

Survival guide

2000

**For people
with physical or
sensory disabilities in
North Bedfordshire**

GRANADA

INTRODUCTION

by Dominique Joyeux

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My mother had a stroke twelve years ago and at that time I did not know where to turn to for advice or help. At that time there was no one local organisation or person that had a knowledge of disability, rehabilitation, entitlement to benefit and access to counselling etc. I found it difficult to get help, guidance and support when I needed it most. It is for that reason that I wrote the first Survival Guide and I am glad to say that other areas have since followed Bedford's lead and produced Survival Guides of their own.

There are many voluntary and statutory bodies that can offer help when disability first strikes, it is just a question of finding them and letting them know that you need a hand. Social Services are one of the first points to call but there is also a new, very helpful organisation that has been set up to help those in and around Bedford called the **Disability Information Service**. Give them a call on the number below.

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If you need another copy of this Guide contact any local library or the **Disability Information Service** in the Harpur Centre. The latter will also help you with further queries, contact them on **01234 349988**.

Please let us know if this guide has been of use to you

Dominique Joyeux