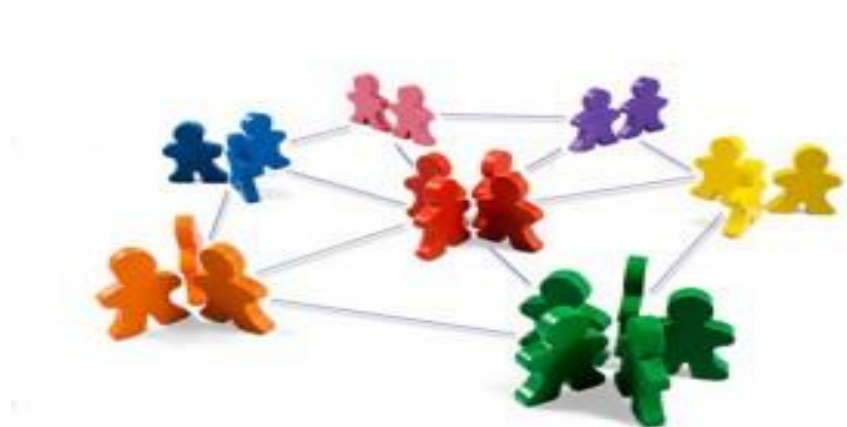


DIRECTORY OF LOCAL SUPPORT SERVICES AND NETWORKS



Produced by Michael Stanley, Maggie Heppell and the Members of the Parkway Medical Centre Patients Participation Group

Issue 5

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Section1: Physical Health and Wellbeing

FOCUS	RANGE OF SUPPORT	CONTACT DETAILS	FURTHER INFORMATION
Achondroplasia	Web-based advice and support	Achondroplasia UK, 52 Vernham Grove, Odd Down, Bath, Avon, BA2 2TB. E-Mail link on website.	http://www.achondroplasia.co.uk
AIDS	Web-based advice and support	The Terence Higgins Trust, 314-320 Gray's Inn Road, London WC1X 8DP 0808 802 1221 E-Mail: info@tht.org.uk	http://www.tht.org.uk/
Alzheimer's	Web-based advice and support	Tel: 02704 233500 Email: info@alzheimers.org.uk	https://www.alzheimers.org.uk
	Alzheimer's Society, Tees Valley Local Service Office	Tel: 0891 389044 darlingtonteesside@alzheimers.org.uk	
Apnoea (Sleep)	Web based advice and support	The Sleep Apnoea rust, PO Box 60, OX39 4XE Tel: 0800 025 3500 E-Mail: info@sleep-aponea-trust.org	http://www.sleep-apnoea-trust.org/
	Local support and expertise	Middlesbrough Sleep Apnoea Trust, JCUH Professor Gerry Danjoux	http://www.sleep-apnoea-trust.org/clinic-area/cleveland/ http://southtees.nhs.uk/services/sleep-medicine/

		Tel: 01642 850850	
Ankylosing Spondylitis	Support Group. Meet at St Barnabas Church, Linthorpe Road, M'bro.	Kay West, Rheumatology Physiotherapist 01642 854357	kay.west@stees.nhs.uk
Arthritis	General support on living with arthritis including treatments, aids and equipment and local area support.	Arthritis Care UK, Saffron House, 6-10 Kirby Street London, EC1N 8EQ. National Services Co-Ordinator, Pete Birchall, peteb@arthritiscare.org.uk	https://www.arthritiscare.org.uk
	Rheumatoid and Juvenile	National Rheumatoid Arthritis Society Helpline 0800 2 987650	www.nras.org.uk
	Opportunity to meet in informal setting, 3 rd Wednesday of each month, 2pm to 4 pm.	Middlesbrough Arthritis Support Group Rheumatology OT Dept, JCUH, TS4 3BW. Tel: 01642 854790/0845 458 3969 E-Mail: grpops@nras.org.uk	https://www.nras.org.uk/groups/middlesbrough-group-non-nras-group
	Sharing of experience and tips on living with the condition. Meeting 1 st Friday every month 2pm to 3.45pm.	The Cadet Hut, Armitage Road, Redcar, TS10 5PZ. Tel: 020 7380 6522 E-Mail: redcararthritiscaregroup@outlook.com	https://www.arthritiscare.org.uk/our-services-and-support/branches-and-groups/1366-redcar-arthritis-care-group
Asbestos related diseases	Asbestosis, Mesothelioma, Pleural Thickening. (See also under Cancer)	The Community Centre, Miers Ave, Hartlepool, TS24 9JQ. 01429 271294	http://www.nasag.org.uk/
Blindness /Ophthalmic	JCUH Contact Numbers	JCUH Blindness/Ophthalmic/Eye Emergency No 01642 854050 Eye Casualty Dept Opening Hours Mon-Fri 0800 to 1630, Sat/Sun/Bank Holidays 0800-1200. Specialist Nurse Contact: Angela Beddingfield 07710 120005 RNIB Helpline 03031 239999	angela.beddingfield@rnib.org.uk
	Casualty	01642 854050	
	Guide Dogs	Guide Dogs for the Blind Resolution House 18 Ellerbeck Court M'bro TS9 5PT 0845 3727430	http://www.guidedogs.org.uk/
Cancer	<i>Note: For Full Listing of Specialist Nurses for Cancer in South Tees NHS Foundation Trust, Acute Services – See Appendix 1 attached</i>		
	Blood	Haematology Support Group (All blood cancers) Graham Lane 01609 760191 E Mail: 2grahamlane@gmail.com	
	Breast	Positively Pink Middlesbrough	https://www.southtees.nhs.uk/services/cancer/macmillan-information-

		Trinity Holistic Centre JCUH Monthly Meetings 1 st Wed, 7pm. Judith Pennington 01642 285418	centre/survivorship/resource-directory/local-cancer-support/
	Bowel	Trinity Holistic Centre JCUH Support Group (Meetings every 3 months) Colorectal Nurses 01642 854847	https://www.southtees.nhs.uk/services/cancer/macmillan-information-centre/survivorship/resource-directory/local-cancer-support/ See also www.beatingbowelcancer.org
	Head and Neck	Email: cooperpageo2@aol.com	
	Lymphoedema	Darlington Memorial Hospital Floor C Surgical Outpatients Meeting 3 rd Tuesday every 2 months Specialist Nurse 01325 743290	https://www.southtees.nhs.uk/services/cancer/macmillan-information-centre/survivorship/resource-directory/local-cancer-support/
	Lymphoma	Trinity Holistic Centre JCUH Monthly Meetings 2 nd Thursday 6.30 to 8.30pm David 01325 462297 Johnny 01325 243140 (JCUH Freephone Helpline: 08088085555)	https://www.southtees.nhs.uk/services/cancer/macmillan-information-centre/survivorship/resource-directory/local-cancer-support/
	Mesothelioma	North East Asbestos Support and Awareness Group Bob Stephenson 01642 240044 (24 hrs) information@nasag.org.uk	https://www.southtees.nhs.uk/services/cancer/macmillan-information-centre/survivorship/resource-directory/local-cancer-support/
	Myeloma	Myeloma Support Group. Bob Upton 01642 817943 Also, Ellen Myeloma UK 0800 980332 E Mail: ellenw@myeloma.org.uk	
	Oesophageal/Gastric	Trinity Holistic Centre JCUH Meetings every 4 months Clinical Nurse Specialist Helen Westcott 01642 832874	https://www.southtees.nhs.uk/services/cancer/macmillan-information-centre/survivorship/resource-directory/local-cancer-support/
	Ovarian	OVA The Rainbow Trinity Centre North Ormesby Market Square, M'bro Clinical Nurse Specialist Jane Mc Neil 01642 282418	https://www.southtees.nhs.uk/services/cancer/macmillan-information-centre/survivorship/resource-directory/local-cancer-support/
	Palliative Care	Carers Group contact Social Worker 01642 811069. General Contact Number 01642 811060.	www.teessidehospice.org
	Prostate	Local Support Group Robin Millman 01642 651280 robin.millman@ntlworld.com or Fred Kinnear 01642 740190 fredkinnear@hotmail.co.uk . Local Specialist Nurse Lynne Kershaw 07920	www.prostatecancerteesside.co.uk www.prostatecanceruk.org www.prostatecancerfree.org

