



A Guide to Support Groups, Networks & Organisations

Support Groups for Health Professionals

- Association of Disabled Professionals - <http://www.adp.org.uk/>

Improving the educational and employment opportunities of disabled people

- BMA Counselling and Doctor Advisor service - <https://www.bma.org.uk/advice/work-life-support/your-wellbeing/counselling-and-peer-support>

Providing counselling or peer support with another doctor

- The BMA Scotland Respect at work project –

<https://www.bma.org.uk/advice/work-life-support/your-wellbeing/respect-at-work>

You can access a local adviser to confidentially discuss any issues around bullying, harassment, discrimination or dignity at work

- British Medical Association –

<https://www.bma.org.uk/about-us/equality-diversity-and-inclusion>

Equality, diversity and inclusion: information and guidance

- Cameron fund - <https://www.cameronfund.org.uk/>

Financial support for former or current GPs and their families

- Disabled Doctors Network (us) - <https://www.disableddoctorsnetwork.com/>

Supporting the welfare, rights and inclusion of chronically ill and physically disabled doctors and medical students

- DocHealth - <https://www.dochealth.org.uk/>

DocHealth is a confidential, not for profit, psychotherapeutic consultation service for all doctors. Although located in London the service is open to all doctors in the UK. For doctors outside London we offer, after an initial face-to-face session, ongoing video consultations

- Doctors with disabilities | Health Careers <https://www.healthcareers.nhs.uk/explore-roles/doctors/career-opportunities-doctors/doctors-disabilities>

This page provides useful information about doctors with disabilities

- Doctors' Support Network - <https://www.dsn.org.uk/>

Provides support for doctors with mental health problems

- Health for Health Professionals Wales - <https://www.hhpwales.co.uk/>

This is a face to face counselling service for all doctors in Wales. It provides doctors with access to a BABCP (British Association of Behavioural and Cognitive Psychotherapies) accredited therapist in their area

- HOPE for disabled doctors - <http://www.hope4medics.co.uk/?LMCL=dcR59q>

A support group for disabled doctors

- Locum Doctors Association - <http://www.ldaonline.org.uk/index.htm>

LDA is the only trade union in the world to represent hospital locum doctors

- MDDUS - <https://www.mddus.com/>

Mutual organisation providing healthcare professionals across the UK with access to indemnity, assistance and support

- Medical Forum - <http://www.medicalforum.com/>

A supportive career planning service for doctors and dentists

- Medic footprints - <https://medicfootprints.org/>

The largest organisation in the world that focuses on diverse careers and wellbeing for doctors

- Royal Medical Benevolent Fund – <https://rmbf.org/>

The leading UK charity for doctors, medical students and their families

- Sick Doctors Trust - <http://sick-doctors-trust.co.uk/page/about-the-trust>

For doctors suffering from addictions

- Work and disability | NHS

<https://www.nhs.uk/conditions/social-care-and-support-guide/money-work-and-benefits/work-and-disability/>

Find out more about how Leonard Cheshire Disability supports disabled people ... employers and doctors work together to get people with disabilities into work

Other relevant websites and organisations

- Action on Access - <http://actiononaccess.org/>

The national co-ordination team for widening participation and access to higher education

- ANHOPS (Association of National Health Occupational Physicians)

<https://anhops.org/>

Provides occupational health services to NHS employers

- Business Disability Forum - <https://businessdisabilityforum.org.uk/>

Provides members with pragmatic support

- Disability Law Service - <https://dls.org.uk/>

Provides free legal advice to those with disabilities and their carers

- Disabled Living Foundation - <https://www.dlf.org.uk/>

A national charity providing advice, information and training on independent living

- Disability Rights UK - <https://www.disabilityrightsuk.org/>

A charity run by and for disabled people

- EmployAbility - <https://www.employ-ability.org.uk/>

Opportunities for disabled students and graduates

- Equality and Human Rights Commission
<https://www.equalityhumanrights.com/en/contact-us/general-enquiries-and-information>

Promoting and upholding equality and human rights ideals and laws across England, Scotland and Wales

- Equality Challenge Unit – <https://www.ecu.ac.uk/>

Advancing equality and diversity in universities and colleges

- Faculty of Occupational Medicine - <https://www.fom.ac.uk/>

Professional and educational body for occupational medicine in the UK

- GOV.UK - <https://www.gov.uk/browse/disabilities>

Government information on disabled people's rights, benefits, carers and the Equality Act

