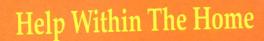
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Benefits & Advice





Caring And Carers



Shopping

Leisure, Exercise & Sport

Telephone Numbers



















INTRODUCTION

by Dominique Joyeux

My mother had a stroke ten 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.

Granada UK Rentals are the main sponsors of the Guide, generously providing their services to print the 8,000 copies necessary. Alliance Paper have made a substantial donation of materials and further financial help to cover the research costs were supplied by SM UK plc, Meltis plc, Bedfordshire Pilgrim Housing Association and the Harpur Lions. 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 Sonia Minney. Special thanks are reserved for Tara Charlton of the North Bedfordshire Council for Voluntary Service, who typed up the Guide and to Ruth Kerr of the Bedford Volunteer Bureau who 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.

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Please let us know if this guide has been of use to you, or if you have any recommendations for the next one.

