

Contact numbers

If you have any questions or concerns, please contact the Paediatric Allergy Team on 0118 322 7224.

Royal Berkshire NHS Foundation Trust
London Road
Reading RG1 5AN
Telephone 0118 322 5111
www.royalberkshire.nhs.uk

This document can be made available in other languages and formats upon request.

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Paediatric Allergy Team Jan 2012
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Useful contacts for people with food allergies

Information for families

Allergy UK

A national charity providing support for those living with allergies. Translation cards are also available for travelling abroad.

Helpline: 01322 619898

<https://www.allergyuk.org>

The Anaphylaxis Campaign

Set up to help people who have life-threatening allergic reactions to foods, latex and insect stings. They offer useful information and support via their helpline and website.

Helpline: 01252 542029

Web: www.anaphylaxis.org.uk

#easytoask #takethekit

Allergy Action

A website developed to promote awareness of food allergies that offers practical advice. Includes food labelling and translation cards for use abroad.

Web: www.allergyaction.org.uk

Food Allergy and Anaphylaxis Network

FAAN is the US charity working to heighten awareness of food allergies. Their website has a lot of useful information including some allergy-free recipes.

Web: www.foodallergy.org

Food Standards Agency

Advice on may contain labelling, eating out and reporting a business.

<https://www.food.gov.uk/safety-hygiene/food-allergy-and-intolerance>

National Eczema Society

National charity providing support and information for eczema sufferers and their carers.

Tel: 0800 089 1122

<http://eczema.org/>

Medical alert jewellery

Medicalert

Tel: 0800 581 420

Web: www.medicalert.org.uk

Allerbling

Suitable for younger children.

<https://allerbling.com>

Rescue medication bags

Allergy Lifestyle

<https://www.allergylifestyle.com>

Tel: 0203 2873771

The Yellow Cross Company

Tel: 01252 820321

Web: www.yellowcross.co.uk

Adrenaline Auto Injector (AAI)

Support

You can access lots of online support for your type of AAI. There are also mobile apps available.

Jext

<https://jext.co.uk/>

Emerade

<https://www.emerade.com/>

EpiPen

<http://www.epipen.co.uk/patients/>

Using rescue medicines

- Be prepared – carry your rescue medicines (antihistamines and adrenaline pens) with you at all times!
- Make sure you refresh your skills with using your adrenaline pen on a regular basis – practice with your adrenaline auto injector trainer pen at least once every school term.
- Make sure your friends and family know what to do if you have an allergic reaction.