

Newly disabled

13 January 2011

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Disability Living Allowance (DLA)	An award of DLA - especially the Higher Rate Mobility Component (HRMC) is typically taken as proof that you have a disability - the equivalent of the old "registered disabled". As such, it is an essential pre-cursor to many other benefits and entitlements.	http://www.direct.gov.uk/en/disabledpeople/financialsupport/dg_10011731
Blue Badge	Apply to local authority - eg; Durham CC	http://www.durham.gov.uk/Pages/Service.aspx?ServiceId=279
Motability	A new car in return for your DLA HRMC component payment. May require a cash injection from you if you want a larger car or need adaptations.	http://www.motabilitycarscheme.co.uk/main.cfm
Second hand vehicles and directory of products	JustMobility	http://www.justmobility.co.uk/Index.asp
Get a Disabled Railcard	1/3 off fares, disabled access help	http://www.disabledpersons-railcard.co.uk/
Join Mobilise campaign for the disabled - concessions on ferries etc	Membership cheaper if you already have a Disabled Railcard	http://www.mobilise.info/
Apply for London Congestion Charge concession	100% discount on congestion charge. Can register up to two vehicles. Costs £10	http://www.tfl.gov.uk/roadusers/congestioncharging/6736.aspx
Panic alarm	Amplicom panic phone £49.98	http://www.amazon.co.uk/Amplicom-PowerTel-Alarm-Corded-Telephone/dp/B002654G0M/ref=sr_1_2?ie=UTF8&qid=1298289196&sr=8-2

Information & support

Stroke Association	For all stroke sufferers	http://www.stroke.org.uk/
Different Strokes	For younger stroke sufferers (age up to about 60)	http://www.differentstrokes.co.uk/
RADAR	Sells disabled toilet keys and guides	http://www.radar-shop.org.uk/
MouseAbility	An organisation that lists companies and organisations that welcome people with disabilities.	http://www.mouseability.co.uk/

Travel

Tourism for all	Publishes guides and information for disabled access around Britain. Information on website is free but membership gets free guide and discounts	https://www.tourismforall.org.uk/
Air travel	UK Government advice on air travel with a wheelchair etc.	http://www.direct.gov.uk/en/DisabledPeople/TravelHolidaysAndBreaks/GettingThere/DG_4017239
<u>Disabled Persons Transport Advisory Committee</u>	The Door-to-Door site offers a great deal of generic advice on disabled travel	http://dptac.independent.gov.uk/door-to-door/index.htm
Access Travel	Specialist disabled travel holiday packages	http://www.access-travel.co.uk/
CanBeDone	Specialist disabled travel holiday packages	http://www.canbedone.co.uk/
Disable Travel Advice	Advice for the disabled traveller. Fairly wide-ranging but disappointingly generic advice	http://www.disabledtraveladvice.co.uk/
Mobilise	Advice and representation for disabled motorists. Membership brings a monthly newsletter and a range of discounts on ferries / EuroTunnel, hotels, RAC / AA membership etc.	http://www.mobilise.info/
Disabled Motorists Federation		http://www.disabledmotoristsfederation.org.uk/
London	Various guides to staying in and using our capital are available.	http://www.accessinlondon.org/
Open Britain	Directory of accessible accommodation in Britain	http://www.openbritain.net/openbritain/

Driving

Newcastle Mobility	Walkergate Park Centre for Neuro-rehabilitation and Neuro-psychiatry Benfield Road Newcastle upon Tyne NE6 4QD Tel: 0191 287 5090	Email: northeast.drivemobility@ntw.nhs.uk Website: http://www.ntw.nhs.uk/section.php?l=4&p=243
Bewick Mobility also carry out driving assessments	01661 833913 Kevin	http://www.bewickmobility.co.uk/driving.html

Concessions

BBC Ouch!	General advice and links to concessions	http://www.bbc.co.uk/ouch/features/save_money_seek_out_disability_concessions.shtml
Cinemas	Cinema Exhibitors Association Card (CEAC) costs £5.50 per year	http://www.ceacard.c

	and provides one free ticket (for a carer) each time a full ticket is purchased for the disabled person. Requires DLA.	o.uk/
Theatres	Most theatres offer one free ticket to disabled patrons, similar to the CEAC cinema scheme. You need to book seats ahead (of course). There is no centralised scheme - many theatres require you to register in advance (contact the individual theatre) but may also take a DAL letter, blue badge (or just the fact that you turn up in a wheelchair!) as good enough.	http://www.officialondontheatre.co.uk/access/
Toll crossings	What a minefield - this area cries out for some coordination.	http://www.direct.gov.uk/en/DisabledPeople/MotoringAndTransport/Bluebadgescheme/DG_181209