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ADDICTION SUPPORT

DRUGS AND ALCOHOL

Inclusion

NHS funded programme providing a free, confidential and easy to access service to all age groups on the Isle of Wight who are using, or affected by someone else's use of alcohol or drugs

Contact

☎ 01983 526654

☎ (out of hours) 0300 330 2001

✉ inclusioniow@mpft.nhs.uk

🌐 www.inclusioniow.org (online referral contact form for patient and professional referral)

f www.facebook.com/InclusionIOW

Al Anon

Meetings are 'closed' and restricted to alcoholics and those who have a desire to stop drinking alcohol. There are meeting at Cowes, Newport, Ryde, Sandown, Shanklin and Ventnor.

Contact

☎ 0800 9177650

☎ (Out of hours) 02392 580776 (24 hours)

✉ help@aamail.org

🌐 www.alcoholics-anonymous.org.uk

Rob Hill Foundation

Support to help beat addictions based on Chris Hill's Beat My Addictions programme. Meetings at Ryde Methodist Church Mondays 6.30pm - 8.30pm led by Sara Coombs.

Contact

Sara Coombs

☎ 07792 864809

✉ online form

🌐 robhillfoundation.org/workshops/isle-of-wight/



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 Hampshire & Isle of Wight Addiction & Mental Health Support Group
www.facebook.com/groups/256196556515457

Dear Albert

Dear Albert helps individuals to stop taking alcohol and drugs. It also specialises working directly with providers of substance misuse services and other organisations to achieve better outcomes. Online support, no local representative.

Contact

 0800 830 3646 (Helpline)

 hello@dearalbert.co.uk

 www.dearalbert.co.uk

 www.facebook.com/DearAlbertRecovery

GAMBLING

Gamblers Anonymous

Gamblers Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others do the same. Meetings at Kingdom Play Café Area, Aspire, Dover Road, Ryde Mondays 7pm-9pm

Contact

Tom

 07546 106675

 info@gamblersanonymous.org.uk

 <https://www.gamblersanonymous.org.uk/find-a-meeting/244>

GamCare

GamCare provide free, confidential and non-judgemental structured support and treatment for anyone who is harmed by gambling. Within the South East service GamCare has six Treatment Practitioners who guide people through their recovery journey, with regular meetings tailored to that persons' individual needs.

Contact

 0800 6446668

 southeastreferrals@gamcare.org.uk

 www.gamcare.org.uk/SouthEast

Be Gamble Aware

Be Gamble Aware works in close collaboration with the NHS, clinicians, local and national government, gambling treatment providers, as well as other mental health services, giving advice, tools and support to addicts.

☎ 0808 8020 133

💻 via Chatline on website

🌐 www.begambleaware.org

SMOKING

Smoke Free Island

Smoke Free Island is a Stop Smoking dedicated service bringing together a range of local partner agencies to enable smokers to access clinical and non-clinical interventions seamlessly. Support is offered face-to-face, online and through an app.

☎ 0800 999 1396/01983 642369

💻 via Chatline on website

✉ Text QUIT to 66777

✉ smokefree.island@nhs.net

🌐 www.smokefreeisland.co.uk

CARERS' SUPPORT

Carer's IW

Carer's IW supports adult unpaid carers of adults across the Island, with training, support groups, one to one, carers assessments, mental health drop ins, self care cafes and quiet days. They offer a telephone support line and Carers Lounges at St Mary's Hospital and Sevenacres.

Contact

☎ 01983 533173 M-F 8am-8pm S&S 10am-4pm (urgent calls only after 4pm and at weekends)

☎ 01983 822099 ext 2568 St Mary's Carers Lounge

☎ 01983 822099 ext 2401 Sevenacres Carers Lounge

✉ info@carersiw.org.uk

🌐 www.carersiw.org.uk

Young Carer's IW (Barnardo's)

Young carers are children and young people aged 5 to 18 years whose lives are affected by caring for an unwell member of their family. They care for a relative who may have a



physical or learning disability, a long-term illness, a terminal condition, mental illness, or difficulties with drug or alcohol use. Caring may be physical, emotional or both.

Barnardo's offers support for young carers and their families. We work with children and young people to provide a range of events and activities to give them a break from their caring responsibilities, and we also offer one-to-one support tailored to meet their individual needs. To find out more, or to request support, please use the referral link in the website below.

Contact

☎ 01983 529208

✉ YoungCarersIOW@barnardos.org.uk

🌐 www.isleofwightfamilycentres.org.uk/young-carers-professionals

Isle of Wight Family Centres (Barnardo's)

More information on Family Hubs.

Contact

☎ 01983 529208 West & Central Hub (Newport)

☎ 01983 617617 North East Wight Hub (Ryde)

☎ 01983 408718 South Wight Hub (Sandown)

✉ iowfamilycentres@barnardos.org.uk

📘 www.facebook.com/iowfamilycentres

AMPUTATIONS

IW Amputee Peer Group

This group is currently run by St Mary's Occupational Therapist. They meet on Fridays at 2.30pm at Busy Bees, Ryde. Please contact St Mary's Prosthetics service for further details.

Contact

☎ 01983 534365

BLESMA

The only national Service charity that supports limbless veterans for the duration of their lives, offering financial and emotional support to them and their families. Currently based on the mainland but often on the Isle of Wight to provide support to members and widows.

Criteria for support –



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- If you have lost a limb in service or have lost the use of limbs, suffered permanent loss of speech, hearing, or sight whilst serving or as a result of service in any branch of His Majesty's Forces or Auxiliary Forces you may be eligible for Membership.
- If you have lost a limb, or use of a limb through traumatic incident or sight of an eye other than through service-related causes or if you are of civilian status and have lost a limb or sight of an eye as a result of War Service or enemy action you may be eligible for Membership.

Contact

Pat Donnachie BLESMA Support Officer

☎ Office: 0203 9543026

☎ Mob: 07741 846106

✉ bsosouth@blesma.org

🌐 www.blesma.org

📘 www.facebook.com/blesma

BEREAVEMENT SERVICES

NHS Bereavement Services

The Bereavement Service offers helpful advice and support with the practical administrative process following the death of a relative or loved one at St Mary's Hospital. The first step is to contact the Bereavement Officer at your earliest convenience. They will be able to offer you guidance on the next stages, answer any questions that you may have and signpost you to the appropriate agencies should you require further assistance.

Staff at the Bereavement Centre also include Mortuary staff and Medical Examiner's Officers.

☎ 01983 534615 (M-F 9.00-3.30)

🌐 www.iow.nhs.uk/services-and-departments/bereavement

Children's Bereavement Group

A support group for children under the age of 18 who have experienced loss through death, wherever or however that death may have taken place. Sessions take place on Thursdays 4pm - 5pm at the Art Room, John Cheverton Centre, Halberry Lane, Newport, supported by KissyPuppy (the Sophie Rolf Trust).

Contact

Psychology and Bereavement Service

☎ 01983 217346

Bereavement Café



The Bereavement Café is a safe and comfortable environment to meet others, speak about experiences, ask questions and share resources while making new friends. The Café is situated within the Kingdom Café, Aspire Ryde, Dover Street, Ryde, PO33 1DR on Thursdays from 10.30am to 12pm.

