



Fact Sheet: Personal Relationships

Together we are Stronger

Personal relationships and sexuality

The following organisations are able to provide information, advice and support on issues surrounding relationships.

FPA

Provides an information and advice (online only) on all aspects of family planning, sexual and reproductive health.

Website: www.fpa.org.uk

Brook

This organisation offers emergency contraception, advice about sexual health and counselling for emotional or sexual problems for people under 25.

Tel: 020 7284 6040

Email: admin@brook.org.uk

Website: www.brook.org.uk

Relate – the relationship people

Relate's service is open to anyone who has concerns about personal relationships. Relate runs over 500 counselling centres in England, Wales and Northern Ireland, many of which are wheelchair accessible. To find details of your nearest centre, please look at a telephone directory under 'Marriage Guidance' or contact Relate at:

Tel: 0300 100 1234

Helpline: 0845 456 1310

Email: enquires@relate.org.uk

Website: www.relate.org.uk

Relationships Scotland

Relationships provides free confidential counselling through its 14 local marriage-counselling services for people experiencing relationship difficulties.

Helpline: 0845 119 2020 (Monday to Friday, 9.30am – 4.30pm)

Email: enquires@relationships-scotland.org.uk

Website: www.relationships-scotland.org.uk

National Aids Helpline

Trained advisers at the National Aids Helpline give 24-hour confidential advice on issues surrounding Aids and sexual health.

Tel: 0800 567123

<http://www.nhs.uk/worhtalkingabout/Pages/sex-worth-talking-about.aspx>

Regard

Regard offers information and support, and also campaigns for and on behalf of disabled lesbians and gay men.

BM Regard, London, WC1N 3XX

Email: secretary@regard.org.uk

Website: www.regard.org.uk

Parenting**Disability, Pregnancy and Parenthood International**

Information and advice for disabled parents and professionals

Website: www.disabledparent.org.uk

Family Rights Group

Keeping children safe in their families

Advice Service: 0808 801 0366

Website: www.frg.org.uk

Rica

Produces a wide range of information on all kinds of equipment, including parenting equipment, but also on Mobility equipment, Aids for daily living, Personal Care and Consumer rights. (Downloadable reports are out of date, but website information is updated)

Website: www.rica.org.uk

Other useful numbers

NHS Direct can give information on Family Planning.

Tel: 0845 4647

Website: www.nhsdirect.nhs.uk

How to meet a friend or partner

Dating4Disabled.com

Dating4Disabled is a disabled dating service and online community for people with disabilities. Our online community for disabled people will help you meet new friends, date, chat, blog and more.

Website: www.dating4disabled.com

PHAB Clubs

There are over 300 Phab clubs throughout the UK. They provide opportunities for disabled people to enjoy various leisure activities alongside able-bodied people, helping to promote integration on equal terms. PHAB also runs holiday courses on topics such as crafts, arts and sports.

Summit House, Wandle Road, Croydon CR0 1DF

Tel: 020 8667 9443

Email: info@phab.org.uk

Website: www.phab.org.uk

Disclaimer

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Charcot-Marie-Tooth: A Practical Guide

An essential guide to understand CMT, how to manage and treat the condition, and gives a wealth of practical information, including a directory of sources of further information.

Available free for members, or to purchase online in our webshop

This is a publication produced by CMT United Kingdom.