

A-Z of Resources to help.

NHS Choices website - www.nhs.uk/Conditions

To obtain information on a vast range of health conditions /treatment options

NHS Direct Wales - www.nhsdirect.wales.nhs.uk

Alcohol and Substance Misuse

- Community Addiction Unit -029 20 461742 Vale -01446 700943
- Cardiff alcohol and drugs team 029 20 468568
- AA (Alcoholics Anonymous) 0845 769 7555 help@alcoholics-anonymous.org.uk

Adoption

- Adoption UK - <http://www.adoptionuk.org/> Phone: 02920 230319
- After Adoption - information@afteradoption.org.uk Phone: 0800 0568578

Autism

- NHS Choices Autism support finder - <http://www.nhs.uk/Service-Search/Support-groups-for-autism/LocationSearch/310>
- National leading charity for Autism - <http://www.autism.org.uk/>

Auto -Immune

- Sjogren's Syndrome - <http://www.nhs.uk/conditions/sjogrens-syndrome/pages/introduction.aspx>
- Lupus - <http://www.nhs.uk/conditions/lupus/pages/introduction.aspx>
- Addisons - <http://www.nhs.uk/Conditions/Addisons-disease/Pages/Causes.aspx>

Back Pain

- Chartered Society of Physiotherapy - <http://www.csp.org.uk/publications/exercise-advice-leaflets>
- NHS Choices - <http://www.nhs.uk/conditions/Back-pain/Pages/Introduction.aspx>
- Self referral to Occupational health Physiotherapists by ringing Occupational Health Service at UHW on ext 02920 743264, or the Occupational Health Service at UHL on ext 02920 715140

Bereavement

- Cruse Counselling 029 20 226166 <http://www.cruse.org.uk/publications/booklets>
- There are many practical issues to manage when someone dies. Bereavement Advice Centre supports and advises people on what they need to do after a death - <http://bereavementadvice.org/>
- Help is at hand, resource for those bereaved by suicide or an unexplained death - [http://www.samaritans.org/sites/default/files/kcfinder/files/HelpIsAtHand\(E\).pdf](http://www.samaritans.org/sites/default/files/kcfinder/files/HelpIsAtHand(E).pdf)

Bladder Problems

- NHS Choices information - <http://www.nhs.uk/conditions/Urinary-tract-infection-adults/Pages/Introduction.aspx>
<http://www.nhs.uk/Livewell/Kidneyhealth/Pages/Kidneyhealthhome.aspx>
<http://www.nhs.uk/Livewell/incontinence/Pages/Breakingthetaboo.aspx>

Burns

- Check your burn, scald or electric shock symptoms here - <https://www.nhs.uk/symptom-checker/burns,-scalds-and-electric-shock/start>
- Aftercare for burns and scalds - <http://www.nhs.uk/Conditions/Burns-and-scalds/Pages/Recovery.aspx>

Cancer

- Macmillan cancer support - www.macmillan.org.uk/Home.aspx
- Tenovus cancer support line - www.tenovus.org.uk/
- George Thomas Trust, info on Hospice care - <http://www.gthc.org.uk/>
- Marie Curie. Call the Marie Curie Support Line for free confidential support and practical information on all aspects of terminal illness - <http://www.mariecurie.org.uk/>
- Cancer research UK- Reliable, easy to understand patient information www.cancerresearchuk.org/about-cancer/

Chronic Fatigue

- Chronic fatigue info from NHS Choices- <http://www.nhs.uk/Conditions/Chronic-fatigue-syndrome/Pages/Introduction.aspx>

Carers

- Cardiff and Vale Carers info - <http://www.cardiffandvaleuhb.wales.nhs.uk/carers-resources>

Counselling Contacts

- **Employee wellbeing service – 02920 744899**
- Cardiff Mind 029 20 402050 <http://www.cardiffmind.org/>
- Samaritans – 08457 909090 (Cardiff 029 20 344022)
- Doctors Support Line -0844 395 3010 www.dsn.org.uk email: info@dsn.org.uk
- www.stepiau.org

Debt advice

- Step Change Debt Charity: Provides free advice on debt issues and a tailored plan for you - www.stepchange.org
- Riverside Advice: Advice on welfare rights, benefits, debt and financial problems - www.riversideadvice.f2s.com 02920 341577
- Citizens Advice Bureau: www.cardiffcab.org.uk 029 2034 6490

Dental

- Dental Helpline 029 20 444500
- NHS Choices dental advice - <http://www.nhs.uk/conditions/Toothache/Pages/Introduction.aspx>

Dietary advice and Healthy Living

- Change for Life - <http://www.nhs.uk/change4life/Pages/change-for-life.aspx>
- British Dietetic Food fact sheets - <https://www.bda.uk.com/foodfacts/home>

