

### **Cerebal Palsy Support Group**

Location: Welwyn Garden City

n/a

### **Changing Minds in Hertfordshire**

Location: Cuffley

A new charity that runs self help groups for people and their families suffering from depression

### **Connect Club**

Location: Hatfield

Group to support adults with mental health problems in social setting. Meet Monday & Friday 10-2.30

### **Disability Allowance**

Location: Herts

n/a

### **Disability Information Line**

Location: St Albans

n/a

### **Dolphins**

Location: Welwyn Garden City

Support group for parents with children with special needs. Meet 1st Friday of every month from 9.30am-11am. Pre-school children may attend as creche facilities are available. Varied specialist speakers attend.

## **Downs Syndrome Association**

Location: Herts

Helping people with Downs Syndrome (DS) to live full and rewarding lives. Provide information and support for people with DS, their families, carers and professionals who work with them. Improve knowledge of DS; champion the rights of people with DS.

## **Essence Counselling & Training Enterprise**

Location: Hatfield

n/a

## **Friendship Scheme for Mental Health**

Location: Letchworth

n/a

## **Hatfield Community Mental Health Centre**

Location: Hatfield

Usually referred by GP/Hospital

## **Herts Autistic Community Trust**

Location: Welwyn Garden City

Part of a large organisation in Barnet looking after adults with autism as well as other people with disabilities

## **Mencap**

Location: Herts

n/a

**MENCAP (WH Society)**

Location: Welwyn Garden City

Services available to people with learning disability, their families & carers living WelHatfield

**Mind Computer Club**

Location: Hatfield

n/a

**MIND in Welwyn Hatfield**

Location: Welwyn Hatfield

National Organisation for Mental Health. Drop in on Tuesdays 10-12 at Free Church Hall, WGC. Computer Club, at Bill Salmon Centre

**North Herts ME Support Group**

Location: Stevenage

n/a

**Riding for the Disabled**

Location: Welwyn Garden City

n/a

**Samaritans**

Location: Ware

Available to everyone 24hrs a day everyday by phone. Visits can be arranged, offer confidential, non-judgemental service for anyone going through crisis

**South Herts Motor Neurone Disease Assoc**

Location: Harpenden

Provides counselling, advice, care & support services

**Stanborough Park Water Sports Centre**

Location: Welwyn Garden City

n/a

**The Bridge Community Mental Health Centre**

Location: Welwyn Garden City

n/a

**Welwyn Hatfield Alzheimer's Society**

Location: Welwyn Hatfield

Helps, supports carers and people with dementia. For further info for carers support telephone Alice Davies on 01707265326