Contact

Vivi Dorning

✉ vivi@aspireryde.org.uk

Mountbatten Bereavement Services

Mountbatten's Bereavement Team is available for support and usually offers up to 6 sessions each lasting an hour as well as an invitation to a bereavement group for up to a year. The service is available to everyone either through your GP or by contacting the service yourself.

Contact

☎ 01983 217346

✉ info@mountbatten.org.uk (include Mountbatten IW in subject line)

🌐 www.mountbatten.org.uk

f www.facebook.com/MountbattenIW

Mountbatten Bereavement Support Group at The Lighthouse Church

New Bereavement Support Group, hosted by The Lighthouse Church at 47 Fort Street, Sandown PO36 8BA. Every Wednesday from 1.30 – 2.30pm

Contact

☎ 01983 529511 (Main Reception)

✉ info@mountbatten.org.uk (include Isle of Wight in subject line)

🌐 www.mountbatten.org.uk/

Community Spirited Bereavement Group

The Community Spirited Bereavement Groups meets 4-weekly on a Monday at Parkside Pavilion, Vectis Road, East Cowes, PO32 6HN. It is currently funded from the IW Household Fund so it is free of charge. The host demonstrates how to cook using an air-fryer and then shares the food before a general catch-up and support.

Public Transport: No5 bus stops nearby and the No4 stops outside Osborne House (10 min walk)

Contact

✉ communityspirited@hotmail.co.uk

Cruse Bereavement Service Isle of Wight



Cruse is a leading national charity for bereaved people. It offers face-to-face, group, telephone, email and website support. It has a free phone national helpline and has a support group on the Isle of Wight.

Contact

☎ 0808 808 1677 (National Helpline)

☎ 01983 523030 (Isle of Wight branch)

🌐 www.cruse.org.uk

Good Grief Trust

The Good Grief Trust is a bereavement support organisation run by the bereaved for the bereaved. It offers practical and emotional support, information, advice and a Helpline. It doesn't have any support groups on the island but its website has a list of contact numbers signposting to other bereavement services on its 'Find Support' Page.

Contact

🌐 www.thegoodgrieftrust.org/find-support/

Bereavement Care (formerly Bereavement Centre)

Bereavement Care is a free service designed to help and support people struggling to deal with bereavement. The Centre was established in 2000 in partnership with The Co-operative Funeralcare and other trusted funeral directors. It supports people in the South of England. It offers wellbeing groups, friendship groups, memorial services and free educational sessions for businesses.

Contact

☎ 08081 691 922 (24/7)

✉ info@bereavementcare.uk (or use contact form on website)

🌐 www.bereavementcare.uk

f www.facebook.com/BereavementCareSC

Amparo (Suicide Bereavement)

Amparo is a charity that offers support for anyone affected by suicide bereavement. The service is completely confidential and can provide short or long term practical support to those bereaved. Support is available through telephone or video link, in-person, through 'walk and talk' or in community venues. The charity offers one-to-one individual support, help with any media enquiries, practical support liaising with the Police or Coroner, helping to overcome feelings of isolation and putting in touch with local services. The service is commissioned by Portsmouth City Council for the Isle of Wight. There is a remembrance service every year on the Island for the bereaved to remember their loved ones.

Contact



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☎ 0330 088 9255

✉ amparo.service@listening-ear.co.uk

🌐 www.amparo.org.uk

📘 www.facebook.com/Amparo.SuicideSupport/

Butterflies Bereavement Support

Butterflies Bereavement Support provides professional bereavement counselling and local bereavement drop-in groups to support adults who are dealing with grief and loss. There is a telephone buddy service to support people who are lonely or isolated. They cover Hampshire and the Isle of Wight.

Contact

☎ 02381 550066 (M-Th 10-1)

✉ info@bflies.org.uk

🌐 www.bflies.org.uk

BLINDNESS AND VISUAL DISORDERS

Sight for Wight

Local independent charity dedicated to providing information and support to visually impaired islanders, their friends and carers. Here to help everyone live Safely Confidently and Independently, we can and will help.

Drop-in every Wednesday morning at centre Millbrooke House 137 Carisbrooke Road NEWPORT PO30 1DD (Car entrance 20 Castle Road PO30 1DT) with information services at Freshwater and Ventnor Our Place sessions and Chillerton Coffee morning.

Health conditions covered - all levels of sight impairment, including macular degeneration

Contact

☎ 01983 522205

✉ enquiries@iwsb.org.uk

🌐 www.iwsb.org.uk

📘 www.facebook.com/sight4wight

Wight Sense

Wight Sense is part of Sight for Wight. It provides specialist sensory support for local people with sight and hearing impairments, including assessments, individual home-based visits, mobility training, practical help and advice for people to remain independent and confident in their daily needs



Health Conditions covered – all levels of sight and hearing impairment

Contact

☎ 01983 240222

✉ info@wightsense.org.uk

🌐 www.wightsense.org.uk

📘 www.facebook.com/WightSense

Macular Society – IW Support Group

The Macular Society is the national charity for anyone affected by central vision loss. The Isle of Wight Support Group meets the 1st Wednesday of the month at Sight for Wight, Millbrooke House, 137 Carisbrooke Road, Newport

Contact

☎ 01264 560259

✉ info@macularsociety.org

🌐 www.macularsociety.org

📘 www.facebook.com/macularsociety

Deafblind UK

Deafblind UK is an organisation that provides support, information and resources for people with deaf and blindness in the UK. They offer practical and emotional support and help with technology, helping people to build their confidence to live with their condition.

Contact

☎ 0800 132320 (Text 07903572885)

✉ info@deafblind.org.uk

🌐 www.deafblind.org.uk

📘 www.facebook.com/groups/28944780314

RNIB

RNIB, the Royal National Institute of Blind People, is the UK's leading sight loss charity. It offers practical and emotional support to blind and partially sighted people, their families and carers. They raise awareness of the experiences of blind and partially sighted people and campaign for change to make society more accessible for all. They want to change our world so there are no barriers to people with sight loss. Local RNIB support is available through Sight for Wight.

Contact

☎ 0303 123 9999 (M-F 8-8 S 9-1)

✉ helpline@rnib.org.uk



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 www.rnib.org.uk

 (South East Group) www.facebook.com/groups/1998712920373505/

Blind Veterans

Established in 1915, Blind Veterans UK provides free services and lifelong support to ex-Service men and women with visual impairments. Its specialist services promote and enable these veterans to regain their independence, meet new challenges and achieve a better quality of life. Blind Veterans UK supports anyone who has served in the British Armed Forces and is experiencing sight loss (be that due to age, accident or illness), and the charity's duty of care extends to all beneficiaries and their families for life. Blind Veterans UK has pioneered many advances in care for the blind and partially sighted; for example, it co-developed the first talking books with the RNIB.

There are eligibility criteria to receive support. The website gives details of what you need to get support, and it also contains an online form for application of support.

Contact

 0800 389 7979

 www.blindveterans.org.uk

CANCER

ALL CANCERS

Wessex Cancer Trust (all cancers)

The Wessex Cancer Trust provides free and local emotional support to anyone living with cancer. The Isle of Wight Cancer Support Centre is located at 21 Lugley Street, Newport, Isle of Wight PO30 5HD. They offer a drop-in service, professional counselling, complementary therapies, activities, support groups, and courses. Their befriender service is always available to anyone impacted by cancer.

