

0800 328 1159

## Contact Us

The freephone helpline will help parents and others with any question about the wellbeing of a child with a condition affecting the brain—including general information, advice and finding the right people. On some questions we can also consult experts for you. You can reach Cerebra's other services through the helpline, or as below:

### Contacts for individual services

**Cerebra factsheets** (including DLA Guide)  
Tel: 0800 328 1159.  
E-mail: [info@cerebra.org.uk](mailto:info@cerebra.org.uk)

**Cerebra Innovation Centre (CIC)**  
Tel: 01792 483688.  
E-mail: [cic@cerebra.org.uk](mailto:cic@cerebra.org.uk)

**Cerebra research briefings**  
Tel: 01267 242556.  
E-mail: [research@cerebra.org.uk](mailto:research@cerebra.org.uk)

**Complaints**  
Tel: 01267 244200  
E-mail: [info@cerebra.org.uk](mailto:info@cerebra.org.uk) (and ask for the Head of the department concerned).

**Grants scheme for children**  
Tel: 0800 328 1159.  
E-mail: [grants@cerebra.org.uk](mailto:grants@cerebra.org.uk)

**Holiday Home** (Vallecchia)  
Tel: 0800 328 1159.  
E-mail: [vallecchia@cerebra.org.uk](mailto:vallecchia@cerebra.org.uk)

**Members' database** (Parent-to-parent contact, or to be added or removed)—Tel: 0800 32 8 1159.  
E-mail: [info@cerebra.org.uk](mailto:info@cerebra.org.uk)

**Personal Portfolios** for a child or young person—Alex Elsaesser  
Tel: 0800 328 1159  
E-mail: [alex@cerebra.org.uk](mailto:alex@cerebra.org.uk)

**Postal Lending Library and Children's Library** (including sensory equipment)—Jan Pugh,  
Tel: 01267 244203  
E-mail: [janetp@cerebra.org.uk](mailto:janetp@cerebra.org.uk)

**Stress Counselling Line for parents and carers** (psychologist-led)—Ann Edworthy, Tel: 0800 043 9385.

**Wills and Trusts Scheme**—Alex Elsaesser, Tel: 01267 244215.  
E-mail: [alex@cerebra.org.uk](mailto:alex@cerebra.org.uk)

### Help in your area

**Bristol**—Kath Fryer  
Tel: 0300 600 2930 or 07771 353739.  
E-mail: [kathf@cerebra.org.uk](mailto:kathf@cerebra.org.uk)

**Dorset**—Lilly Fahey  
Tel: 01305 268281 or 07920 106 216.  
E-mail: [lillyf@cerebra.org.uk](mailto:lillyf@cerebra.org.uk)

**Leeds**—Laura MacDonald  
Tel: 07920 106 218  
Email: [lauram@cerebra.org.uk](mailto:lauram@cerebra.org.uk)

**South & West Wales**—David Williams  
Tel: 07788 972159  
E-mail: [davidw@cerebra.org.uk](mailto:davidw@cerebra.org.uk)

### Sleep Service

**Administrator**—Kaileigh Wilson  
Tel: 01267 244210  
E-mail: [sleep@cerebra.org.uk](mailto:sleep@cerebra.org.uk)

**Central**—Pattie Everitt  
Tel: 07920106217

**North**—Claire Varey  
Tel: 07827 829299

**South West**—Sarah Coldrey  
Tel: 07780 983122

**South Wales and Bristol**—Catherine Stone  
Tel: 01267 242585 or 07827829300

## Helping Us

Contact the following if you would like to:

Become a Trustee or any other matter for the Chief Executive, Chris Jones ~ 01267 244200.  
E-mail: [chris@cerebra.org.uk](mailto:chris@cerebra.org.uk)

### Help financially:

**Fundraise for us or advertise in Cerebra publications**—Allyson Silverthorne, 01267 244200.  
E-mail: [allysons@cerebra.org.uk](mailto:allysons@cerebra.org.uk)

**Join the Cerebra lottery or donate**—Sharon Bowen, 01267 244221.  
E-mail: [sharonb@cerebra.org.uk](mailto:sharonb@cerebra.org.uk)

**Set up a legacy or Give As You Earn**—Elaine Collins, 01267 242583.  
E-mail: [elainec@cerebra.org.uk](mailto:elainec@cerebra.org.uk)

**Volunteer time to help with Cerebra's work, or donate items**—0800 32 81 159.  
E-mail: [info@cerebra.org.uk](mailto:info@cerebra.org.uk)



**Cerebra**  
Positively Different

## Our Services

Find out more about what we do and how to contact us



**Help-line: freephone 0800 328 1159. Monday–Friday 9.30 a.m.–5 p.m. and answer-phone at other times.**

**E-mail: [info@cerebra.org.uk](mailto:info@cerebra.org.uk) Fax: 01267 244201.  
Web: [www.cerebra.org.uk](http://www.cerebra.org.uk)**

**2nd Floor Offices, The Lyric Building, King Street, Carmarthen SA31 1BD**



Cerebra works to promote, protect and improve early neurological health and wellbeing. It funds research; facilitates understanding and knowledge; supports parents and carers; and provides direct financial support to children with related conditions.

