

**Hartlepool Carers**  
**Self-Directed Support Information – Physical Health**



Service/Organisation	How can they help?	Contact Details	Useful Information
Community Connectors	Community Connectors can help you access the support you need to improve your physical and mental well-being, live more independently, and get involved in the community. Self-referral, through GP or other health professional.	North Hub 49 Mires Avenue Hartlepool TS24 9JQ 01429 271 294	Steve Gaffney steve.gaffney@hartlepool.gov.uk Mobile 07747 856 700
		Central Hub York Road Hartlepool TS26 9DE 01429 272 905	Denise Murphy denise.murphy@hartlepool.gov.uk Mob 07748 112 784
		South Hub Wynyard Road Hartlepool TS25 3LQ 01429 272 631	
North East Independent Complaints Advocacy (ICA)	Supporting individuals complaining about the NHS, the Carers Federation Ltd, have over fifteen years' experience of supporting people in the North East with NHS complaints. For further information check out the Independent Complaints Advocacy link at <a href="http://www.healthwatchhartlepool.co.uk">www.healthwatchhartlepool.co.uk</a>	FREE PHONE 0808 802 3000 Aidan House Sunderland Road Gateshead NE8 3HU. To make an appointment to meet locally please call 0191 4 788 350 or email <a href="mailto:ica@carersfederation.co.uk">ica@carersfederation.co.uk</a>	Hartlepool meeting Venue (by appointment only): ORCEL Wynyard Road Hartlepool TS25 3LB Every 3rd Wednesday 9:30 – 12:00 noon
Healthwatch	Healthwatch will work to help people get the best out of services. Whether it is improving them today or help shaping them for tomorrow. Your Healthwatch is about local voices being able to influence the delivery and design of local services. Not just for people who use them, but anyone who might need to in the future.	You can use the contact form by visiting <a href="http://www.healthwatchhartlepool.co.uk">www.healthwatchhartlepool.co.uk</a> On the talk to us page or telephoning 01429 288 146	

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Headway	Brain injury can challenge every aspect of your life when it does, Headway can help with <ul style="list-style-type: none"> <li>• Befriending/Buddying/Mentoring</li> <li>• Carer Support Groups</li> <li>• Drop In</li> <li>• Family and Carer Support</li> <li>• Information</li> <li>• Outreach/Community Support</li> </ul>	Hartlepool People's Centre Raby Road Hartlepool  Tele: 07553 017 003  <a href="https://www.headwayhartlepool.org.uk">https://www.headwayhartlepool.org.uk</a> <a href="mailto:info@headwayhartlepool.org.uk">info@headwayhartlepool.org.uk</a>	Meetings Headway- Hartlepool Monthly- First Wednesday of each month
Hartlepool Stoke Association	This service is for stroke survivors (including TIAs/mini strokes) of any age, and families and carers of people affected by stroke, living in Hartlepool.	North Tees & Hartlepool NHS Trust University Hospital of Hartlepool Holdforth Road Hartlepool TS24 9AH e-mail: <a href="mailto:tracy.bushnall@stroke.org.uk">tracy.bushnall@stroke.org.uk</a> Tele: 01429 894 349	Monday – Friday 9:00 – 5:00pm
McMillan Advisors	The Macmillan advisor provides priority appointments to those whose lives have been affected by cancer, this includes family members and the recently bereaved.	West View Advice and Resource Centre. 49 Mires Avenue Hartlepool TS24 9JQ To book an appointment call: 01429 271 294.	Advice is provided in a location suitable to the clients' needs such as at their main centre, in the client's home or at the hospice or North Tees Hospital.
Epilepsy Outlook	Epilepsy Outlook provides free confidential practical support, advice and information to people with epilepsy, to help them face lifestyle changes for them and their loved ones.	Head office 79 Park Road The Arches Hartlepool TS24 7PW Contact 01429 297 007 Email: <a href="mailto:info@epilepsyoutlook.org.uk">info@epilepsyoutlook.org.uk</a>	Monday– Friday 10:00 – 4:00pm
Social Prescribers	Social prescribing service helps patients to focus on the important social and mental factors that affect their health. Speak to your GP about their offer and how they can help you.	Dawn Evans Dawn Evans   Social Prescribing Link Worker Lead <a href="mailto:dawn.evans18@nhs.net">dawn.evans18@nhs.net</a> 07392 866 825	Social prescribers work across our community

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Hartlepool MS Support Group	The New Hartlepool MS Support Group are a friendly, well established group consisting of people who have Multiple Sclerosis, or their families and Carers, all who live in the Hartlepool area.	Lindsey Moore Tel No: 07835 264 538	