

TOP 10 WEBPAGES FOR INFO



As of my last knowledge update in September 2021, here are some top websites for organisations in the UK that provide support and resources for individuals with hidden disabilities:

- **Disability Rights UK (disabilityrightsuk.org):**
 - Disability Rights UK is a leading charity organisation dedicated to supporting disabled people in all aspects of life. They offer information, advice, and resources on various hidden disabilities.
- **National Autistic Society (autism.org.uk):**
 - This organisation is a valuable resource for individuals and families affected by autism spectrum disorders, a common hidden disability. They provide information, support, and advocacy.
- **Dyslexia Action (dyslexiaaction.org.uk):**
 - Dyslexia Action provides support and resources for individuals with dyslexia, a hidden disability that affects reading and language skills. Their website offers assessments, training, and helpful information.
- **MIND (mind.org.uk):**
 - MIND is a mental health charity that offers support and information on various mental health conditions, which are often hidden disabilities. They have resources for individuals, families, and professionals.
- **British Dyslexia Association (bdadyslexia.org.uk):**
 - This organisation specialises in dyslexia support, offering information, assessments, and training for individuals and educators.
- **The ADHD Foundation (adhdfoundation.org.uk):**
 - Focusing on Attention Deficit Hyperactivity Disorder (ADHD), this organisation provides support, resources, and information for individuals and families dealing with ADHD, which is often a hidden disability.
- **Migraine Trust (migrainetrust.org):**
 - Migraine is a hidden disability that affects many people. The Migraine Trust offers support, information, and research on migraine management.

- **National Ankylosing Spondylitis Society (NASS) (nass.co.uk):**
 - NASS supports individuals with Ankylosing Spondylitis, a hidden disability that affects the spine and joints. Their website provides resources, exercise guidance, and a supportive community.
- **Epilepsy Action (epilepsy.org.uk):**
 - Epilepsy Action offers support for individuals with epilepsy, a hidden neurological condition. Their website provides information on managing epilepsy and living well with the condition.
- **Hidden Disabilities Sunflower Scheme (hiddendisabilitiesstore.com):**
 - This scheme provides support for individuals with hidden disabilities by offering sunflower lanyards and other products that help identify individuals who may need additional assistance in public places.

Please note that the availability and prominence of these organisations may change over time. It's a good idea to visit their websites or contact them directly for the most up-to-date information and resources. Additionally, there may be new organisations and resources available in the UK since my last update in August 2023.

About Us

Thrive-Ability is your ally in the hidden disability journey. Founded by Heather Raffle, we blend personal experiences, professional expertise, and a touch of humour to provide support, guidance, and empowerment. Our mission? To help you uncover hidden strengths, navigate challenges, and thrive in a world that sometimes feels puzzling. Join our community of resilience, where understanding and laughter go hand in hand. Together, we'll conquer life's unique puzzles and celebrate every small victory. Welcome to Thrive-Ability! 🌟💪

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