Health Conditions Covered – anyone impacted by a cancer diagnosis and their loved ones and carers.

Contact

 01983 524186 (to book in-centre support services)

 isleofwight@wessexcancer.org.uk

 www.wessexcancer.org.uk/support-services/isle-of-wight/

 www.facebook.com/pages/Wessex-Cancer-Trust-Isle-of-Wight-Cancer-Support-Centre/1810012632574152

Open Umbrella (all cancers)

A new local group established in 2023 which aims to support cancer patients and their families as they prepare for and go through cancer treatment, and offer ongoing support following treatment. The group meets informally on the 2nd Wednesday of every month at the Riverside Centre, Newport from 10.30am to 12pm plus other social activities.

Contact

June Ring

☎ 01983 761610 (Anytime)

✉ openumbrella23@gmail.com

MacMillan Cancer Support

MacMillan gives advice, practical and emotional support to anyone with cancer, their families and carers. It supports local cancer support groups as well as providing a dedicated MacMillan Citizens Advice Service to give free, impartial and confidential advice on a variety of issues as well as advising on one-off payments like MacMillan grants.

Contact

☎ 0808 808 00 00 (Support Line)

✉ online form on website

🌐 www.macmillan.org.uk

Contact

☎ 0800 144 8848 (MacMillan Citizens Advice Caseworker)

✉ macmillan.cahampshire@cabnet.org.uk

🌐 www.citahants.org

Shine Cancer Support

A support charity for people with cancer in their 20s, 30s, and 40s. The charity runs workshops, retreats and has an annual conference as well as 24/7 support available through their Facebook groups. There is not an Island group at the moment.

Contact

🌐 www.shinecancersupport.org

f www.facebook.com/ShineCancerSupport

BREAST CANCER

Applegate Breast Cancer Care Group

The group is formed of female patients who have been diagnosed with breast cancer. The women find support talking amongst themselves to help each other through treatment as

well as dealing with the personal and intimate aspects of breast cancer. This can be at any time during the cancer journey; from diagnosis through treatment and afterwards. A different topic of interest is introduced at each meeting to help patients to understand and manage their cancer. Health professionals as well as therapists and other speakers, will help patients to stay active, to have a healthier life, as well as giving them confidence in living with breast cancer. The Group meets at The Riverside Centre The Quay Newport PO30 2QR 1st Thursday of every month from 10am to 12pm. Refreshments are available.

Contact

Mary Seymour

☎ 0781 4699470

✉ mary_tutuila@uwclub.net

✉ info@applegate.care

🌐 www.applegate.care

📘 www.facebook.com/groups/223068075721929

Breast Cancer Support for Men (Isle of Wight)

At the moment there is not a dedicated support group for men. Men can access all cancer support organisations such as Open Umbrella, MacMillan or the Wessex Trust. Help, information and support can be accessed through the Clinical Nurse Specialists at St Mary's Hospital.

Contact

☎ 01983 534562

MESOTHELIOMA

See HASAG Asbestos Support Group under Respiratory Conditions

OVARIAN CANCER

Target Ovarian Cancer

We work to improve early diagnosis, fund life-saving research and provide much-needed support to women with ovarian cancer. We're here for everyone affected by ovarian cancer any time you need us. Find out about all the different ways you can access practical and emotional support.

Contact

☎ 020 7923 5475 Specialist Nurses Support (M-F 9-5)

✉ support@targetovariancancer.org.uk

🌐 www.targetovariancancer.org.uk



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 www.facebook.com/TargetOvarianCancer

PROSTATE CANCER

IW Prostate Cancer Support Group

IWPCSG meets monthly at the Riverside Centre, Newport for anyone living with Prostate cancer, their families and carers, every 4th Thursday of the month (except Dec) from 2pm (6pm in the summer months). Each meeting has a guest speaker. The group organises a series of testing days for all men on the Isle of Wight throughout the year.

The Group also have a regular monthly meeting for supporting partners at God's Providence in Newport. Please telephone or email Rita Smith for further details.

Contact

Rita Smith (Trustee Social Secretary)

 07484242133

 thesmiths57@btinternet.com

 www.iwpcsg.org

 www.facebook.com/groups/1328999860521145

SKIN CANCER

Skin Cancer Support Group

A supportive group for people suffering from skin cancer. Meets the last Monday of the month for informal refreshments from 11am to 12.30pm at The Lighthouse Clinic, 62 Crocker Street, Newport.

Contact

Mary Seymour or June Ring

 01983 761610

CHRONIC FATIGUE/ME

Hampshire & IW ME/CFS Support Group

A group of friends who suffer with the condition ME/CFS, or are relatives and carers of people with ME/CFS. People suffering from Long Covid are also welcome. The role of the group is to facilitate mutual support and friendship amongst members, with helpful information.

Contact

 membership@friendswithme.org.uk



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 www.friendswithme.org.uk

 Private group for HIWMECFS Support Group members only (ask for details after joining)

Living Well with Fatigue (Mountbatten)

Explore how to manage your fatigue. Meetings held weekly on Fridays for 4 weeks 11am to 12pm. This service is through a referral from your Mountbatten Nurse or other healthcare professional. Held at the Therapy Room, John Cheverton Centre, Halberry Lane, Newport.

Contact

 01983 529511

CLEFT LIP AND PALETTE

Cleft Lip and Palette Association UK

CLEPA is a link to the cleft community offering practical and emotional support for parents and carers of a child with a cleft.

Contact

 020 7833 4883 (Voicemail)

 www.clapa.com (online contact form)

 www.facebook.com/CLAPACommunity

DEMENTIA

Alzheimer's Café IW

Alzheimer Café Isle of Wight is for anyone affected by dementia, including individuals before and after receiving diagnosis, families, carers and healthcare professional. The cafes offer a friendly and welcoming environment where people can chat, share stories, make friends and relax.

Contact

 01983 220200

 info@alzheimercafeiow.org.uk

 www.alzheimercafeiow.org.uk

 www.facebook.com/AlzheimerCafeIOW

Alzheimer's Society

Dementia support for people with dementia and their carers, family and friends in the Hampshire and Isle of Wight area.

Contact

☎ 0333 150 3456 or 02392 892035

✉ HIP@alzheimers.org.uk

🌐 www.alzheimers.org.uk

📘 www.facebook.com/alzheimerssocietyuk

Dementia Support Hampshire and Isle of Wight

Offering support, advice and information to people with dementia, carers, family or friends. The Isle of Wight has a Dementia Support Adviser who can help with signposting to other services, information on dementia, help with claiming benefits, and give energy advice and home safety.

Contact

☎ 0344 324 6589 Helpline M-F 8am to 6pm

🌐 www.mydementiasupport.org (online contact form)

Ace7

ACE7 is an Alzheimer Café specifically for people aged 45-65 with young onset dementia. It holds 2 sessions on the 1st and 3rd Tuesdays each month from 10am to 12pm at Alzheimer Café, Parklands, Park Road, Cowes, PO31 7LZ.

