

Action On Hearing Loss



Changing the world for people who are deaf or have a hearing loss. Action on Hearing Loss is the new name of RNID (Royal National Institute for Deaf People), the largest charity representing the 10 million people who are deaf or have a hearing loss in the UK.

Age UK



Age UK is a charity with a history dating back to 1940. Its activities include: providing information and advice; campaigns; commercial products (such as motor insurance, gas and electricity packages, and funeral plans); training; and research.

Alzheimer Scotland



Alzheimer Scotland

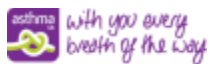
Alzheimer Scotland helps people with dementia, their carers and families. Its members include carers, relatives, people with dementia, professionals, groups and organisations. Its services include day centres, home support, drop-in centres, support groups, carer education, one-to-one support, welfare rights, and the provision of information and advice.

Arthritis Research UK



Arthritis Research UK funds more than 250 current grants into all types of arthritis and related musculoskeletal conditions. Its website contains lots of useful information for people with arthritis including details about therapies that may help.

Asthma UK



Asthma UK is an organisation for people with asthma. They provide expert advice from asthma nurses, fight for change like the smoke-free laws, give teachers and healthcare staff the knowledge to save lives and fund research to find a cure.

BBC Health



The BBC Health website contains information about a wide range of medical conditions, personal stories about emotional and mental health issues and other helpful health tools.

British Dietetic Association



The BDA site contains useful facts about food and other information to help you maintain a healthy diet.

British Heart Foundation



The British Heart Foundation is a charity that aims to prevent people dying from heart diseases. Its Heart HelpLine can answer your questions on everything heart-related and its Heart Matters service offers free support and information for people looking to improve their heart health. Its Heart Health Roadshow visits shopping centres, supermarkets and workplaces offering free support and guidance to help you look after your health.

British Liver Trust



The British Liver Trust is the leading liver charity in the UK for all adult liver conditions. The Trust works to pioneer liver health and reduce the impact of liver disease through awareness, care and research.

Care Information Scotland



Care Information Scotland is a telephone and website service providing information about care services for older people living in Scotland.

Care Inspectorate



The Care Inspectorate regulates, inspects and supports improvement of care, social work and child protection services for the benefit of the people who use them. Various kinds of organisations provide the services they regulate: local authorities, individuals, businesses, charities and voluntary organisations.

Carers Trust



Carers Trust is a new charity which was formed by the merger of The Princess Royal Trust for Carers and Crossroads Care in April 2012. Carers Trust works to improve support, services and recognition for anyone living with the challenges of caring, unpaid, for a family member or friend who is ill, frail, disabled or has mental health or addiction problems. With its Network Partners, it aims to ensure that information, advice and practical support are available to all carers across the UK.

Change 4 Life



The NHS Change4Life has loads of healthy eating tips and recipes, and fun ways to exercise. Change4Life is there to help you and your kids eat well and move more.

Coeliac



Coeliac UK is the leading charity working for people with coeliac disease and dermatitis herpetiformis (DH).

Diabetes UK



Diabetes UK is a growing community with over 300,000 supporters nationwide – including people with diabetes, their friends and families. It works with an army of 5,000 volunteers and 332 voluntary groups to raise funds and awareness, to provide support and to campaign for change.

Dumfries and Galloway Council



The local authority website for Dumfries and Galloway, the third largest region in Scotland, which covers 2,380 square miles and has an estimated population of 148,060.

DVLA Fitness To Drive



Provides information on medical standards for drivers and health conditions that could affect drivers.

Edinburgh Council



The local authority website for Edinburgh Council has information on areas ranging from community services to social care and health.

Embarrassing Problems



Provides practical health information on embarrassing medical problems that are difficult to discuss, written by qualified doctors.

Epilepsy Action



Provides information about coping with epilepsy and seizures. Provides free help and advice through the use of email and telephone helplines.

Fit for Travel



FitForTravel is a public access website provided by the NHS (Scotland). It gives travel health information for people travelling abroad from the UK. Remember that you should always discuss your particular needs with your own doctor or nurse.

Gov.uk



Gov.uk is the new website established to replace direct.gov.uk and businesslink.gov.uk. It contains lots of information on government services including the rights and benefits disabled people are entitled to.

Multiple Sclerosis Society



The MSS funds research and support to those affected by MS. Its website provides information about fundraising MS events, research, life with MS, news and events and disease details.

National Care Standards



Everyone in Scotland should receive the same high level of care no matter where they live. The National Care Standards have been created by Scottish Ministers to help you understand what to expect from a wide range of care services. They tell you how to raise concerns or complaints if you feel there is a problem with the care you or a relative or friend receives.

National Eczema Society



Formed in 1975, The National Eczema Society has two principal aims: first, to provide people with independent and practical advice about treating and managing eczema; secondly, to raise awareness of the needs of those with eczema with healthcare professionals, teachers and the government. Its services include a helpline for sufferers.

Net Doctor



Net Doctor is an independent medical information and health website that provides health advice on diseases, conditions, examinations and treatments. It also provides the latest health news, answers to health questions and search for doctors, consultants, health charities, support groups, hospitals, birth units, and complementary therapists.

NHS



Information from the National Health Service on conditions, treatments, local services and healthy living.

NHS 24



NHS 24 provides comprehensive up-to-date health information and self care advice for people in Scotland.

NutriStrategy



Track diet and exercise progress with NutriStrategy Nutrition and Fitness. For weight loss, cardiovascular fitness or weight training workouts, NutriStrategy helps you improve your health. NutriStrategy provides nutrition, fitness and health information to help you reach your goals. Learn the importance of diet and exercise in overall wellness, weight loss and disease prevention, so you can take control and make healthier choices.

Parkinson's UK



The Parkinson's support and research charity (formerly known as the Parkinson's Disease Society) provides friendship and support to those living with Parkinson's, as well as campaigning and fundraising in aid of those suffering from Parkinson's disease and their families.

Patient UK



Patient UK provides the same information as provided by GPs to patients during consultations, health/disease leaflets, patient support organisations, information about medicines, facilities for booking GP appointments online, and an interactive patient experience forum.

Royal National Institute of Blind People (RNIB)



Royal National Institute of Blind People (RNIB) is the leading charity offering information, support and advice to people with sight loss. It provides practical ways to help people live with sight loss and advice to help them travel, shop and manage their money and finances independently. It also has advice on technology for blind and partially sighted people.

Samaritans



Samaritans is a service which is available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress, despair or suicidal thoughts.

Self Directed Support in Scotland

[Self Directed Support in Scotland](#)

The Scottish Government's Self-Directed Support (SDS) website is a one-stop-shop for information about Self-Directed Support for people who use social care services and health and social care professionals.

SSSC



The Scottish Social Services Council is raising standards in the Scottish social service workforce. Visit its website for news and information.

Stroke Association



The Stroke Association is the only UK-wide charity solely concerned with combating stroke in people of all ages. It provides high quality, up-to-date stroke information for stroke patients, their families and carers.