		415321	
	Skin	Specialist Nurse Helena Hind.	crux.org/sunsmart sunsmart.org.uk www.skincancer.org www.skinawareness.org
	Solid and Blood. Support for patients, carers, relatives and friends.	Macmillan Cancer Support 01642 835674 Mon to Fri, 0900 to 1600 hrs	www.southtees.nhs.uk/services/cancer/macmillan-information-centre/
	Testicular	Web based Support Group Specialist Nurse Annmarie Riorden 01642 282497 Email: Annmarie.riorden@stees.nhs.uk	https://www.southtees.nhs.uk/services/cancer/macmillan-information-centre/survivorship/resource-directory/local-cancer-support/
Cardiology	Heart health, treatments, living with a heart condition	Local Support Group 03003 303311, British Heart Foundation (BHF) 0303 803322	BHF.org.uk/heartvoices
	Take Heart (Maintenance Class following Hospital Phase 3 Cardiac Rehabilitation Class.	Langdon Sq, Coulby Nwwham, TS8 0TF. Tel: 01642 599723.. Mon 100-1130; Tues 0930-1230; Wed 0930-1130.	
Cerebral Palsy	Support, information and advice on treatments.	Scope UK Helpline: 0808 800 3333	https://www.scope.org.uk/support/families/diagnosis/cerebral-palsy
CJD	Access to a support network providing advice to sufferers, carers and families. Potential access to care grants.	CJD Support Network, PO Box346, Market Drayton, Shropshire, TF9 4WN. support@cjdsupport.net 0800 085 3527	http://www.cjdsupport.net/
Cystic Fibrosis	General Support	Help Lines: 0300 373 1000 020 3975 2184	https://www.cysticfibrosis.org.uk/
Dementia	Those with memory problems	Lynne Harper 01642 231967, 07989 528066	https://www.middlesbroughmatters.co.uk/Services/114/Middlesbrough-Dement http://www.sanctuary-supported-living.co.uk
	Provision of information on dementia cafes and related activities on Teesside.	National dementia Helpline 0300 22 1122 or Shirley.Gray@ alzheimers.org.uk Local No 01642 442030 Or 442034	https://www.dementiauk.org/ https://www.alzheimers.org.uk/
	Free Lunch/Get-together plus arts activities	Run for those with dementia by MIMA Art Gallery every Thursday afternoon	
	Monthly Dementia Cafés for those who have dementia or who care for someone living with dementia.	Kirsty Richardson, Tel:07738 741318 , E-mail: Kirsty.richardson@alzheimers.org.uk Hemlington Library and Community Hub, Crossfield, Middlesbrough, TS8 9JJ. Starts Monday 29 th January, last Monday of each month, 2.00 to 3.30 pm. For further information contact Jill Harrison, 01642	https://www.middlesbrough.gov.uk/leisure-events-libraries-and-hubs/community-hubs-and-libraries/find-librarycommunity-hub/hemlington-community-hub-and-library

		591918. Hemlington-Library@Middlesbrough.gov.uk Also: Acklam Library, Acklam Rd, Mbro, TDS5 7AB. 4 th Thurs in month, 1330-1530 Central Library, Victoria Sq, M'bro, TS1 2AY, 3 rd Wed in month, 1300-1500 North Ormesby Community Hub, Derwent St, N Ormesby, TS3 6JB. 1 st Wed in month 1300-1500	
		Community Hub, Easterside. Broughton Ave, M'bro, TS4 2RP, 2 nd Friday of every month from Noon to 2 pm. Paula Marshall Tel: 01642 726190 E-Mail: paula_marshall@middlesbrough.gov Lynne Harper Tel: 01642 223544 E mail: lynne.harper@sanctuary-housing.co.uk	
	Creative Dementia. New Group (May 2018) for families, friends and carers.	Saturday, 1600-1730 hrs. 2 Park Road South, Linthorpe, M'bro TS5 6HA. £2 per person with immediate carer free.	
	Learning Disabilities Dementia Group	TEWV Community Nursing. Phone John Reed, Tel: 01642 303903 for details.	
	Forget Me Not Café.	Dementia Friendly Table Tennis session at Ormesby Table Tennis Club, Cargo Fleet Lane, M'bro, TS3 8PB. Friday 1300 to 1500. Emma McInnes Tel: 01642 728756 or Malcolm Muldoon Tel: 07789 937056.	
	Singing for the Brain – a stimulating activity for those living with dementia.	The Trinity Centre, Market Place, North Ormesby, T13 6LD. Tuesday fortnightly 1400-1530, Kirsty Richardson Tel: 0738 741318, E-Mail: kirsty.richardson@alzheimers.org.uk St Mary's Church Hall, Green Lane, M'bro, TS5 7RX. Fortnightly 1400-1530. Thorntree Hub, Birkhall Rd, M'bro, TS3 9JW. Thursday, fortnightly 1400-1530. Maddy Fisher, Tel: 07532 744924, E Mail: maddy.fisher@trinitycentre.org	
	Provision of personalised care packages	Lysander House Falcon Farm Preston Farm Industrial Estate Stockton TS18 3TX	http://www.avalongroup.org.uk/

