



FAMILY CARER SUPPORT SERVICE

Holiday Information Guide 2015

For people with learning disabilities, family carers, organisations and support groups



A practical guide and ideas for holidays in the UK and abroad

Contents

Key to symbols within the Holiday Information Guide 2015



Telephone Number



Fax



Website Address



Email



Address



Support can be provided to people who attend unaccompanied



May need to take support staff, please check before booking



People who need support must be accompanied



Arts and Crafts



Entertainment



Music



Swimming



Sport



Excursions



Water



Outdoor



Indoor

Under Disability Discrimination legislation, no-one should be excluded from a holiday opportunity simply because of a disability. So, as well as using this guide to holidays provided for people with learning disabilities, we also encourage you to look at the usual places to find out about holidays.

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The information provided has been collated from a variety of sources and was correct at the time of writing – November 2014. Whilst the information contained in this publication has been given in good faith, please check details for yourself with the providers listed to ensure that you have accurate and current information.

The content of this publication is for general information purposes only and does not constitute advice or recommendation. Hft assumes no responsibility for the information contained and disclaims all liability in respect of such information.

Useful advice

AITO (Association of Independent Tour Operators)

AITO is an organisation representing around 150 of Britain's best specialist tour operators.

-  020 8744 9280
-  020 8744 3187
-  www.aito.co.uk
-  info@aito.com
-  133A St Margaret's Road,
Twickenham, Middlesex, TW1 1RG

Civil Aviation Authority

The CAA is the UK's specialist aviation regulator. Through its skills and expertise it is recognised as a world leader in its field. Its specific responsibilities include:

- Air Safety
- Economic Regulation
- Airspace Regulation
- Consumer Protection
- Environmental Research & Consultancy
- A specific section is dedicated to passengers who require assistance on their journey.

-  020 7379 7311
-  www.caa.co.uk
-  infoservices@caa.co.uk
-  CAA House, 45-59 Kingsway,
London, WC2B 6TE

European Health Insurance Card – EHIC

If you are going to another European Economic Area (EEA) country, including Switzerland,

on a leisure or business trip, you'll need an EHIC to access state-provided healthcare that may become necessary during your visit. The treatment you receive will be at a reduced cost, or sometimes free. The quickest way to get an EHIC, which is free, is to apply online or you can phone the EHIC appointments line. If you need to update your personal details or add a dependent, speak to the EHIC enquiries team. EHIC have designed a Smartphone app explaining how to use a European Health Insurance Card in different countries. Please note: EHIC is not an alternative to travel insurance.

-  EHIC Applications Line: 0300 330 1350
Enquiries Line: 0191 218 1999
-  Smartphone app: bit.ly/EHICard
-  www.dh.gov.uk/travellers
-  EHIC Enquiries, PO BOX 1114,
Newcastle Upon Tyne, NE99 2TL
-  nhsbsa.ehicenquiries@nhs.net

Foreign and Commonwealth Office (FCO) – Travel Advice

'Know Before You Go' is an ongoing campaign encouraging British nationals to be better prepared for their overseas trips so they can avoid common travelling traumas, risks and dangers. FCO has a travel advice service and their website contains lots of useful information from familiarising yourself with the customs and culture of destinations through to getting advice on health and passport issues.

-  General enquiries: 020 7008 1500
-  Travel Advice: www.gov.uk/foreign-travel-advice
-  Accessible transport: www.gov.uk/transport-disabled/planes
-  TravelAdvicePublicEnquiries@fco.gov.uk
(for travel advice queries only)

General guides and information

Please note: this guide uses the words of the organisations listed.

CARERS UK

“Taking a Break”, a free fact sheet, can be found on the Carers UK website in the Help and Advice section. It gives basic advice on finding money, holidaying on your own and holidaying together.

The Carers Line provides information and advice to carers and the people they care for on rights, benefit entitlement and other support. Advisors are available Monday to Friday 10am-4pm.

-  0800 808 7777
-  020 7378 9781
-  www.carersuk.org
-  advice@carersuk.org
-  20 Great Dover Street, London, SE1 4LX

disabled person and up to two carers

- A centrally placed toilet with room either side for carers. A screen or curtain to allow the disabled person and carer some privacy
- Wide tear off paper roll to cover the bench
- A large waste bin for disposable pads
- A non-slip floor

To find the nearest Changing Places toilet to your location or for future holiday planning or days out, visit their website.

