

Resources From Other Organisations

Breast Cancer Care - Have a publication about breast cancer and parenting where individual parents describe their experiences with advice on what, when and how to tell children - Tel: 0808 800 6000. Website: www.breastcancercare.org.uk

Lymphoma Association - have a booklet providing advice and suggestions on how to talk to a child when his or her parent has cancer - Tel: 0808 808 5555. Website www.lymphoma.org.uk

Cancer BACUP - have a booklet on What do I tell the children? - written for parents with cancer. Large print version available on request. Tel: 0808 800 1234. Website www.cancerbacup.org.uk

BackCare - The Charity for Healthier Backs - Provide Equipment & Information - Including a publication 'Back Pain, Pregnancy and Children' - Tel: 020 8977 5474. Website www.backcare.org.uk

Charcot-Marie-Tooth - Produce information including pregnancy and parenting. Tel: 0870 7744 314. Website www.cmt.org.uk

Directgov - Section for disabled parents. Website www.direct.gov.uk/DisabledPeople/HealthAndSupport/DisabledParents

Epilepsy Action Helpline - Provides information on parenting with epilepsy. Tel: 0808 800 5050. Website www.epilepsy.org.uk

Epilepsy Support - Self help website, contains personal accounts of pregnancy and parenting. Website www.epilepsysupport.org.uk

MS Resource Centre - Provide information and publications, including MS, Pregnancy & Parenthood book by Judy Graham - Tel: 0800 783 0518. Website www.msrc.co.uk

MS Trust - Produce information packs and publications, including My Mums Got MS - Tel: 01462 476700. Website www.mstrust.org.uk

MS Society - Produce various publications on pregnancy and parenthood. Helpline Tel: 0808 800 8000. Website www.mssociety.org.uk

Osteoporosis Society UK - Has a self-help group of mothers with Osteoporosis of Pregnancy, who have young children - Helpline Tel: 0845 450 0230. Website www.nos.org.uk

Parkinsons Disease Society - Produce downloadable publications, including on pregnancy & parenting - Helpline Tel: 0808 800 0303. Website www.parkinsons.org.uk

Royal National Institute for the Blind - Produce various publications, including a monthly magazine 'You and Your Child' for blind and partially sighted parents and parents-to-be this magazine features informative articles on all aspects of bringing up a child, from pregnancy to starting school. Tel: 0845 766 9999. Website www.rnib.org.uk

UK Selfhelp - List of UK Selfhelp organisations. Website www.ukselfhelp.info/

Sign and Bond - Specialise in teaching Baby Sign Language as well as British Sign Language. Sign & Bond has also produced a baby signing DVD called Sign at the Farm. Website www.signbond.co.uk.

Spinal Injuries Association - Produce information booklets and publications, including one on 'Motherhood'. Tel: 0800 980 0501, Website www.spinal.co.uk

Stroke Association - Support and information for people who have had strokes, their families and carers - produce a booklet on strokes and younger adults which contains pregnancy & parenting information - Tel: 0845 3033 100. Website www.stroke.org.uk

Thalidomide Society - Offers information, support and advice and have a self-help support network of disabled parents - Tel: 020 8868 5309, Website www.thalidomidesociety.co.uk