- HEOPS (Higher Education Occupational Physicians/Practitioners)

<https://heops.org.uk/>

The professional association for all occupational health professionals working in the UK higher education sector

- Leonard Cheshire Disability - <https://www.leonardcheshire.org/>

Campaigns for change for disabled people

- National Association of Disability Practitioners - <https://nadp-uk.org/>

Professional association for tertiary education sector workers involved in the management or delivery of services for disabled students

- National Union of Students - <https://www.nus.org.uk/en/campaigns/disability/>

Information for disabled students

- Remploy - <https://www.remploy.co.uk/>

The UK's leading disability specialist, with more than 70 years of experience delivering employment and skills support

Digital and assistive technology support

- AbilityNet - <https://www.abilitynet.org.uk/>

Supports people of any age, living with any disability or impairment to use technology to achieve their goals at home, at work and in education

- Aidis Trust - <https://www.everyonecan.org.uk/>

We help people with disabilities to improve their quality of life through the power of technology

- British Computer Association of the Blind - <https://www.bcab.org.uk/>

BCAB is a lively community of blind and partially sighted people. Our members include people of all skill levels, ages and interests

- The Sequal Trust - <https://www.thesequaltrust.org.uk/>

We're a communication disability charity that aims to improve the quality of life for those living with severe learning disabilities, mobility issues and communication difficulties

A-Z list for Disability and Health Condition Support Groups & Organisations

A

Autism Spectrum Disorder/Condition

- National Autistic Society - <https://www.autism.org.uk/>

Provide help, advice and support to people with autism and their families

- The Autistic Doctor on Twitter - <https://twitter.com/autisticdoctor?lang=en>

B

Bowel conditions

- Coeliac UK - www.coeliac.org.uk

The charity for people who need to live without gluten

- Crohns and Colitis UK - www.crohnsandcolitis.org.uk

Dedicated to Crohn's disease, ulcerative colitis, and other forms of inflammatory bowel disease

- The IBS Network - www.theibsnetwork.org

The national charity supporting people living with irritable bowel syndrome. Our mission is to provide information and advice, working alongside healthcare professionals to facilitate self-management

Brain Injury

- Headway - <https://www.headway.org.uk/>

Headway is the charity that works to improve life after brain injury

- The United Kingdom Acquired Brain Injury Forum (UKABIF) - <https://ukabif.org.uk/>

Aims to promote better understanding of all aspects of ABI

C

Cancer

- Cancer Support UK - <https://www.cancersupportuk.org/>

Providing practical and emotional support to people with cancer, during and after the treatment period

- Macmillan Cancer Support - <https://www.macmillan.org.uk/>

Helping everyone with cancer live life as fully as they can. Find support and advice, meet people who understand, get involved and help us be there

- Marie Curie –

<https://www.mariecurie.org.uk/help/support/support-directory/health-organisations>

Providing physical, emotional and financial support to help you live life as fully as you can

- Sarcoma UK - <https://sarcoma.org.uk/support-groups>

A list of support groups for people with sarcoma

Cardiac conditions

- British Heart Foundation - www.bhf.org.uk

Funds research to beat heartbreak from heart and circulatory diseases and their risk factors

Chronic Pain

- A Way with Pain - <https://www.awaywithpain.co.uk/>

A website dedicated to providing information and support to those living with chronic pain

- Pain UK - <https://painuk.org/>

Pain UK is an alliance of charities providing a voice for people in pain

- The Pain Toolkit - <https://www.pain toolkit.org/>

A guide and resources to help you manage chronic pain as a patient

Connective Tissue Conditions

- Brittle Bone Society - www.brittlebone.org

A national charity that supports individuals and families affected by Osteogenesis Imperfecta (OI)

- EDS-UK - www.ehlers-danlos.org

Supporting those with Ehlers Danlos Syndrome and collaborating and educating the medical profession in EDS and it's management

- Lupus UK - www.lupusuk.org.uk

To empower people by providing information about lupus and offering support, so their voices are heard and their condition diagnosed and managed effectively

