

survival guide

2000

**For people
with physical or
sensory disabilities
in Milton Keynes.**



COMMUNITY TRUST
MILTON KEYNES

INTRODUCTION

by Dave Crawford

When a severe illness followed by permanent disability changed my life some 25 years ago, I found it impossible to get help, guidance and support just when I needed it most. For a long time, both myself and my wife felt terribly alone with the problems that inevitably followed.

The help available has greatly improved since and though the initial confusion with the onset of disability remains, there are now plenty of organisations out there who can be of assistance. This Survival Guide brings together those statutory and voluntary bodies who have the means to help, with those who need it.

The original notion of a 'Survival Guide' was the brainchild of Dominique Joyeux who produced the first brochure in 1990. I have used his original guide and the substantial information collected together by the Milton Keynes Centre for Integrated Living and the Bucks Disability Information Network.

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Although I wrote the Guide, the research was checked, indexed and knocked into shape by the Survival Guide Steering Committee, consisting of Barrie Sharpe, Maggie Lewis, Daphne Silverton, Ruth Meardon and Dominique Joyeux. Officers from Neighbourhood Services Milton Keynes Borough Council and the Physical Disability Joint Advisory Group also helped. The lively graphics were thought up and drawn by Sian Ellis and Juliet Corley. The cover was designed by Robert Purnell and the 7,000 brochures were produced by Milton Keynes Council Print Services.

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