

Darlington Association on Disability

Information Guide

Personal Relationships

Disabled people make the same choices about personal relationships and sex as everyone else. However they can experience discrimination on account of their impairment and/or condition, as well as due to their gender or sexuality. This section describes where you can find support and advice concerning personal or sexual issues.

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Relationships

Arthritis Care supports people of all ages with Arthritis, as their main role. However, they also run a service called **The Source**, which provides information and support for young people with Arthritis, as well as for their parents, carers and/or partners. As well as a Helpline, they produce a downloadable booklet entitled "Relationships, Intimacy and Arthritis".

The **BBC** has two web-based services which cover relationships. **BBC Switch** is an Internet and telephone-based service which has been set up to assist and support teenagers with any issues which may affect them, including those relating to personal relationships. It also provides many useful links to other organisations which teenagers can turn to for whatever assistance and support they may need. **BBC Ouch!** is a website that reflects the lives and experiences of disabled people. It has articles, blogs, a message board and its own downloadable radio show.

The **Outsiders' Club** is a national organisation for people who feel socially isolated because of their physical impairment. The Club helps to build up confidence and develop friendships. It welcomes people of any sexual orientation, whether they are single, divorced, separated or married. The Outsiders' Club also has a national Helpline for disabled people and their partners or carers who may be having sexual or relationship difficulties. Updated leaflets are available on their website as is a list of helpful books, contacts and counselling services.

Relate offers advice, relationship counselling, sex therapy, mediation, consultation and support, face-to-face, over the telephone and through their website. Relate also publishes a wide range of useful literature. In Darlington Relate North East offers relationship counselling as well as access to sex therapy and specialist work with people with Aspergers Syndrome.

The **Spinal Injuries Association** is a national organisation for and run by people with spinal cord injuries. It provides services and support for disabled people and their families. The Association has a counselling service which offer support to solve problems and address issues including those relating to personal relationships and sexual health

Gender Issues

Gay Advice Darlington (GAD) works with individuals and local organisations to ensure a safe, confidential environment in which gay, lesbian, bisexual and transgendered people can live, work and socialise. GAD has several groups as well as an advice line. Support is available to anyone who needs it.

Regard campaigns to raise awareness of lesbian, gay, bisexual and transsexual (LGBT) issues within the disability community and of disability issues within the LGBT community. The organisation has an email group or "e-group" called "Regard Online", where members can share regular news and views, and another e-group called "Regard Chat", where members can talk about whatever they want. Regard also publishes a regular newsletter.

Sexual Health Issues

You can discuss personal and sexual issues with your local General Practitioner (GP), who may then refer you to other NHS services if necessary. If you do not know who your GP is or want to talk to someone other than your GP contact the **Patient Advisory and Liaison Service (PALS)** at Darlington Primary Care NHS Trust (PCT) who provide information about local healthcare services.

Brook provides free and confidential sexual health advice to young people aged up to twenty-five years. There is no Centre in Darlington; advice and information are provided via their website, by e-mail, text and through the telephone helpline 'Ask Brook'.

Disability, Pregnancy and Parenthood International (DPPi) is a national organisation of and for disabled people who are parents or who hope to become parents, and their families, friends and supporters. They provide a link between disabled parents and any professionals with whom they may have dealings. DPPi also provides a wide range of useful information for disabled parents, including an international journal and magazine which covers issues which may be of interest to disabled parents. This magazine is entitled "Disability, Pregnancy and Parenthood International". DPPi is also part of the **National Centre for Disabled Parents (NDP)**.

The **Family Planning Association (FPA)** provides a nationwide information and education service on all aspects of contraception and sexual health. The FPA can also give details of your nearest source of family planning help and advice. The FPA run a course designed for young people who have physical impairments and covers issues, such as sex and relationships education.

The **GUM (Genito-Urinary Medicine) Clinic** based at Darlington Memorial Hospital provides diagnosis and treatment for sexually transmitted diseases, counselling and testing for AIDS and HIV. This Service also offers free condoms, advice on safer sex and cervical cytology screening.

The **National AIDS Trust** supports those who have AIDS and have the HIV virus. They also campaign against any prejudice which people in this position receive and help those affected by the HIV virus come to terms with having been infected by it. Their confidential Helpline provides information on all AIDS-related

issues, including transmission of the HIV virus and AIDS treatment options.

Other Sources of Information

Other Sections of the Darlington Association on Disability Information Guide may contain further information relevant to personal relationships.

See the Section on **Personal Safety** for information about domestic violence and sexual abuse.

See the **Health** Section for information on dealing with any health-related issues in connection with personal relationships.

There are a number of local and national organisations providing broad information and advice resources. Please refer to this Guide's Introduction for Contact Details.

Contact **Darlington Association on Disability's** Information Service for assistance with searching for information about any subject in this Guide or for support in dealing with your information requests.

Contacts

Arthritis Care

Registered Office

18 Stephenson Way

London

NW1 2HD

Telephone (Free National Helpline) : 0808 800 4050

Telephone (Main Switchboard) : 0207 380 6500

Fax :

Minicom :

Email : info@arthritiscare.org.uk

Website : www.arthritiscare.org.uk

BBC Ouch!