- The Marfan Foundation - <https://www.marfan.org/>

Supporting those with Marfan's Syndrome and other related conditions

- Vasculitis UK - www.vasculitis.org.uk

Help for people living with vasculitis and for professionals too

D

Dementia

- Dementia Friends - <https://www.dementiafriends.org.uk/>

Dementia Friends is an Alzheimer's Society initiative

Dermatological conditions

- British Association of Dermatologists

www.bad.org.uk/for-the-public/patient-support-groups

A compendium of support groups for dermatological conditions

- Skin Support from British Association of Dermatologists - www.skincareaction.org.uk

Providing emotional support to those with skin conditions

Dyslexia

- British Dyslexia Association - <https://www.bdadyslexia.org.uk/>

The British Dyslexia Association is the voice for 10% of the population that experience dyslexia

- Dyslexia Action - <https://dyslexiaaction.org.uk/>

National charity acting for people with dyslexia

- Dyslexia Foundation - <http://www.dyslexia-help.org/>

Providing a useful resource showing videos of dyslexia experience

Dyspraxia

- Dyspraxia Foundation - <https://dyspraxiafoundation.org.uk/>

The Dyspraxia Foundation is committed to making the teaching and medical professions more aware of dyspraxia; and to spread understanding of how those who have the condition can be helped

- Dyspraxia UK - <https://www.dyspraxiauk.com/>

Provides assessments and diagnosis for children and adults, and is the UK specialist in this field of occupational therapy

E

Endocrine conditions

- Addison's Disease Self-help Group - www.addisons.org.uk

Supporting people affected by Addison's Disease

- Diabetes UK - <https://www.diabetes.org.uk/>

Working for everyone affected by diabetes

- Society for Endocrinology

<https://www.endocrinology.org/outreach/patient-support/>

Supporting groups that represent patients with endocrine conditions by facilitating dialogue with the medical community

- The Pituitary Foundation - www.pituitary.org.uk

The Pituitary Foundation is a national support and information organisation for pituitary patients, their families, friends and carers

- The Royal Osteoporosis Society - <https://theros.org.uk/>

We help the nation look after its bones and appreciate the importance of bone health for everybody. For those who do develop osteoporosis, we're here to help them live well

- Thyroid UK - <http://www.thyroiduk.org/>

Providing information and resources to promote effective diagnosis and appropriate treatment for people with thyroid disorders in the UK

Epilepsy

- Epilepsy Action - <https://www.epilepsy.org.uk/>

A UK based charity providing information, advice and support for people with epilepsy

- Epilepsy Society - <https://www.epilepsysociety.org.uk/>

Through our cutting edge research, awareness campaigns, information resources and expert care, we work for everyone affected by epilepsy in the UK

G

Gynaecological conditions

- Endometriosis UK - <https://www.endometriosis-uk.org/>

Helps women take back control by providing vital support services, reliable information and a community for those affected by endometriosis

- Pelvic Pain Support Network - <https://www.pelvicpain.org.uk/>

A patient led organisation with a board of trustees who are all patients or carers. Provides support, information and advocacy for those with pelvic pain, their families and carers

H

Haematological conditions

- Anthony Nolan - www.anthonynolan.org

If you've been affected by blood cancer or blood disorders, we're here for you

- The Aplastic Anaemia Trust - www.theaat.org.uk

Working to enable vital research into the causes of aplastic anaemia and other rare bone marrow failures that ultimately leads to finding a cure, and to support everyone affected by them, so they can lead healthy and fulfilling lives

- The Haemophilia Society - www.haemophilia.org.uk

For all those affected by a genetic bleeding disorder; a community of individuals and families, healthcare professionals and supporters

- The Lymphoedema Support Network - www.lymphoedema.org/

Supporting people affected by lymphoedema

- Sickle Cell Society - <https://www.sicklecellsociety.org/>

Supporting people and families affected by Sickle Cell Disease

- Vasculitis UK - www.vasculitis.org.uk

Help for people living with vasculitis and for professionals too

Hearing Impairment (deafness)

- Action Deafness - <https://actiondeafness.org.uk/>

A charitable organisation offering a full range of services to Deaf and hard of hearing people

- Action on Hearing Loss - <http://www.actiononhearingloss.org.uk/>

Action on Hearing Loss, known until 2011 by its official title, the Royal National Institute for Deaf People, is a charitable organization working on behalf of the UK's 9 million people who are deaf or have hearing loss