-  www.changing-places.org

Enquiries in England, Wales and Northern Ireland contact:

-  020 7696 6019
-  ChangingPlaces@mencap.org.uk
- Enquiries in Scotland contact:
-  01382 385 154
-  PamisChangingPlaces@dundee.ac.uk

CHANGING PLACES TOILETS

What are Changing Places Toilets?

Standard disabled toilets do not meet the needs of all people with a disability – or their carers. People with profound and multiple learning disabilities, as well as other serious impairments such as spinal injuries, muscular dystrophy, multiple sclerosis or an acquired brain injury, often need extra facilities to allow them to use the toilets comfortably.

Changing Places toilets are different to standard disabled toilets, with extra features and more space to meet these needs.

Each Changing Places toilet provides:

- A height adjustable adult-sized changing bench
- A tracking hoist system or mobile hoist if this is not possible
- Adequate space in the changing area for the

COUNTRYSIDE MOBILITY (SOUTH WEST)



Explore the South West with freedom and ease through an off road mobility scooter hire scheme. Access areas that may have been difficult or impossible in the past and experience everything that being outdoors in

Continued on next page

the region can offer.

All terrain mobility scooter hire is available at a wide range of wheelchair accessible outdoor visitor attractions and wheelchair accessible Wheelyboats provide access for all to inland lakes and waterways.

-  01392 459 222
-  info@countrysidemobility.org
-  www.countrysidemobility.org
-  C/o Living Options Devon, Units 3-4, Cranmere Court, Lustleigh Close, Exeter, EX2 8PW

DISABLED RAMBLERS



The Disabled Ramblers exists to help mobility-challenged people get back out into the countryside. Able-bodied helpers are welcome to support members and to help with loading scooters and other jobs.

They ramble in all weathers and over a variety of terrain. Their rambles are graded according to difficulty. Some are suitable for shopping buggies and power chairs whilst others need large scooters capable of travel over rough ground.

About 30 rambles are arranged each year across England and Wales, mostly from March to October.

For detailed information, go to their website.

-  membership@disabledramblers.co.uk
-  www.disabledramblers.co.uk

DISABILITY HOLIDAYS GUIDE

DisabilityHolidaysGuide.com

Disability Holidays Guide has been specifically created to bring a choice of holiday opportunities to those living with special needs and mobility difficulties.

Planning and a little preparation are the key to ensure your needs are met. The Guide will help you search for accessible hotels, villas and cottages; find a selection of specialist tour operators offering tailor made and escorted holidays for wheelchair users; arrange suitable travel insurance, hire accessible transport and order from a range of mobility aids and equipment.

-  0845 2269 109
-  admin@disabilityholidaysguide.com
-  www.disabilityholidaysguide.com
-  Unit 8 Victoria Way, New Market, Suffolk, CB8 7SH

DISABLED AND REDUCED MOBILITY AIRPORT GUIDE

Travelling with a disability or restricted mobility can be a daunting experience if the appropriate assistance and support is not available at the airport. This guide has been created to inform and advise you about the services available to make your journey as easy and pleasurable as possible.

What's included in the guide?

- What happens at security and customs?
- General airport assistance
- Advice before you travel
- Return journey help
- Travelling with autism
- Travelling with medication
- Travelling with kidney disease

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- Breathing related mobility restrictions
- Visual impairments
- Deaf or hearing impaired
- Assistance at the car park
- Wheelchair advice
- Assistance pets
- Tips and advice

 www.parkat.co.uk/disabled/

 support@parkat.co.uk

 ATMEDIA.co, Pavilion 2,
Salford Innovation Forum,
51 Frederick Road, Salford,
Greater Manchester, M6 6FP

DISABLED MOTORING UK

Disabled Motoring UK provides a mobility information service to the general public where they give basic information and signpost to relevant organisations. Members receive access to information officers who can help with more complex questions and in depth knowledge.

 www.disabledmotoring.org

 info@disabledmotoring.org

 01508 489 449

 Disabled Motoring UK National Headquarters, Ashwellthorpe, Norwich, NR16 1EX

DISABLED PERSONS RAILCARD

What do you get? Save 1/3 off most rail fares across Britain for you and a companion.

It costs just £20 for one year or £54 for three years. For more information see the website.

 www.disabledpersons-railcard.co.uk

 disability@atoc.org

 0345 605 0525 (7am to 10pm, Monday to Sunday)

 0345 601 0132 (for customers with hearing impairments)

 Disabled Persons Railcard Office, PO Box 11631, Laurence Kirk, AB30 9AA

DORSET BEACHES ACCESSIBLE FOR ALL



If you plan to enjoy Dorset local beaches but struggle with a wheelchair, did you know you can borrow one of these fabulous sand wheelchairs which are fitted with balloon tyres and 'glide' over the sand? To book a chair, call into any Bournemouth Seafront Office or telephone for more details. £20 refundable deposit.

