

DIAL SOUTH WORCESTERSHIRE



**CELEBRATING 33 YEARS OF DIAL SOUTH
WORCESTERSHIRE
1987-2020**

Disability Information Advice Line

GUIDE TO SERVICES in Worcestershire



2020/21 Edition



INTRODUCTION

This Guide has been produced by **Dial South Worcestershire** (Disability Information and Advice Line).

www.dialsworcs.org.uk

Tel 01905 27790

mail@dialsworcs.org.uk

It is intended to provide disabled people, carers and professionals with information on local and some national advice, support and social organisations.

The costs of producing the Guide have been met by:

- The Roger & Douglas Turner Charitable Trust
- The Worcester City Parish Relief in Need Charity

If further copies of the Guide are needed then they can be downloaded from our website **www.dialsworcs.org.uk**

THE WORCESTER CITY PARISH RELIEF IN NEED CHARITY

THE OBJECTS OF THE CHARITY IS TO HELP PEOPLE WHO LIVE IN WORCESTER AND WHO ARE IN NEED. THE TRUSTEES MAY HELP BY MAKING A GRANT OF MONEY OR PROVIDING GOODS OR SERVICES WHICH HELP THEM.

THE ADDRESS TO CONTACT THE TRUSTEES IS:

Worcester City Parish, St Swithins Institute, The Trinity, Worcester,

WR1 2PN

or email

worcester.cityparish@btconnect.com

The information in this booklet was correct at the time of publication. **If you notice anything which is now incorrect please to let us know so we can update the version available on the website.**

MAIN CONTACT DETAILS FOR INFORMATION ABOUT DISABILITY SERVICES IN WORCESTERSHIRE

DIAL SOUTH WORCESTERSHIRE Tel: 01905 27790

www.dialsworcs.org.uk

Information, advice and full welfare benefit service for disabled people and carers including casework and appeal representation.

WORCESTERSHIRE ADVICE NETWORK

www.worcestershireadvicenetwork.org.uk

A partnership network of Dial's, CAB's and Age UK's. Website gives information and has a online referral system

HEALTH AND SOCIAL CARE

www.worcestershire.gov.uk/advicecarehealthandsupport

Worcestershire County Council site. Provides a wealth of information on adult care services and local advice and support organisations.

ADULT SERVICES (Social Services) Tel: 01905 768053

Social care advice service

www.worcestershire.gov.uk/adultsocialcare

DEAF DIRECT Tel: 01905 746301

Work with deaf and hard of hearing people. Training, communication advice, information and guidance.

www.deafdirect.org.uk

SIGHT CONCERN Tel: 01905 723245

Provide information, equipment, training and recreational and social activities for blind and visually impaired people

www.sightconcern.co.uk

WORCESTERSHIRE ASSOCIATION OF CARERS

Tel: 03000124272

Provides information, newsletter, telephone support to carers

www.carersworcs.org.uk

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SOUTH WORCESTERSHIRE DIAL

Telephone: 01905 27790

Address: 54, Friary Walk, Crowngate Centre,
Worcester, WR1 3LE

Email: mail@dialsworcs.org.uk

Website: www.dialsworcs.org.uk

Dial South Worcestershire is a free, confidential information and advice service for disabled people and carers. Our aim is to enable people to make informed decisions, improve their lifestyle, remain independent and maximise their income.

What we do at Dial South Worcestershire

We run an information service on general disability issues from aids and equipment to home adaptations and transport. We are however predominantly a welfare benefit service. We offer:

- ◆ Telephone Welfare Benefit Enquiry Line
- ◆ Benefit Form Filling Service for PIP, DLA, AA, ESA etc
- ◆ Full Casework Service
- ◆ Disability Benefit Appeal Casework

How do we offer the service:

We have a fully accessible office in Crowngate, Worcester. We offer our clients free parking. We also run an outreach service where we offer a full welfare benefit form filling service in:

- ◆ Pershore Civic Centre
- ◆ Evesham Jobcentre
- ◆ Malvern HUB (on request)
- ◆ Droitwich HUB (on request)

Home visits are offered if needed

Dial South Worcestershire works to Advice Quality Standards and holds their Quality Mark. We also hold the CredAbility Quality Mark

WORCESTERSHIRE ADVICE NETWORK

www.worcestershireadvicenetwork.org.uk

The network is a partnership of Worcestershire Citizens Advice, some Age UK's and Dial South Worcestershire and Dial North Worcestershire. The website has information on a wide range of issues, social media discussion forum and a self referral system.

Dial North Worcestershire

Tel: 01562 60241

Information service for disabled people living in North Worcestershire

www.nwdial.org.uk



ADULT SOCIAL CARE SERVICES IN WORCESTERSHIRE

The Adult Services Department provides a general social work service for people with a physical disability or sensory impairment. There are many ways they assist or advise disabled people but this is mostly online.

- Blue Parking Badge
- Care Assessments
- Support at Home
- Equipment to help with disabilities
- Visual Impairment Support
- Hearing Impairment Support
- Community Meals
- Respite Care
- Community Based Activities
- Health and Wellbeing
- Keeping Safe

Some of the above may be subject to financial assessment. If you require further information about their services phone Adult Services on:

01905 768053

www.worcestershire.gov.uk/advicecarehealthand support



ACCOMMODATION & HOUSING

For information about specialist housing accommodation in your area please contact the Local Council office.

Wyre Forest Community Housing

Tel: 08001 695454

www.communityhg.com

Bromsgrove District Housing Trust

Tel: 08000 850160

www.bdht.co.uk

Redditch Borough Council

Tel: 01527 64252

www.redditch.gov.uk

Malvern Hills District Council

Tel: 01684 579579

www.malvern hills.gov.uk

Worcester City Council

Tel: 01905 722233

www.worcester.gov.uk

Wychavon District Council

Tel: 01386 565000

www.wychavon.gov.uk

House Associations

For further information about Housing Associations in your area please contact your local Council Office

Stonham Housing Association

Tel: 01527 402834

212 Mount Pleasant, Redditch B97 4JL

Sanctuary Supported Living

Tel: 0300 1233247

www.sanctuary-supported-living.co.uk

Fortis Housing Group

Tel: 03301230700

www.fortisliving.com

Golden Lane Housing

Tel: 03000037007

Supported living for people with a learning disability

www.glh.org.uk

Richmond Fellowship

Tel: 020 7697 3300

A charity and housing association. Providing care & rehabilitation to enable people with mental health, learning disabilities, addictions and other problems to live in the community.

www.richmondfellowship.org.uk

ACCOMMODATION & HOUSING

Worcester CA & WHABAC

Tel: 0344 4111303

(Worcester Housing and Benefits Advice Centre)

The service provides a free information and support on all forms of housing needs. The Hopmarket, The Foregate, Worcester WR1 1DL

www.cabwhabac.org.uk

Rethink Mental illness

Tel: 03005000927

Provides a range of accommodation and support to individuals with long term mental illness.

www.rethink.org

Shelter

Free phone: **0808 8004444**

Confidential housing advice line, open from 8am to Midnight

<http://england.shelter.org.uk>

Advance Housing & Support

Tel: 03330124307

Support service for people with learning disabilities or mental health problems (they can have other disabilities)

www.advance.org

Warmer Worcestershire

Tel: 01905 765765

Advice on insulation including eligibility for free insulation

www.warmerworcestershire.com

Disabled Facilities Grant

Tel 01684 579456

Care and Repair is a home improvement agency which provides independent advice on help with repairs, modernisation and home adaptations to people who are elderly, have a disability or on a low income. The agency can help in applying for grants where appropriate which may fund all or part of the work.