- UK Deaf Healthcare Professionals Facebook group
https://www.facebook.com/groups/283861945476802/#_=_

Hepatic conditions

- British Liver Trust - www.britishlivertrust.org.uk

Through our campaigns, we promote early intervention and diagnosis, and raise awareness of all types of liver disease and cancer. We are also an active stakeholder/partner for a number of organisations to help raise awareness of organ donation, important health issues and different types of liver disease

I

Immune conditions

- Juvenile idiopathic arthritis at the national RA society - <https://www.jia.org.uk/>

For those affected by Juvenile Idiopathic Arthritis

- Mast Cell Action - www.mastcellaction.org

For patients with mast cell activation disorder

- Rare disease UK - www.raredisease.org.uk

Rare Disease UK is the national campaign for people with rare diseases and all who support them

- The British Society for Immunology | Public Information

<https://www.immunology.org/public-information>

Public information section on immunology including how to find a clinical immunologist and online learning resources

Infectious Diseases

- National Aids Trust - www.nat.org.uk

Championing the rights of people living with AIDS

- Terrence Higgins Trust - <https://www.tht.org.uk/>

Provides HIV and sexual health services in the UK

L

Learning Disabilities

- British Dyslexia Association – <https://www.bdadyslexia.org.uk/>

Offering dyslexia information, advice and services

- British Institute of Learning Disabilities - <http://www.bild.org.uk/>

Helping those supporting people with complex needs – including our members, universities, government departments, local authorities, NHS trusts, service providers and mainstream organisations - to champion rights, ensure excellent support and continually improve practice

- Learning Disability - <https://learningdisability.co.uk/>

Aims to provide information, education, resources, advocacy and services for those working with adults with learning disabilities

- Mencap - <https://www.mencap.org.uk/>

Support for people with learning disability

- The Dyslexia Association - <https://www.dyslexia.uk.net/>

Provides a wide range of expert and high quality services to directly assist and improve the lives of dyslexics of all ages

Limb Loss

- Limbless Association - <http://www.limbless-association.org/>

Providing information and support to UK amputees and the limb-loss community

M

Mental Health & Wellbeing

- Anxiety UK - <https://www.anxietyuk.org.uk/about-us/>

Anxiety UK is a national registered charity for those affected by anxiety disorders

- Bipolar UK - <https://www.bipolaruk.org/>

National charity dedicated to supporting individuals with the much misunderstood and devastating condition of bipolar, their families and carers

- BMA Wellbeing and Support Services

<https://www.bma.org.uk/advice/work-life-support/your-wellbeing/counselling-and-peer-support>

Counselling and peer support for doctors

- DocHealth

<https://www.bma.org.uk/advice/work-life-support/your-wellbeing/dochealth>

A confidential, not for profit, psychotherapeutic consultation service for all doctors

- Doctors' Support Network - <https://www.dsn.org.uk/>

Provides support for doctors with mental health problems

- Maytree - <https://www.maytree.org.uk/>

Maytree House in Finsbury Park is open to people who are feeling suicidal. There is a second house coming soon in Manchester

- Mental Health Foundation - <https://www.mentalhealth.org.uk/>

Dedicated to finding and addressing the sources of mental health problems

- Mind - <https://www.mind.org.uk/>

Mind offers information and advice to people with mental health problems and lobbies government and local authorities on their behalf

- Practitioner Health Programme - www.php.nhs.uk

Provides confidential NHS care to England's NHS doctors and dentists with mental health and addiction problems

- Scottish Association for Mental Health - <https://www.samh.org.uk/>

The Scottish Association for Mental Health. Operating in communities to provide a range of mental health support and services

Musculoskeletal disorders

- Juvenile idiopathic arthritis at the national RA society - <https://www.jia.org.uk/>

For those affected by Juvenile Idiopathic Arthritis

- Health & Safety Executive | Musculoskeletal Disorders - <http://www.hse.gov.uk/msd/>

Provides advice to prevent and manage MSDs, including tools to assess the risks of manual handling and repetitive tasks

- National Ankylosing Spondylitis Association - <https://nass.co.uk/>

Dedicated to transforming axial SpA (AS) care in the UK by building awareness, improving care and empowering the community

- Steps - www.steps-charity.org.uk

Supporting those affected by childhood leg conditions

- Versus Arthritis - <https://www.versusarthritis.org/>

Versus Arthritis invest in breakthrough treatments, the best information and vital support for everyone affected by arthritis.

