

## Long Term Conditions Directory

The Healthwatch Newham guide to local services for long term conditions.

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This guide has been produced by Healthwatch Newham, as part of its free information service.

Get more online  [www.healthwatchnewham.co.uk/onlinedirectory/](http://www.healthwatchnewham.co.uk/onlinedirectory/) or call  020 3866 2969.

**Bladder and Bowel Foundation****Bladder and Bowel**

0845 345 0165

[www.bladderandbowelfoundation.org](http://www.bladderandbowelfoundation.org)**Profile:**

Bladder and Bowel Foundation provides information and support for all types of bladder and bowel related problems, for patients, their families, carers and healthcare professionals.

**Easy Read Guides on Bowel and Bladder****Bladder and Bowel**[http://www.easyhealth.org.uk/listing/bowel-and-bladder-\(leaflets\)](http://www.easyhealth.org.uk/listing/bowel-and-bladder-(leaflets))**Profile:**

Easy Read Guides on Bowel and Bladder.

**Association for Prostate Awareness****Cancer**

627/633 Barking Road  
London  
E13 9EZ

0208 471 2258

[www.prostate-awareness.co.uk](http://www.prostate-awareness.co.uk)**Profile:**

The Association for Prostate Awareness (APA) is a voluntary Association aimed primarily at bringing the dangers of the silent Killer into focus, for men in the community and to support cancer sufferers, their families and carers.

**Association for Prostate Awareness****Cancer**

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[www.prostate-awareness.co.uk](http://www.prostate-awareness.co.uk)**Profile:**

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<p><b>Cancer Black Care</b></p> <p>Profile: Provides information and support to people from black and minority ethnic communities who are affected by cancer.</p>	<p><b>Cancer</b></p> <p>020 8961 4151 <a href="http://www.cancerblackcare.org.uk">www.cancerblackcare.org.uk</a></p>
<p><b>Cancer Buddies Network</b></p> <p>Profile: A place for people affected by cancer to give and receive online cancer support and friendship.</p>	<p><b>Cancer</b></p> <p><a href="http://www.cancerbuddiesnetwork.org">www.cancerbuddiesnetwork.org</a></p>
<p><b>CancerHelp UK</b></p> <p>Profile: CancerHelp UK is the patient information website of Cancer Research UK.</p>	<p><b>Cancer</b></p> <p><a href="http://cancerhelp.cancerresearchuk.org">http://cancerhelp.cancerresearchuk.org</a></p>
<p><b>East London Mesothelioma Support</b></p> <p>2 Oban Close London E13 8SJ</p> <p>Profile: Confidential advice, care and one to one support. Free Telephone Helpline Monday to Saturday between 5.00pm - 10.00pm.</p>	<p><b>Cancer</b></p> <p>0800 8766 773</p>
<p><b>Easy Read Guides on Cancer</b></p> <p>Profile: Easy Read Guides on Cancer.</p>	<p><b>Cancer</b></p> <p><a href="http://www.easyhealth.org.uk/listing/cancer-(leaflets)">http://www.easyhealth.org.uk/listing/cancer-(leaflets)</a></p>

<p><b>Macmillan Cancer Support</b></p> <p>Profile: Macmillan cancer support improves the lives of people affected by cancer. They provide practical, medical and financial support and push for better cancer care.</p>	<p><b>Cancer</b></p> <p>0808 808 0000 www.macmillan.org.uk</p>
<p><b>North East London Cancer Network</b></p> <p>Profile: Providing information for users wishing to know about cancer services in and around North East London.</p>	<p><b>Cancer</b></p> <p>www.nelcn.nhs.uk/content/home.asp?a=np</p>
<p><b>Prostate Cancer Support Federation</b></p> <p>Profile: The only UK-wide patient-led charity that acts and speaks for prostate cancer patients and their families.</p>	<p><b>Cancer</b></p> <p>contact@prostatecancerfederation.org.uk www.prostatecancerfederation.org.uk</p>
<p><b>Prostate Cancer UK</b></p> <p>Profile: Prostate Cancer UK provides peer support, information and advice. It also offers opportunities to get involved and their online community has over 7,000 members sharing their experiences of prostate cancer.</p>	<p><b>Cancer</b></p> <p>http://prostatecanceruk.org</p>
<p><b>Newham Heart Support</b></p> <p>Profile: Meets first Thursday of every month 5.00pm - 7.00pm (not January).</p>	<p><b>Cardiology</b></p> <p>020 8553 7489</p>

**Alzheimer's Society - Newham****Dementia**

The Resource Centre  
103 First Avenue  
London  
E13 8AP

020 8472 0658  
newham@alzheimers.org.uk  
www.alzheimers.org.uk

**Profile:**

Alzheimer's Society provides support for people with dementia and their carers in Newham.

The services include; Dementia Adviser Service - providing advice and guidance to people with dementia and their carers.

**Easy Read Guides on Dementia****Dementia**

[http://www.easyhealth.org.uk/listing/dementia-\(leaflets\)](http://www.easyhealth.org.uk/listing/dementia-(leaflets))

**Profile:**

Easy Read Guides on Dementia.