Contact

Anna Roberts

☎ leave a message with Reception @ Parklands 01983 220200

✉ info@alzheimercafeiw.org.uk

Dementia Lunch Club

Run by St Helens Community and held at St Helens Community Centre 1st and 3rd Wednesdays of the month from 11.30am to 2.30pm. Please contact the Club the Sunday prior to the Wednesday (before 8.30pm) to book.

Contact

Ruth

☎ 0777 344 0657

Dementia Afternoon Tea Club

Sponsored and hosted by Right at Home in Bembridge, every 2nd Thursday of the month at Bembridge Methodist Hall for those with dementia, their family, friends and/or their support network. To confirm attendance please make contact through the telephone or website link.

Contact

☎ 01983 218318

🌐 www.rightathome.co.uk/isleofwight/

Dementia Group Music Therapy

An opportunity for fun, relaxation, meeting others and being creative through singing, dance or playing a range of different musical instruments. No previous music skills needed. Service accessed through your GP or person supporting your care at Mountbatten. Sessions at John Cheverton Centre, Halberry Lane, Newport, every Wednesday 3pm-4pm.

Contact

☎ 01983 529511 (Main Reception)

🌐 www.mountbatten.org.uk/music-therapy

West Wight Dementia Friendly Choir

Open to all and dementia friendly. Every Wednesday 10.30am to 12.30am except 3rd Wed of month. West Wight Leisure & Community Centre.

Contact

Pam

☎ 07729 938893

✉ westwightdementiachoir@gmail.com

📘 www.facebook.com/groups/westwightdementiafriendlychoir

The Elephant Club

The group supports those who struggle with dementia. It's a fun group that involves many different activities but always with a different monthly theme. Quizzes, musical memories, refreshments, alphabet memories and ending with our rendition of Nelly the Elephant. Carers may stay if they wish. Free to attend with refreshments provided. Situated in the garden room behind the church. Every 3rd Thursday of the month 2pm-4pm.

Contact

Amanda Collinson

☎ 01983 294913

✉ amandacollinson01@gmail.com

Dementia UK

We are the specialist dementia nurse charity that is here for the whole family. Our nurses, known as Admiral Nurses, provide free, life-changing support and advice to anyone affected by dementia.

Contact

☎ 020 8036 5400 Helpline 0800 888 6678



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✉ info@dementiauk.org

🌐 www.dementiauk.org

DIGESTIVE, BLADDER AND BOWEL CONDITIONS

Bladder and Bowel UK

Disabled Living is a charity that provides services that support those with bladder and bowel problems such as a free helpline, as well as providing sensory rooms, free exhibitions across the UK, equipment solutions and training. Also access to the 'Just Can't Wait' card.

Contact

☎ 0161 214 4591

✉ bbuk@disabledliving.co.uk

🌐 www.bbuk.org.uk (online form)

f www.facebook.com/bbukcharity

Guts Charity UK

Guts UK's vision is of a world where digestive disorders are better understood, better treated and everyone who lives with one gets the support they need. The charity provides information, raises awareness and funds life-changing and life-saving research into all digestive system disorders.

Contact

☎ 020 7486 0341

✉ info@gutscharity.org.uk (3-5 days to reply)

🌐 www.gutscharity.org.uk (online contact form)

f www.facebook.com/GutsCharityUK

INCONTINENCE

Isle of Wight NHS Trust's Continence Service

The IOW NHS Trust's Continence Service aims to support and provide care, solutions and advice to those with needs; promoting and maintaining dignity at all times whilst enabling them to take an active role in society where possible. The advisors are all passionately committed to providing individualised holistic care for each service user. As well as providing care, support and advice to individuals, their families and carers the team have written guidelines and developed documentation to support patients and healthcare professionals. Referral is through a GP.

Contact

☎ 01983 552457



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✉ iownt.Continence-Service@nhs.net

URINARY TRACT INFECTIONS

Bladder Health UK

Support, help and information charity for a range of bladder conditions. Members are able to access Twitter, Facebook and Instagram accounts, as well as a telephone Advice Line service, manned by a retired Uro-Gynae Nurse and Expert Patient. Once a fortnight a Specialist Bladder and Bowel Nurse is available. The charity provides a pack of resources for members including a handbook on their condition, a Diet Booklet and a Recipe Book, a membership magazine three times per year full of articles and information on living positively with bladder illness. Members also have access to a wide range of factsheets on bladder illness and the various treatments available

Health conditions: cystitis, UTI, Fowlers Syndrome

Contact

☎ 0121 702 0820 (9.30-14.30 M-F)

✉ info@bladderhealthuk.org

🌐 www.bladderhealthuk.org

COELIAC DISEASE

Coeliac UK

Information and support for sufferers of Coeliac disease, and those who need to live with a gluten free diet. Support includes a member's helpline, local groups and Member2Member support scheme. There is not currently an Island support group nor one in Hampshire.

Contact

☎ 0333 332 2033

✉ www.coeliac.org.uk/form/website-general-enquiries/ (online form)

🌐 www.coeliac.org.uk

f www.facebook.com/groups/1719532125088094

IRRITABLE BOWEL SYNDROME

IBS Network (Irritable Bowel Syndrome)

The IBS Network is the national charity supporting people living with irritable bowel syndrome, or IBS. Its mission is to provide support, accurate and up-to-date information and advice, working alongside specialist healthcare professionals to help facilitate self-

management. Face to face support groups have not resumed in the Isle of Wight/Hampshire area but there is a Helpline available for members (please note there is an annual member's subscription to access support and advice).

Contact

☎ 0114 272 3253 (for membership details)

✉ info@theibsnetwork.org

🌐 www.theibsnetwork.org

INFLAMMATORY BOWEL DISEASE

CROHN'S AND COLITIS UK

A charity dedicated to supporting people affected by Crohn's and Colitis disease through a dedicated telephone helpline, livechat and email. The charity also supports research and training for health professionals. There is a local network, the nearest being the Dorset and West Hants group.

Contact

(For local support group)

☎ 01727 734 475 (for local upcoming events)

✉ networks@crohnsandcolitis.org.uk

🌐 www.crohnsandcolitis.org.uk/dorset

(For support)

☎ 0300 222 5700 (-F 9.00-17.00)

✉ helpline@crohnsandcolitis.org.uk

✉ **LiveChat** (ctrl + click to follow link)

🌐 www.crohnsandcolitis.org.uk

📘 www.facebook.com/crohnsandcolitisuk

ENDOCRINE CONDITIONS

Adrenal Cortical Cancer Support and Information Support UK

Adrenal Cortical Cancer (ACC) Support UK is a joint venture between two well-respected patient organisations. Through working together, AMEND and Neuroendocrine Cancer UK provide information, resources and support services to ACC patients and their families and carers in the UK. Both organisations provide free psychological Counselling services and moderate a private Facebook Group for those affected by ACC which is helpful for peer support. Neuroendocrine Cancer UK provides a specialist nurse helpline for patients and AMEND provides opportunities for ACC patients to meet others to provide up-to-date information resources to help patients to navigate through their ACC journey.