		01642 633556	
	“Dementia Friendly Middlesbrough”. A project aimed at developing Middlesbrough as a nationally recognised dementia friendly community.	Cleveland Alzheimer’s Residential Centre Ltd, Kirkdale, Radcliffe Crescent, Thornaby, Stockton, TS17 6BS. Tel: 01642 611110 Brian Rowcroft E-Mail:browcroft@clevearc.com	http://dementiafriendlymiddlesbrough.co.uk/ Project Guide: http://dementiafriendlymiddlesbrough.co.uk/wp-content/uploads/2017/04/Guide.pdf
Diabetes	Type 1 and 2	Diabetes UK 0345 123 2399.	www.diabetes.org.uk
		JCUH <u>Adult</u> : Diabetes Contact: Tina Spence 01642 854231 (Answerphone) <u>Pediatric**</u> : 0-16 years Contact Alison Murray 01642 854660 <u>Young Persons</u> : 16-25 years: Marie Presgrave 07785 502096	JCUH For local clinic times see www.southtees.nhs.uk/services/community-diabetes/clinic-times/ (Diabetes Specialist Nurses – Sister Julie Allison (M’bro), Sister Pam Sheriff (Redcar and Cleveland) Diabetes Facebook Support Group Children**: stees.nhs.uk/services/paediatrics/diabetes/
Epilepsy	Wellbeing, including information about memory, depression, sleep and stress.	Epilepsy Helpline 08088 005050. Specialist Contact JCUH Claire Wilson 01642 854169 Paediatric Epilepsy JCUH Additional Contacts: Ian Webster or Helen Gilpin. Cliff Challenger, M’bro Epilepsy Action Group, 01274 640064 or 0113 210 8800. First Monday of each month 1100 to 1230, Cafe@23, 23 Corporation Road, M’bro, TS1 1LP	www.epilepsy.org.uk www.epilepsysociety.org.uk www.epilepsy.org.uk/near-me/middlesbrough-middlesbrough-coffee-and-chat
		Epilepsy Outlook 79 Park Road The Arches Hartlepool TS24 7PW 01429 297007	http://www.epilepsyoutlook.org.uk/
Haemophilia	Web based advice and support	The Haemophilia Society, Willcox House, 140-148 Borough High Street, London, SE1 1LB Tel: 0207 939 0780 E-Mail: info@haemophilia.or.uk	http://haemophilia.org.uk/
	Ditto		https://www.nhs.uk/conditions/haemophilia/
Fibromyalgia (FMS)		Web Based support and advice	https://www.nhs.uk/conditions/fibromyalgia/ http://www.fmauk.org/
Hearing loss	Support, care and advice for patients, friends and families.	Hard of Hearing contact 01642 527764. Hearing (Visual Impairment in children) 01642 527769	firstcontact@stockton.gov.uk helpline@ncds.org.uk https://bda.org.uk/

		National Deaf Children's Society Freephone 08088 008880 (Voice and Text)	www.actiononhearingloss.org.uk/ www.royaldeaf.org.uk/
	Hearing Dogs for deaf people	16 High Street Saltburn TS12 3AF 01287 659070	https://www.hearingdogs.org.uk/
Huntington's Disease	Comprehensive Web-based advice on the disease	Huntington's Disease Association Suite 24, Liverpool Science Park IC1, 131 Mount Pleasant, Liverpool, L3 5TF Tel: 0151 331 5444 E-Mail: info@hda.org.uk	https://www.hda.org.uk/
	Local Branches/Support Groups	1. County Durham and Cleveland Support Group 2. North Yorkshire Branch 3. North Yorkshire Support Group Tel No for all: 0151 331 5444	https://www.hda.org.uk/contact-us/branches-and-support-groups
IBS/IBD	Support for those with Crohn's disease or Ulcerative Colitis	JCUH IBD Specialist Nurses Linda Jolly and Faye Caley IBD Biologics Specialist Nurse Julia Emery 01642 281462	https://www.southtees.nhs.uk/services/gastroenterology/inflammatory-bowel-disease-service-ibd/
Kidney/Renal	Kidney health, conditions and treatments.	North East Kidney Patients Association (NEKPA), local contact Lindsey Hoare, Renal Day Unit, JCUH. Also renal patients support service - Brian 07504635778 or Victoria 07505439768; Email: nekpacharity@gmail.com National Kidney Federation General Helpline 08456 010209 Kidney Care UK 01420 541424 (0900 to 1700 hrs Mon to Fri). Live Kidney Transplant Donor contact: Joanne Ashton – 01642 854732	info@kidneycareuk.org www.kidneycareuk.org/information www.kidney.org.uk
Lung Diseases including Asthma, COPD, Pulmonary Fibrosis	Web based advice and support	British Lung Foundation Help Line Tel: 03000 030 555 0900 to 1700 Mon-Fri.	https://www.blf.org.uk/
	Local Support Group	Breathe Easy, Redcar and East Cleveland Group, Memorial Hall, 7 Coatham Road, Redcar, TS10 1RH. 2 nd Monday of every month, 1230 hrs. <u>Tel:0300 030 555</u>	https://www.blf.org.uk/support-in-your-area/breathe-easy-redcar-east-cleveland-support-group
	Local Support Group	Breathercise. M'bro Sports Village, Alan Peacock Way, M'bro, TS4 3AE. Tel: 03004 560550.	

		Tues 1414-1515. £3per person and £1 towards social events. Also: Linda Ford on Tel: 07981 203997; E-Mail: lindafor@hope-foundation.org.uk . Every Tues from 1330 in the Café Area for Chair based exercise for those with COPD or lung problems.	
	Bronchiectasis Specialist Contacts JCUH	Specialist Nurse: Sister Helen Simmons 01642 854241 Physiotherapist: Vic Bradshaw 01642 854241 Community Matron: 01642 850850 Extn 55571	
Lupus	Care and advice	01708 731251	http://www.lupusuk.org.uk/useful-links/
Meniere's Disease	Web based advice and support	Meniere's Society, The Rookery, Surrey Hills Business Park, Wotton, Surrey, RH5 6QT Tel: 01306 876883 E-Mail: info@menieres.org.uk	http://www.menieres.org.uk/
Meningitis	Web based advice and support	Meningitis Now, Fen House, Bath Road, Stroud, Gloucestershire, GL5 3TJ Tel: 01453 768001 Nurse led helplines: 0808 80 10388 (Freephone) E-Mail: info@meningitisnow.org	https://www.meningitisnow.org/
Motor Neurone Disease (MND)		MND Care Centre Middlesbrough Department of Neurology Murray Buildings JCUH Anthony Hanratty MND Nurse Specialist and Care Centre Co-Ordinator Jill Ellerton MND Community Outreach Practitioner 01642 854318 Email: mndatmiddlesbrough@nhs.net	https://www.mndassociation.org/getting-support/care-centres/middlesbrough/
Multiple Sclerosis (MS)	Provision of essential therapies including high dose oxygen treatment, physiotherapy, yoga, therapeutic massage, reflexology, aromatherapy and counselling.	Middlesbrough MS Therapy Centre Stadium Court Wallace Road Skippers Lane Industrial Estate M'bro TS6 6JB 01642 461 673	http://www.middlesbroughmstherapy.org/
		Multiple Sclerosis Redcar 2 Downfield Way Redcar TS11 8HS	

