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SURVIVAL GUIDE

FOR DISABLED PEOPLE IN THE LUTON AREA

Benefits & Advice



Mobility



Help Within The Home



Caring And Carers



Holidays

Shopping

Leisure, Exercise & Sport



Telephone Numbers

LUTON

BOROUGH COUNCIL

INTRODUCTION by Carol Mew

I became disabled a decade ago and found myself coming to terms not only with the physical and emotional impact of my situation but with the seemingly awesome task of re-organising most of my life. Fuelled by my natural nosiness, I set about rooting out the information that would be needed in my new life.

As disabled people and their carers will know, there is no clear place to start. I wrote this 'Survival Guide' to provide at least the basic information needed, so that people less mobile than I, do not have to start from scratch.

The original notion of the 'Survival Guide' was the idea of Dominique Joyeux who produced the first brochure in 1990. I have used his original guide and the substantial information gathered by Disability Resource Centre, to bring together the many helping organisations that follow.

Luton Social Services are the main sponsors of the Guide, generously providing funds for Luton Town Hall Printers to print 8,000 copies. We are also indebted to Southern Counties Papers for their support and contributions. Vauxhall Motors and Bedfordshire Health have provided funds to help cover the cost of research and distribution of the Guide. Thanks are also due to Luton's Equal Opportunities unit who sponsored the launch of this Guide.

Although I wrote the Guide, the research was checked, indexed and knocked into shape by the Survival Guide Steering Committee, consisting of Robert Morgan, Paul Smith, Sue Mills, Helen Bowlt and Dominique Joyeux. The lively graphics were thought up and drawn by Sian Ellis and Juliet Corley.

If you need another copy of this Guide contact your local library or the Disability Resource Centre. Please let the latter know if this guide has been of use to you or if you have any recommendations for the next one.

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