

Join HemiHelp and become part of the community of families affected by hemiplegia. Services include;

## Magazine

Our quarterly magazine is full of the latest information and news. Have you ever thought about writing an article for our magazine? We need your letters and articles to ensure that our magazine continues to provide our members with information, support and encouragement, so please write or email [info@hemihelp.org.uk](mailto:info@hemihelp.org.uk).

## Website and Message Board

Visit [www.hemihelp.org.uk](http://www.hemihelp.org.uk) and check out our website for all our latest news and events. The site includes all our information sheets and a message board where parents, professionals and adults with hemiplegia share their experiences with others.

## Helpline

Fully trained volunteers with personal experience of hemiplegia staff our helpline Monday – Friday, 10am -1pm, during term time. Call 0845 123 2372. We also offer our helpline services by email. Send your query to [support@hemihelp.org.uk](mailto:support@hemihelp.org.uk).

## Fun Days

We hold hugely popular regional “Try It” activity days, where children with hemiplegia and their siblings can try out activities in a comfortable environment with their families around them. It is a great opportunity for your child and you to meet other families in a similar situation. And most importantly it is a chance to have some fun!

## Conferences

We run a regional conference programme for parents and professionals to increase awareness about hemiplegia and share knowledge and best practice about the condition and associated therapies.

## Creative Workshops

We hold Creative Workshops across the country, where children and their families can get together in an informal, friendly atmosphere. Workshops may incorporate music and include trying out a range of different instruments. Drama and creative movement workshops are fun and engaging sessions for children of all ages.

## Local Groups

Would you like to be able to meet and share your experiences with other families in your area? We have a number of groups getting together on a regular basis across the U.K. It is a great opportunity for you and your child(ren) to meet others and share experiences. NB to become part of your Local Group you must be a member of HemiHelp.

## Pen Pals (for children 5+ yrs)

Would your child like a pen pal to share their experiences with another child or young person? Our pen pal scheme can put your child in touch with others of a similar age so they can share experiences and hopefully form lasting friendships. NB to take advantage of the Pen Pal Scheme you must be a member of HemiHelp.

## Home Visits

The Home Visitors can provide help with claiming DLA or other benefits; provide information about behaviour or education and support with a range of other issues related to your child's hemiplegia. If you are interested in having a Home Visit, please contact the HemiHelp office. NB you must be a member of HemiHelp to use this service. This service is now available throughout England, Wales and Scotland.

## Primary Schools Pack

This pack contains information and guidance for teachers on a range of issues to help them support children with hemiplegia throughout primary school. It can be adapted and added to for the child's individual needs. Parents may also find this pack useful.

## Volunteering and fundraising

Do you have any time to spare? Would you like to help improve the information and support provided to families affected by hemiplegia? Why not request a volunteer form or a fundraising pack? Please contact the HemiHelp office for further information on how you can help us: 0845 120 3713/ 0207 840 0159 or email the office at [fundraising@hemihelp.org.uk](mailto:fundraising@hemihelp.org.uk).

*HemiHelp has a range of information sheets for both families where there is a child with hemiplegia and adults with the condition, as well as a Useful Names and Addresses List to help you contact other organisations.*

***Hemiplegia** is a neurological condition that weakens one side of the body and affects one child in a thousand. It is sometimes described as a form of cerebral palsy and the effects are similar to those of a stroke. **HemiHelp** is a membership organisation offering information and support to children and adults affected by hemiplegia and their families.*

*HemiHelp is happy for you to make photocopies of any part of this document.*

*Helpline: 0845 123 2372 (Mon-Fri 10am-1pm)*

*Admin: 0845 120 3713 • Fax: 0845 120 3723*

*Email: [support@hemihelp.org.uk](mailto:support@hemihelp.org.uk) • Web: [www.hemihelp.org.uk](http://www.hemihelp.org.uk)*

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