Beach Track: In the summer months, a beach track-way is rolled out daily to provide access from the promenade down to the high water mark for all types of wheelchairs.

The track-way is situated to the west of Boscombe Pier opposite Coasters Restaurant. Telephone the Boscombe Seafront Office for more details.

Beach Hut: A dedicated wheelchair accessible beach hut is available for hire at Boscombe with accessible parking spaces (chargeable) and toilet facilities located close by. Telephone the booking hotline for details.

Getting around: Wheelchair users (plus one carer) can enjoy FREE use of land trains, cliff lifts and access onto Bournemouth Pier.

Studland Beach, National Trust Office: Many areas are accessible by sand wheelchairs

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which are available on free loan from The National Trust, Knoll Beach Visitor Centre. A credit card or a National Trust membership card is required – for advanced bookings please call them.

-  Bournemouth Seafront Office:
To book sand wheelchairs (£20 deposit) 01202 451 734
-  Boscombe Seafront Office:
To book beach hut (prices vary) and sand wheelchairs (£20 deposit) 01202 451 773
-  National Trust Knoll Beach Visitor Centre: To book sand wheelchairs (£0 deposit- users to provide a National Trust, credit or debit card for security - donations towards maintenance of wheelchairs via buying raffle tickets an option). 01929 450 500
-  www.bournemouth.co.uk/getting-here/tourist-information-centre
-  info@bournemouth.gov.uk

ENABLING DISABLED CHILDREN TO TRAVEL BY AIR - TRAVEL CHAIR

In November 2012 the Civil Aviation Authority issued a Safety Notice about the use of the Meru TravelChair, a Restraint Device for Disabled Children. The Notice is to inform aircraft operators and passengers that the equipment is available to enable disabled children to travel by air, and what issues should be considered when it is used.

The Meru TravelChair is a child restraint device that fits into a standard aircraft seat and gives postural support for disabled children who would otherwise be unable to travel by air. It now has European Aviation Safety Agency (EASA) approval for use onboard aircraft by children of up to 35 kg provided they have a sitting shoulder height of between 320 mm and 520 mm (from base of seat to shoulder). See

the Meru website for more information.

Operators who wish to permit the Meru TravelChair to be used onboard their aircraft should submit to their assigned Flight Operations Inspector (FOI) an appropriate Notice of Proposed Amendment (NPA) to their Operations Manual and Training Manual, to include information and training for their personnel, procedures for its use and any associated seating restrictions.

Before Booking the Flight

The TravelChair can be tried before a flight is booked, to check whether it is suitable for a child. The 'try b4 you fly' scheme was launched on 16 October 2012 at the Queen Elizabeth Foundation Disability Centre at Carshalton, Surrey.

-  0208 770 1151 - Graham
-  www.tryb4ufly.co.uk
-  <http://meru.org.uk/what-we-do/travelchair/>
-  Queen Elizabeth Foundation
<http://qef.org.uk/our-services/mobility-services/>
-  mobility@qef.org.uk
-  QEF Mobility Services, 1 Metcalfe Ave, Carshalton, Surrey, SM5 4AW

FAIR ADVICE HOLIDAY DIRECTORY

FAIR, an advice and information service for people with learning disabilities, produces a Holiday Directory every year. It includes ideas for activity, canal, children and family holidays as well as listing specialist holiday services and information on funding and insurance. There are over 150 contacts including a number of web addresses. It costs £5 and is re-published in November every year. For information either call or look at their website and download their catalogue / order form. The guide can be found on page 14.

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-  0131 662 1962
-  0131 622 9486
-  www.fairadvice.org.uk
-  fair@fairadvice.org.uk
-  95 Causewayside, Edinburgh,
Scotland, EH9 1QG

GET GOING LIVE!

Did you know that young people with disabilities could get their driving licence at 16, a year ahead of those who are not disabled? That's great news, but where do you start?

If you are young, disabled and keen to get behind the wheel, or newly disabled (at any age) and want to research adapted motoring options, GET GOING LIVE! is for you.

GET GOING LIVE! has helped hundreds of people from all over the UK to try adapted driving for the first time, and welcomes young drivers from the age of 14 to come and get in the driving seat!

