

MAKE DISABILITY WORK FOR YOU – BENEFITS & DISCOUNTS

Developed by the NSIC Patient Education Team, this resource draws from non-exhaustive lived experiences with the aim of signposting people with a spinal cord injury (SCI) towards appropriate support and resources.

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CHARITIES & ORGANISATIONS

Aspire – Temporary fully accessible Housing, Housing Advice, Welfare benefits, Independent Living Advice lindsay.liggett@aspire.org.uk, Assistive Technology and Your Fund
<https://www.aspire.org.uk/>

- Back Up- Mentoring, Wheelchair Skills Courses, Courses <https://www.backuptrust.org.uk/>
- SIA – Advice & Advocacy, Peer Support, SCI Nurse Specialists, help with funding your care, telephone Counselling, Home Delivery Service <https://www.spinal.co.uk/>
- Cauda Equina - <https://caudaequinauk.org.uk/>
- Transverse Myelitis Society - <https://www.myelitis.org.uk/>
- Spinal Injuries Scotland - <https://www.spinalinjuriesScotland.org.uk/>
- Cavernoma - <https://cavernoma.org.uk/>
- Southern Spinal Injuries Trust – This charity supports Spinal Cord Injured people in the South and South West of England and can provide grants for equipment etc.
<https://www.ssit.org.uk/>

YOUNG People

- Back Up - Services for Children and Young People
- Whizz-Kidz - Children's Wheelchair Charity whizz-kidz.org.uk
- Go Kids Go - Wheelchair Skills | Wheelchair Skills Training go-kids-go.org.uk
- Young Drivers Lessons -
<https://www.youngdriver.eu/whyus/Driving%20with%20a%20Disability>

WHEELCHAIRS & MOBILITY AIDS

Every local authority has a wheelchair service and offer different services. Most offer:

- NHS Wheelchairs (It is important to advise them if you are in a manual chair and drive or have an active lifestyle as you may be entitled to a lightweight wheelchair depending on your injury)
- NSIC PATIENT EDUCATION TEAM 2025

- Voucher Scheme – Speak to your local wheelchair services
- Demand - <https://www.demand.org.uk/>
- Remap - <https://www.remap.org.uk/>
- Meru - <https://www.merushop.org/>
- Designability - <https://designability.org.uk/>
- WizzyBug (For Under 5s) - <https://www.wmdlc.org/wizzybug>

ENTERTAINMENT & LEISURE

CEA Cinema Card entitles to free carer ticket at participating cinemas currently £6 per year - <https://www.ceacard.co.uk/>

ACCESS Card - your access requirements recognised at thousands of events, attractions, venues, and locations across the UK entitles to free carer ticket if offered currently £15 for 3 years - <https://www.accesscard.online/>

Some theatres do not participate in this scheme and to obtain a free carer ticket you will need to contact directly to register.

- Radar Key entry lock to accessible toilets (available either at link or Amazon) - <https://www.radarkeys.org/>

NHS Fitness Advice for Wheelchair Users - <https://www.nhs.uk/live-well/exercise/wheelchair-users-fitness-advice/#:~:text=To%20improve%20your%20health%2C%20try,or%20more%20days%20a%20week>

PHAB Clubs for PAN Disability - <https://www.phab.org.uk/>

- Aspire Leisure Centre - <https://www.aspireleisurecentre.org.uk/>
- Wheelpower fitness and sitting yoga sessions - <https://www.wheelpower.org.uk/sportevents>
- Adapt to Perform - https://www.youtube.com/results?search_query=adapt+to+perform
- Wheelpower - <https://www.wheelpower.org.uk/>
- Invictus Active Trainer - <https://www.invictusactive.com/invictus-active-trainer/>
- Handcycling UK - <https://www.handcycling.org.uk/>