Contact Worcestershire Care and Repair agency for further information

www.careandrepairworcestershire.co.uk

Minor Works Grant

Tel: 01684 579456

Minor Works Grants are also available. This covers essential repairs, home safety and security, energy efficiency measures. Typical works include rewiring, re-roofing, new doors and windows.

www.careandrepairworcestershire.co.uk

CARERS

Information can be obtained from your local Adult Services Department 01905 768053 or your G.P.

Carers U.K. Carers line:

Tel: 0808 808 7777

This national organisation is led by carers themselves to raise awareness of the needs of carers among professionals.

www.carersuk.org

Worcestershire Association of Carers

Helpline

Tel: 0300 0124272

Provide various services for carers including information, newsletter, carers emergency card, telephone befriending. Contact for more details.

They run Carers Groups in Bewdley, Bromsgrove, Droitwich, Evesham, Inkberrow, Kidderminster, Malvern, Martley, Pershore, Stourport and Worcester.

www.carersworcs.org.uk

Worcestershire Young Carers Project

Tel: 01905 730780

This project aims to provide information, support & advice for young carers, as well as practical activities.

www.yss.org.uk

Redditch Carers Careline

Tel: 01527 66177

Provides carers support groups and activities, sitting service, "life after caring" support and counselling services for carers in Redditch.

www.carerscareline.co.uk

St Richards Hospice Carers Group

Tel: 01905 763963

Support group for people caring for people with life-limiting illness.

www.strichards.org.uk

CARERS

Home care services

A home care assistant may be available to help with everyday personal tasks, contact Adult Services

Crossroads Care	Worcester & Malvern	Tel: 01905 729293
	Evesham & Pershore	Tel: 01386 49926
	North Worcestershire	Tel: 01905 729293

Home care services and respite for carers

www.homecareworcestershire.org.uk

Cool2care:

Cool2care is an information site for carers

www.cool2care.co.uk

Worcestershire Stroke Recovery Service	Tel: 01527903716
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Information, practical advice and emotional support to carers

www.stroke.org.uk

CARERS/SELF SUPPORT GROUPS

Worcestershire ME Social Group

Tel: 01886 888419

www.meassociation.org.uk

Worcester Long Term Stroke Support Group

Tel: 03003300740

www.stroke.org.uk/finding-support/worcester-long-term-stroke-support-group

NHS Community Stroke Service

South

Tel: 01386 502355

North

Tel: 01527 488188

www.hacw.nhs.uk/our-service/community-stroke-services/

Headway Worcester

Tel: 01905 729729

Provide friendship and support to families following a acquired brain injury

www.headwayworcestershire.org.uk

Worcester Breast Cancer Support Group

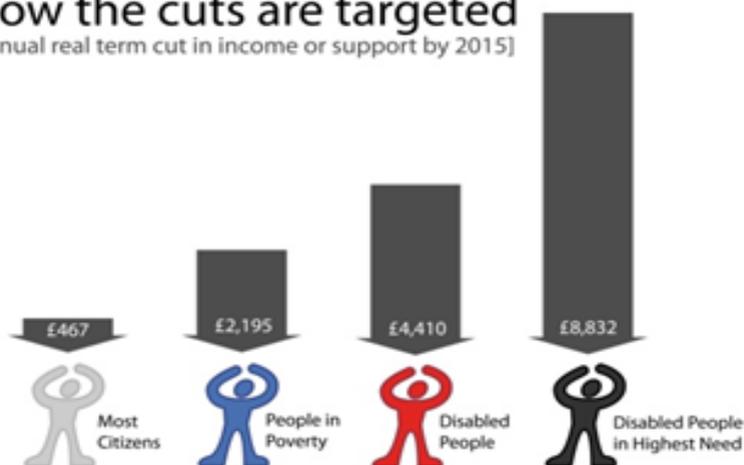
www.wyche gnome.ltd.uk/breastcare/index.php

Worcestershire ME Support Group

www.worcsme group.weebly.com

How the cuts are targeted

[annual real term cut in income or support by 2015]



CHILDREN

Information about services for children with disabilities can be obtained from the **Children with Disabilities Team** **Tel: 01905 768053**

Homestart –

Support for families under stress with at least one child under the age of 5.

National Number **Tel: 01164645490**

Wyre Forest **Tel: 01562 825896**

North-east Worcestershire **Tel: 01527 62819**

Worcester & Wychavon **Tel: 01905 29377**

www.home-start.org.uk

Family Lives **Tel: 08088 002222**

National family support charity

www.familylives.org.uk

Childline (Helpline) **Tel: 0800 1111**

Helpline for children and young people to the age of 18, in danger, in distress or with any problem whatsoever.

www.childline.org.uk

Hansel & Gretel Child Development Centre **Tel: 07525668608**

This is a day unit for children with special needs aged between 0 and 5 years. It offers play, learning and assessment for children and support for their families. Wyre Forest area.

www.hanselgretel.org.uk

Scott Atkinson Child Development Centre **Tel: 01527 488520**

The service provides multi-agency needs assessment, advice and support to children under 5 and their families. Redditch and Bromsgrove area.

Child Development Team **Tel: 01905 768300**

(Worcestershire NHS Trust) Coordinates the range of therapeutic and medical services available to children with special needs.

www.hacw.nhs.uk

AFASIC Worcestershire

Support group of local parents of children with speech, language & communication difficulties.

www.afasic.org.uk

CHILDREN

Contact

Tel: 0808 808 3555

This is a group set up for families with children with disabilities. Help families to support one another to share experiences and pool their skills.

www.contact.org.uk

Malvern Special Families

Tel: 01684 892526

(Incorporating Contact a Family) Family support group for children with disabilities and special needs. Youth club and social evenings and weekend playscheme.

www.malvernspecialfamilies.org.uk

Barnardos Breakaway & Dudley Share Care Project

Tel: 01384 458585

Long term foster care, short break and respite care project for children with Disabilities.

Www.barnardos.org.uk/breakaway

New Hope (Saturdays & school holidays only)

Tel: 01905 355295

Daytime breaks for families with disabilities

www.newhopeworcester.co.uk

Children's Information Service

Information around child social care

Worcestershire Children's Information Service

www.worcestershire.gov.uk

Acorns Children Hospice

Tel: 01564 825000

Care for the child with life limiting illness, support for the family in your area.

350 Bath Road, Worcester WR5 3EX

www.acorns.org.uk

Snoezelen Multi-sensory leisure/therapy centre for people with special needs of any age. Self referral & booking necessary.

www.worcestersnoezelen.org.uk

Tel: 01905 748229

Sociables and Crews Hub

Centre helps children and young people to enjoy life. Play, social and work programmes. Bewdley

www.facebook.com/sociables-Hub-CREWS

CHILDREN

Fledgling Family Services

Tel: 01799541807

Helps families caring for a disabled child to obtain impartial independent information products which help with a Child's development or help the carer in their caring role.

www.fledglings.org.uk

Autism West Midlands - (family support)

Tel: 0121 450 7582

Autism W.M. is a charitable organisation offering free information, advice and support for children with Autistic Spectrum Disorder and their families. Helpline available Monday to Friday 10am-2pm

www.autismwestmidlands.org.uk

The Family Fund

Tel: 01904 550055

A government fund run by the Joseph Rowntree Foundation to help families with a child who has a severe disability.

Each families request is looked at individually.

www.familyfund.org.uk

Worcestershire Short Breaks Project

Tel: 01299 877920

Barnardos (in partnership with Worcestershire County Council) This project links families who have children with disabilities (up to the age of 18) to specially approved carers to allow families to take a break from caring for their child with special needs, and to give children the chance to widen their social life.