Free one day driving events will help you to get behind the wheel, plan your first car or research alternative adapted motoring options. You can test drive adapted vehicles in safe environments accompanied by professional drivers and gain expert advice in a no-pressure environment. The events are organised by Disabled Motoring UK and Mobility Choice. The next event is 2015 Mobility Roadshow at Donington Park, 25th - 27th June.

-  01344 750 400
-  www.getgoinglive.co.uk
-  www.mobilityroadshow.co.uk
-  info@getgoinglive.co.uk
-  Mobility Choice, Crawthorne House,
Nine Mile Road, Wokingham,
Berkshire, RG40 3GA
-  Online paper: <http://paper.li/GetGoingLive/1369233164>

GETTING AROUND ACCESS GUIDE - WEST MIDLANDS

Centro has published their 'Getting Around Access Guide', a free guide to accessible public transport in the West Midlands which gives information on accessible bus services, door to door services, trains, taxis, metro, concessionary fares and local information services. It is available in large print, Braille, audio CD and audio tape formats.

Centro provides up to the minute information on your mobile phone, about when the next bus will arrive at bus stops without a shelter. You can use your mobile phone to request a text message with the arrival time of the next bus.

Centro also funds free travel for older and disabled people and half price travel for under 16s. Contact Centro for more details.

If you find it difficult or impossible to use conventional public transport, you can access Centro's Ring and Ride door to door service.

-  0121 214 7401
-  equalitiesteam@centro.org.uk
-  www.networkwestmidlands.com/mobility34/mobilitynew.aspx
-  Ring and Ride: 0121 327 8128
-  www.ringandride.org
-  enquiries@wmsnt.org

HELPING HAND SCHEME

Brighton and Hove Buses and Metrobus have devised a card scheme to help bus drivers help customers. The card will display a basic instruction to the driver when shown to them as they get onto the bus.

The card is free for any passenger who may need extra assistance or require the driver to be made aware of something discreetly without having to verbally communicate it.

If a passenger wishes to have a bespoke card made for them that does state the holders condition, this can be done.

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Cards are credit card sized in a clear plastic wallet. However, for customers who would need to keep their hands free, a card holder on a lanyard will be available.

To apply for a card go to the websites and click on the yellow Helping Hands logo:

-  www.buses.co.uk
-  www.metrobus.co.uk
-  info@buses.co.uk
-  01273 886 200

Application forms can also be picked up at

-  Brighton: 1 Stop Travel, 26 North Street, Brighton BN1 1EB
-  Hove: Head Office, 43 Conway Street, Hove BN3 3LT
-  Crawley: Metrobus, Customer Services, Crawley Bus Station, Friary Way, Crawley RH10 1HZ
-  Redhill: Metrobus Customer Services, Redhill Travel Shop, Redhill Bus Station, Princess Way, Redhill RH1 1QA

MOBILITY EQUIPMENT HIRE DIRECT

Here you can hire the mobility equipment that you require for delivery to your holiday destination in the UK and abroad. Book and pay online for guaranteed delivery to your hotel, apartment or villa on the date that you need it.

We hire wheelchairs, hoists, mobility scooters, commodes, bath lifts, shower chairs, walkers, standing electric hoists, profile beds, standing aids and many more items.

Whichever country you are going to...

Abroad - Spain, Tenerife, Majorca, Lanzarote, Gran Canaria, Ibiza, Fuerteventura, Portugal, Greece, Cyprus, Italy, France, Florida, Malta, USA, Turkey, Caribbean and many more destinations.

UK - Scotland, England, Northern Ireland, Wales

City breaks - London, Edinburgh, Barcelona, Paris, New York, Rome, Madrid, Prague, Palma... We can help you.

Let us arrange your mobility equipment hire for you, our equipment is sourced from the worlds leading suppliers to give you the best available choice and price.

-  0800 644 6062
-  www.mobilityequipmenthiredirect.com
-  sales@mobilityequipmenthiredirect.com
-  10 Sandyford Place, Glasgow, Scotland, G3 7NB

ONLINE JOURNEY PLANNER

A website that gives you live travel news, journey planning, train times and more to help you plan every aspect of your journey ahead.

-  www.traveline.info

OPENBRITAIN

OpenBritain is your one stop shop for accessible tourism in the UK providing you with a simple way to find accessible destinations and places to stay.

This allows you to create the perfect holiday for you, tailored specifically to your access requirements, whether this means wheelchair access or just having good lighting.

All of the properties on our site are self-assessed, however if you are looking for some extra assurance look out for DisabledGo or VisitEngland logo on venues that have been professionally assessed.