- Scuba Diving - <https://scubatrust.org/>
- Access Adventures - <https://www.accessadventures.co.uk/>
- Sportability - <https://www.sportability.org.uk/>
- Disability Snow Sports - Disability Snowsport UK
- Paragolfer - <https://www.powerbasetec.com/products/paramotion/>
- Active Hands - <https://www.activehands.com/>
- Grippitz Pushing Gloves - <https://www.grippitz.co.uk/>
- Freedom Wheelchair Skills - <https://www.freedomwheelchairskills.co.uk/>
- The Wheelchair Skills College - <https://www.wheelchairskills.org/>
- Gaming - <https://gameaccess.info/>
- Special Effects Gaming - <https://www.specialeffect.org.uk/>
- Regain - <https://regainsportscharity.com/>

TRAVEL

DRIVING

You must notify the DVLA and your insurers of your disability and any car adaptations i.e. hand controls to ensure that you are driving legally and your vehicle is fully covered.

- Blue Badge Scheme - <https://www.gov.uk/apply-blue-badge>
- G1 Form - <https://www.gov.uk/government/publications/g1-online-confidential-medicalinformation>
- Motability - <https://www.motability.co.uk/>
- Motability and car adaptations - <https://www.motability.co.uk/c/ppc/adaptations-and-themotability-scheme/>
- WAV Vehicles - <https://www.jubileemobility.co.uk/>
- Regional Driving Assessment Centres (RDAC) - <https://www.rdac.co.uk/>

- QEF Driving Assessments - <https://qef.org.uk/our-services/qef-mobility-services/typesassessment/driving-assessments>
- Government Assessing Fit To Drive Info - <https://www.gov.uk/guidance/appendicesassessing-fitness-to-drive>

<https://tfl.gov.uk/transport-accessibility/blue-badges-and-driving>

Congestion Charge Exemption - <https://tfl.gov.uk/modes/driving/cc-blue-badge-before-you-begin-29758>

- Young Drivers Lessons - <https://www.youngdriver.eu/whyus/Driving%20with%20a%20Disability>
- BSM Driving Lessons - <https://www.bsm.co.uk/disabled-driving-lessons>

Private vehicle car adaptations – there are a number of companies providing adaptations web search to find a suitable company. Recommend that you get 2 or 3 quotes as they can vary greatly.

TRAINS

- National Rail Passenger Assist - https://www.nationalrail.co.uk/stations_destinations/passenger-assist.aspx
https://www.nationalrail.co.uk/stations_destinations/assisted-travel-faqs.aspx
- Disabled Persons Railcard - <https://www.disabledpersons-railcard.co.uk/>
- GB Accessible Station Guide - <http://accessmap.nationalrail.co.uk/>
- Concessionary discounts for disabled people without Disabled Persons Railcard - https://www.nationalrail.co.uk/stations_destinations/44965.aspx
- Caledonian Sleeper Train - Accessible Travel with Caledonian Sleeper | Caledonian Sleeper
- Eurostar Special Assistance - <https://www.eurostar.com/uk-en/travel-info/travelplanning/accessibility>
- Accessible Europe by Train - <https://www.seat61.com/european-train-travel-with-specialneeds.htm>

RIDC Research Institute - <https://www.ridc.org.uk/content/trains>

<http://orr.gov.uk/info-for-the-public/passengers-with-disabilities>

National Rail Enquiries -

http://www.nationalrail.co.uk/stations_destinations/disabled_passengers.aspx

TAXIS

- London Taxi Card - <https://www.londoncouncils.gov.uk/services/taxicard/>

<https://www.gov.uk/transport-disabled/taxis-and-minicabs>

Most areas have accessible taxis – you need to search for your local operator, London Black cabs are accessible for manual wheelchair user but not high backed electric chairs. If you plan on using UBER you need to book an ACCESSIBLE Uber to ensure pick up.

BUSES & COACHES

Most buses have one wheelchair space if there is someone using a wheelchair on-board you will have to wait for the next service.