Whizz-Kidz

Tel: 020 7233 6600

provides equipment for disabled children's mobility, trikes, bikes, manual wheelchairs, light weight wheelchairs, that are not available on the NHS.

www.whizz-kidz.org.uk

Kaleidoscope Breakaway, South Worcs

Tel: 07792 150682

Respite for pre-school children with special needs giving families a few hours to spend with other siblings.

www.kaleidoscope-breakaway.org.uk

Dyspraxia Foundation

Tel: 01462 454 986

<http://dyspraxiafoundation.org.uk>

CHILDREN

Deaf Direct - (Family Services Department) **Tel: 01905 746301**

Works with deaf and hard of hearing children and their families in the communities of Herefordshire and Worcestershire. Other times by appointment. Some children's activities incur a small charge.

www.deafdirect.org.uk

Child Brain Injury Trust **Tel: 0303 3032248**

Support/activity group for young people with an acquired brain injury, plus information and support for parents. Acquired brain injury can be as a result of traumatic injury (accident) or illness such as meningitis.

Brain & Spine Foundation Helpline **Tel: 08088081000**

www.brainandspine.org.uk

Association of Wheelchair Children **Tel: 01482 887163**

www.wheelchairchildren.org.uk

Children's Chronic Arthritis Association **Tel: 01242 511250**

www.ccaa.org.uk

ERIC (Education & Resources for Improving Childhood Continence) Helpline **Tel: 08453 708008**

ERIC is the UK's childhood continence charity. They work to reduce the suffering to children and young people caused by continence issues.

www.eric.org.uk

Worcestershire Special Educational Needs **Tel:01905 768153**

Information and support for parents with a focus on children who have educational needs

Osborne Court **Tel: 01684 612727**

Children's emergency assessment and support service. Short break (respite) service. Hydrotherapy service.

www.hacw.nhs.uk

Worcester Deaf Children's Society

www.worcdcs.org

Worcestershire Parent and Carers Community

Charity that supports families who have a disabled child

www.parentcarers.org.uk

CHILDREN - SPORT

- Bromsgrove Dolphin Centre** Tel: 01527 549130
They have a changing bed and Oxford dipper. Please phone prior to visit.
- Droitwich Swimming Pool** Tel: 01905 771212
They have changing rooms, showers, and hoist and emergency cords.
- Evesham Swimming Pool** Tel: 01386 444212
They have changing rooms, showers, hoist, toilet, ramps and a hearing loop. Available anytime.
- Malvern Special Needs Swimming Club** Tel: 01684 893423
Malvern Splash Saturdays 5.15pm to 6.15pm
- Redditch, Hewell Road Swimming Pool** Tel: 01527 64189
They have disabled changing room, shower and hoist.
The disabled session is on Thursday at 3pm to 3.30pm
- Stourport Sports Centre** Tel: 01299 822308
They have ramps, changing rooms, electric doors, hoist and emergency cords. Available anytime.
- Worcester Citizens Swimming Pool** Tel: 01905 421089
They have level access.
- Worcester Swimming and Fitness Centre** Tel: 01905 20241
They have disabled changing room, hoist, and ramps, available anytime.
- Wyre Forest Glades Leisure Centre** Tel: 01562 515151
They have changing rooms, toilet, shower, emergency cords, and wheelchair to side of pool.
Available anytime or during the quiet time, morning till 12.30pm.
- Inclusive Athletics** Tel: 01527 875207
Club for young people with physical disability, Ryland Centre, Bromsgrove
- Wheelchair Basketball** Tel: 01527 881652
Ryland Centre, Bromsgrove
- Wheelchair Basketball** Tel: 01905 855509
University of Worcester Tel: 01905 542001
- Boccia Vale of Evesham School** Tel: 01386 443367
- Bromsgrove Junior Boccia** Tel: 01527 871511
- Wheelchair Dance Group Bromsgrove** Tel: 07528 569008

CHILDREN - SPORT

Evesham Sub Aqua
or

Tel: 01386 552346
Tel: 01905 454828

Water diving for children with a disability Pershore and Worcester

Brambles Buddies

Tel: 01684 833336

Specialist facility for children, young people and adults with learning and physical disabilities in Malvern. Use animal assisted therapy techniques.

www.livingfarm.co.uk

Evesham Adventure Playground

Tel: 01386 442154

Adventure Playground for children with disabilities

www.eveshamadventureplayground.btck.co.uk

Dizz Kidz

Tel: 07974 846961

Multi skills and multi sports club for children with coordination difficulties

Wednesday evenings at University of Worcester Sports Hall

<https://dizzkidz.co.uk>

Triple A Club

Tel: 01527 64676

Disability Sports Club for children and young people. Saturdays at Kingsley Sports Centre, Redditch

See Leisure Activities for Riding For Disabled
Football Clubs etc



EDUCATION

Child Law Advice

Specialist advice on child, family and education law **Tel:03003305485**

www.childlawadvice.org.uk

IASS Network

Tel: 01905 768153

Information & support to parents & carers of children and young people with special educational needs.

<https://councilfordisabledchildren.org.uk>

Independent Panel for special Education Advice (IPSEA)

Offering free and independent legally based advice to parents of children with special educational needs in England and Wales

www.ipsea.org.uk

Kidderminster College of Further Education

Student Support

Tel: 01562 820811

www.kidderminster.ac.uk

Wild Goose Training

Tel: 01905 620840

Land and animal based training on smallholding

www.wildgooseruraltraining.org

National Star

Tel: 01242527631

Lift training for young people giving them confidence to travel independently to school and college.

www.nationalstar.org

EDUCATION

Heart of Worcestershire College

Worcester Campus

Redditch Campus

www.howcollege.ac.uk

Tel: 08448802500

Tel: 01905 725555

Tel: 01527 572522

University of Worcester

Information on support available for people with disabilities

www.worcester.ac.uk

Tel: 01905 855 000

Avenbury Care Farm

Purpose built for people with disabilities. Based at Bishops Frome.

Activities include animal care, gardening, cooking, crafts. Costs.

www.avenburycarefarm.com

Tel: 07704773974

Sight Concern

Hold courses on I.T. Cookery and Braille.

www.sightconcern.co.uk

Tel: 01905 723245

Nineveh Ridge Care Farm

Social enterprise offering work based learning. Costs involved.

www.ninevehridge.carefarm.org.uk

Tel: 01299 832864



ELDERLY / OLDER PEOPLE

Worcestershire Adult Services will provide you with information on services for older people including Home Care and Day Care. For more information contact your local Adult Services Department.

Tel: 0845 607 2000

Age UK

Tel: 0800 6781174

Offer a range of services for the over 50's and their families.

Helping Hands Team, Handy Person Service, Cleaner Lists, Lunch Clubs, Wellcheck, Footcare, Home from Hospital, Dementia Advice Service, Telephone Befriending, Free Security and Safety Checks, Active Ageing.

www.ageuk.org.uk

Age UK Hereford and Worcester

Tel: 0800 0086077

www.achw.org.uk

West Worcester live at home scheme

Tel: 01905 420805

Supports elderly people living in their own homes with social clubs, transport, befriending and escorted shopping.

Methodist Church, Bromyard Road, Worcester, WR2 5DL

www.mha.org.uk

Royal Voluntary Service

Tel: 0845 608 0122

They believe in making Britain a great place to grow old. Everyday WRVS helps thousands of older people to live the way they want. Visit their website for local groups.

www.wrvs.org.uk

Inter Generations Worcester

Tel: 01562 733133

Homesharing scheme aimed at matching older people living in Worcester with young people looking for a home whilst studying

www.vestia.org.uk

Lets Go Digital

Age UK are running a Computer Cafe at The Hive in Worcester. First Tuesday of the month from 10.00a.m until 12p.m.

www.digital-champion.co.uk

Cinnamon Trust

Tel: 01736757900

Volunteer support to older people with a pet

www.cinnamon.org.uk

ELDERLY / OLDER PEOPLE

S.T.A.R.S. (Social Therapy And Rehabilitation Services)

Adult Day Care Centre, Worcester. A new and innovative approach to day care. There are charges.