		07789 595467	
Neurological Conditions	Support for those with conditions caused by damage to the nervous system including MS, motor neurone disease, Parkinson's disease, dementia, cerebral palsy, epilepsy, Huntingdon's disease and acquired brain injury	Tees Valley, Durham and North Yorks Neurological Alliance Acklam Green Centre, Stainsby Road, M'bro, TS5 4JS 01642 641825	http://www.na-tvdny.org.uk/
Osteoporosis	General advice including symptoms, treatment and research.	South Tees Osteoporosis Support Group Secretary 07435 049324 or via email southteesosg@gmail.com St Barnabas Church Hall, St Barnabas Rd, M'bro, TS5 6JR. Mrs J McDonald. Tel: 01642 822887. E-Mail: stessosg@gmail.com Tuesday, bi-monthly, (Feb, Apr, June, Aug, Oct, Dec) 1400-1600 hrs. £1 incl refreshments.	www.nos.org.uk/ nos.painuk.org See also: https://www.ageingbettermiddlesbrough.org.uk/osteoporosis-support-group/
Pain Management	Management of chronic pain.	Community Pain Service. JCUH. 01642 854330 JCUH Faye Garner – Specialist Nurse Community contacts: Jane, Nichola, Neil and Joanne	www.pain-management-plan.co.uk (Plan books and relaxation) www.youtube.com/watch?v=BOjTegn9RuY (Lower back pain) www.youtube.com/watch?v=aUalnS6HIGo (Importance of Exercise)
Parkinson's Disease	Information, friendship and support to people with Parkinson's, their families and carers.	Monthly Meeting Strikes Garden Centre Stokesley Frank Taggart 01642 654224 David Sopher 01642 787010	https://www.parkinsons.org.uk/local-support-groups/regions/north-east-england/tees-valley-branch
Podiatry	Local Podiatry Service	'One Life', Linthorpe Road, Middlesbrough. TS1 3QY E mail: podiatry.clinic@nhs.net Clinic Reception Tel: 01642 737807	
Poliomyelitis	Support and advice for those with Post-Polio Syndrome (PPS)	British Polio Fellowship Helpline: 0800 043 1935	https://britishpolio.org.uk/
Prostate Cancer	Local Support Group	Jack Hatfield Sport Centre, Rockingham Court, Acklam Road, M'bro, TS5 7BN. Terry Bytheway Tel: 07887 707737; E Mail bytheway@hotmail.co.uk 4 th Monday each month 1830 to 2030.	See also www.prostatecancerteesside.co.uk
Psoriasis	Advice and treatments	01604 251620	https://www.psoriasis-association.org.uk/
Pulmonary Fibrosis	General advice including symptoms, treatment and	Action for Pulmonary Fibrosis Tel: 01543 442152	https://www.actionpulmonaryfibrosis.org/

	research.	E Mail: info@actionpulmonaryfibrosis.org	
	Local Support Group	6 Trinity Mews, North Ormesby Health Village, Middlesbrough, TS3 6AL. Tel: 07785 311790 E Mail: francheska.sarkodie-gyan@nhs.net	https://www.actionpulmonaryfibrosis.org/find-a-support-group/middlesbrough-pulmonary-fibrosis-support-group/
Respiratory Diseases	Asthma, tuberculosis, COPD, pneumonia, lung cancer.	Leon Green, Public Health Intelligence Specialist, 01642 771749	http://www.teesjsna.org.uk/middlesbrough-respiratory-diseases/
	Stop Smoking Local clinics in M'bro, Stockton, Hartlepool and Redcar and Cleveland.	01642 383819	www.nth.nhs.uk/stopsmoking https://www.middlesbrough.gov.uk/social-care-and-wellbeing/public-health/extra-life-website/local-stop-smoking-service
Scleroderma and Raynaud's	Dedicated helpline for those suffering from Scleroderma and Raynaud's	18-20 Bride Lane London EC4Y 8EE 0200 7000 1925 E Mail: info@sruk.co.uk	https://www.sruk.co.uk/
Sjogren's Syndrome	Care and advice	National Help Line 0121 478 1133 North East Sjogren's Syndrome Association Professor Wan-Fai Ng Faculty of Medical Sciences Newcastle University Framlington Place 0191 208 5455 E Mail: wan-fai.ng@ncl.ac.uk	https://www.bssa.uk.net/
Stroke	Community Stroke Services and Rehabilitation. Dedicated beds, specialist staff, Early Supported Discharge Service. Rehabilitation services include physiotherapy, occupational therapy, speech and language therapy.	Stroke Services South Tees NHS Redcar Primary Care Hospital West Dyke Road, Redcar TS10 4NW Tel: 01642 511000	https://www.southtees.nhs.uk/services/stroke/specialist-stroke-rehabilitation/
	General advice on strokes and stroke recovery.	NHS Web Site	https://www.nhs.uk/conditions/stroke/recovery/
	Care Homes and Nursing Homes specialising in	Piper Court, Stockton. Tel: 01642 606512 Bramble Lodge care Home, Middlesbrough. Tel:	https://www.carehome.co.uk/care_search_results.cfm/searchcounty/Cleveland-and-Teesside/searchctype/stroke

	stroke recovery	01642 322802 Highfield Care Home, Yarm. Tel: 01642 780253	
	Self-Support Group for those who have had a stroke plus their family and carers. Meeting first Monday of every month, Ormesby Social Club.	Ursula Scott Tel: 01642 245209 E-Mail: ursulascott@virginmedia.com	https://www.middlesbroughmatters.co.uk/Services/131/Positive-Stroke
	Club/Trained Instructors offering care and support for stroke survivors. 2 Exercise Classes each Thursday at Middlesbrough Sports Village. Social events including tea/coffee, carpet bowling, cookery demonstrations.	Teesside Stroke Club, M'bro Sports Village, Alan Peacock Way, M'bro TS4 3AE. Thursday 1200-1300 and 1330-1430. Ted Docherty Tel: 01642 280614 Mob: 07977 137836 E-Mail: dochertyted@gmail.com	https://www.middlesbroughmatters.co.uk/Services/698/Teesside-Stroke-Club
	Free and confidential advice to stroke sufferers their carers and families.	Stroke Association Middlesbrough 1 st Floor, Trinity Mews, North Ormesby Health Village, Middlesbrough, TS3 6AL. Marie O'Brien or Lorraine Macdonald Tel: 01642 988149 Marie.obrien@stroke.org.uk	https://www.middlesbroughmatters.co.uk/Services/22/Stroke-Association-M
Women's Health including menopause	Advice, education and reassurance for women of all ages about their health, lifestyle and well-being concerns	Women's Health Concern [The Patients arm of the British Menopause Society (BMS)] Spracklen House, East Wing, Dukes Place, Marlow, Bucks. SL7 2QH. 01628 890199	www.womens-health-concern.org
		British Menopause Society.	https://thebms.org.uk/

