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SURVIVAL GUIDE

FOR PEOPLE WITH PHYSICAL DISABILITIES IN NORTH BEDFORDSHIRE



Benefits & Advice



Mobility



Help Within The Home



Caring And Carers



Holidays



Shopping



Leisure, Exercise & Sport



Telephone Numbers

INTRODUCTION

by Dominique Joyeux

My mother had a stroke seven years ago and at that time I did not know where to turn for advice or help. There was no one local organisation or person that had a knowledge of disability, rehabilitation, entitlement to benefit and access to counselling etc. Unfortunately this is still the case.

There are however, many voluntary and statutory bodies that can offer help to those with special physical and sensory needs in the North Bedfordshire area. The "Survival Guide" is trying to put together those who have the means to help with those who need it.

In North Bedfordshire, there are over 200 people referred to the Health Authority that have acquired new, permanent disabilities, every month! This pamphlet is a guide for those newcomers, as well as those who are old hands at trying to make sense of what services and help are available to the disabled.

Texas Instruments are again the main sponsors for the Guide, generously providing the money to cover the printing costs for 8,000 copies. Further financial help to cover the research costs was provided by Charles Wells, **3M** - UK plc and the Bedford Pilgrim Housing Association. Thanks are also due to Bedford Borough Council and Bedfordshire Health who sponsored the launch and distribution of the Guides.

Although I wrote the Guide, the research was undertaken by the Survival Guide Steering Committee, consisting of Anthea Slark, Hilary MacDonald and Valerie Elsegood. Additional research was undertaken by Anne-Marie Smith. Special thanks are reserved for the staff and volunteers at the North Bedfordshire Council for Voluntary Service, who typed and designed the Guide's impressive, easy-to-read lay out. The lively graphics were thought up and drawn by Sian Ellis and Juliet Corley.

If you need another copy of this Guide contact the Tourist Information Centre or Bedford Central Library. The latter will also try to help you with further queries; contact the Reference Desk on Bedford 270102.

Dominique Joyeux

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