- BEAT website for info and message boards on eating disorders- <http://www.b-eat.co.uk/>
- Public Health Wales advice on nutrition and lifestyle - <http://www.publichealthnetwork.cymru/en/topics/nutrition/>
<http://www.publichealthnetwork.cymru/en/topics/lifestyle/>
- Cardiff Healthy City website - <http://cardiffhealthycity.com/>

Diabetes

- Health in Wales Diabetes - <http://www.wales.nhs.uk/healthtopics/conditions/diabetes>
- Type 2 diabetes Chartered Society of Physiotherapy Information - <http://www.csp.org.uk/your-health/conditions/type-2-diabetes>
- Cardiff and Vale Podiatry resources - <http://www.cardiffandvaleuhb.wales.nhs.uk/podiatry-resources>

Domestic Abuse

- Vale of Glamorgan advice and helpline - http://www.valeofglamorgan.gov.uk/en/living/social_care/adult_services/adult_protection/domestic_abuse.aspx
- NHS Choices Domestic abuse info - <http://www.nhs.uk/Livewell/abuse/Pages/domestic-violence-help.aspx>
- Men's Advice Line: Confidential helpline for men experiencing domestic violence by a current or ex-partner - www.mensadviceline.org.uk 08088 010327
- White Ribbon Campaign: Male orientated organisation to oppose violence against women - www.whiteribboncampaign.co.uk 01422 886545

D&V

- NHS choices information - <http://www.nhs.uk/conditions/gastroenteritis/pages/introduction.aspx>
<http://www.nhs.uk/conditions/diarrhoea/Pages/Introduction.aspx>
- Choose well Manchester Self care for Diarrhoea and Vomiting - <http://www.choosewellmanchester.org.uk/self-care/self-care-information-for-adults/diarrhoea-and-vomiting/>

Epilepsy

- NHS Choices information- <http://www.nhs.uk/Conditions/Epilepsy/Pages/Introduction.aspx>
- Epilepsy Society - <http://www.epilepsysociety.org.uk/help-and-support>
- Epilepsy Action - <https://www.epilepsy.org.uk/>

Endometriosis

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

Eye care

- NHS Choices eye health information - <http://www.nhs.uk/Livewell/eyehealth/Pages/eyehealthhome.aspx>
- Eye Care Wales Website: www.eyecare.wales.nhs.uk

Family Support

- Family Lives - <http://www.familylives.org.uk/> 08088 00 2222
- Tax Credits/Child Care Vouchers - tax credit estimator available on the EDENRED Web Site www.Childcarevouchers.co.uk The code needed to access this site is 'CARD3946'.

- Relate – 029 20 499349 – list of counsellors www.relate.org.uk
- Contact-a-Family (Wales) : Helpline for parents/carers of children with disabilities/special needs. Medical information directory is available and advice and support online - www.cafamily.org.uk
- GingerBread: Helpline for lone parents - www.gingerbread.org.uk 0808 802 0925
- Change for Life - <https://smarttools.change4life.co.uk/>

Feet

- Cardiff and Vale podiatry info, self referral and exercises - http://nww.cardiffandvale.wales.nhs.uk/portal/page?_pageid=253,35678503,253_35678521&_dad=portal&_schema=PORTAL
- Arthritis research - <http://www.arthritisresearchuk.org/arthritis-information/conditions/foot-pain/foot-pain-exercises.aspx>
- Chartered Society of Physiotherapy - <http://www.csp.org.uk/publications/exercise-advice-leaflets>

Flu/ chest infections

- NHS Choices info - <http://www.nhs.uk/conditions/flu/Pages/Introduction.aspx>
- 10 Myths about the cold and flu vaccine - <http://www.nhs.uk/Livewell/winterhealth/Pages/Flu-myths.aspx>
- Day by day guide to treating cold and flu - <http://www.treatyourselfbetter.co.uk/>

Fibromyalgia

- NHS Choices info - <http://www.nhs.uk/Conditions/Fibromyalgia/Pages/Symptoms.aspx>

Gastrointestinal problems

- NICE Guidance on IBS and diet - <http://www.nice.org.uk/guidance/cg61/chapter/guidance>
- Crohn's Disease and Ulcerative Colitis www.crohnsandcolitis.org.uk
- NHS Choices info on Gallstones - <http://www.nhs.uk/Conditions/Gallstones/Pages/Symptoms.aspx>

