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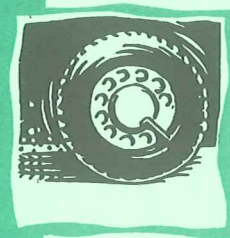
# SURVIVAL GUIDE

FOR PEOPLE WITH DISABILITIES IN LUTON AND DISTRICT

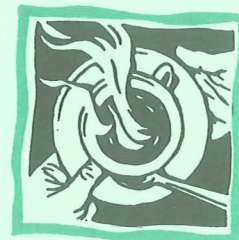
Benefits & Advice



Mobility



Help Within The Home



Caring And Carers

Holidays



Shopping

Leisure, Exercise & Sport



Telephone Numbers



Grateful thanks to  
Sian Ellis for the illustrations

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# Introduction

Very often, disability enters our lives uninvited and unannounced, leaving families completely unprepared and very often at a loss as to where to seek appropriate help.

Dominique Joyeux who lives in North Bedfordshire found himself in such a position in 1991 and set himself the task of identifying what was on offer in his area. As a result of his endeavours a "Survival Guide" for people with disabilities in North Bedfordshire was published.

With the implementation of the Community Care Act which advocates a shift of emphasis from hospital care to care in the community, it is of paramount importance that people know where to seek help. It is pleasing to note that the winds of change are sweeping through Social Services and this has produced a much more 'user friendly' service.

We hope you find that our Luton and District Guide invites easy, interesting and informative reading. The guide is the joint initiative of the CVS and the Library Services.

We should like to place on record our grateful thanks to Whitbread plc without whose financial support this guide would never have seen light of day!

Grateful thanks must also be accorded to Luton Borough Council for their financial contribution to this guide and for their support and encouragement for the work of the local voluntary sector.

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