Tel: 01905 355995

www.starsdaycare.co.uk

Fortis 55+

Tel: 03301230700

Support at Home is delivered by a team of support workers to help older people build their confidence and develop skills that will allow them to live independently in their own home. Wide programme of social activities.

www.fortisliving.com

Simple Limitless Wellbeing Centre

Tel:01562 251144

Quality day opportunities for elderly people and people with a disability. There are charges.

www.simply-limitless.org

Reconnections

Tel:01905 740954

Service to reduce loneliness in Worcestershire. Run by Age UK.

www.reconnectionsservice.org.uk

Care Funding Guidance

Tel: 08000556225

A not-for-profit company giving advice on planning the cost of live-in-care

www.liveincarehub.co.uk



EMPLOYMENT

For advice about employment, and Access to Work Scheme contact the Disablement Employment Advisor at your local **Job Centre Plus office**.

Job Centres Plus

Tel: 08001690190

www.gov.uk/contact-jobcentre-plus

Shaw Trust

Tel: 03003033111

Shaw Trust is a national charity that provides training and work opportunities for people who are disadvantaged in the workplace due to disability, ill health or other social circumstances.

www.shaw-trust.org.uk

Where Next Association

Tel: 01527 69955

They provide supported employment and training to adults with learning difficulties and other special needs.

<https://where-next-org>

Leonard Cheshire Disability (Head Office)

Tel: 020 3242 0200

66 South Lambeth Road, London SW8 1RL

www.leonardcheshire.

Rainbow Autism

Tel: 01684 312760

Activities and pathways to employment, training and education

www.autismlinks.co.uk

EMPLOYMENT

Connexions Worcestershire – Young Peoples skills service

Worcester

Tel: 01905 738900

Mencap Pathway Employment Services

Tel: 01733 873712

A specialist supported employment service for people with a learning disability. Phone for local groups

www.mencap.org.uk

County Enterprises

Tel: 01905 23819

County Enterprises provides factory based or supported employment and on the job training for disabled people mainly within Worcestershire limits.

Remploy

Tel: 0300 4568110

At Remploy they focus on ability, not disability. As a specialist employment services group they provide disabled people, people with a health condition and those who face complex barriers to gaining a job with the support they need to find sustainable employment.

www.rempoy.co.uk



“I’m not disabled or differently-abled or specially-abled or exceptionally-abled. I’m an accountant in a wheelchair.”

EQUIPMENT

Walking Aids

The Physiotherapist will assist and this can be arranged through your G.P. Hire or purchase of some aids (wheelchairs, walking frames) is possible through:-

British Red Cross / Red Cross Society

Tel: 01905 450400

They can loan different types of equipment, walking aids, commodes etc.
www.redcross.org.uk

Integrated Community Equipment Service, Wychbold

www.hacw.nhs.uk

Tel: 01527 869104

The service is based In Droitwich, Worcestershire. All initial request for a wheelchair comes via a health service clinician

Aids to daily living

The Community Occupational Therapist. will make an assessment, after being referred by Social Services or GP.

Regional Disabled Drivers Assessment Centre (Birmingham)

Tel: 03003002240

For assessment of individual needs and advice on car adaptations.

www.rdac.co.uk

Disabled Living Foundation

Helpline: 0300 9990004

Provide information and advice on all types of aids and equipment

For free information

www.dlf.org.uk

Deaf Direct

Tel: 01905 746301

Specialist advice on equipment relating to hearing impairment.

www.deafdirect.org.uk

TFH (Special Needs Toys)

Tel: 01299 827820

Range of equipment and toys for children and young people with a disability. Catalogue available.

www.specialneedstoys.com

Age UK Mobility

Tel: 08009100240

Stairlift support and bathing options. Bussiness.

www.ageukmobility.co.uk

EQUIPMENT

Sight Concern (formerly Worcestershire Association for the Blind)

Tel: 01905 723245

Specialist advice on equipment relating to sight impairment.

www.sightconcern.co.uk

Disabled Equipment Service

Tel: 07845041678

Disabled exchange and mart-second hand equipment

www.disabilityequipmentservice.co.uk

Rica Tel: 020 7427 2460

Publishes reports on the most suitable domestic products, practical information needed by disabled and older consumers.

www.rica.org.uk

Arcos

Tel: 01684 576795

(Association for Rehabilitation of Communication and Oral Skills).

A registered national charity providing expert help for children and adults, their families and those working with them. Training courses also available.

www.arcos.org.uk

Remap Tel: 01732 760209

Worcestershire 01299 270397

Remap offers custom made aids for people with disabilities. They operates through a network of 1,500 volunteers. Most are professional engineers, technicians, and craftspeople.

www.remap.org.uk

Aidis Trust

Tel: 0808 8000009

Charity helping people with disabilities take advantage of computer technology

www.aidis.org

Adapt It

Tel: 02087360542

Provide assisted technology and computer aids, consultancy and advice for people with a disability.

www.adapt-it.co.uk

Abilitynet

Tel: 0800 269545

Free IT support organisation for disabled people

www.abilitynet.org.uk

FINANCE / BENEFITS

For welfare benefit advice, form filling, casework and appeal representation for disabled people and carers contact:

Dial South Worcestershire Tel: 01905 27790

www.dialsworcs.org.uk

For benefit advice contact:

North Worcestershire Dial

Tel: 01562 60241

www.nwdial.org.uk

Worcestershire Citizens Advice Line

Tel: 0844 4111303

From Mobile Tel: 0300 3300650

Advice on wide range of issues including welfare benefits

www.cabwhabac.org.uk

www.citizensadvice.org.uk

www.wyreforestcab.org.uk

National Debt Line

Tel: 0808 808 4000

Help for anyone in debt or concerned they may fall in to debt or you can contact your local CAB

www.nationaldebtline.org

Two Pennies Money Advice (Worcester CASH) Tel: 01905 27001

Worcester CASH advises people in the Worcestershire area who are having difficulty with money-related matters.

www.twopennies.org.uk

Civil Legal Advice (CLA)

They offers free, confidential and independent legal advice

www.gov.uk

Department for Works & Pensions (DWP)

www.dwp.gov.uk

The main parts of the DWP are:

Jobcentre Plus: Under 65's.

www.gov.uk

The Pension Service: Over 65's. Claims number **Tel: 0800 7317898**

www.gov.uk/contact-pension-service

The Disability & Carers Service: disabled people & carers To find your local DWP office contact your local Job Centre Plus office

FINANCE / BENEFITS

Attendance Allowance (AA)

Tel: 0800 7310122

Tax-free benefit for people aged 65 and over who need help with personal care because of illness or disability. Not dependent on NI contributions.

Personal Independence Payment (PIP) **Tel: 0800 9172222 to claim**

Replacement for Disability Living Allowance for people 16-65

Not dependent on NI contributions.

Universal Credit

Tel: 0800 3285644

Payment to help with living costs. Its paid monthly

Replaces: Child Tax Credits, Housing Benefit, Income Support, Income Based Jobseekers Allowance, Income Related ESA and Working Tax Credits.

UC can only be applied for online.

Help to Claim:

Citizens Advice provide a free, confidential service to support people in the early stage of applying for Universal Credit.

Employment Support Allowance

Tel: 0800 3285644

Is a benefit for people under state pension age who cannot work because of illness or disability. In most cases now see Universal Credit.

Carer's Allowance (CA)

Tel: 0345 608 4321

Taxable benefit for people who are giving regular and substantial care to a severely disabled person who is in receipt of the qualifying benefits. Apply online

Pension Credit

Tel: 0800 991234

A means tested benefit for people of pension age.

Tax Credits

Worcester Food Bank

Tel: 01905 780400

Helping local people in crisis

Food Banks in Malvern, Evesham, Droitwich and other parts of Worcestershire

<https://www.worcester.foodbank.org.uk>

FINANCE / BENEFITS

Christmas Bonus

Tax-free bonus paid to pensioners. Paid automatically

Cold Weather Payments

You may be eligible for a Cold Weather Payment for each week of very cold weather in your area if you get means tested benefits.

