

Disability cheat sheet.



Links to advice & support, all in one place!

Travel

Disabled person's rail card: [Disabled Persons Railcard | Official Retailer | National Rail \(disabledpersons-railcard.co.uk\)](#)

Blue badge scheme: [Blue badge scheme - City of Doncaster Council](#) (LA specific)

Bus pass: [Disabled Person's Bus and Train Pass - City of Doncaster Council](#) (LA specific)

Sunflower lanyard: [A symbol for non-visible disabilities \(hiddendisabilitiesstore.com\)](#)

Disabled driver tax relief: [Get free vehicle tax if you're a driver with a disability - GOV.UK \(www.gov.uk\)](#)

Motability scheme: [Driving and Motability | Disability charity Scope UK](#)

Accessible trips: [Home | AccessAble](#), [Wheelchair accessible things to do in Sheffield near me | VisitRevisit, Things To Do - Accessible Derbyshire](#), [Activity Finder - Let's Move Lincolnshire \(letsmovelincolnshire.com\)](#), [Euan's Guide - Disabled Access Reviews \(euansguide.com\)](#)



Money

PIP: [Personal Independence Payment \(PIP\): How to claim - GOV.UK \(www.gov.uk\)](#)

DLA: [Disability Living Allowance \(DLA\) for children: How to claim - GOV.UK \(www.gov.uk\)](#)

Family fund: [Family Fund](#)

Discount card: [TIE Activity Discount Card For Children With SEND - City of Doncaster Council](#) (LA specific)

What benefits are you entitled to: [Check what benefits to claim if you're sick or disabled - Citizens Advice](#)



Accessibility

Radar (disabled toilet) Key: [R.A.D.A.R. Key Small - Health and Wellbeing - Shop \(disabledmotoring.org\)](#)

Changing places map: [Changing Places Toilets \(changing-places.org\)](http://changing-places.org)

Home improvements: [Home adaptations for older people and people with disabilities - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Household activities: [Living Made Easy - Home](http://www.gov.uk) , [Apply for equipment for your home if you're disabled - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

Care products or medical equipment: [Skiggle - a community sharing in times of need](http://www.gov.uk)

Social care needs assessment: [Apply for a needs assessment by social services - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

Adaptive clothing: [Able2 Wear | Wheelchair and Adaptive Clothing](http://www.gov.uk)

Accessible apps: [Accessible apps | Disability charity Scope UK](http://www.gov.uk)



Connecting

Support for young people and families [Doncaster Parents Forum \(doncasterparentsvoice.co.uk\)](http://doncasterparentsvoice.co.uk) (LA specific)

Support for autistic girls: [Home - Autistic Girls Network](http://www.gov.uk)

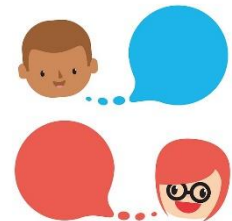
Activities: [Local Offer - Activities & Leisure - City of Doncaster Council](http://www.gov.uk) (LA specific)

Online forum: [Scope's online community](http://www.gov.uk)

Support groups: [Disability Support Groups | UK Special Needs Support \(ableize.com\)](http://www.gov.uk)

Advice and support: [National Autistic Society \(autism.org.uk\)](http://www.gov.uk)

Advice and support: [Headway - the brain injury association | Headway](http://www.gov.uk)



Education

SEN and EHCP process [Local Offer - Special Educational Needs / Disabilities \(SEND\) - Homepage - City of Doncaster Council](http://www.gov.uk) (LA specific)

Advice and support [Council for Disabled Children](http://www.gov.uk)

Specialist services: [Local Offer - Specialist Education Support Services - City of Doncaster Council](http://www.gov.uk) (LA specific)

SEN advice: [Independent Provider of Special Education Advice \(IPSEA\) \(councilfordisabledchildren.org.uk\)](http://www.gov.uk)

Preparing for adulthood: [Preparing for Adulthood: All Tools & Resources - NDTi](http://www.gov.uk)

Legislation and process: [Children with special educational needs and disabilities \(SEND\): Special educational needs support - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

EHCPs [What is an Education, Health and Care Plan? \(EHCP\) \(educationadvocacy.co.uk\)](http://www.gov.uk)

Doncaster EP Service: [Educational Psychology Service - City of Doncaster Council](http://www.gov.uk)





Work

Getting into work: [Disability and Employment | AbilityNet](#), [Looking for work if you're disabled - JobHelp](#)

Support scheme: [Work and disabled people - GOV.UK \(www.gov.uk\)](#)

Support scheme: [Access to Work: get support if you have a disability or health condition: What Access to Work is - GOV.UK \(www.gov.uk\)](#)



Your rights

[Home Page | Disability Rights UK](#)

[UK | Carers UK](#)

[Citizens Advice](#)

[Home Page | Equality and Human Rights Commission \(equalityhumanrights.com\)](#)



Mental health

Mental health walk in: [NHS England » Talking Shop in Doncaster](#)

Advice and support: [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

Parental support: [Home-Start UK](#)

Urgent mental health support: [Samaritans | Every life lost to suicide is a tragedy | Here to listen](#)

Support and advice [Homepage | Campaign Against Living Miserably \(CALM\) \(thecalzone.net\)](#)



Disability news and culture

Best podcasts: [11 Disability Podcasts That Gives Advice, Support And Humour \(disabilityhorizons.com\)](#)

Arts: [Disability Arts Online - Sharing Disability Arts & Culture](#)

Arts: [Home of Unlimited \(weareunlimited.org.uk\)](#)

Arts: [Dash \(dasharts.org\)](#)

News: [Disability News Service – the country's only news agency specialising in disability issues](#)

News: [Disability News Service 12th January - DPAC](#)

News: [BBC - Ouch! - About Ouch!](#)

History: [UK Disability History Month – 16 November – 16 December \(ukdhm.org\)](#)

Journal: [What Is Disability Culture? | Disability Studies Quarterly \(dsq-sds.org\)](#)