**Memory Lane Café (New City Road)****Dementia**

New City Outreach Centre  
New City Road  
London  
E13 9PY

020 8472 0658 or 07525403849

**Profile:**

For people with Dementia and their carers. Meets 3rd Friday of every month, 1.00pm - 3.00pm.

**Memory Lane Café (Vicarage Lane)****Dementia**

The Well Community Centre  
49 Vicarage Lane  
London  
E6 6AA

020 8472 0658 or 07525403849

**Profile:**

For people with Dementia and their carers. Meets last Thursday of every month, 1.00pm - 3.00pm. Also offers one to one support and home visits.

### Diabetes UK Newham Voluntary Group

Diabetes

activeplus1@hotmail.co.uk

Profile:

Diabetes UK Voluntary Groups offer advice and information, and usually meet once a month.

### Easy Read Guides on Diabetes

Diabetes

[http://www.easyhealth.org.uk/listing/diabetes-\(afletsle\)](http://www.easyhealth.org.uk/listing/diabetes-(afletsle))

Profile:

Easy Read Guides on Diabetes.

### Newham Active Diabetics Support Group

Diabetes

Ithaca House  
27 Romford Road  
London  
E15 4LJ

020 8555 7122 or 07946038142  
activeplus1@hotmail.co.uk

### Epilepsy Action

Epilepsy

0808 800 5050  
[www.epilepsy.org.uk](http://www.epilepsy.org.uk)

Profile:

We support people with epilepsy through a variety of platforms.

### Epilepsy Society

Epilepsy

01494 601 300  
[www.epilepsysociety.org.uk](http://www.epilepsysociety.org.uk)

Profile:

Epilepsy Society is the UK's leading provider of epilepsy services. Through our cutting edge research, awareness campaigns, information resources and expert care, we work for everyone affected by epilepsy in the UK.

## Easy Read Guides on HIV and Aids

HIV

[http://www.easyhealth.org.uk/listing/hiv-and-aids-\(leaflets\)](http://www.easyhealth.org.uk/listing/hiv-and-aids-(leaflets))

**Profile:**

Easy Read Guides on HIV and Aids.

## Positive East

HIV

159 Mile End Road  
London  
E1 4AQ

020 7791 2855  
[talktome@positiveeast.org.uk](mailto:talktome@positiveeast.org.uk)  
[www.positiveeast.org.uk](http://www.positiveeast.org.uk)

**Profile:**

We are London's leading community-based HIV charity, providing better futures for people living with HIV or affected by HIV.

## Positively UK

HIV

345  
EC1V 1LR

020 7713 0222  
[info@positivelyuk.org](mailto:info@positivelyuk.org)  
[www.positivelyuk.org](http://www.positivelyuk.org)

**Profile:**

Positively UK provides peer-led support, advocacy and information to women, men and young people living with HIV to manage any aspect of their diagnosis, care and managing life with HIV.

## An Evening With Chronic Kidney Disease

Kidney Disease

[aneveningwithckd@gmail.com](mailto:aneveningwithckd@gmail.com)  
[www.aneveningwithckd.org](http://www.aneveningwithckd.org)

**Profile:**

To eradicate the prevalence of CKD (Chronic Kidney Disease) in the UK African-Caribbean population by informing and educating the fundamentals of CKD with special focus on End-Stage Kidney Failure Intervention, addressing the misconceptions of Organ Donation, Promoting regular health checks (particularly in men), Lifestyle maintenance and Well-being.

**The Liberty Clinic**

394 Romford Road  
London  
E7 8DF

**Osteopathology**

020 85526063

**Easy Read Guides on Stroke**

Profile:  
Easy Read Guides on Stroke.

**Stroke**[http://www.easyhealth.org.uk/listing/stroke-\(leaflets\)](http://www.easyhealth.org.uk/listing/stroke-(leaflets))**NESCAF (Newham Stroke Carers and Friends)**

Profile:  
Meets last Thursday of every month 7.00pm - 9.00pm.

**Stroke**

07931 365 158 or 0208 531 3833

**Newham Stroke Club**

Katherine Road Community Centre  
254 Katherine Road  
London  
E7 8LT

Profile:  
The charity runs health sessions in awareness and stroke prevention. The group offers help, advice, support and social setting for stroke patients and survivors. Meets every Wednesday 1.00pm - 5.00pm (refreshments included).

**Stroke**07852387633  
[info@newhamstrokeclub.org.uk](mailto:info@newhamstrokeclub.org.uk)



## Did you find what you wanted?

If you didn't find what you were looking for, phone the hotline or send an email.  
Either way, we will do our best to help you get that result.

 020 3866 2969

 [info@healthwatchnewham.co.uk](mailto:info@healthwatchnewham.co.uk)

### Disclaimer:

We endeavour to provide information that is accurate and up-to-date, however this cannot be guaranteed.  
In order to assist us, please report any errors.