Contact

☎ 0800 434 6476 (Specialist Nurse Support Line for those affected by Endrenocortical Cancer)

☎ 01892 516076 General enquiries and access to Counselling

🌐 www.accsupport.org.uk

📘 www.facebook.com/ACCSupportUK

ADRENAL CONDITIONS

Addison's Disease Self Help Group

This is a self-help group for patients with Addison's Disease and Adrenal Insufficiency. Run by patients for patients it offers information and a self-help forum to provide a better understanding of the condition, which is 33 times rarer than diabetes. The forum is accessed through a members' log in.

Contact

🌐 www.addisonsdisease.org.uk

CAH Support Group

A support group for people with Congenital Adrenal Hypoplasia run by people with the condition. It offers information and support through an online webform for general enquiries about the condition.

Contact

🌐 www.livingwithcah.com

PANCREAS CONDITIONS

Diabetes Group IOW

Providing support and information to people with diabetes, to be a platform for discussion and raising awareness of diabetes on the Island, campaigning for excellence in the care of people with diabetes and to provide them with a voice.

Contact

☎ 07415 399102

✉ info@diabetesiow.org.uk

🌐 www.diabetesiow.org.uk

📘 www.facebook.com/diabetesiow

Sandown Diabetes Support Group



Drop in session held at Sandown Library every 1st Monday in the month from 2pm to 4pm. Chat to group representative, pick up helpful information or become a volunteer. Please contact Diabetes Group IOW for further details.

Contact

☎ 07415 399102

✉ info@diabetesiow.org.uk

🌐 www.diabetesiow.org.uk

📘 www.facebook.com/diabetesiow

Diabetes UK

Diabetes UK is a charity focused on supporting people with diabetes as well as providing information for professionals, and research. As well as providing access to a Helpline, local support groups, events and an online community, it also hosts the “Type 2 Diabetes Know Your Risk” test.

Contact

☎ 0345 123 2399 (Helpline)

✉ helpline@diabetes.org.uk

🌐 www.diabetes.org.uk

🌐 [Diabetes UK – Know Your Risk of Type 2 diabetes](https://www.diabetes.org.uk/your-risk-of-type-2-diabetes) (Know Your Risk Test)

PITUITARY SUPPORT

Solent and IW Pituitary Patient Support Group

Part of the Pituitary Foundation, the SIWPPSG is a friendly support group for anyone affected by a pituitary condition in the Solent, Isle of Wight and surrounding areas. The group holds regular meetings, with an expert speaker and raffle, although the meeting for the Island is on an annual basis. The next one is due on Sat 20th July 2024 at Lake Community Centre.

Contact

☎ 0117 370 1320 General Advice Helpline

☎ 0117 370 1317 Endocrine Nurse Helpline

🌐 www.pituitary.org.uk/support-group/solent-and-isle-of-wight/ (online contact form)

The Pituitary Foundation

Support for a number of pituitary conditions. Charity offers a Helpline manned by a specialist endocrine nurse and a more general helpline for support with living with pituitary

conditions. Please note the general helpline is not open Bank Holidays. Online web contact form available.

Conditions supported: Acromegaly, Adrenal Insufficiency, Adult Growth Hormone Deficiency, AVP Deficiency (Diabetes Insipidus), Craniopharyngioma, Cushing's Disease, Empty Sella Syndrome, Hypopituitarism, Nelson's Syndrome, Non Functioning Tumour, Pituitary Apoplexy, Prolactinoma, Rathke's Cleft Cyst, Septo Optic Dysplasia, Sheehan's Syndrome

Contact

☎ 0117 370 1317 (Endocrine Nurse) NB Limited hours (see website for details)

☎ 0117 370 1320 General support

🌐 www.pituitary.org.uk

THYROID SUPPORT

British Thyroid Foundation

The British Thyroid Foundation offers support and information to people with thyroid conditions. It provides a telephone support service manned by volunteers, please see website for conditions covered and corresponding telephone support contact. It runs a medical helpline, also contact by online form. Please note that these are not for medical emergencies.

Conditions covered: Underactive thyroid, papillary cancer of the thyroid, overactive thyroid, thyroid eye disease, congenital hypothyroidism

Contact

☎ 01423 810093 M-T 10-4 (medical queries)

🌐 www.btf-thyroid.org

f www.facebook.com/BritishThyroidFoundation

Butterfly Thyroid Cancer

This charity supports patients with Thyroid Cancer, with a 'buddy' to help through the treatment process.

Contact

☎ 0739 9564463 Helpline

✉ amy@butterfly.org.uk

🌐 www.butterfly.org.uk

Thyroid Eye Disorder Charitable Trust

Support and information for patients and professionals.



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Contact

☎ 07469 921782

✉ info@tedct.org.uk

🌐 www.tedct.org.uk

📘 www.facebook.com/groups/258702225649560

FIBROMYALGIA

IW Fibromyalgia/CFS Social and Support Group (Wight Fibro)

Meetings on a monthly basis to share problems, swap ideas, coping techniques, self management and update on research, events and different methods of pain relief/therapy from experts. Meetings take place every 2nd Tuesday of the month from 2pm to 4pm. Event location advertised on Facebook groups.

Contact

☎ 0844 891 8725

✉ iwfmsgfibrogroup@gmail.com

📘 www.facebook.com/wightfibrogroup (Wight Fibro Group)

📘 www.facebook.com/groups/754457568033662 (IW Fibromyalgia Group)

HEARING IMPAIRMENTS

Wight Sense

See entry under Blindness and Visual Impairment

The Saturday Club

A social club for deaf children living on the Isle of Wight. Catering for children from pre-school to 18, providing activities, trips, experiences and outings that are focussed on developing good social skills, improving communication abilities and increasing self confidence and esteem.

Contact

☎ 07719 912431

✉ info@saturdayclub.org.uk

🌐 www.saturdayclub.org.uk

📘 www.facebook.com/saturdayclubiw

National Deaf Children's Society



Information and support for parents of deaf children. Pages of information for children aged 8-18 and 18-25 (called The Buzz).

Contact

☎ (Helpline) 0808 800 8880

✉ ndcs@ndcs.org.uk

🌐 www.ndcs.org.uk

📘 www.facebook.com/NDCS.UK

RNID

Helping and supporting anyone who has a hearing condition including deafness, hearing loss and tinnitus. Support is offered through Live Chat, email and telephone and there is the option to ask for a BSL video call.

Contact

☎ 0808 808 0123

✉ contact@rnid.org.uk

🌐 www.rnid.org.uk

📘 www.facebook.com/rnid

TINNITUS

Isle of Wight Tinnitus Self Management Group

The group meets informally every quarter at Arreton Community Hall.

Contact

Susan Poole

✉ iowtinnitus@gmail.com

📘 www.facebook.com/groups/397645578113049

HEART DISEASE

Wight Cardiac Rehab (Previously known as Island Heart Care Club)

Wight Cardiac Rehab was established to provide a facility for people with heart conditions, particularly those recovering from heart attacks to heart surgery. Previously called The Isle of Wight Heart Care Club. The Club hold exercise classes every Monday at Garfield Road Methodist Church, Ryde from 2.30pm to 3.30pm. Booking is mandatory.