Section2: Mental Health and Wellbeing

FOCUS	RANGE OF SUPPORT	CONTACT DETAILS	FURTHER INFORMATION
Acquired Brain Injury	Practical therapy to children, young people and their families who are living with the effects of an acquired brain injury	Matrix Neurological Suite 115, Cleveland Business Centre, Watson Street Middlesbrough, TS1 2RQ. 01642 989116	http://www.matrixneurological.org/
ADHD	Web based support and advice	151 Dale Street, Liverpool, L2 2AH Tel: 0151 237 2661	https://www.adhdfoundation.org.uk/
	Local specialist assessment, diagnostic and treatment service, Also advice on care management.	Lancaster House, Falcon Court, Preston Farm Industrial Estate, Stockton, TS18 3TS Tel: 01642 368355	http://www.tevv.nhs.uk/site/content/Care-&-Treatment/Adults/Attention-deficit-hyperactivity-disorder-(ADHD)-team
	North East Support Group	Bill Scott – 0785 621 2564 E-Mail: aaad_ne@yahoo.co.uk	www.aadhd-ne-uk.weebly.com/
Anxiety including Agoraphobia, Claustrophobia and many other conditions.	Web based advice and support	Anxiety UK, Zion Community Centre, 339 Stretford Road, Hulme, Manchester M15 4ZY. Help Line: 08444 775 774 E-Mail: support@anxietyuk.org.uk	https://www.anxietyuk.org.uk
	Web based advice relating to Phobias	NHS	https://www.nhs.uk/conditions/phobias/
	A North East based lead provider aimed at educating and supporting people to manage and overcome anxiety and depression	Anxious Minds UK, The Vault, 31 Station Road, Wallsend, NE 28 6RL. Tel: 0191 262 0305/Mob: 07404 513470	https://www.anxiousminds.co.uk
	Help Line, E Mail and Workshop support for those suffering from Panic Attacks, Phobias, OCD and other related Anxiety Disorders	No Panic, Jubilee House, 74 High Street, Madely, Telford, Shropshire, TF7 5AH. Help Line: 0844 967 4848 (10am to 10pm 5p/minute) Youth Help Line: 0330 606 1174 (Land line rates) E-Mail: admin@nopanic.org.uk	https://www.nopanic.org.uk/
	Information on Therapy/Assistance Dogs	Society for Companion Animal Studies, PO Box 23, Chertsey, Surrey, KT16 9WQ. E-Mail: info@scas.org.uk	http://www.scas.org.uk/animal-assisted-interventions/therapy-assistance-dogs/
	Local Drop in Centre and Breakfast Club, dealing	The Lodge, 408 Marton Road, M'bro. 01642 226198. Email: the_lodgemiddlesbrough@gmail.com	www.thelodgecit.co.uk

	with Anxiety, Depression and most mental health problems	Anxiety and Depression Support Group, Fri 1000-1200 "Beyond the Binary" Wed 1330-1500 "Hearing Voices" Tuesday 1230-1330 Women's Group Thurs 1130-1330	
Autism	Advice and guidance to parents of children on the autism spectrum.	11 th Floor, Centre NE, 73-75 Albert Road, M'bro, TS1 2RU. 01642 608012	https://www.iammain.org.uk/
	Anxiety and Autism	Autistica, St Saviour's House, 39-41 Union Street, London, SE1 1SD. Help Line: 020 3857 4340 E-Mail: friends@autistica.org.uk	https://www.autistica.org.uk
Bipolar Disorder	Web Based advice and support	Mind UK 15-19 Broadway, Stratford, London E15 4BQ Tel: 020 8519 2122, F: 020 8522 1725 E-mail: supporterservices@mind.org.uk	https://www.mind.org.uk/information-support/types-of-mental-health-problems/bipolar-disorder/?gclid=CjwKCAiAmb7RBRATEiwA7kS8VKfqlzwi4BsQkU_UhrELm4sEnNhknQ-M1EOmJ7GflcIcmbkE_ZH_1NBoChfcQAvD_BwE#.Wi_ ezEpl-Uk
	Local Support Group Meetings 4 th Thursday of every month, 7pm to 9pm.	Linthorpe Road Methodist Church and Resource Centre Community Café, 51 Borough Road, Middlesbrough, TS1 2JH Tel: 0333 323 3880	https://www.bipolaruk.org/middlesbrough-support-group
Dyslexia	Web based advice and support	British Dyslexia Association Help Line: 0333 405 4567 (Tuesdays 1000 – 1300 hrs, Wednesdays and Thursday 1000 – 1500 hrs)	http://www.bdadyslexia.org.uk/
	Local Support Group	Dyslexia Support Middlesbrough, Linthorpe Road Community Resource Centre, Linthorpe Road, M'bro, TS1 2JH. Tel: 01642 223312 (Day), 01642 287145 (Evenings), 0780 0559695 (Mobile) E-Mail: Link on Web Site	http://www.dhea.org.uk/dyslexia/uk_dyslexia-1.html
Dyspraxia (DCD)	Web based support and advice.	British Dyspraxia Foundation, 8 West Valley, Hitchin, Herts, SG5 1EG. Help Line 01462 454986 (0900 – 1300 hrs Monday to Friday) E-Mail: info@dsspraxiafoundation.org.uk	https://dyspraxiafoundation.org.uk/
	Local Support Group	Roseberry Community Consortium, 26 Yarm Road, Parkfield Street, Stockton, TS18 3NA. Contact: Prithhijit Datta Tel: 07804 368585 prithhijit@roseberrycommunityconsortium.org	http://stocktoninformationdirectory.org/kb5/stockton/directory/service.page?id=4A0JV1DyEhU www.roseberrycommunityconsortium.org/

Eating Disorders	Specialist Centre for children and young people aged 11 to 18 with eating disorders.	Evergreen Centre, West lane Hospital, M'bro, TS5 4EE. Dr Roger Williams, Consultant Child and Adolescent Phychiatrist. 01642 529787	www.tewv.nhs.uk
	Beat National Support Group for Eating Disorders	Helpline 0808 801 0677 Youth Line 0808 801 0711	www.beateatingdisorders.org.uk
General Support	Supporting those with mental health difficulties on the road to recovery. Facilitating involvement in community activities including voluntary work, education and employment.	Mind Middlesbrough and Stockton Middlesbrough 01642 257020 (147 Albert Road, M'bro, TS1 2PS) Stockton 01642 796630 (Marlborough House, 30 Yarm Road, TS18 3NG)	http://www.middlesbroughandstocktonmind.org.uk www.mind.org.uk
	Children's and Young Peoples Support covering feeling anxious sad or depressed, difficulties with relationships or friendships, difficulty in concentrating, feeling overwhelmed with emotions.	Mind Middlesbrough and Stockton 01642 370033 Email: reach@middlesbroughandstocktonmind.org.uk	http://www.middlesbroughandstocktonmind.org.uk/services-support/children-young-people-support.aspx
	Provision of mental health support services including residential recovery, employment, supported living, community based support.	Richmond Fellowship 67 North Ormesby Road, M'bro, TS4 2AH. 01642 225108	http://www.richmondfellowship.org.uk/our-range-of-support/
	Provision of recreation time and support via activities including arts and crafts, healthy eating, soft play, discos, coffee bar, snooker and pool room, sensory room, football training, maths and English, quizzes, outdoor games, walks.	Grenfell Youth Club Ridley Street Redcar TS10 1RH 01642 471747	http://www.grenfellclub.org/
	MOMS – Mind Over Matter. (Sharing of real life experiences over a cuppa	Hemlington Library, Tuesday 1330 to 1530	