Paid automatically.

Winter Fuel Payments

Tel:0800 7310160

Paid to a person who has reached pension credit qualifying age

Council Tax Benefit

If you pay a Council Tax contribution, and are on a low income you may be able to claim a rebate. You can get a Council Tax Benefit claim form from your local Council Office.

Housing Benefit

See Universal Credit

Help with NHS Costs

Tel: 03003301343

NHS prescriptions, NHS dental treatment, sight tests, vouchers for glasses and contact lenses, NHS wigs and fabric supports are available for people on a low income, Income Support and certain tax credits.

www.nhs.uk

Help with travel costs to hospital

Means tested benefit for those in receipt of a low income, income Support and certain tax credits.

www.worcacute.nhs.uk

Funeral Payment

Tel: 0800 7310469

You may be entitled to funeral payment if you or partner accept responsibility for cost of funeral and you are in receipt of certain qualifying benefits.

www.gov.uk

GETTING AROUND / MOBILITY/ACCESS

Motability

Tel: 0300 4564566

This is a scheme whereby those in receipt of the higher rate of the mobility component of DLA or enhanced mobility component of PIP can use their allowance to get a vehicle or wheelchair, as long as the award is for one year or longer.

www.motability.co.uk

Exemption from Road Tax

You are entitled to exemption from road tax if you are in receipt of the enhanced rate of the mobility component of PIP and the high rate mobility component of DLA or War Pensioners Mobility Supplement.

You can get a 50% discount if you are on PIP mobility at the lower rate.

British Red Cross / Red Cross Society

Tel: 01905 450400

Can sometimes provide a transport service for a fee.

Disabled Motoring UK

Tel: 01508 489449

Disabled Motoring is a charity for disabled drivers, passengers and blue badge holders

www.disabledmotoring.org

Travel by Train (Railcard)

National Rail Enquiries

Tel: 0345 7484950

Disabled persons Application helpline

Tel: 0345 6010132

British Rail sell a railcard for people with severe and permanent disabilities. They also publish a booklet entitled '**Rail Travel for Disabled Passengers**', which contains useful information about planning your journey plus an application form for a disabled persons railcard.

www.disabledpersons-railcard.co.uk

Disabled Persons Transport Advisory Committee (DPTAC).

The Disabled Persons Transport Advisory Committee's website provides comprehensive information on its role in advising the Government on the transport needs of disabled people.

www.gov.uk

GETTING AROUND / MOBILITY

Blue Badge Scheme

Parking concessions for disabled people who are drivers or passengers and for registered blind people. If you think you may be entitled to a badge you should contact one of the following centres where you live.

Worcestershire County Council encourage online applications. Google: Blue Badge, Worcestershire or contact:

Bromsgrove Customer Service Centre	Tel: 01527 881288
Droitwich Community Contact Centre	Tel: 01386 565670
Evesham Community Contact Centre	Tel: 01386 443322
Malvern Hills Customer Service Centre	Tel: 01684 862151
Pershore One Stop Shop	Tel: 01386 565000
Redditch One Stop Shop	Tel: 01527 534123
Worcester Customer Service Centre	Tel: 01905 722233
Wyre Forest Customer Service Centre	Tel: 01562 732928

(Most of the Councils Services are available from the local Hubs listed above.)

Community Transport Schemes

These are designed for people who cannot use other means of transport for their journeys.

BURT (Bromsgrove Urban & Rural Transport)	Tel: 01527 879290
Community Transport Helpline, Bewdley	Tel: 01299 405820
Droitwich Spa Community Cars	Tel: 01905 779778
Malvern Community Car Scheme	Tel: 01684 892381
Malvern Dial-a-Ride	Tel: 01684 891121
Pershore Community Transport	Tel: 01386 554299
Redditch Community Transport	Tel: 01527 64910
Upton on Severn Community Cars	Tel: 01684 593633
Vale of Evesham Community Cars	Tel: 01386 45035
Worcester Wheels	Tel: 01905 724274
Wyre Forest Dial-a-ride	Tel: 01562 755084

GETTING AROUND / MOBILITY

Driving Mobility

Tel: 0800 559 3636

A network of 17 independent organisations covering England, Scotland, Wales and Northern Ireland, who offer professional, high quality information, advice and assessment to individuals who have a medical condition or are recovering from an accident or injury which may affect their ability to drive, access or egress a motor vehicle.

www.drivingmobility.org.uk

Adapted Taxis

The District Council's Taxi Licensing Authority can give details about "accessible vehicles" in their area.

Contact your local District Council

Bus Passes

You are eligible for free travel on local bus services between 09.30a.m and 23.00 weekdays and all day on weekends & bank holidays.

You can download a copy of the application form from

www.worcestershire.gov.uk/concessionarytravelpass

Or request an application by ringing

Tel: 01905 765765

Contact your local Worcestershire HUB

Community Action Malvern & District

Tel: 01684 892381

A local development agency providing resources and information for Voluntary Groups and individuals.

www.communityaction.org.uk

National Key Scheme (NKS) Disabled Toilets

Provides toilets which are accessible for wheelchair users, many of these are kept locked to stop vandalism and controlled with a key provided.

Radar National Key Scheme

Tel: 01395 265543

www.radarkey.org

Disability Rights UK

Tel: 0203 6870790

Radar keys £4.50

www.disabilityrightsuk.org

To obtain a Radar Key contact Radar above

Keys may be available from your local HUB

GETTING AROUND / MOBILITY / ACCESS

National Federation of Shopmobility UK

Tel: 01933 229644

To find out about schemes in other areas of the country

www.shopmobilityuk.org

Loan of wheelchairs and scooters for shopping, also Short-term hire available. Please contact the individual schemes to find out about membership.

Local Shopmobility

Worcester

Tel: 01905 610523

Bromsgrove

Tel: 01527 837736

Evesham

Tel: 01386 49230

Redditch

Tel: 01527 69922

Merry Hill

Tel: 01384 267007

Birmingham Bull Ring

Tel: 0121 616 2942

Disability Action Redditch

Disability Action meets at Redditch Town Hall on the second Monday of every month you can attend the meetings to support or raise any issues,

Bromsgrove Disabled Access

Tel: 0121 445 3542

www.bromsgrove.gov.uk

Worcester Access Group

Tel: 01527 861234

Euan's Guide

Check accessibility and disabled access in your area. Write a review.

www.euansguide.com

Community Transport Connections

Tel: 03003239965

This service provides transport to either Alexandra or Worcestershire Royal Hospital for residents who have no access to any other form of transport. Journeys must be pre-booked.

HOLIDAYS

Liveability

Tel: 020 7452 2000

Offer a variety of Christian led holidays for people with disabilities.

www.livability.org.uk

Vitalise

Tel: 0300 303 0145

(Previously known as The Winged Fellowship Trust) is a national disability charity providing breaks for disabled adults, children and their carers at five accessible UK Centres in Cornwall, Nottingham, Southport, Essex and Southampton.

www.vitalise.org.uk

Open Britain

Tel: 0845 124 9971

This is a registered charity which provides free information and advice for people with disabilities. One stop shop for accessible tourism.

www.openbritain.net

Family Fund Trust

Tel: 01904 550055

Give grants for holidays for families who are caring for a severely disabled child.

www.familyfund.org.uk

Sky Badger

Tel: 0845 6091256

Information on grants for holidays for children and families

www.skybadger.co.uk

Disability Grants

Website giving information on grants for holidays

www.disability-grants.org

HOLIDAYS

Can Be Done Ltd

Tel: 020 8907 2400

Organiser of holidays leisure events for disabled people.