Contact

Lyn (for exercise classes)

✉ info@islandheartcareclub.co.uk (for all enquiries)



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 www.islandheartcareclub.co.uk

 www.facebook.com/islandheartcareclub (search under Wight Cardio Rehab)

IW Stroke Club

The IOW Stroke Club is an island-based organisation run by stroke survivors to provide help and support for other stroke survivors, their families and carers on the Island. The club focuses on improving the quality of life of those who have been affected by stroke, by providing support, activities, equipment and advice to their members. Meetings held on the last Friday of the month from 1pm to 3.30pm at The Pavilion Victoria Recreation Ground, Recreation Road, Newport.

Contact

 01983 869100

 www.isleofwightstrokeclub.co.uk

 www.facebook.com/IOWStrokeClub

IW Stroke Association (IW Stroke Cafes)

A small, friendly group open to all stroke survivors and carers on the Isle of Wight, giving members a chance to make friends, share information, get support and gain confidence. Meeting on 2nd Wednesday of the month at difference venues.

Contact

Lyn Bonner

 07933 174201

HIV AND AIDS

Terence Higgins Trust

The Terence Higgins Trust is the country's leading charity on HIV and sexual health. It supports people living with HIV, providing testing services for HIV and other sexual transmitted diseases and helping people to achieve good sexual health. It also campaigns on subjects such as relationships and sex education in schools and runs community projects and works and skills programmes for people living with HIV. On behalf of Public Health England the Trust leads the national HIV programme It Starts With Me. Support is through a telephone Helpline, email, Livechat (M-F 11-1 & 3-5).

Contact

 0808 802 1221

 info@ttht.org.uk

 www.ttht.org.uk



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 www.facebook.com/TerrenceHigginsTrust

Positively UK

London-based charity which supports people living with HIV through Peer Mentoring Training, supporting women with HIV, clinics and socials to help deal with the condition, Gay men's wellbeing support, and help for the under 30s.

Contact

 0207 713 0444

 info@positivelyuk.org

 www.positivelyuk.org

 www.facebook.com/PositivelyUK

LUPUS SYNDROME

Lupus UK

LUPUS UK is the only national registered charity supporting people with systemic lupus and discoid lupus and assisting those approaching diagnosis. It has over 5500 Members and a number of Regional Groups around the UK who arrange medical talks, publish local newsletters, set up local occasions and organise fundraising events. The local support group for Hampshire is suspended due to illness. If you are interested in running this group please contact LUPUS UK direct.

LUPUS UK also produces an informative national magazine with lupus articles, letters, reports, and photographs, and operates a strong Grant Programme for research purposes and welfare.

Click here for support through the Contact scheme [LUPUS UK Contacts - LUPUS UK](#)

Contact

 01708 731251 (M-F 9-5)

 www.lupusuk.org.uk

 www.facebook.com/LUPUSUK

LYMPHOEDEMA

Lymphoedema Support Network

The Lymphoedema Support Network is a national charity run by people with the condition for people with the condition. It supports people to live with all types of Lymphoedema and Cellulitis, whether you are newly diagnosed, are concerned you may be at risk, are a carer or family member or a Healthcare professional.

Contact

☎ 020 7351 4480

🌐 www.facebook.com/Lymphsupport

Lymphocise Exercise Group

This is an 8-week programme of exercise in the gym with others with Lymphoedema, to work on balance, strength and general fitness and stamina. Includes opportunity to learn about ways to self-manage the condition. Referral by Mountbatten nurse or health professional. Sessions take place Tuesdays from 3pm to 4pm at John Cheverton Centre Gym, Halberry Lane, Newport.

Contact

☎ 01983 529511 (Main Reception)

MOTOR NEURONE DISEASE

Motor Neurone Disease Association Isle of Wight Branch

The Isle of Wight branch of the Motor Neurone Disease Association has the sole aim of serving those on the Island who affected with MND, their carers, family and friends and anyone who has been touched by the disease in some way. The branch holds regular support meetings on the 3rd Thursday of every month which provide an opportunity to meet other people living with the disease, to share experiences and ideas.

Contact

Dawn Pond

☎ 01604 800635

✉ dawn.pond@mndassociation.org

🌐 www.mndassociation.org/support-and-information/local-support/branches/isle-of-wight-branch

📘 www.facebook.com/MNDAlseofWight/

I Have MND

A Motor Neurone Disease Support Group for people living with MND and their carers. This groups provides an opportunity to meet other people living with the disease, to share experiences and ideas. The group meets every 3rd Thursday of the month from 2pm to 4pm at the John Cheverton Centre, Halberry Lane, Newport.

Contact

☎ 01983 529511 (Main Reception)

MUSCULOSKELETAL CONDITIONS

ARTHRITIS

Isle of Wight Inflammatory Arthritis Group (NRAS)

Patient-led group, supported by the IW Rheumatology Team. Group meetings are currently taking place at local Island venues.

Health Conditions covered – *Inflammatory Arthritis: Rheumatoid Arthritis, Psoriatic Arthritis, Ankylosing Spondylitis*

Contact

Hayley Bartlett

☎ 07708469764

✉ hayley@iwrias.org.uk

🌐 www.iwrias.org.uk

📘 www.facebook.com/isle.of.wight.inflammatory.arthritis.group

Young Arthritis Support Group

Provides 1:1 support locally offering an outreach service of information, practical support, help with benefit applications and signposting.

Contact

Mark Earp

☎ 01983 521766

✉ kitbridgefarm@yahoo.co.uk

Versus Arthritis

Providing the most up to date evidence-based information, advice and developments about arthritis and rheumatology in one place to provide tailored support for you.

Health conditions covered: over 200 conditions including osteoarthritis, rheumatoid arthritis, fibromyalgia, psoriatic arthritis and gout.

Contact

☎ 0800 5200 520 M-F 9.00-18.00

🌐 www.versusarthritis.org (online virtual assistant) and online forum

📘 www.facebook.com/VersusArthritis

Arthritis Action UK

Arthritis Action UK is a charity which helps patients to self-manage their symptoms.

Contact



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☎ 020 3781 7120

✉ info@arthritisation.org.uk

🌐 www.arthritis.org.uk



0770 281 373 9am to 5pm M-F

OSTEOPOROSIS

Royal Osteoporosis Society Isle of Wight Support Group

The Isle of Wight Support Group is a team of volunteers who offer people affected with osteoporosis the chance to meet other people in the area similarly affected, get information, support and ask questions about osteoporosis treatment and care. Prior to Covid they met in Newport, however, these meetings were discontinued. More information about a support group in the area can be found by contacting ROS.

Contact

☎ 0808 800 0035

🌐 www.theros.org.uk

f www.facebook.com/RoyalOsteoSoc

National Osteoporosis Society (NOS)

The National Osteoporosis Society is the only UK charity dedicated to improving the prevention, diagnosis and treatment of osteoporosis. The charity provides many vital services to those with or at risk of osteoporosis including: a helpline staffed by a team of expert nurses, education and awareness raising, local support, funding medical research, campaigning to affect positive change

Contact

☎ 0845 130 3076/ 01761 471771

☎ Helpline: 0845 450 0230/ 01761 472721

🌐 www.nos.org.uk

f www.facebook.com/groups/18062574415

MYASTHEMA GRAVIS

MyAware

Myaware are currently not facilitating any formal face-to-face get-togethers at the moment. However, the charity remains here for all of its members, wherever they are based geographically, and continue to support and connect people via phone, email, closed Facebook groups and online zoom sessions.