Heart and Blood Circulation

- <http://www.nhs.uk/conditions/Anaemia-iron-deficiency-/Pages/Introduction.aspx>
- British Heart Foundation - <https://www.bhf.org.uk/publications.aspx>
- Health in Wales Coronary Heart Disease info - <http://www.wales.nhs.uk/healthtopics/conditions/coronaryheartdisease>
- Varicose Veins info - <http://www.nhs.uk/Conditions/Varicose-veins/Pages/Whatarevaricoseveins.aspx>

Homelessness

- Shelter - <http://sheltercymru.org.uk/>
- Llamau provides a wide range of housing related support projects for 16-25 year olds - <http://www.llamau.org.uk/supported-housing/>

Infectious Diseases

- Please search the condition on NHS choices - <http://www.nhs.uk/Pages/HomePage.aspx>

IVF/ Infertility

- IVF support organisations- <http://www.nhsdirect.wales.nhs.uk/encyclopaedia/i/article/ivf#Supportorganisations>

Mental Health

- <http://www.nhs.uk/conditions/stress-anxiety-depression/pages/understanding-stress.aspx>
- Anxiety UK – www.Anxietyuk.org.uk Helpline: 08444 775 774
- Mind - <http://www.mind.org.uk/>
- Free stress information - <http://www.stepsforstress.org>
- Free site design to offer information, advice to those experiencing troublesome thoughts, feelings and actions. www.moodjuice.scot.nhs.uk
- Support surrounding bipolar disorder - www.bipolaruk.org.uk
- Community advice and listening line mental health for Wales – C.A.L.L -0800 132 737
- Emotional health advice from NHS Choices <http://www.nhs.uk/Livewell/mentalhealth/Pages/Mentalhealthhome.aspx>
- Diverse Cymru. Diverse Cymru is an equalities organisation which delivers services aimed to reduce inequality, increase independence and providing support- www.diversecymru.org.uk
- Samaritans: Confidential emotional support over the phone, face-to-face or email for those experiencing distress, which may lead to suicide, 365 days a year 24 hours a day - www.samaritans.org 08457 90 90 90

Migraine

- Migraine Trust - <http://www.migrainetrust.org/>

Miscarriage/ Still birth

- Miscarriage Association - www.miscarriageassociation.org.uk 01924 200 799
- Tommy's Trust: funding research into still birth, premature birth and miscarriage - <https://www.tommys.org/>
- Child bereavement UK - <http://www.childbereavementuk.org/support/families/death-baby-miscarriage-and-stillbirth/reading-and-resources/>
- SANDS : stillbirth and neonatal death charity - Tel: 020 7436 5881 <http://www.uk-sands.org/publications/support-and-information-leaflet>

Muscular-Skeletal Issues

- Chartered Society of Physiotherapy – <http://www.csp.org.uk/publications/exercise-advice-leaflets>
- Arthritis research UK –exercises to manage pain - www.arthritisresearchuk.org
- National Rheumatoid Arthritis - www.nras.org.uk
- Back Care charity - Helpline: 0845 130 2704 www.Backcare.org.uk
- Welsh Backs – www.welshbacks.com
- NHS choices- <http://www.nhs.uk/conditions/Back-pain/Pages/Introduction.aspx>
- Self referral to Occupational health Physiotherapists by ringing Occupational Health Service at UHW on ext 02920 743264, or the Occupational Health Service at UHL on ext 02920 715140

Pregnancy

- NHS Choices pregnancy disorder and baby guide - <http://www.nhs.uk/conditions/pregnancy-and-baby/pages/pregnancy-and-baby-care.aspx>
- Cardiff and Vale risk assessment for pregnant staff - <http://www.cardiffandvaleuhb.wales.nhs.uk/sitesplus/documents/1143/Handling%20Cytotoxics%20during%20Pregnancy%20Procedure.pdf>
- Change for life - <https://smarttools.change4life.co.uk/>

Smoking Cessation

- Change for Life/Public Health information - <https://smarttools.change4life.co.uk/#quitsmoking>
- ASH ; Action on smoking and health - http://ash.org.uk/files/documents/ASH_111.pdf
- Stop Smoking Wales - <http://www.stopsmokingwales.com/home>

Sexual health

- NHS choices - <http://www.nhs.uk/Livewell/Sexualhealthtopics/Pages/Sexual-health-hub.aspx>
- Sexual health Clinics in Wales - <http://www.nhsdirect.wales.nhs.uk/encyclopaedia/s/article/sexualhealthclinics/>
- All Wales Sexual health Network - <http://www.shnwales.org.uk/>

Stroke

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

Weight loss

- Weight loss resources: Fad free tools for health weight loss - http://www.weightlossresources.co.uk/healthy_eating/healthy-lifestyle/change-for-life.htm
- NHS Choices weight loss information - <http://www.nhs.uk/livewell/weight-loss-guide/Pages/weight-loss-guide.aspx>