Nationwide and International.

www.canbedone.co.uk

Calvert Trust

Exmore

Tel: 01598 763221

Kielder

Tel: 01434 250232

Lake District

Tel: 01768 772255

Provider of activity holidays and courses for people with disabilities.

www.calvert-trust.org.uk

Holidays for all

Tel: 08451 249971

Holidays for All offers holiday accommodation throughout the UK and overseas for people with disabilities and sensory impairments, their friends and family.

www.holidaysforall.org

RNIB Holiday Service

Tel: 0303 1239999

RNIB Holiday Service provides an information service, which can advise on many different aspects of travel, finding a sighted guide and getting financial assistance for holidays to finding out about specialist hotels

Disabled Holidays

Tel: 0161 8049898

Internet based search engine for disabled holidays

www.disabledholidays.com



INDEPENDENCE AND HEALTH

Deaf Direct

Tel: 01905 746301

Work with deaf and hard of hearing people in Worcestershire . They offer a training and communication services, family and volunteer services, information, advice and guidance for the deaf and hard of hearing.

www.deafdirect.org.uk

Sight Concern

Tel: 01905 723245

Provides information, equipment, training opportunities and a wide range of recreational and social activities.

www.sightconcern.co.uk

Home Care Services

Tel: 01905 768053

Help can be given with personal care and attention including shopping, budgeting, personal dressing, feeding and toileting. Contact the Access Centre

Bathing Service

Help with bathing can be arranged with a Bath Nurse. Speak to your G.P

Day Care Services

Tel: 01905 768053

Worcestershire Adult Services Department provide a variety of Day Care Services for: People with a physical, sensory disability, learning disabilities, mental health problems and Older people

Community Meals (meals on wheels)

Contact Access Centre

Tel:01905 768053

www.worcestershire.gov.uk

Disabled Living Foundation

Tel: 0300 9990004

Helps disabled people find equipment that enable them to live independent lives

www.dlf.org.uk

Kemp Hospice

Tel: 01562 756000

Primrose Hospice and Cancer Care Centre

Tel: 01527 871051

St Richards Hospice

Tel: 01905 763963

Macmillan Cancer Support

Tel: 0808 808 0000

INDEPENDENCE AND HEALTH

Radar National Key Scheme

Tel: 020 7250 3222

Keys for use in toilets which are adapted for people with disabilities and fitted with the National Key Scheme Lock.

www.disabilityrightsuk.org/shop

Age UK

Worcestershire Re Enablement Teams

Tel: 01905 734559

Short term rehabilitation “helping people to stay at home”

Skin Camouflage Service

Service which teaches users how to conceal disfigurements

www.changingfaces.org.uk online service only

NHS Complaints Advocacy

Tel: 0300 3305454

Free independent service that can help you make a complaint about a NHS service

www.nhscomplaintsadvocacy.org

Expert Patient Programmes

Tel: 01905 760000

Training courses run by NHS for people with long-term and chronic health problems. Free of charge courses running near you.

www.hacw.nhs.uk/our-services/patient-self-management

Moodmasters

Tel: 01905 766124

Programme to help people with low level mental health issues

www.hacw.nhs/our-services/moodmaster

Worcestershire ME Social Group

Tel: 01886 888419

Social group. Lunches and afternoon cafe meetings

<http://worcsmegroup.weebly.com>

Worcester Long Term Stroke Support Group

Tel: 03003300740

www.stroke.org.uk

Medication Withdrawal

Free support group for people who want to come off antidepressants and sedatives. Meet every two weeks in Worcester.

Email: stuartbryan@btinternet.com

INDEPENDENCE AND HEALTH

Advocacy

Advocacy provide independent support and advice. For further details or to make a referral. please contact.

Ourway Advocacy

Tel: 01562 820262

www.ourway.org.uk

Onside Independent Advocacy

Tel: 01905 27525

Offers practical and proactive support to ensure disadvantaged people in Worcestershire are treated fairly and have equal rights

www.onside-advocacy.org.uk

Direct Payments

Payments of cash made by local authorities to disabled people, carers, parents of disabled children to buy their own community care services. The cash can be used to employ your own personal assistant. You must be eligible for community care. Contact your local Adult Services Office, Worcestershire Carers Unit (in regards to carers) or the Penderels Trust.

Penderels Trust

Tel: 02476511611

Worcester

Tel: 01299 253225

Provides practical assistant and support for people who wish to recruit their own support workers.

www.penderelstrust.org.uk

Telecare in Worcestershire

Tel: 0345 1301469

To support independent living and promote safety and security through the provision of an emergency alarm system which is accessible to all venerable people who need it.

www.worcstelecare.org

Lifeline

Tel:01527 534060

Community alarm service for vulnerable people living in Bromsgrove and Redditch. www.bromsgrove.gov.uk

Health Watch Worcestershire

Tel: 01386 550264

HealthWatch is a national programme supported by the Department of Health. Its an independent consumer champion for the local public.

www.healthwatchworcestershire.co.uk

INDEPENDENCE AND HEALTH

Community Occupational Therapy Service **Tel: 01905 760000**

The Community Occupational Therapy Service offers an assessment and advice service to the disabled person living at home on matters relating to practical difficulties in daily living. www.hacw.nhs.uk

Adult Community Physiotherapy **Tel: 01905 681660**

Physiotherapist provides a programme of exercise and movement to enable people to improve and maintain their mobility at home. Referral is either from G.P. or consultant.

Arcos **Tel: 01684 576795**

(Association for Rehabilitation of Communication and Oral Skills)

A registered national charity providing help for children and adults, their families and those working with them. Training courses also available.

www.arcos.org.uk

The Care Quality Commission **Tel: 03000 616161**

The CQC are the independent regulator of all health and social care services in England. Their job is to make sure that care provided meets government standards of quality and safety.

www.cqc.org.uk

NHS Choices – A healthcare website

www.nhs.uk

Worcestershire Health & Care NHS Trust **Tel: 01905 760000**

www.hacw.nhs.uk

Responsible for:

- Community Care
- Children, Young People & Families
- Specialist Primary Care
- Adult Mental Health Services
- Learning Disability Services

NHS South Worcestershire Clinical Commissioning Group

www.southworcccg.nhs.uk

Tel: 01905 681999

NHS Redditch & Bromsgrove Clinical Commissioning Group

www.redditchandbromsgroveccg.nhs.uk

Tel: 01527 482900

NHS Wyre Forest Clinical Commissioning Group

www.wyreforestccg.nhs.uk

Tel: 01527 482900

LEARNING DISABILITIES

For information about Social Services for people with learning disabilities, including day care.

Contact Worcestershire Social Services

Mencap

Tel: 0808 808 1111

Mencap run a learning disabilities helpline which gives information and advice to peoples with learning disabilities, parents, carers and social care professionals.

www.mencap.org.uk

The British Institute of Learning Disabilities (BILD)

Tel: 0121 4156960

BILD is the British Institute of Learning Disabilities. They help the development of organizations who provide services.

www.bild.org.uk

Gateway Leisure Clubs Contact Mencap

Tel: 0808 8081111

For people with learning disabilities living in the Worcestershire area. Clubs in Droitwich Evesham and Droitwich,

The Monday Night Club

Social club for people with a learning disability. Weekly disco in Bottles, 22 New Street, Worcester, WR1 2DP.

Disco, skittles, karaoke, talent show etc_plus football team

<https://mondaynightclub.wordpress.com>

Myriad

Tel: 01905 729190

Support and activity service for people with profound learning difficulties and their families.

www.myriadcentre.co.uk

Stars in the Sky

Tel: 01562 820262

Friendship/dating project for people with a learning disability

www.ourway.org.uk

Amber Support

Tel: 01527 873426

Support packages for adults with a learning and physical disability, challenging behaviour or autism.

www.ambersupportservices.co.uk

LEARNING DISABILITIES

The Foundation for People with Learning Disabilities

For Advice call Mencap Helpline on

Tel:020 78031100

They work with people and their families to ensure they can use effective services, play a fuller part in communities and enjoy equal rights.

www.learningdisabilities.org.uk

Osborne Court

Tel: 01684 612722

Short break (respite) care for adults with learning disabilities. Accessed by Resource Panel of Learning Disability Integrated Service.

