



ReMEMber – The chronic fatigue society

A support group offering advice and information for people with Myalgic Encephalitis (ME/Chronic fatigue syndrome (CFS)).

Self-management classes for adults, young people and carers are run at various venues.

Helpline Tel: 01273 832202

Admin: 01273 831733

Email: me cfs@Hotmail.com

Website: www.remembercfs.org.uk

SUPPORT 4 DIABETES

MID SUSSEX

Support 4 Diabetes – Mid Sussex

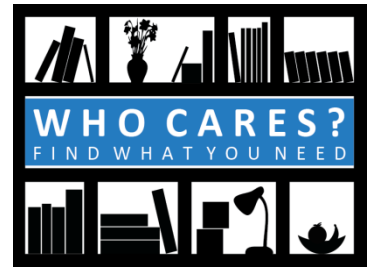
Offering people with diabetes understanding, help, information and support, plus the opportunity to meet and make friends with other people living with diabetes.

Tel: 01444 236259

Email: bhdiabetes@gmail.com

Website: www.burgesshilldiabetes.co.uk

187 Leylands Road
Burgess Hill
West Sussex
RH15 8HR



Cystic Fibrosis why we're here

Cystic Fibrosis Trust – South East Branch

The trust provides support and advice for people with cystic fibrosis, their families and carers. It can provide information on many aspects of cystic fibrosis and fund raising events locally and nationally.

South East Branch Tel: 0300 373 1034

Email: chunt@cftrust.org.uk

Website: www.cftrust.org.uk



Brittle Bone Society – South East Region

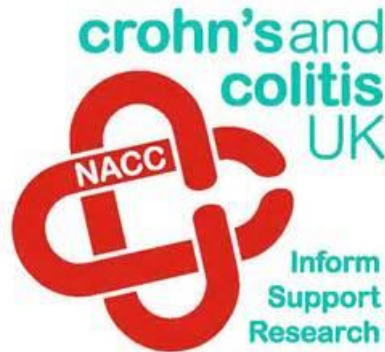
A UK Charity supporting people who have osteogenesis Imperfecta (OI). The charity works closely with the main NHS centres of excellence in the UK and fundraises for specialised wheelchairs. Offers free confidential support service and signposting.

Tel: 01903 771193

National helpline tel: 01382 204446

Email: contact@brittlebone.org

Website: www.brittlebone.org



Crohn's & Colitis UK – west Sussex and Brighton

Crohn's and Colitis UK aims to improve life for everyone affected by Inflammatory Bowel Disease (IBD) - the main forms being Crohn's Disease and Ulcerative Colitis. This includes providing information, advice and links to local support groups.

Tel: 0845 4348511

Information line: 0845 1302233

Email: bws@groups.crohnsandcolitis.org.uk

Website: www.groups.chronsandcolitis.org.uk/bwa



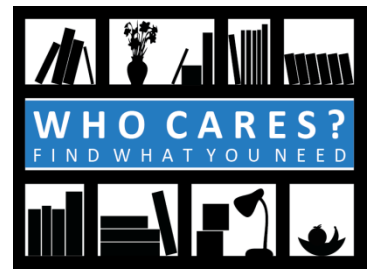
Stickler Syndrome Support Group

Stickler syndrome support group provides information for families, healthcare and medical professionals affected by or caring for people with Stickler Syndrome

Tel: 01903 785771

Email: info@stickler.org.uk

Website: www.stickler.org.uk



supporting people with
Acquired Brain Injury
their families & carers



No.1083813

Headway – West Sussex

Headway is a support group for people in Crawley living with acquired brain injury and their families and carers.

Headway was Founded over 20 years ago by the families of ABI survivors who discovered that there were no on-going support services for people in their situation. Over the years HWS has grown into a charity in its own right and is affiliated to Headway UK, the brain injury association.

Tel: 07938 858153

Email: info@headwaywestsussex.org.uk



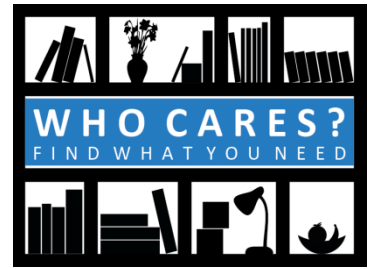
NALC The National Association
of Laryngectomee Clubs

Laryngectomee Club
“Whispering Crawley”

A club for people who have had laryngectomies, their families and their friends, to share experiences and help and support each other.

Today, the National Association of Laryngectomee Clubs has almost 100 clubs nationwide and offers a range of services to Laryngectomees and their families and carers. A major role of the clubs is to provide the sort of non-medical help and information that can only come from the experience of living with a laryngectomy.

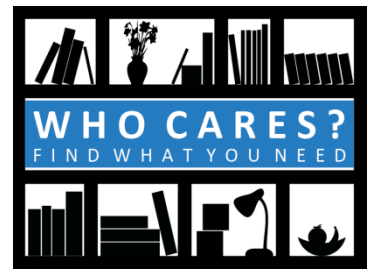
Tel: 01293 547210



Cardiac Support Group – Chichester (Arrhythmia)

Cardiac Support Group is a support group for families with heart problems and their families. They meet once a month at Judith Adams Centre, St Pancras Chichester 3rd Monday each month 7:30 – No membership fee but a donation of £1.50 per meeting is requested for refreshments and speakers .

The Judith Adams
Centre
St. Pancras
Chichester
Tel: 01243 781282



PARKINSON'S^{UK} CHANGE ATTITUDES. FIND A CURE. JOIN US.

Parkinson's UK Mid Sussex

A support group for people affected by Parkinson's disease, offering friendship, support and information. Holding a meeting at Wivelsfield Green Village Hall. 3rd Friday of every month 14:30 – 16:30.

Tel: 01444 483504

Website: www.parkinsons.org.uk



Multiple Sclerosis Society – Horsham and Crawley

Meeting every Friday 10am – 12pm for exercise,
relaxation, conversation with tea and biscuits.

MS Exercise Group

Tythe Barn

Pondtail Road

Horsham

RH12 5JF

Tel: 01306 627403

Email: horshamcrawleysupport@mssociety.org.uk



St Peter's House Project

HIV Community support and information service to people living with HIV in West Sussex. Offering support to clients across a range of social, practical and emotional issues.

SPH is committed to providing support services which reflect our values of Choice, Empowerment, Dignity and Respect for everyone infected or affected by HIV in Surrey & West Sussex.

We work to promote understanding and awareness of HIV, to encourage testing and reduce discrimination and stigma, through education and training programmes in schools and workplaces.

Crawley & Horsham Enquiry Line

Tel: 01293 600300 ext 4054

Website: www.stpetershouse.org.uk

Careful Hands Dementia Day Club

Careful Hands

A dementia day care centre offering a safe haven which is highly professional and aims to be full of fun and laughter.

Tel: 01903 500109

Tel: 07951652788

Email: info@carefulhands.net

Website: www.carefulhands.net

Dial Post Village Hall
Worthing Road
Dial Post
Horsham
West Sussex
RH13 8NQ