Registered Charity no. 1089812. Company Limited by Guarantee no. 4336208.

[www.cerebra.org.uk](http://www.cerebra.org.uk)



# How we can help you

## Grants

Living with conditions such as autistic spectrum disorder, cerebral palsy, epilepsy, ADHD and developmental delay can be hard – Cerebra can make it easier through our grant scheme.

We can fund up to 80% of the price of specialist equipment that will directly benefit the individual child. This can be anything from play equipment, a touch screen computer or speech and language therapy.

We recently funded a specialist trike for 15 year old Ashleigh who lives with a rare, debilitating genetic condition that seriously affects her independence.

Mum Claire explains:

"The trike has made a huge difference to Ashleigh because it means she can get around outside the home and play with other local children who are fantastic with her.

Importantly, it also provides a fun way for Ashleigh to exercise and helps maintain her fitness. We never dreamed that she would be able to ride a bike, but she just loves it."

To find out more about our grant scheme including some of the items we will and won't fund visit [www.cerebra.org.uk](http://www.cerebra.org.uk) or contact us using the contact details on the back page.



## Sleep service

We have a team of sleep practitioners covering parts of the UK who can offer help and advice on sleep issues, some of which include settling problems, difficulty sleeping alone and early rising.

Many parents have found the help of our sleep team invaluable. Elizabeth, mum of Ben, a 5 year with Asperger Syndrome and sleep difficulties said:

"Pattie helped us to feel empowered, that we as a family can tackle the sleeping issues and eventually we will get the result we need for all of us ... thanks to the advice, reassurance and encouragement that we have received from Pattie and Cerebra."

Find out more about how we can help you on our website or see the back page for how to contact our sleep team.

## Holiday home

Our holiday home in Pembrokeshire, South West Wales gives families a chance to enjoy some respite with a free week long holiday.

We have done everything we can to make our holiday home as accessible and enjoyable a place for the children we help to visit as we can. There is a ramped entrance to allow wheelchair access and a large bedroom with en-suite facilities on the ground floor. It also has a multi-sensory room and a soft play area with tactile sensory toys. There is a large garden and a games room in the detached double garage, with table tennis, table football and a pool table.

Find out more about our holiday home at [www.cerebra.org.uk](http://www.cerebra.org.uk) or contact us (details on the back page).



## Help in your area

Our network of family support workers can give you help and support with a range of issues. Including but not limited to:

- » Helping fill in forms, such as the DLA form and our own grant form.
- » Attending meetings.
- » Sharing local knowledge on accessing services and dealing with educational issues.
- » Giving talks to parent support groups, other charities and statutory departments.
- » Organising fun events and outings you can be able to attend.

You can find contact details for all of our regional support workers on the back page of this leaflet.

## Postal lending library

We have a library of books on topics relating to neurological conditions, media (DVDs) and sensory equipment, such as switch toys, bubble tubes, fibre optics and the ever popular Sensory in a Suitcase that we lend out to our members.

Using the library is free of charge. Books are returned using our freepost address, and sensory items through a carrier service, that we arrange for you. You can borrow two books at a time and one sensory item at a time for one month at a time.

You can view the library catalogue on our website or request one using the contact details on the back page.



## Cerebra News

Our news site and monthly Cerebra News email brings you news, information and stories.

Visit [www.cerebra.org.uk/news](http://www.cerebra.org.uk/news) to read all our latest news and resources or email [info@cerebra.org.uk](mailto:info@cerebra.org.uk) to sign up to the monthly Cerebra News email.

## Wills and trusts

We all know how easy it is to put off making a will, especially given how expensive it can be, but when you have a child with a disability it becomes that little bit more important to think about the future. Our Wills and Trusts Voucher scheme to help parents prepare for their child's long-term future. A voucher is worth £350 towards the cost of having a solicitor prepare a will and discretionary trust to make provision for your child's future.

To find out more and download an application form visit [www.cerebra.org.uk](http://www.cerebra.org.uk) or contact us using the contact details overleaf.

## Information resources

We produce a range of factsheets and guides we hope will help our members.

These include our guide to claiming Disability Living Allowance and a series of guides that aim to give parents of children with disabilities and/or special educational needs information on how to get the help and support they need. The series covers education, Social Care and Housing, employment and Money Matters.

You can find these guides and many others on our website or you can request them by calling our helpline on 0800 328 1159.

## Cerebra Innovation Centre

Cerebra Innovation Centre (CIC) is our team of designers who produce unique equipment for disabled children. CIC was originally set up because although some equipment is available to buy, it often doesn't look very nice or it does not suit the requirements of some children. They develop logical solutions that aim to reduce some of the social stigma attached to disabilities by making really good looking, stylish and functional products.

You can see some of the products CIC have made on our website and if you think they can help you with something get in touch using the contact details overleaf.

To find out more about any of our services visit [www.cerebra.org.uk](http://www.cerebra.org.uk), call 0800 328 1159 or email [info@cerebra.org.uk](mailto:info@cerebra.org.uk). See the back page of this leaflet for details of who to contact regarding specific services or issues.