RIDC Research Institute - <https://www.ridc.org.uk/content/buses>

UK GOVT Information - <https://www.gov.uk/transport-disabled/cars-buses-and-coaches>

- Disabled Persons Bus Pass - <https://www.gov.uk/apply-for-disabled-bus-pass>
- London Disabled Persons Freedom Pass - <https://www.londoncouncils.gov.uk/services/freedom-pass>
- Disabled Coach Card for National Express - <https://www.nationalexpress.com/en/offers/coachcards/disabled>
- Job Seeker Plus Travel Discount Card - <https://www.gov.uk/government/publications/support-to-help-with-the-cost-oftransport/support-to-help-with-the-cost-of-transport#support-for-the-unemployed>

AIR TRAVEL

You need to book your airport assistance a minimum of 48 hours in advance of your flight with you airline. Some may have an on-line facility others have assistance call centres check the individual website. You will need to know length x width & height + weight of your chair and if electric what type of battery i.e. dry/wet cell or Li

Although Assistance is booked through your airline or travel agent, airports in UK are responsible for providing Special Assistance and have their individual assistance home page so check out their website to get information on the assistance that they can provide in advance of your journey. The CAA also provide a comprehensive guide to airport assistance. Check the information prior to your journey.

CAA & Govt. General Information

<http://www.caa.co.uk/Passengers/Before-you-fly/Making-a-booking/Arranging-special-assistance/>

Contact Details for UK Airports and Airlines Special Assistance units who fly out of the UK -

<http://www.caa.co.uk/Passengers/PRM/Special-assistance-guidance-from-airports-and-airlines/>

UK Govt. – <https://www.gov.uk/transport-disabled/planes>

<https://www.transportation.gov/individuals/aviation-consumer-protection/wheelchair-and-guided-assistance>

Heathrow - <https://www.heathrow.com/airport-guide/special-assistance>

Manchester Airport - <https://www.manchesterairport.co.uk/help/special-assistance-home/>

Gatwick - <https://www.gatwickairport.com/passenger-guides/special-assistance.html>

Birmingham - <https://www.birminghamairport.co.uk/assisted-travel/>

Seat Guru providing cabin configuration information to assist in selecting your seat -

<https://www.seatguru.com/>

QEF Accessible Aviation - <http://tryb4ufly.co.uk/>

& <https://gef.org.uk/our-services/accessible-aviation>

& Video Guide for Power Chair Users -

<https://gef.org.uk/our-services/gef-accessible-aviation/flight-video-guides>

A selection of Disabled Holiday Specialists – There are others websearch

Disabled Holidays - <https://www.disabledholidays.com/>

Enable Holidays - <https://www.enableholidays.com/brochure>

Disabled Access Holidays - http://www.disabledaccessholidays.com/disabled-holidays/accessible-holidays/Spain.asp?gclid=Cj0KCQjwzK_bBRDDARIsAFQF7zMa3Lt8K_ZlBFp8wdprAPmfvVVn_oIMi1y1Uu9i9kP0ObvuO9ILwGwaAqgGEALw_wcB

Limitless Travel - http://www.limitlesstravel.org/?utm_source=google-ads&utm_medium=lead-gen&utm_campaign=disabled-holidays&utm_content=test-website&utm_term=disabled%20holidays&gclid=Cj0KCQiAvebhBRD5ARIsAIQUmnwiXk9IU0bHIZ7YQDz3JJtbbr-t9xNZqtwp6FlxHuco4wbx7QnTeAaAsakEALw_wcB

TOLL BRIDGES & ROADS

- Toll Bridges – Some are free when you show your Blue badge, others you may need to apply Online check their website before travelling.

This is the same for Toll roads the below site provides a summary.

<https://www.bluebadgecompany.co.uk/pages/bridges-and-tolls?srsId=AfmBOorShprmSFqg653fhLY4nCG0KS33cCKgcW16PGhZ7YmuiPIPfa>

FERRIES

<https://www.gov.uk/transport-disabled/ships>

Wightlink - <https://www.wightlink.co.uk/tickets/accessible-travel>

Red Funnel - <https://www.redfunnel.co.uk/en/isle-of-wight-ferry/fares/ferry-passenger-fares-to-southampton/disabled-persons-discount/>

Calmac - <https://www.calmac.co.uk/article/5315/Do-you-offer-discounts-for-vehicles-of-Blue-Badge-Holders>

Stenaline - <https://www.stenaline.co.uk/customer-service/pre-travel/are-the-ports-and-ferries-accessible-for-reduced-mobility-guests>