Osborne Court, Osborne Road, Malvern WR14 1JE

Family Fund Trust

Tel: 01904 550055

Give grants for holidays for families who are caring for a severely disabled child.

www.familyfund.org.uk

Worcester Snoezelen

Tel: 01905 748229

Worcester Snoezelen is a multi-sensory leisure therapy centre for people with special needs of any age. The centre also offers mobile workshops and Saturday clubs for young people. Booking essential.

www.worcestersnoezelen.org.uk

Where Next Association

Tel: 01527 69955

Where Next provides supported employment, work experience and training to people with learning disabilities and other special needs.

www.where-next.org

SpeakEasy NOW

Tel: 01905 774247

Support service for people with learning disabilities in Worcestershire.

Monthly meetings, newsletter and training

www.speakeasynow.org.uk

Reconnections

Tel: 01905 27525

Community peer network run by Onside Advocacy

Aspergers Social Networking also run by Onside

www.onside-advocacy.org.uk

Next Steps in Worcester

Tel:07860198224

Day activity classes for adults www.nextstepsgroup.co.uk

LEGAL SERVICES

Civil Legal Advice (CLA)

Tel: 0345 3454345

Community Legal Advice (CLA) is a FREE government-funded confidential advice service. The service is for family, debt, benefits, housing, education or employment problems. Only available if eligible for legal aid.

www.gov.uk/civil-legal-advice

Disability Law Service (DLS)

Tel: 020 7791 9800

The Disability Law Service is a national registered charity that provides confidential and free legal advice for disabled adults, their families and carers. The DLS also provides disabled people with a casework service. Their mission is to challenge the inequality and poverty of disabled people by securing for them free and equal access to their legal rights and entitlements.

They specialise and only give advice in the following areas of law:

- Goods and Services
- Community Care
- Disability Discrimination
- Welfare Benefits
- Employment

www.dls.org.uk

Equality Advisory Support Service

Tel: 0808 8000082

Provides advice and guidance on rights, responsibilities and good practice based on equality law and human rights.

New service aimed at individuals who need expert advice and support on discrimination.

www.equalityadvisoryservice.com

Disability Rights UK

Tel: 0808 8000082

Produce high quality information, products and services developed by and for disabled people. Personal Budget Helpline

Tel: 033099950404

www.disabilityrightsuk.org

Liberty

Tel: 020 74033888

Advice service to assist professionals and members of the public understand Human Rights Act.

www.liberty-human-rights.org.uk

LEISURE ACTIVITIES/SUPPORT

Adult Services Day Centres

Tel: 01905 765765

Worcestershire Adult Services Department provide information on Day Care facilities for: Older people, people with a physical/sensory disability, mental health problems and learning disabilities.

www.worcestershire.gov.uk

Riding for the Disabled Association

Tel: 01926492915

Visit website for local riding schools

www.rda.org.uk

Gateway Leisure Clubs

For people with learning disabilities living in the Droitwich & Evesham area, contact your Mencap office. Challenger Club **Tel: 01905 776586**

Phab England

Tel: 020 86679443

Leisure clubs run for disabled and non-disabled participants

Wyre Forest

Tel: 01299 266832

Midlands Co-ordinator:

Tel: 0121 2490537

www.phab.org.uk

Connect Worcester

Tel: 01905 21210

Weekly drop in club for disabled people and carers

HFT Worcestershire

Tel:01179061700

Person-centred support service for people with a learning disability.

www.hft.org.uk

Conquest Art

Tel:02030442731

Art group for people with disabilities and long term health issues. Meet Tuesdays in Worcester.

www.conquestart.org

Motor Neurone Group

Tel:08088026262

Worcestershire support group for people affected by MNG and carers

www.mndassociation.org

LEISURE ACTIVITIES

Library Service in Worcestershire

www.worcestershire.gov.uk/cms/library-services.aspx

Library Service at Home

Tel: 01386 554559

Library service for housebound people covering all of Worcestershire

R.N.I.B. Talking book & DAISY service

Tel: 0303 123 9999

Listening Books

Tel: 020 7407 9417

www.listening-books.org.uk

Calibre

Tel: 01296 432339

Audio books for people who cannot read

www.calibre.org.uk

National Talking Newspapers

Tel: 0303 1239999

www.tnauk.org.uk

Local Talking Newspaper

Tel: 0871 226 550

Rainbow Autism

Tel: 01684 312760

Weekly social activities

www.rainbowautism.org

DY10 Night Club

Tel: 01562 820262

Run by Our Way Self Advocacy. Nightclub for people over 18 with a disability.

Stars Social Club

Tel: 01905 355995

New club for people with learning difficulties 10-2 Tue and Fridays

www.starssocialclub.co.uk

Onside Advocacy

Tel: 01905 27525

Various project tackling community wellbeing and tackling loneliness.

www.onside-advocacy.org.uk

Monday Night Club

Social Club for young people with a learning disability

Weekly disco in Bottles, 22 New Street, Worcester, WR1 2DP

<https://mondaynightclub.wordpress.com>

LEISURE ACTIVITIES - SPORT

Bromsgrove Dolphin Centre

Tel: 01527 549130

They have a changing bed and a Oxford dipper. Please phone prior to visit.

Droitwich Swimming Pool

Tel: 01905 771212

They have changing rooms, showers, and hoist and emergency cords.

Evesham Swimming Pool

Tel: 01386 444212

They have changing rooms, showers, hoist, toilet, ramps and a hearing loop. Available anytime.

Malvern Special Needs Swimming Club

Tel: 01684 893423

Malvern Splash Saturdays 5.15pm to 6.15pm

Stourport Sports Centre

Tel: 01299 822308

They have ramps, changing rooms, electric doors, hoist and emergency cords. Available anytime.

Worcester Citizens Swimming Pool

Tel: 01905 421089

They have level access.

Worcester swimming and fitness centre

Tel: 01905 20241

They have disabled changing room, hoist, and ramps, available anytime.

Wyre Forest Glades Leisure Centre

Tel: 01562 515151

They have changing rooms, toilet, shower, emergency cords, and wheelchair to side of pool. Available anytime or during the quiet time, morning till 12.30pm.

HydroActive

Tel:07919 275008

HydroActive enables individuals with complex neurological physical disabilities to access physiotherapy-led hydrotherapy exercise sessions. Medical referrals and self-referrals.

Worcester Royal Hospital on Thursdays. Sessions must be pre-booked.

Cob House Angling

Tel:01886 88517

Open facility for anglers of all abilities. Fully accessible centre with cafe.

www.cobhousefisheries.co.uk

LEISURE ACTIVITIES -SPORT

English Federation of Disability Sport

Tel: 01509 227750

www.efds.co.uk

Sport England

Tel: 03458 508508

www.sportengland.org/our-work/disability

Sports Partnership Herefordshire & Worcestershire

Tel: 01905 855498

The partnership is your one-stop-shop for information re: local sports clubs

www.morethansport.com

Disability Sport Worcester

Tel: 07796990945

Community Services, Orchard House, Farrier Street, Worcester WR1 3BB

DSW works with partners in order to support them in creating high quality accessible sports and recreation.

www.disabilitysportworcester.org.uk

British Wheelchair Sports Foundation

www.wheelpower.org.uk

Tel: 01296 395995

Special Olympics Worcestershire

Tel: 0121 6806102

www.specialolympicsworcestershire.co.uk

Get Kids Going

Tel: 020 7481 8110

www.getkidsgoing.com

CP Sport England & Wales

Tel: 0115 925 7027

www.cpsport.org

Worcester Allstars Football Club

Tel: 01684 569281

The Disability Football Directory

Tel: 01423 867748

www.disabilityfootball.co.uk

Opportunities for everyone in Worcestershire with special needs to play competitive football. Juniors and seniors.

