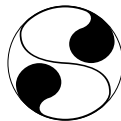

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Useful contact numbers and Website addresses

Spinal Injuries Association – For people with spinal cord injuries and their families. The SIA also produce a very informative monthly newsletter	Tel: 0800 980 0501 www.spinal.co.uk
Spinal Injuries Scotland – For people with spinal cord injuries and their families living in Scotland	Tel: 0141 314 0056 www.sisonline.org
Association for Continence Advice – Organisation for healthcare professionals with a special interest in the standards of available care and management of continence	Tel: 020 8692 4680 www.aca.uk.com
Continence Foundation – A national resource centre for information, education and research for bladder and bowel problems	Tel: 020 7831 9831 www.continence-foundation.org.uk
Multiple Sclerosis Society – For people living with MS wanting general information and practical advice	Tel: 0808 800 8000 www.mssociety.org.uk
Multiple Sclerosis Research Trust (MSRC)	Tel: 0800 783 0518 www.msrc.co.uk
Association for Spina Bifida & Hydrocephalus (ASBAH)	Tel: 01733 555988 www.asbah.org
PROMOCON – National resource for continence product information	Tel: 0161 832 3678 www.promocon2001.co.uk
Incontact – User led support group for people with bladder and bowel problems. They run a network of local groups, helplines and pen pals to provide information and support	Tel: 0870 770 3246 www.incontact.org
Royal Association for Disability and Rehabilitation (RADAR)	Tel: 020 7250 3222 www.radar.org.uk
Disability Now – monthly newspaper with latest disability news & reviews published by Scope	Tel: 020 7619 7317 www.disabilitynow.org.uk
Disabled Parents Network – Disabled people have the right to have children and should be properly equipped, supported and resourced for each stage of parenting	Tel: 0870 241 0450 www.disabledparentsnetwork.org.uk
Awear – National resource for advice on clothing matters for people of all abilities	Tel: 0115 953 0439 www.awear.org.uk
ERIC – is a charity that provides advice and information on bowel and bladder problems to younger children, teenagers, parents and professionals	Tel: 0117 960 3060 www.enuresis.org.uk
Rolli Moden – Fashion clothing for wheelchair users – owned by Manfred Sauer GmbH	Tel: 0049 6226 960 203 www.rolli-moden.de



MANFRED SAUER GMBH

Continence Systems

Neurott 7 • 74931 Lobbach • Germany • Tel. +49 6226 960 100 • Fax +49 6226 960 010

MANFRED SAUER GMBH (UK Branch)

Unit KG/D • KG Business Centre • Kingsfield Way • Northampton • NN5 7QS
Tel. 01604 588090 • Confidential Helpline: 0191 291 0166 • Fax 01604 588091
E-mail: helpline@manfredsauer.co.uk • Website: www.manfred-sauer.co.uk