

Important Information for Individuals Seeking Support

In the past, I have personally supported and advocated for thousands of disabled people and their families. However, due to my own severe health needs and existing commitments, I am no longer able to offer individual advocacy or direct support, apart from in exceptional cases. Instead, I am continuing to focus on creating broader, systemic change by advising policymakers, government bodies, and organisations to improve accessibility, inclusion, and disability rights on a larger scale.

I truly understand how overwhelming these challenges can feel, and I deeply empathise with the difficulties of navigating services and support systems. While I can't personally endorse specific services, I have put together a list of resources that may be able to help:

General Advice & Support

These organisations provide guidance on benefits, housing, discrimination, and more:

- ◆ **Citizens Advice Bureau (CAB)** - www.citizensadvice.org.uk (*Benefits, discrimination, housing*)
- ◆ **Scope** - www.scope.org.uk (*Helpline, housing and home adaptations, finance, social care*)
- ◆ **Equality Advisory & Support Service (EASS)** - www.equalityadvisoryservice.com (*Discrimination issues*)
- ◆ **Disability Equality** - www.disability-equality.org.uk (*Support services on blue badges and benefits*)
- ◆ **Find Your Local MP or Councillor** - [Find your MP](#) | [Find your Councillor](#)

Specialist Advocacy Services

If you need advocacy support, these organisations may be able to assist:

- ◆ **Cloverleaf Advocacy** – www.cloverleaf-advocacy.co.uk
- ◆ **VoiceAbility** – www.voiceability.org
- ◆ **POhWER** – www.pohwer.net
- ◆ **The Advocacy People** – www.theadvocacypeople.org.uk

Legal Support

If you need legal advice or assistance with disability discrimination:

- ◆ **The Disability Law Service** – www.dls.org.uk (*Free legal advice on disability discrimination*)
- ◆ **Law Centres Network** – www.lawcentres.org.uk (*Free legal advice and advocacy*)

Charities, Grants & Support Networks

These organisations offer grants, education rights support, and more:

- ◆ **Turn2Us** – www.turn2us.org.uk (*Benefits advice and grants*)
- ◆ **Family Fund** – www.familyfund.org.uk (*Grants for families raising disabled children*)
- ◆ **Contact** – www.contact.org.uk (*Support for families with disabled children*)
- ◆ **IPSEA** – www.ipsea.org.uk (*Education rights & SEND advice*)
- ◆ **Mind** – www.mind.org.uk (*Mental health support and rights*)
- ◆ **National Autistic Society** – www.autism.org.uk (*Support for autistic individuals and families*)

I truly hope these resources help you find the support you need. While I'm unable to respond to individual support requests, please know that I understand how challenging these issues can be, and I genuinely appreciate your understanding.

With my very best wishes,

Deborah