	in a relaxed atmosphere.		
	MIND Carers Group	Langdon Sq, Coulby Newham, M'bro, TS8 oTF Tel: 01642 257020 E-mail: info@middlesbroughandstocktonmind.org MIND Carers Group, 1 st Wed each month 1000 to 1200.	
Men and Mental Health	Support aimed primarily at men and mental health	Men Tell Health 5 Bonnyrig Close Ingleby Barwick Stockton TS17 0PG 07986 260249	https://www.mentellhealth.org/?utm_source=yell&utm_medium=referral&utm_campaign=yell
	Men Tell Health 'Speak Easy'	Off the Ground Coffee Shop, Grange Road, M'bro TS1 5AS 4 th Thursday each month starting at 1800	www.mentellhealth.org.speakeasy
Specific Courses offered by Mind Middlesbrough and Stockton	Developing Assertiveness (Course of 5x1.5 hour sessions over 5 weeks for those Age 18 and over)	01642 217399 Email: connect@middlesbroughandstocktonmind.org.uk	http://www.middlesbroughandstocktonmind.org.uk/services-support/developing-assertiveness.aspx
	Kick Start Your Recovery.	Support provided for up to 12 weeks by Mind professionals working in harness with Tees Valley Housing. 01642 243871 Email: momo@teesvalley.org	http://www.middlesbroughandstocktonmind.org.uk/services-support/move-in-and-move-on.aspx
	Managing Depression and Anxiety (Course of 5x1.5 hour sessions over 5 weeks for those Age 18 and over)	01642 217399 Email: connect@middlesbroughandstocktonmind.org.uk	http://www.middlesbroughandstocktonmind.org.uk/services-support/depression-anxiety-awareness.aspx
	Managing Mental Health on a Day to Day Basis.	01642 217399 or 01642 493838	http://www.middlesbroughandstocktonmind.org.uk/services-support/connect-recovery-college.aspx
	Mental Health for those also affected by cancer. Joint Venture between Mind and Macmillan.	01642 257020 or 07802 335570. Email: sarahjane.ashcroft@middlesbroughandstocktonmind.org.uk	http://www.middlesbroughandstocktonmind.org.uk/services-support/macmillan-mental-health-cancer-care-research.aspx
	Mindful Relaxation – Breathing techniques, progressive muscle relaxation, meditation. (Course of 5x1.5 hour sessions over 5 weeks for those Age 18 and over)	01642 217399 Email: connect@middlesbroughandstocktonmind.org.uk	http://www.middlesbroughandstocktonmind.org.uk/services-support/introduction-to-relaxation.aspx

	Stressbusting (Course of 5x1.5 hour sessions over 5 weeks for those Age 18 and over)	01642 317299	http://www.middlesbroughandstocktonmind.org.uk/services-support/stressbusting.aspx
	Voices for Choices – Provision of Feedback to Improve Mental Health facilities and courses	01642 257020	http://www.middlesbroughandstocktonmind.org.uk/services-support/voices-for-choices.aspx
Suicide	Groups/organisations who can offer help to those who feel suicidal and to survivors of bereavement by suicide.	Samaritans Phone: 116 123 (24 hr Helpline) Email: jo@samaritans.org Write to: Freepost RSRB-KKBY-CYJK, Chris, PO Box 9090, Stirling, FK8 2SA	www.samaritans.org.uk
		Campaign Against Living Miserably (CALM) – aimed at reducing the high suicide rate among young men under 35. Helpline: 0800 585858 (Free from landlines 5pm to midnight daily)	www.thecalmzone.net
		Survivors of Bereavement by Suicide (SOBS) Helpline: 0300 1115065 (9am to 9pm daily) Email: sobs@support.hotmail.com	www.uk-sobs.org.uk
		HOPELineUK (PAPYRUS) – Young suicide prevention society, under the age of 35. Phone: 0800 068 4141 (Free from landlines 10am to 10pm weekdays, 2pm to 10pm weekends and 2pm to 5pm bank holidays) Text: 07786 209697 Email: pat@papyrus-uk.org	www.papyrus-uk.org
		Cruse Bereavement Care Helpline: 0808 8081677 Email: helpline@cruse.org.uk	
Tourette Syndrome	Web Based advice and support		http://www.tourettesyndrome.co.uk/
	North East Support Group	Co-Ordinator: Jac Campbell, Tel: 07584 222083, Email: jac.campbell2020@hotmail.co.uk	http://www.peoplesinfonynet.org.uk/kb5/redcar/directory/service.page?id=v-TxebGfQjc

Section3: Community Care and Social Support

ORGANISATION/ FOCUS	RANGE OF SUPPORT	CONTACT DETAILS	FURTHER INFORMATION
Asylum Seekers and Refugees	North of England Refugee Service. Support for refugees in the community.	49 Grange Road Middlesbrough TS1 5AU 01642 217447	http://www.refugee.org.uk/
	Open Door North East	Melbourne House, Newport Road, Middlesbrough, TS1 5QH. 01642 213634	http://www.opendoornortheast.com/
Babies and Infants	Palliative, respite and end of life care to babies and infants aged from birth to 5 years.	Zoe's Place Baby Hospice Crossbeck House High Street Middlesbrough TS6 9DA 01642 457985	http://www.zoes-place.org.uk/middlesbrough/default.aspx
Carers (of all Ages)	Provision of a wide range of information and support for carers aged 18 and over, individually and in groups, in Middlesbrough and in Redcar & Cleveland. Talks on a wide range of subjects incl. First Aid, Nutrition, Dementia, Fire Safety, Stress Relief, Relaxation Techniques (In a recent survey, 97% of carers surveyed thought the service good, very good or excellent.)	Carers Together St. Mary's Centre, 82-90 Corporation Road, Middlesbrough, TDS1 2RW 01642 488977 Email: carerstogogether@btconnect.com	www.carerstogogether.co.uk
Despair/Loss of Hope	The Samaritans - Someone to talk to in confidence if something is troubling you and you are losing hope.	01642 217777 or Freephone 116 123. 147 Borough Road, M'bro, TS1 3AT. jo@samaritans.org	https://www.samaritans.org/branches/teesside-samaritans
Domestic Abuse	Advice and support.	Arch North East. Nicky Harkin, 01642 822331/822335. 22 Hoylake Rd, M'bro, TS4 3JL. 01642 8223231.	http://www.archnortheast.org/
		Harbour Support Teesside	http://www.myharbour.org.uk/