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Contact

☎ 01332 290219

✉ support@myaware.org

🌐 www.myaware.org

f www.facebook.com/groups/myawarenationalpeersupport

NEUROLOGICAL DISORDERS

The Brain Charity

The Brain Charity provides practical help including legal advice, emotional support including phone befriending, counselling and help applying for benefits and social activities for all neurological brain conditions affecting the brain, spinal cord and nervous systems.

Conditions covered: 600+ neurological conditions affecting the brain, spinal cord and nervous systems including stroke, dementia, cluster headaches, ADHD, Trigeminal Neuralgia, Alice in Wonderland Syndrome, Huntington's Disease, brain injury, epilepsy, Multiple Sclerosis, Aphasia, Ataxia, brain haemorrhage, Dystonia, Ehler's-Danlos, Facial Palsy, Parkinson's Disease, Sarcoma, Essential Tremours and spinal injuries

Contact

☎ 0151 298 2999 M-F 9-5

🌐 www.thebraincharity.org.uk (online webform)

Hampshire Neurological Alliance (HNA)

The local branch of the HNA ceased during Covid due to the lack of volunteers but the HNA continues to support Islanders as the local voice for people with neurological conditions and their families and carers.

Health conditions covered: over 140 neurological conditions supported included Alzheimers, Autism, Bells Palsy, Cerebral palsy, Huntington's disease, Parkinsons

Contact

☎ 07515 823601

✉ contact@hampshireneural.org.uk

🌐 www.hampshireneural.org.uk

Headway (Brain Injury)

Headway IoW - provides social and cognitive rehabilitation for those adults with an acquired brain injury (ABI) as well as their families and carers. Delivery is tailored to maximise quality of life, independence and self-esteem and offer carer advice and support services. The group meets the 1st Saturday of the month at the Riverside Centre, Newport, supporting



people with head injuries, carers, families, and friends, with a variety of social and fundraising events.

Contact

☎ 023 8086 2948

✉ reception@headway-southampton.org.uk

🌐 <https://www.facebook.com/profile.php?id=61567102340009>

The Wight Brainy Bunch (Brain Tumour)

The Wight Brainy Bunch Support Group meets the 1st Thursday of the month between 6pm and 7pm at the Wessex Cancer Trust Support Centre, 21 Lugley Street, Newport for anyone who has been affected by a brain tumour, whether as a patient, family member, friend or carer. A supportive and confidential environment where patients, family members and carers can chat, get advice from a qualified counsellor, share their own experiences or simply take time out.

Contact

Kathryn Grimes

☎ 07850 255984

✉ info@thewightbrainybunch.org.uk

🌐 www.thewightbrainybunch.org.uk

f www.facebook.com/groups/1586359684969940

IW Scope (Cerebral Palsy)

Online support available from national charity SCOPE. Free disability helpline open M-F 9am to 6pm S&S 10am to 6pm.

Contact

☎ 0808 800 3333

✉ helpline@scope.org.uk

🌐 www.scope.org.uk

f www.facebook.com/Scope

Charcot Marie Tooth Disease UK

CMTUK is an independent charity that provides support, advice and information to people with Charcot-Marie-Tooth disease. They offer support through their help-line, email regional support groups, Facebook groups, website and a magazine.

Contact



☎ 0300 323 6316 M-F 9am to 2pm)

✉ enquiries@cmt.org.uk

Epilepsy Society

Providing care, support, advocacy, medical services and campaigning for people with epilepsy, families and carers.

Contact

☎ 01494 601400

✉ helpline@epilepsysociety.org.uk

🌐 www.epilepsysociety.org.uk

📘 www.facebook.com/EpilepsySociety

Huntington's Disease Association Hants & IW

Since Covid meetings are approximately quarterly for the Island but the charity employs someone who offers practical advice, information, training, support with forms and grants. There is an active Facebook page.

Contact

Eve Payler

☎ 02380 612218

✉ hampshireiowhda@gmail.com

📘 www.facebook.com/profile.php?id=100064515467178

MS Society Isle of Wight Group

The group provide information about living with Multiple Sclerosis for sufferers, cares and families. There is a prolific Facebook page, and a Charity shop situated in Regent Street, Shanklin.

Contact

☎ 07976 629012

✉ isleofwightsupport@mssociety.org.uk

🌐 www.wightms.org.uk

📘 www.facebook.com/MSS.IoW.New.Generation

Parkinson's UK Isle of Wight Branch



The Isle of Wight branch of Parkinson's Disease provides members with help, advice and support or just someone to talk to. They hold coffee mornings on the 1st Monday of the month at the Arreton Centre from 10am to 12pm, also meetings at local pubs (raffle and newsletter), fitness and exercise classes by a professional trainer and support from a Parkinson's Nurse.

Contact

Hugh Street

☎ 01983 400771 (Chair)

☎ 07856 078973 (Alan White Membership enquiries)

☎ 0808 0303 Parkinson's Adviser

✉ iowparkinson@gmail.com

IW Association for Spina Bifida and Hydrocephalus (IWASBAH)

An independent charity which provides help and support for those with Spina Bifida and/or Hydrocephalus who live on the Island, and their families. Meetings are held quarterly at the Riverside Centre, Newport.

Contact

✉ ibasbah@gmail.com

🌐 www.iwasbah.co.uk

📘 www.facebook.com/profile.php?id=100079510674082

RESPIRATORY DISORDERS

Breathe Easy

Breathe Easy hold monthly meetings for patients living with a chronic lung condition, as well as exercise sessions delivered by a fully qualified exercise specialist in chronic respiratory disease and cancer rehabilitation

Health Conditions covered – breathing problems, respiratory disease, COPD, asthma, cancer rehabilitation

Contact

Andy Savage

☎ 01983 810932/07779616189

✉ info@breatheeasyiow.org

🌐 www.breatheeasyiow.org

📘 www.facebook.com/IOWBreatheEasy

Singing for Breathing (Independent Arts)

Singing for Breathing is 12-week programme of breathing exercises and social singing for people living with respiratory conditions. Wednesday's from 12pm to 1pm at Independent Arts' Creative Hub, 48-49 High Street, Newport and at Binstead Community Centre.

Contact

☎ 01983 822437 (Independent Arts)

☎ 0795 6149091 (Kay, Binstead Community Centre)

🌐 www.independentarts.org.uk/workshops/singing-for-breathing/

ASBESTOS

HASAG Asbestos Disease Group

HASAG Asbestos Disease Group offers support, counselling, information, coffee-mornings, help with benefits and help with compensation claims to anyone affected by asbestos-related diseases and their loved ones. Monthly group meetings held on the 2nd Monday of the month at The Riverside Centre, Newport.

Health Conditions covered – mesothelioma, asbestosis and other asbestos-related diseases

Contact

Jo Cooper

✉ jo@hasag.co.uk

🌐 www.hasag.co.uk

📘 www.facebook.com/HASAG06

ASTHMA

Asthma + Lung UK

See entry under Breathe Easy. This group is affiliated to Asthma + Lung UK.

