

## **Online Information and Services for Those with Imbalance or Vertigo**

### **Gwent Audiology Service**

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## **The NHS Health A to Z**

### [Conditions A to Z - NHS](#)

An NHS website with information on a variety of health conditions, including imbalance.

## **Wales National Exercise Referral Scheme**

### [National Exercise Referral Scheme - Public Health Wales](#)

A scheme funded by the Welsh Government that provides access to tailored and supervised exercise for those aged 16+ who are inactive and at risk of, or currently experiencing, a long term or chronic health condition.

## **Move Better Gwent**

### [Move Better Gwent](#)

An NHS website to help the community of Aneurin Bevan University Health Board to look after their bones, joints and muscles.

## **Meniere's and Vestibular UK**

[Meniere's & Vestibular UK: Support for dizziness and balance... | Ménière's & Vestibular UK](#)

A national organisation providing information and online support for those with balance conditions originating in the inner ear.

## **Life on the Level**

[LifeOnTheLevel](#)

UK-Based support group for those with balance disorders.

## **ACPIVR**

[ACPIVR – The Association of Chartered Physiotherapists in Vestibular Rehabilitation](#)

The website of the Association of Chartered Physiotherapists Interested in Vestibular Rehabilitation. Provides information about conditions causing vertigo and imbalance.

## **The Migraine Trust**

[Home - The Migraine Trust](#)

A national organisation providing information and support for those experiencing migraines, including vestibular migraine.

## **The Vestibular Disorders Association**

[Discover a Life Rebalanced - Vestibular Disorders Association](#)

A USA-based organisation with information on balance disorders.

## **Patient.info**

[Patient.info: Health Information and Symptom Checker](#)

An independent website providing information about many health conditions, including imbalance.

## **FND Guide**

[Functional Dizziness \(PPPD\) – Functional Neurological Disorder \(FND\)](#)

A website funded by the NHS Lothian Charity, The University of Edinburgh & Scottish Government with information for those experiencing PPPD (chronic imbalance).