		59 Rainham Close, M'bro, TS3 9HQ 01642 861788	
		EVA Women's Aid 86 High Street Redcar TS10 3DL 01642 507099	https://evawomensaid.org.uk/home/contact-us/
Drug and Alcohol Abuse and a wide range of other support services.	Broad range of support services covering drug and alcohol abuse, housing support, employment, training, children, young people and families, women, criminal justice and offender rehabilitation. (One of the North East's most successful charities)	DISC (Developing Initiatives for Support in the Community) Newham House, 96-98 Borough Road, M'bro, TS1 2HJ. 01642 211255	https://www.disc-vol.org.uk/about/welcome-to-disc/
	"One Stop" Recovery Hub. Confidential drug and alcohol service for adults and young people in Middlesbrough.	Change, Grow, Live (CGL) Dundas House Dundas Street M'bro TS1 1HR 01642 876323	https://www.changegrowlive.org/content/cgl-treatment-and-care-service-middlesbrough
Emotional Well Being	Mental health, health, substance misuse,	Emotional Well Being Teesside 6-8 Yarm Road Stockton TS18 3NA 01642 672 987	http://www.starfishhealthandwellbeing.co.uk/
Foodbanks	For those in need of emergency food supplies	07954 131337 info@middlesbrough.foodbank.org.uk	https://middlesbrough.foodbank.org.uk/contact-us/
General Advice and Support	Citizens Advice Bureau (CAB) Confidential advice on debt, housing, consumer and relationship issues.	Advice Line 0344 499 4110 EMail: advicebro@gmail.com 9 Linthorpe Road, Middlesbrough, TS1 1TH	http://middlesbroughcab.org.uk/
	Salvation Army. Church and community centre offering activities for everyone and support to anyone.	82 Trimdon Ave, Acklam, M'bro, TS5 8SB. Lts Pip and Susan Chisholm, 01642 825521	http://www.salvationarmy-acklam.co.uk/
Heating not	Service provided by	01429 874063	www.clevelandfire.gov.uk/warm

working or cold home	Cleveland Fire Brigade. Also provide smoke detectors.		
Home Call	For those living alone needing support. Provision of Home Call Monitors, Personal Care Services, Daily reassurance calls.	01642 771339	http://www.homecall.me/our-services
Independent Living	Advice for people with disabilities and older people to live independently in their own home, achieve their goals in life and to become part of their community.	Tower House 3 Tower Street Hartlepool TS24 7HH 01642 326086	http://www.penderelstrust.org.uk/
Learning Disabilities	Provision of general support	Mencap Richard House Sorbonne Close Stockton TS17 6DA 01642 939596	https://www.mencap.org.uk/
		The Wilf Ward family Trust Unit 34 Evans Business Centre 1 Stephensons Court Middlesbrough TS6 6UT 01642 442020	http://wilfward.org.uk/
	Provision of work experience for those with learning difficulties	Camphill Village Trust Larchfield Community Farm Stokesley Road Hemlington, TS8 9DY 01642 579800 E mail: larchfield.enquiries@cvt.org.uk	https://www.cvt.org.uk/communities/larchfield-community
		Fowl Green Farm Commondale YO21 2HN 01287 660571	https://www.facebook.com/beyondboundariesNYorks/
		Yatton House Guisborough Road Middlesbrough TS9 6QJ	http://www.yattonhouse.org.uk/

		01642 722380	
Over 50's	Ageing Better. A highly regarded programme aimed at improving the physical and mental wellbeing of over-50's in our area. Good track record in reducing loneliness and isolation. Large range of activities including information advice and guidance, training work club (supported by National Career Service advisors) and an on-site café providing lunch and snacks/sandwiches throughout the day – all at very reasonable prices.	Hope Foundation Linda Ford, Community Projects Officer. 01642 729002 or 07981 203997.	http://www.hope-foundation.org.uk/services/
	Advice on money matters, health and well-being, home and care, work and learning, travel and lifestyle. Specific advice on loneliness, benefits, dementia, finding help at home, handyperson services, making a will, paying for permanent care, pension calculator, pension credit, power of attorney.	Age UK (Previously Age Concern and Help the Aged. The world's largest charitable organisation for older people.) 190 Borough Rd, M'bro, TS1 2EH	http://www.ageuk.org.uk/
	Enriching the lives of older people and their families	Royal Voluntary Service 15a Queensway Court, Queensway, M'bro, TS3 8TG 01642 222643	https://www.royalvoluntaryservice.org.uk/
	National Charity solely dedicated to tackling loneliness and social isolation amongst older people. Supported by a	Contact the Elderly, 2 Grovenor Gardens, London SW1W 0DH Freephone 0800 716543	http://www.contact-the-elderly.org.uk/

	network of volunteers, the charity organises monthly Sunday afternoon tea parties for small groups of older people over 75. Collection and delivery service included.		
Reading Agency	Inspiring people to improve their lives through reading. For appropriate cases, books may be had on prescription. Also available through local libraries.	01642 729002	https://readingagency.org.uk/
Safeguarding Adults	Safeguarding adults against abuse and raising awareness to prevent further abuse.	01642 726004 Emergency Duty Team 08702 402994 Email: adultsafeguardingalert@middlesbrough.gov.uk	https://www.middlesbrough.gov.uk/social-care-and-wellbeing/safeguarding-adults
Safeguarding children	Safeguarding young children against abuse and raising awareness to prevent further abuse.	NSPCC Service Centre 31 Park Road South M'bro TS5 6LE 01642 856400	https://www.nspcc.org.uk
		First Contact Office Hours 01642 726004 Out of hours 08702 402994 In emergency dial 999 Email: firstcontact@middlesbrough.gcsx.gov.uk	
Sexual Abuse	Rape counselling and help.	Arch North East. Nicky Harkin, 01642 822331/822335. 22 Hoylake Rd, M'bro, TS4 3JL. 01642 8223231.	http://fis.middlesbrough.gov.uk/kb5/middlesbrough/fsd/service.page?id=zG3TWiGsJI0
	Rape abuse line	08088 000122 Mon and Wed 1900 to 2200 hrs	
Social Inclusion	Integration of those from ethnic minority backgrounds	31-35 Eastbourne Road, M'bro, TS5 6QN 01642 825926	http://www.aapnaservices.org.uk/
Supported Living	Supported housing for young people, people with disabilities or mental health needs and those	Sanctuary Supported Living Tel: 0330 123 3247 E-Mail: HomeCare@sanctuary-housing.co.uk	https://www.sanctuary-supported-living.co.uk/0330 123 3247

	who face homelessness. Providing the foundations for independent living.		
Young people	Helping children get the best start in life	Home Start Teesside 35 Marshall Avenue, Brambles Farm, M'bro, TS3 9AX 01642 501811	https://www.home-start.org.uk/
	Creating safer childhoods, support for vulnerable children, assistance for children in poverty, counsel and advice for frightened children and children suffering from loneliness, provision of early support for families	Dr Barnardos 1 Low Grange Farm Normandy Road M'bro TS6 9AA 01642 463605	https://believeinme.barnardos.org.uk/
	Fighting child poverty and neglect	The Children's Society Old Billingham Business Centre 1 Chapel Road Billingham TS23 1EN 01642 559147	https://www.childrenssociety.org.uk/
	Focus on those young people most in need (aged 10-24) living in challenging conditions. Bringing positive change into their lives by getting involved in music. Funded by the National Foundation for Youth Music and hosted by M'bro Council on behalf of the 4 local authorities.	MusicInc, Myplace, Custom House, North Street, Middlesbrough, TS2 1JP. 01642 728379/07876 137418. E-Mail: musinc@middlesbrough.gov.uk (Current Projects include Headstart Music Project at Trinity Catholic College. Songwriting, music production and 'Arts Award Explore' with Parissa Zarifi, Apollo Arts and Michael Baines.)	http://www.musinc.org.uk/
	Support for disadvantaged young people including provision of tuition in music, dancing, singing, learning heritage, education, life skills, horticultural skills.	Roseberry Community Consortium Suite 2 26 Yarm Road Stockton TS18 3NA 01642 796105	http://www.roseberrycommunityconsortium.org/about.html
	Creating brighter futures	Princes Trust	https://www.princes-trust.org.uk/

	for young people aged 11 to 30. Empowering them to get into jobs, education and training.	Ferry Road, M'bro, TS2 1PL. 01642 201000	
	Preparing for education and employment. For those aged 15 to 29.	New Direction Anita Wales 07801 897863. Anita.wales@actes.co.uk	
Victims of crime	Provision of care, advice and opportunities	Safe in Tees Valley Ltd Hampdon House Falcon Court Preston Farm Industrial Estate Stockton TS18 3TS 01642 664440	http://www.safeinteesvalley.org/

