensign Way,
Hamble, Hants, SO31 4YA
Tel: 0844 556 9550
Email: sailability@rya.org.uk
RYA Sailability introduces sailing to the disabled.

http://www.jst.org.uk/

**Jubilee Sailing Trust**
Jubilee Sailing Trust, 12 Hazel Road, Woolston,
Southampton, SO19 7GA
United Kingdom
Tel: 023 8044 9108
Their mission is to create integration of physically disabled and able-bodied people aged 16 and up, empower their beneficiaries to discover their abilities, and educate by the breakdown of barriers and correct the misconceptions around disability, by educating/informing all our voyage crew.

http://www.northamptonsailability.org.uk/

**Northampton Sailability**
Northampton Sailing Club
Pitsford Reservoir
Brixworth
Northants NN6 9DG
Tel: 07952 579 380
Email: sec@northamptonsailability.org.uk
Their mission is to promote and co-ordinate active participation by people with disabilities in the sailing community. Northampton Sailability offers facilities for disabled people to enjoy a wide variety of sailing activities, ranging from joyrides around Pitsford reservoir to teaching to Royal Yachting Association (RYA) standards in dinghy and keelboat sailing.
Sports

http://www.disabilitysnowsport.org.uk/
Disability Snow Sport UK

http://www.dsnia.co.uk/
Disability Sport Northern Ireland

http://www.efds.co.uk/
English Federation of Disability Sport

http://www.scottishdisabilitysport.com/
Scottish Disability Sport

http://www.wheelpower.org.uk
WheelPower: British Wheelchair Sports
Stoke Mandeville Stadium,
Guttmann Road, Stoke Mandeville,
Buckinghamshire, HP21 9PP
Telephone: 01296 395995
Email: info@wheelpower.org.uk
WheelPower is passionate about sport and dedicated to providing opportunities for
disabled people to live healthy active lifestyles.

http://wdsauk.co.uk/
Wheelchair Dance Sport Association (UK)
Lemarie Centre for Charities
524 St Albans Road
Watford, Herts
WD24 7RX
Phone: 0300 111 30 45
Email: info@wdsauk.co.uk
The Wheelchair Dance Sport Association (UK) or WDSA (UK) is the national governing
body for wheelchair dance sport and wheelchair dance in the United Kingdom.

The information contained in this message is presented for the purpose of educating and
informing you about paralysis and its effects. Nothing contained in this message should
be construed nor is intended to be used for medical diagnosis or treatment. It should not
be used in place of the advice of your physician or other qualified health care provider.
Should you have any health care related questions, please call or see your physician or
other qualified health care provider promptly. Always consult with your physician or
other qualified health care provider before embarking on a new treatment, diet or fitness
program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.

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