BBC Media Centre

201 Wood Lane

London

W12 7TQ

Telephone : 020 8752 5444

Fax :

Minicom :

Email : ouch@bbc.co.uk

Website : www.bbc.co.uk/ouch

BBC Switch

Room G10

Grafton House

379-381 Euston Road

London

NW1 3AU

Telephone

Fax :

Minicom :

Email : bbcswitch@bbc.co.uk

Website : www.bbc.co.uk/switch

British Deaf Association Advocacy Service

C/O Head Office

10th Floor

Coventry Point

Market Way

Coventry

CV1 1EA

Telephone (Voice Helpline) : 0870 770 3300

Telephone (Main Switchboard) : 02476 550936

Fax : 02476 221541

Minicom (Helpline) : 0800 652 2965

Minicom (For All Other Enquiries) : 02476 550393

Videophone : 0207 496 9539

Email : headoffice@bda.org.uk

Website : www.bda.org.uk

Brook

Telephone (Free Helpline) : 0808 802 1234

Telephone (Main Switchboard) : 0207 284 6040

Fax : 0207 284 6050

Minicom :

Email : via the website

Website : www.brook.org.uk

Darlington Association on Disability

Head Office

20-22 Horsemarket

Darlington

DL1 5PT

Telephone : 01325 489999

Fax : 01325 488188

Minicom : 01325 245061

Email : mail@darlingtondisability.org

Website : www.darlingtondisability.org/

Family Planning Association (FPA)

Head Office

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50 Featherstone Street

London

EC1Y 8QU

Telephone (National Helpline) : 0845 122 8690 (Open from 9.00 am until 6.00 pm from Mondays to Fridays)

Telephone (Main Switchboard) : 0207 608 5240

Fax : 0845 123 2349

Minicom :

Email : general@fpa.org.uk

Website : www.fpa.org.uk/

Gay Advice Darlington (GAD)

Head Office

9 Duke Street

Darlington

DL3 7RX

Telephone (Helpline) : 01325 355551 (Open from 11.00 am until 4.00 pm from Mondays to Fridays and from 7.00 pm until 9.00 pm on Mondays and Fridays Only)

Telephone (All Other Enquiries) : 01325 252522

Fax :

Minicom :

Email : admin@gayadvisedarlington.co.uk

Website : www.gayadvisedarlington.co.uk

GUM (Genito Urinary Medicine) Clinic

Department of Genito Urinary Medicine

Darlington Memorial Hospital

Hollyhurst Road

Darlington

DL3 6HX

Telephone (Advice Line) : 01325 743616

Telephone : 01325 743203

Fax :

Minicom :

Email : Contact through Website

Website : www.countydurham-gum.nhs.uk

National AIDS Trust

Head Office

New City Cloisters

196 Old Street

London

EC1V 9FR

Telephone (National Helpline) : 0207 814 6720

Telephone (Main Switchboard) : 0207 814 6767

Fax : 0207 216 0111

Minicom :

Email : info@nat.org.uk

Website : www.nat.org.uk

Outsiders' Club

Head Office

Leroy House

435 Essex Road

London

N1 3QP

Telephone (Sex and Disability Helpline) : 07074 993527 (Open from 11.00 am until 7.00 pm from Mondays to Fridays)

Telephone (Main Switchboard) : 0207 354 8291

Fax :

Minicom :

Email (Sex and Disability Helpline) : sexdis@outsiders.org.uk

Email (For All Other Enquiries) : info@outsiders.co.uk

Website : www.outsiders.org.uk

Patient Advisory and Liaison Service (PALS)

C/O Darlington Primary Care NHS Trust

Head Office

Dr Piper House

King Street

Darlington

DL3 6JL

Telephone (Free Helpline) : 0800 783 5774

Telephone (Main Switchboard) : 01325 364271

Fax : 01325 746112

Minicom :

Email : dar-pct.pals@nhs.net

Website : www.darlingtonpct.nhs.uk

Regard

B M Regard

London

WC1N 3XX

Telephone :

Fax : 0844 443 1277

Minicom :

Email : secretary@regard.org.uk

Website : www.regard.org.uk

Relate

Central Administration

North East Centre

West Lodge

West Crescent

Darlington

DL3 7PS

Telephone (Relationship Counselling Helpline) : 0300 100 1234

Telephone (Appointments Line) : 01325 461500

Fax :

Minicom :

Email : relatenortheast.admin@ntlbusiness.com

Website : www.relate.org.uk

The Source (Young Arthritis Care)

C/O Arthritis Care

Registered Office

18 Stephenson Way

London

NW1 2HD

Telephone : 0207 380 6540

Telephone (Young People's Helpline) : 0808 808 2000

Fax : 0207 380 6505

Minicom :

Email : thesource@arthritiscare.org.uk

Website : www.arthritiscare.org.uk

Spinal Injuries Association

SIA House

2 Trueman Place

Oldbrook

Milton Keynes

MK6 2HH

Telephone : 0845 678 6633

Fax : 0845 070 6911

Minicom :

Email :

Website : www.spinal.co.uk

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