Appendix 1

Specialist Nurses for Cancer – South Tees Hospitals NHS Foundation Trust, Acute Services

NOELEEN HUNTER SPCT Tel Ext: 54787/54718 Pager: 07699 663536 e-mail: noeleenhunter@stees.nhs.uk	RACHEL FAWCETT BREAST-FHN Tel Ext: 64622 Bleep: 151 e-mail: Judith.curtiss@stees.nhs.uk	HELEN WALKER HAEMATOLOGY JCUH – FHN Tel Ext: 52763 Bleep: e-mail: helen.walker2@stees.nhs.uk	JANE MCNEIL GYNAECOLOGY Tel Ext: 52418 Bleep: e-mail: jane.mnneil@stees.nhs.uk
JANE WALKER SPCT Tel Ext: 54787/74718 Pager: 07699 644663 e-mail: jane.walker@stees.nhs.uk	LOUISE SADLER BREAST – FHN Tel Ext: 64622 Bleep 115 e-mail: claire.sadler@stees.nhs.uk	JENNIFER LAWN HAEMATOLOGY – FHN Tel Ext: 63903 Bleep: 141 e-mail: Jennifer.lawn@stees.nhs.uk	JANETTE HUGHES LUNG Macmillan Lung Cancer Specialist Direct Line: 01642 282526 Ext 52526 e-mail: jan.keld@stees.nhs.uk
PAMELA YATES SPCT Tel Ext: 54787/54718 Pager: e-mail: pamela.yates@stees.nhs.uk	SARAH MORTER BREAST – JCUH Tel Ext: 54622 Pager: 07699 619593 e-mail: sarah.morter@stees.nhs.uk	FIONA STRONG HAEMATOLOGY – JCUH Tel Ext: 52763 Pager: 07699 610796 e-mail: Fiona.strong@stees.nhs.uk	EMILY PARK ACUTE ONCOLOGY & CANCER OF UNKNOWN PRIMARY Tel Ext: 57982/3 Pager: 2063 e-mail: emily.park@stees.nhs.uk
HELENA HINDE SKIN/DERMATOLOGY	SUE TOWES BREAST – JCUH Tel Ext 54622 Pager 07666 660953 e-mail: sue.towes@stees.nhs.uk	JILL LINTON TEENAGE AND YOUNG ADULT/ACUTE HAEMATOLOGY Tel Ext: 54345/54533 Tel: 07748 333366 e-mail: jill.linton@stees.nhs.uk	JUDITH CURTIS ACUTE ONCOLOGY AND CANCER OF UNKNOWN PRIMARY Tel Ext: 57982/3 Pager: 07699 621886 e-mail: helen.westcott@stees.nhs.uk
CAROLINE BROWNLESS SKIN/PLASTICS Tel Ext: 54366 Pager: 07699 684552 e-mail: caroline.brownless@stees.nhs.uk	ANNMARIE RIORDEN KIDNET, TESTILE AND PENILE Tel Ext: 52497 Pager: 3614 Email:Annmarie.riorden@stees.nhs.uk	CLAIRE BEVIS HAEMATOLOGY/AOS Tel Ext: 56563 Pager: e-mail: c.bevis@stees.nhs.uk	HELEN WESCOTT UPPER GI Tel Ext: 52874 Pager: 07699 621886 e-mail: helen.westcott@stees.nhs.uk
GILL HENDRY BRAIN Tel Ext: 54347 Pager: 07699 617448 e-mail: Gillian.hendry@stees.nhs.uk	DAWN WATSON BLADDER Tel Ext: 55886 Pager: 2313 e-mail: dawn.watson@stees.nhs.uk	JUDITH SMITH COLORECTAL – FHN Tel Ext: 01609 764620 Pager: 119 e-mail: Judith.smith@stees.nhs.uk	MICHELLE BURGESS UPPER GI Tel Ext: 52874 Pager: 07699 621886 e-mail: michelle.burgess@stees.nhs.uk
PAULINE STURDY BRAIN Tel Ext: 55987	AMY GREGORY HEAD AND NECK Tel Ext: 55702	SARAH CARROLL COLORECTAL – JCUH Tel Ext: 54847	PATRICIA MCCLUREY PROSTATE Tel Ext: 52492

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	<p>JANE WADDINGTON HEAD AND NECK Tel Ext: 55702 Pager: e-mail:jane.waddington@stees.nhs.uk</p>	<p>TRACEY PUGH COLORECTAL – JCUH Tel Ext: 54847 Team Mobile: 07912 594467 e-mail: tracey.pugh@stees.nhs.uk</p>	<p>LYNNE KERSHAW (FTC) PROSTATE SURVIVORSHIP Tel Ext: Pager: e-mail:</p>
<p>CLINICAL SISTER ATTACHED TO TEAMS Mary Hugill: Colorectal FHN Maggie Wright: Gynae FHN Lynne Wright: Gynae JCUH Andrea Charles: Lung Appointed: Skin</p>	<p>CLINICAL SISTER ATTACHED TO TEAMS Angela Stanley: Colorectal JCUH Joanna Casson: Colorectal Emily Davies: Brain and CNS Laura Graham: SPCT (Community)</p>	<p>CLINICAL SISTER ATTACHED TO TEAMS Tracey Shaw: Family History Clinic Alison Wright: Haematology FHN Leanne Petch SPCT Alison Robinson – SPCT (Community)</p>	<p>CLINICAL SISTER ATTACHED TO TEAMS Hayley McNaught: Lung Barbara Ndlovu – SPCT (Community) Hanni-May Daduyo – AOS/CUP Jo Cassell: Cancer Care (Community) Chris Hand: Cancer Care (Community) Sarah Truman: Cancer Care (Community)</p>
<p>CANCER CARE CO-ORDINATORS ATTACHED TO TEAMS Terry Jasper: Lung Laura Barlow: Lymphoma Vicky Wilson: Brain and CNS</p>	<p>CANCER CARE CO-ORDINATORS ATTACHED TO TEAMS Julie Hunter: H&N Andrea Secq: Prostate Linsey Woodhouse: Colorectal</p>	<p>CANCER CARE CO-ORDINATORS ATTACHED TO TEAMS Appointed: AOS/CUP Post Vacant: AOS/CUP</p>	