-  0845 124 9971
-  www.openbritain.net
-  info@tourismforall.org.uk
-  Tourism for all, UK, 7A Pixel Mill, 44 Appleby Rd, Kendal, Cumbria, LA9 6ES

SAFE JOURNEY / BETTER JOURNEY CARDS

First Bus have designed The Safe Journey Cards. They let you tell the driver that you need some extra help to make your journey on the bus. It may be that you need more time to reach your seat or that you want the driver to speak up because you are hard of hearing. Whatever your needs, you can use these cards to let the driver know in a private and discreet way – there are even blank spaces for you to fill in yourself for details of your destination or special instructions.

 0845 602 0156

 www.firstbusgroup.com/ukbus/bristol_bath/bus_access/safe_journey_card

 contactwestofengland@firstgroup.com



01749 689259



www.shortbreaksnetwork.org.uk



info@shortbreaksnetwork.org.uk



Melbourne House, 36 Chamberlain Street, Wells, Somerset, BA5 2PJ

SHORT BREAKS NETWORK

Short breaks enable disabled children and young people to do many of the activities non-disabled children take for granted. They help them have fun, try new activities, gain independence and make friends.

There are lots of different kinds of short break services and they can be provided by short break carers, volunteers and paid workers. Short breaks can be day, evening, overnight or weekend activities and can take place in the child's home, the home of approved carer, a residential or community setting.

Short breaks also include sitting care, with an element of childminding; befriending by another young person or adult who can help the disabled child or young person access community activities; community and leisure activities such as organised group activities - play schemes, Saturday clubs, or after-school clubs.

Short breaks can be for just a few hours to a few days, occasionally longer. This depends on the types of short breaks and the needs of the child and their family.

THE ROUGH GUIDE TO ACCESSIBLE BRITAIN

The fifth edition of the Rough Guide to Accessible Britain is now available to view for free online. It is packed with over 200 inspiring ideas for fantastic worry-free days out with reviews, hints and tips on some of the UK's best attractions written by and for disabled people.

To make planning your days out easier, entries are grouped into 10 regional chapters with everything from museums, parks and studio tours, to scenic drives and coastal towns.

Every review contains all the access information you need to enjoy your day including disabled parking, wheelchair access and more.

You can download a free pdf version of the guide through the website.



0800 953 7070



accessibleguide@motabilityoperations.co.uk



The Rough Guide edition five:
www.accessibleguide.co.uk/downloads/Accessible-Britain-eBook-2014.pdf



www.accessibleguide.co.uk/the-guide.html

TOURISM FOR ALL UK



Tourism for All UK is the UK voice for Accessible Tourism. They are a national charity dedicated to making tourism welcoming to all.

A break or a holiday, or a simple day trip is important to our lives, giving us something to look forward to, time to enjoy our families, a chance for adventure, or perhaps some time to ourselves, to recover, and acquire memories of happy times. In the past, some of us have encountered barriers to our participation in tourism - disabled people, older people, carers of young people or disabled or older relatives - Tourism for All works to overcome these.

TFA operates an active network, passing on info about the best, and seeking to help change the worst

Their sister website www.openbritain.net (see page 9) offers comprehensive information about places to stay, visit, eat and drink, and activities and events in the UK.

Access advice: Brian Seaman
0845 124 9974

brian@tourismforall.co.uk

General information:
0845 124 9971

www.tourismforall.org.uk

info@tourismforall.org.uk

7A Pixel Mill, 44 Appleby Road,
Kendal, Cumbria, LA9 6ES

- Audio Tube map
- Tube map large print
- Step free Tube guide
- Avoiding stairs Tube guide
- Tube toilet map
- Guide to River Thames boat services
- Getting around London
- Making rail accessible
- Travel support card
- Assisted transport services
- Dial-a-ride door to door services
- Taxi and private hire guide
- Central London bus guide
- Getting around with Oyster

Watch their 'how to' films to get an idea of what it's like travelling in London and what facilities are available to help you.

The Travel Support Card is designed to make it easier to get help from staff on buses, DLR, London Overground and the Tube. You can show the card to staff when you ask them for help or if you have a problem while you are travelling. It is for anybody who has a hidden impairment, but may be particularly helpful for people with learning difficulties. There is a blank space inside the card where you can write down information about your journey and the type of help you may need.