Perdiswell Youth Inclusion Project

Tel: 01905 451372

For young people with special needs aged 11-19.

Perdiswell Young People's Club, Droitwich Road, Worcester

www.pyplc.co.uk

Boccia

Tel: 01386 443367

Vale of Evesham School

LEISURE ACTIVITIES -SPORT

Fusion

Tel: 01562 752711

Sport and recreational activities

Evesham Adventure Playground

Tel: 01386 442154

Disability youth club – Tuesdays 6.30-8.30

www.eveshamadventureplayground.btck.co.uk

Sportability Disabled Clay Pigeon Shooting

Warwickshire

www.riversideshooting.co.uk

Woodland View Fisheries

Tel: 01905 620872

Droitwich

www.woodlandviewfisheries.co.uk

Stroke Association Swimming

Tel: 07392 080003

Swimming sessions at Perdiswell Leisure Centre, Tenbury and Malvern Splash

www.stroke.org.uk/finding-support/peer-support/stroke-clubs-and-groups

Worcester Rugby Club

Mixed ability team. Aimed at getting adults with disabilities into rugby. Training Tuesdays and Thursdays 6-7pm

<https://www.facebook.com/WorcsMixedAbilityRegby/>



MENTAL HEALTH SERVICES

Worcestershire Social Services Department and the Worcestershire Mental Health Partnership NHS Trust provide a range of services and support for people who have mental health needs and their carers.

Worcestershire Health and Care NHS Care Trust

Adult community Mental Health Service **Tel: 01905 760000**

www.hacw.nhs.uk/adult-mental-health-and-learning-disabilities

Redditch Mental Health Support Group

Provides friendly support group for people with mental illness issues

www.rmh.btck.co.uk

Shaw Trust

Tel: 01225 716300

Local office: Worcester

Tel: 08009179071

Shaw Trust in partnership with Worcester Community & Mental Health NHS Trust offers support/training opportunities to find routes to skills

www.shaw-trust.org.uk

Mind *info* Line

Tel: 020 85192122

To empower people through social, educational and therapeutic activities.

www.mind.org.uk

Saneline

Tel: 03003047000

SANEline is a national out-of-hours telephone helpline offering emotional support and information for people affected by mental health problems.

www.sane.org.uk

Worcestershire Mental Health Relatives & Carers Group(JIGSAW)

Provide information, advice and support

Tel:0750 3601737

www.worcestermhs.org.uk

Worcester Bipolar Disorder self-help Group

Tel: 03333233880

Support group – monthly meetings at Horizon Community Centre in Worcester.

www.bipolaruk.org.uk

Evesham & District Mental Health Service

Tel: 01386 429454

An charity providing support for people with mental health issues

Drop in centre, music & art groups

www.edmhss.org

MENTAL HEALTH SERVICES

Mental Health Foundation

The Mental Health Foundation exists to help people survive, recover from and prevent mental health problems. They do not operate a helpline

www.mentalhealth.org.uk

Rethink (National Schizophrenia Fellowship) **Tel: 0300 500927**

Provides a range of accommodation and support to individuals with long term mental illness.

www.rethink.org

Change Grow Live

Free confidential advice and information for people facing addiction, homelessness and abuse.

www.changegrowlive.org

Turning Point Drug Link

Tel: 02074817600

Free, confidential service for drug users and their families and a progress to work project.

www.turning-point.co.uk

Young Minds

Parents Helpline:

Tel: 0808 8025544

Young people from Worcestershire offering training and consultancy.

www.youngminds.org.uk

Survivors Club

Tel: 07749817873

Friendly, independent, self-referral drop in club for people with mental health problems.

Tue 11.00-3.30, Wed 1.00-4.00, Sat 10.00-3.30

St Swithens Institute, The Trinity, Worcester

www.survivorsworcester.org

Positive Thoughts

Tel: 01684 439533 or 01684 569386

Mental health support group in Malvern

www.positivethoughts.org.uk

Onside Advocacy

Tel: 01905 27525

Mentoring service for people with mental health issues and mental health Advocacy service

www.onside-advocacy.org.uk

VOLUNTARY ORGANISATIONS

Multiple Sclerosis Society (MS) Helpline	0808 8008000
Muscular Dystrophy Campaign	0800 6526352
National Kidney Helpline	08001690936
National Osteoporosis Society (NOS) Helpline	0808 8000035
Outsiders (sexual & personal relationship help for disabled people)	
Sex and Disability Helpline	07770884985
Parkinson's Disease Society	0808 8000303
Worcestershire	0344 225 3646
Radar (now part of Disability Rights)	03309950400
Radar keys	01395265543
Relate (Worcestershire)	01905 28051
RNID (Action on hearing loss)	08088080123
Royal National Institute for the Blind	0303 123 9999
Samaritans Helpline	116123
Sight Concern Worcestershire	01905 723245
Scope England & Wales Helpline	0808 8003333
Sexual Health Information Line	0300 1237123
Shine Spina Bifida & Hydrocephalus	01733 555988
Stroke Association Advice Line	03003300740
Support Dogs	0114 2617800
Victim Support Schemes	01905 726896
Hereford & Worcestershire	
Women's Aid	0808 2000 247
Worcestershire Rape & Sexual Abuse Support Centre	01905 724514

WORCESTERSHIRE HUBS

The Worcestershire Hub is a partnership between the six district councils and the County Council to improve access to council services for the people of Worcestershire

Bewdley	Tel 01562 732928
Bromsgrove	Tel: 01527 881288
Droitwich	Tel: 01386 565000
Evesham	Tel: 01386 565000
Malvern Hills	Tel: 01684 862151
Pershore	Tel: 01386 565000
Redditch	Tel: 01527 534123
Stourport	Tel: 01562 732928
Tenbury Wells	Tel: 01684 862151
Upton upon Severn	Tel: 01684 862151
Worcester	Tel: 01905 722233
Wyre Forest	Tel: 01562 732928

<http://hub.whub.org.uk>

All the Customer Service Centres give information on:

- Council Tax Payments
- Housing Benefits
- Planning Information
- Blue Badge Applications
- Highways Services
- Environmental Health enquiries
- Business Rates
- Benefit Enquiries
- Cash payments
- Bus Passes
- Car Park Permits
- Refuse Collection
- Trading Standards
- Environmental Health
- Disabled Toilet Keys

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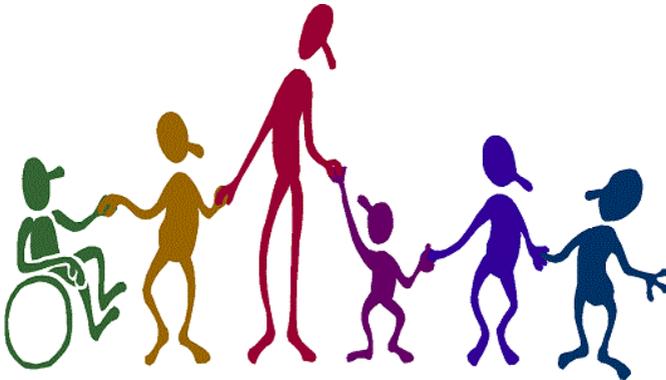
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**DIAL SOUTH WORCESTERSHIRE PROVIDES A
FREE, CONFIDENTIAL INFORMATION, ADVICE
AND WELFARE BENEFIT SERVICE TO:**

- **People with a Disability**
- **Carers and Family Members**
- **Professionals**



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W