Contact

☎ 0300 222 5800 (Asthma + Lung UK Helpline)

COPD

Support for sufferers of COPD is through Asthma + Lung UK (see above)

CYSTIC FIBROSIS

Cystic Fibrosis Trust

Cystic Fibrosis Trust is the charity uniting people to stop cystic fibrosis. Our community will improve care, speak out, support each other and fund vital research as we race towards



effective treatments for all. The Trust offers support through a telephone advice line and through email. There is also a Portsmouth & Isle of Wight Facebook page.

Contact

☎ 0300 373 1000

✉ helpline@cysticfibrosis.org.uk

🌐 www.cysticfibrosis.org.uk

📘 www.facebook.com/CFPortsmouth

Cystic Fibrosis Care

Cystic Fibrosis Care supports people with Cystic Fibrosis, their families and specialist CF centres. It provides hardship and welfare grants, emotional support, essential medical and physio equipment, and fund the training of CF nurses to provide a better quality of life for those with CF. CF Care helps many families and patients with support grants and access to a telephone helpline. All requests for support must be referred by a Specialist CF Team or social worker.

Contact

🌐 www.cysticfibrosiscare.org.uk/how-we-can-help/

SJOGREN'S SYNDROME

Sjogren's Syndrome Support Group

Small support group which meets regularly at various venues across the Island.

Contact

Christine Price

✉ christine-price@outlook.com

MOBILITY

Isle Access

An island-based charity that is helping to improve life for disabled people on the Isle of Wight. It works by informing, assisting and promoting accessible services, such as adapted cycling.

Contact

☎ 01983 218240

✉ info@isleaccess.co.uk

🌐 www.isleaccess.co.uk

📘 www.facebook.com/IsleAccess

HLOW Wheelchair Service User Forum

A quarterly meeting both in person (at Chandlers Ford) or online, a chance to talk to other NHS provided wheelchair users as well as the wheelchair providers. Focus is on improving quality of wheelchair provision.

Contact

Emily Galton

✉ emily.galton@rosscare.co.uk

Wheelchair User Group

This group meets 2-3 times a year in the Occupational Therapy department located in the South Block of St Mary's Hospital. There are guest speakers, shared experiences and information. Meetings are advertised in the County Press.

Contact

☎ 01983 552053

Disabled Living

Disabled Living is a charity offering free, impartial information about services for disabled individuals, older people and those that support them. This includes advice about products and equipment from the specialist Equipz team.

Contact

☎ 0161 214 4590

✉ info@disabledliving.co.uk

🌐 www.disabledliving.co.uk

📘 www.facebook.com/DisabledLivingUK

Ability Dogs 4 Young People Isle of Wight

Ability Dogs 4 Young People is an Isle of Wight charity, training assistance dogs to enhance the independence of disabled young people and children living on the Isle of Wight. We are training Ability Dogs to help with physical and mental disabilities, including cerebral palsy, autism, diabetes and epilepsy.

Contact

☎ 01983 216246

✉ info@abilitydogs4yp.org.uk

🌐 www.abilitydogs4yp.org.uk

Canine Partners

Assistance dogs are trained to meet the needs of individuals with even the most complex physical disabilities. Canine Partners currently help adults aged 18 and over (both civilians and former service personnel) who have a physical disability or condition that affects their daily life and limits their independence, including long term conditions.

Contact

☎ 03456 580 480 (M-F 9am to 5pm)

✉ info@caninepartners.org.uk

🌐 www.caninepartners.org.uk

SEXUAL HEALTH

SEXUALLY TRANSMITTED DISEASE

Information and support for STIs, contraception (including emergency contraception), pregnancy testing, HIV testing and 1:1 support, chlamydia self sampling for 16-17 year olds. Service currently provided by Solent NHS Trust.

Contact

☎ 0300 300 2016

🌐 www.letstalkaboutit.nhs.uk

WOMEN'S HEALTH

Women's Health Concern

Women's Health Concern (WHC) is the patient arm of the British Menopause Society (BMS). We provide a confidential, independent service to advise, reassure and educate women of all ages about their gynaecological and sexual health, wellbeing and lifestyle concerns. We offer unbiased information – by telephone, email, printed factsheets, online and through symposia, seminars, meetings and our workshop Living and loving well beyond 40...!

Contact

✉ www.womens-health-concern.org/help-and-advice/email-advice/

(online form)

🌐 www.womens-health-concern.org

ENDOMETRIOSIS

Endometriosis South Coast Isle of Wight

A Facebook group supporting women with endometriosis offering peer support and information.



**Community
Action
Isle of Wight**
at the Riverside

Contact

Georgia

 www.facebook.com/groups/385509338991156/

MENOPAUSE

Menopause IW

A peer support group offering support and information with menopausal women. Online Facebook group but group also holds face to face meetings at local venues.

Contact

Steph

 www.facebook.com/MenopauseIOW

Menopausal Revolution

A private Facebook group offering support for menopausal women.

Contact

 www.facebook.com/groups/3074924442732842/

MENSTRUATION

The Period Place

The Period Place is a charity dedicated to providing the education of menstrual health and wellbeing, creating awareness about positive periods and lifestyle. The Charity provides free monthly period clinics to share thoughts, questions and to network.

Contact

 info@theperiodplace.co.uk

 www.theperiodplace.co.uk

PREGNANCY LOSS

Isle of Wight Pregnancy Loss Support Group

This is a support group for people who live on the Isle of Wight who have suffered a miscarriage or a loss of pregnancy. It's a group where we can talk about our experiences, ask questions and ask for advice. Most importantly it's a group where members can support each other.

Contact



**Community
Action
Isle of Wight**
at the Riverside

 www.facebook.com/groups/146613405463961/

Miscarriage Association

Set up in the 1980s this charity provides support and information for anyone affected by a pregnancy loss. The support provided is through a telephone Helpline, online via live chat or a forum, by email and Facebook support groups.

Conditions supported: miscarriage, molar pregnancy, ectopic pregnancy

Contact

 01924 200799

 info@miscarriageassociation.org.uk

 www.miscarriageassociation.org.uk

POLYCYSTIC OVARY SYNDROME (PCOS)

Verity PCOS UK

Verity is a self-help group for those with polycystic ovary syndrome (PCOS). Verity organises [events and conferences](#) where delegates get the chance to hear from some of the world's foremost leading PCOS experts. Verity also publishes a range of [information booklets](#) and In Touch, an email newsletter (sign up below) full of the latest information and research on the condition. Additionally, Verity provides a very active [discussion board](#) and [social media community](#) where those with PCOS can give and receive peer support.

Contact

 Online form www.verity-pcos.org.uk/contact-us.html

 www.verity-pcos.org.uk

 www.facebook.com/veritypcos

PCOS Relief

PCOS Relief is a charitable organisation that has been established to provide support and advice to those who have been diagnosed with any of the four types of Polycystic Ovary Syndrome (PCOS). We aim to provide tailored information, resources and services required for the individual female to lead a healthy and normal lifestyle, as being diagnosed with PCOS has many health conditions and to control the symptoms it is crucial support is available. We offer a Steering Forward Group, Diet & Nutrition classes, Weight Management Classes and a Comfort Talk which connects to Mental Health professionals.

Contact

 08458623257

 enquiries@pcosrelief.org



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Action
Isle of Wight**
at the Riverside

 www.pcosrelief.org