

## **BELLS PALSY**

Bell's Palsy is facial paralysis, normally affecting one side of the face, and can last from a number of weeks to a number of years. In most cases (approx 80%) the condition recedes after 3 months though for a proportion of sufferers the symptoms can continue indefinitely.

### **BELLS PALSY ASSOCIATION**

**Telephone: 0870 4445460**

They supply leaflets of facial exercises that are available to print, and details on the condition. There is a website for online discussions and information into treatments and research.

PO Box 80

Neath

West Glamorgan SA10 6YZ

**Website:** [www.bellspalsy.org.uk](http://www.bellspalsy.org.uk)

### **LET'S FACE IT**

**Telephone: 01843 833724**

Let's Face It is an international support network for people with facial disfigurement, their families, friends and professionals.

Christine Piff

Let's Face IT

72 Victoria Avenue

Westgate on Sea

Kent CT8 8BH

**Website:** [www.lets-face-it.org.uk](http://www.lets-face-it.org.uk)

### **THE BELL'S PALSY NETWORK**

The Bell's Palsy Network was established in 1997 as the first Online portal for facial paralysis patients

**Website:** [www.bellspalsy.net](http://www.bellspalsy.net)

### **FACIAL PARALYSIS.NET**

Facial Paralysis.Net is a forum style website for people with all types of facial disfigurement, where they can chat with others about problems.

**Website:** [www.facialparalysis.net](http://www.facialparalysis.net)

**We cannot be held responsible for the level of service provided by the organisations included in this publication.**

All details correct at time of publication, if you find that this info is inaccurate please call us.

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