

Darlington Association on Disability

Information Guide

Introduction

Good quality, up-to-date information is the key to empowerment, independence and choice. In today's world of high technology, where people complain of 'information overload' it can be easily overlooked that large sections of our community are isolated and disempowered due to lack of access to good quality information.

The Information Service of Darlington Association on Disability has produced this guide to give you a comprehensive overview of local and national issues that might affect you. A wide range of further contacts is available to enable you to make informed choices, increasing your level of independence.

If you are searching for something which is not included in this Guide, please contact the Information Service at Darlington Association on Disability or send an e-mail to info@darlingtondisability.org. The service also welcomes comments about the layout and content of the Guide.

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Darlington Association on Disability

Darlington Association on Disability (DAD) is an organisation led by disabled people which exists to promote independence and choice. For the last nineteen years DAD has been supporting disabled people through the provision of services, support and information, and by tackling issues affecting disabled people both

locally and nationally. DAD has a strong commitment to the Social Model, and believes that disability is not caused by a person's impairment but by a lack of access to equipment, services, employment and educational opportunities.

For more information on DAD and the Social Model please visit our website at www.darlingtondisability.org or ask for a leaflet.

List of Sections

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Using the Guide

The Information Guide is divided into numerous topic sections, in alphabetical order. Each section has an introduction, followed by an outline of key sub-headings. Details for all

organisations/services highlighted in bold can be found in alphabetical order at the end of each section under 'Contacts'.

Using this guide interactively enables you to click upon the outlined sub-headings at the beginning of each section. This will fast track you to the relevant sub-heading. Organisations/services highlighted in bold which have web links can be accessed directly by clicking your mouse over the name. If a web link exists you can double right click and go straight to the requested site.

If you wish to view the .pdf or .doc files; you will need [Acrobat Reader](#) freeware or Microsoft Word (or compatible viewer such as the freeware [Microsoft Applications Viewers](#)) installed.

We have not been able to include every disability organisation or service. Details of hundreds of specialist organisations concerned with particular aspects of disability are available from **Darlington Association on Disability's** Information Service.

Disclaimer

Any reference to organisations and services are for information purposes only and do not constitute a recommendation from Darlington Association on Disability.

We have made every effort within this guide to use language in keeping with the Social Model of Disability. However, some terms used do not reflect this. Although these are not our preferred terms, we have used them in this guide only where it is necessary to accurately reflect the wording of the law or terminology used by certain organisations.

Further Contacts

There are a number of local organisations which provide comprehensive information and advice across a range of subjects. We have listed four of these below.

The sections within the Information Guide are not impairment specific; this is to reflect the Social Model of Disability. However, we recognise that individuals may have information requests which relate to their impairment. We have therefore included below five key national organisations which offer more focussed information and advice.

Local Information

50+ Age Concern offers a range of services and support for all people over the age of 50. The Information Service provides information and advice regarding a wide range of topics, including welfare rights. The service can also support anyone who provides a caring role to anyone over the age of 50. Home visits can be made upon request.

Darlington Citizens Advice Bureau (CAB) provides advice and support regarding welfare rights, debt, money issues and legal matters. CAB workers run several outreach sessions throughout Darlington. Home visits can occasionally be made depending upon personal circumstances and funding criteria.

Darlington Council for Voluntary Service (CVS) produces a Resource Directory, which outlines details of voluntary organisations in Darlington. This covers the aim of each organisation and includes opportunities for volunteers. Categories are wide ranging including children, older people, health, environment, drugs and substance misuse.

Darlington Mind promotes good mental health. Services include counselling and support with housing, education and employment.

National Information

Mencap provides information and services to people with a learning difficulty. Services and support include housing, education, employment, leisure services and fundraising.

Mind works to challenge discrimination and promote inclusion for anyone with experience of mental ill health. The helpline can provide information on a range of topics including legal advice. Factsheets and booklets covering anxiety, depression and many other mental health issues are available.

RADAR is a campaigning and advisory disability body run by and for disabled people. It publishes many useful factsheets and booklets including, 'If only I'd Known That a Year Ago'.

Royal National Institute for Deaf People (RNID) offers a range of services for deaf and hard of hearing people, including information and support. Work includes campaigning and lobbying, providing services, training, products and equipment and research.

Royal National Institute of the Blind (RNIB) provides information, advice and support to individuals with a visual impairment. They produce a wide range of useful publications. Local contacts provide valuable information regarding local services and support.

Contacts

50+ Age Concern

Bradbury House

Beaumont Street

Darlington

DL1 5SX

Telephone : 01325 362832

Fax : 01325 383543

Minicom :

E-mail : darlington@ageconcern.org.uk

Website : www.ageconcern.org.uk

Darlington Association on Disability

20-22 Horsemarket

Darlington

DL1 5PT

Telephone : 01325 489 999

Fax : 01325 488 188

Minicom : 01325 245 061

Email : mail@darlingtondisability.org

Website : www.darlingtondisability.org

Darlington Citizens Advice Bureau

Bennett House

Horsemarket

Darlington

DL1 5PT

Appointments : 01325 259999

Advice line : 01325 380755

Fax : 01325 380324

Minicom :

E-mail : bureau@darlingtoncab.cabnet.org.uk

Website : www.darlingtoncab.co.uk

Darlington Council for Voluntary Service (CVS)

Church Row

Darlington

DL1 5QD

Telephone : 01325 266888

Fax : 01325 266899

Minicom :

E-mail : <mailto:enquiries@darlingtoncvs.org.uk>

Website :

Darlington Mind

St Hilda's House

11 Borough Road

Darlington

DL1 1SQ

Telephone : 01325 283169

Fax : 01325 285332

Minicom :

E-mail : office@darlingtonmind.freemove.org.uk

Website : www.darlingtonmind.org.uk

Mencap

123 Goldern lane

London
EC1Y 0RT
Telephone : 02074540454
Fax : 02076965540
Minicom :
E-mail: information@mencap.org.uk
Website : www.mencap.org.uk

Mind
15-19 Broadway
London
E15 4BQ
Telephone : 02085 192122
MindinfoLine : 0845 7660163
Fax : 02085 221725
Minicom :
E-mail: contact@mind.org.uk
Website: www.mind.org.uk

RADAR
12 City Forum
250 City Road
London
EC1V 8AF
Telephone : 0207250 3222
Fax : 02072500212
Minicom : 02072504119
E-mail : radar@radar.org.uk
Website : www.radar.org.uk

Royal National Institute of the Blind (RNIB)

105 Judd Street

London

WC1H 9NE

Telephone: 02073 881266

Helpline: 0845 7669999

Fax: 02073 882034

Minicom :

E-mail : helpline@rnib.org.uk

Website: www.rnib.org.uk

Royal National Institute for Deaf People (RNID)

19-23 Featherstone Street

London

EC1Y 8SL

Telephone : 02072 968000

Helpline : 0808 8080123

Fax : 02072 968199

Minicom: 02072 968001

E-mail : information@rnid.org.uk

Website : www.rnid.org.uk

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