DFDS - <https://www.dfds.com/en-gb/passenger-ferries/passenger-information/information-for-disabled-passengers>

TRAVEL EQUIPMENT & HIRE

Mobility Equipment Hire Direct - <https://www.mobilityequipmenthiredirect.com/>

Disabled Access Holidays - https://www.disabledaccessholidays.com/Mobility_equipment_hire_scooters_hoists_shower_chairs_rentals.asp/

Mobility At Sea Cruise hire equipment - <https://www.mobilityatsea.co.uk/accessible-cruising>

- Maxi Sky 440 Portable Ceiling Hoist and Easytrack FS - <https://dolphinlifts.co.uk/product/easytrackfs/>
- Wheelable Shower Chair - WheelAble Travel Commode | The Osprey Group
- Phoenix Luggage - Phoenix Instinct: Wheelchair compatible luggage and travel bags
- Lap Stacker - <https://www.activehands.com/product/lapstacker/>

TRANSPORT FOR LONDON

<https://tfl.gov.uk/transport-accessibility/>

<https://tfl.gov.uk/fares/free-and-discounted-travel/freedom-pass>

<https://tfl.gov.uk/transport-accessibility/wheelchair-access-and-avoiding-stairs>

<https://tfl.gov.uk/transport-accessibility/>

<https://tfl.gov.uk/transport-accessibility/download-accessibility-guides-and-maps>

<https://tfl.gov.uk/transport-accessibility/blue-badges-and-driving>

Congestion Charge Exemption - <https://tfl.gov.uk/modes/driving/cc-blue-badge-before-you-begin-29758>

CARE

Speak with you Case Manager and Medical Team

- Direct Payment – Speak to your local authority
- PA directory - <https://papool.co.uk/>
- Finding the right PA or care - <https://www.backuptrust.org.uk/support-for-you/finding-the-right-pa-or-care-support>
- SIA Nursing - Spinal Cord Injury Nurse Specialist Spinal Injuries Association (SIA)
- SIA Care Planning - <https://www.spinal.co.uk/get-support/life-matters/care-planning/>

FINANCE & FUNDING

- VAT Relief for Disabled People - <https://www.gov.uk/financial-help-disabled/vat-relief>
- Citizens Advice - Citizens Advice
- Warm Home Discount - <https://www.gov.uk/the-warm-home-discount-scheme>
- Sure Water - <https://www.citizensadvice.org.uk/consumer/water/water-supply/problemswith-paying-your-water-bill/watersure-scheme-help-with-paying-water-bills/>
- Access to Work - <https://www.gov.uk/access-to-work>
- The CIAO Foundation - <https://www.ciaofoundation.com/>
- SSIT - <https://www.ssit.org.uk/>
- Disabled Students Allowance - www.gov.uk/disabled-students-allowance-dsa/eligibility
- Access to Work/Motability Grants - <https://www.motability.org.uk/grants/access-to-mobility-grants/access-to-work/>
- Motability Charitable Grants - <https://www.motability.org.uk/grants/>
- Access to Motability Grants - <https://www.motability.org.uk/grants/access-to-mobilitygrants/>
- Matt Hampson Foundation - <https://www.matthampsonfoundation.org/>
- Rooprai Trust - www.rstrust.com (Funding grants for Prime Physio)
- Wheelpower Wheelwrights 20 20 Fund - <https://www.wheelpower.org.uk/wheelwrights>
- Wheelwrights Charity - <https://wheelwrights.org/grants-2020/>
- Grants for Children and Young People - <https://www.disability-grants.org/grants-forchildren.html>
- Disability Facilities Grants - Disabled Facilities Grants - GOV.UK (www.gov.uk)
- Direct Payment - Apply for direct payments - GOV.UK (www.gov.uk)
- Aspire Grants (List of Different Funders) - Aspire Grants | Aspire
- Tree Of Hope (For Children) - <https://www.treeofhope.org.uk/>
- Cyclone (List of Different Funders) - <https://www.cyclonemobility.com/charities/>

- Turn2Us (List of different local Grants) - Turn2us Grants - Turn2us