Myalgic Encephalomyelitis (M.E.)

- Action for ME - <https://www.actionforme.org.uk/>

Supporting people with ME/CFS

N

Neurological conditions

- Brain and Spine Foundation - www.brainandspine.org.uk

Tailored information and specialist support for anyone affected by a neurological problem

- Cerebral Palsy UK - www.cerebralpalsy.org.uk

Provides support by offering impartial information on a broad range of subjects that people affected by CP should find useful

- CJD Support Network - www.cjdsupport.net

Providing emotional and practical support for all strains of Creutzfeldt-Jakob Disease (CJD) and for those who are at greater risk of CJD

- Gain - <https://gaincharity.org.uk/faq/2392-2/>

Supporting people affected by Guillian-Barré and other acute inflammatory neuropathies

- MS Society - <https://www.mssociety.org.uk/care-and-support>

The MS society understand what life's like with multiple sclerosis (MS) and provide support, care, information and the latest MS research news and developments

- Nerve Tumours UK - <https://nervetumours.org.uk/>

Supporting those affected by nerve tumours including those with Neurofibromatosis

- Parkinson's UK - www.parkinsons.org.uk

Aiming to find a cure, and improve life for everyone affected by Parkinson's

- POTS UK - www.potsuk.org

Supporting people affected by postural tachycardia syndrome

- Scope - <https://www.scope.org.uk/>

The disability organisation in England and Wales focussing on cerebral palsy

- Stroke Association - <https://www.stroke.org.uk/>

Supporting people to rebuild their lives after stroke

- The Brain Charity - www.thebraincharity.org.uk

Offers emotional support, practical help and social activities to anyone with a neurological condition and to their family, friends and carers

- The Migraine Trust - <https://www.migrainetrust.org/>

The Migraine Trust charity funds research, provides evidence-based information, campaigns for and supports people affected by migraine in the UK

O

Optthalmic Conditions

- Fight For Sight - www.fightforsight.org.uk

Working to stop sight loss caused by eye conditions and diseases. Undertaking and funding research and also providing support to patients with sight loss including those with diabetic retinopathy

- Royal National Institute for The Blind - www.rnib.org.uk

The Royal National Institute of Blind People (RNIB) are one of the UK's leading sight loss charities and the largest community of blind and partially sighted people

- Vision UK - www.visionuk.org.uk

Working in collaboration with partners across the eye health and sight loss sector to deliver positive change for blind and partially sighted people

R

Rare conditions

- Rare Diseases - www.raredisease.org.uk

Rare Disease UK is the national campaign for people with rare diseases and all who support them

Renal conditions

- Kidney Care UK - www.kidneycareuk.org

The kidney patient support charity

- National Kidney Federation - www.kidney.org.uk

Supporting patients and their loved ones on their path with kidney disease

Respiratory Conditions

- Asthma UK - www.asthma.org.uk

Supporting people with asthma. We work to stop asthma attacks and, ultimately, cure asthma

- British Lung Foundation - www.blf.org.uk

The only UK charity looking after the nation's lungs. With your support, we'll make sure that one day everyone breathes clean air with healthy lungs

S

Spinal conditions

- British Scoliosis Society - www.britscoliosissoc.org.uk

Representing surgeons, healthcare workers and researchers interested in the treatment and nature of complex spine disorders

- Spina Bifida Association - <https://www.spinabifidaassociation.org/>

Working to promote the prevention of Spina Bifida and enhance the lives of all affected through research, advocacy, education, and support

- Spinal Injuries Association - <https://www.spinal.co.uk/>

For life after spinal cord injury

T

Transplants

- Transplant Association - www.transplantassociation.org.uk

Giving life, changing life, by your side

U

Undiagnosed conditions

- Genetic Alliance UK/Rare disease UK/SWAN | supporting families affected by a syndrome without a name - www.undiagnosed.org.uk

Working together collaboratively to support patients with conditions and syndromes without a name or formal diagnosis

V

Visual Impairment (blindness)

- Royal National Institute of Blind People - <https://www.rnib.org.uk/>

The Royal National Institute of Blind People (RNIB) are one of the UK's leading sight loss charities and the largest community of blind and partially sighted people.