Accessibility guides:
www.tfl.gov.uk/forms/12387.aspx

'How to' films:
www.tfl.gov.uk/transport-accessibility/

London Travel information:
0343 222 1234

[www.tfl.gov.uk/gettingaround/
transportaccessibility/1201.aspx](http://www.tfl.gov.uk/gettingaround/transportaccessibility/1201.aspx)

tflaccessibility@tfl.gov.uk

TfL Customer Services, 4th Floor, 14
Pier Walk, London, SE10 0ES

TRANSPORT ACCESSIBILITY - LONDON

London has a wide range of accessible transport options so that older and disabled people can travel in the Capital.

Find the appropriate guide you need on their website:

TRAVEL SAFE IN NORTHERN IRELAND

A guide to being out and about for people with learning disabilities.

- My safety: tips to help you plan your journey and keep safe when you are out and about
- Road skills: find out the best places to cross a road and how to cross safely using the Green Cross Code
- Using buses: find out how to recognise Translink buses, prepare for your journey and what to do if you need help
- Using the train: when travelling by train find out how to prepare and what to expect on your journey
- Disability Action Transport Scheme (DATS): a local specialist transport service for people living in towns or cities who find it difficult to use public transport. It used to be known as the door-2-door service.
- Don't bother me: find out how to get help if you need it when you are out and about.
- Dial a lift: a service for people living in rural areas who are unable or find it difficult to use public transport.
- Getting taxis: find out how to recognise a licensed taxi and what to expect when you travel

To get a copy of the guide, download it online or request one via email, phone or writing.

 028 9054 0468

 atsinfo@drdni.gov.uk

Travel Safe Guide:

 www.nidirect.gov.uk/travel_safe_guide_final_2014_online.pdf

 www.nidirect.gov.uk/travelsafe

 Department for Regional Development Governance Policy and Resources Group, Sustainable Transport Branch, 3rd Floor Clarence Court, 10-18 Adelaide Street, Belfast, BT2 8GB

WALKS WITH WHEELCHAIRS

Walks with Wheelchairs is the only UK website totally dedicated to providing free information on routes that are suitable for wheelchair users throughout the UK.

The walks on our database have been tried and tested by wheelchair users, or those knowledgeable about routes in the great outdoors.

Walks with Wheelchairs will allow you to:

- Read reviews of the routes before trying any walks
- Download walk directions and detailed OS maps free of charge
- Share your own routes for walking with wheelchairs
- Add your own comments for others users to view



www.walkswithwheelchairs.com

Tour operators

Please note: this guide uses the words of the organisations listed.

Key to symbols within the Holiday Information Guide 2015 can be found on page 2

ACCESS TRAVEL



Established in 1991, Access Travel has the experience and expertise to provide a first class service to its clients. As the leading tour operator in the field of disability, we offer a wide selection of holidays and short breaks in Spain, Portugal, Canary and Balearic Islands, Cyprus, Egypt and Florida. Clients can be assured of our financial stability as we are a licensed tour operator – A.T.O.L. 0138.

- DBS checked – no
- Fully accessible – yes
- Type of accommodation – depends on holiday

01942 888 844

www.access-travel.co.uk

office@access-travel.co.uk

6 The Hillock, Astley, Manchester,
Lancashire, M29 7GW

ACCESSIBLE CRUISING



Cruising Holiday specialises in arranging cruises for people with all types of disability including wheelchair users, guests with sensory impairments and guests requiring oxygen, haemodialysis and CAPD. For guests who require assistance, qualified staff are available to travel with you. Time is taken to discuss your requirements and only cruises that will meet your needs, abilities, lifestyle and budget are suggested. The organisation will take care of all travel arrangements, completely free of charge, to ensure your holiday is thoroughly enjoyable and hassle free.

- Fully accessible – yes
- Type of accommodation – full board
- Age – all ages
- Activities – accessible shore excursions, assisted embarkation/disembarkation, mobility equipment hire, carers.
- Activities included in cost? – please note assisted embarkation/disembarkation is included in the cost. Shore excursions, mobility equipment and carers are not included in the cost.

0844 800 2624

www.cruisingholiday.co.uk

lisaparnell@cruisingholiday.co.uk

Holgate House, 105 London Road,
Boston, Lincolnshire, PE21 7EZ

ACCESSIBLE TRAVEL AND LEISURE



Accessible Travel is a leading tour operator in the field of disability, with a reputation second to none for delivering quality accessible holidays to disabled travellers, their families and friends. Call to receive a free worldwide brochure featuring Spain, Majorca, Canary Islands, Cyprus, Italy, Egypt, Germany, Florida, South Africa, UK Breaks, Worldwide Cruises and Skiing.

- DBS checked – yes
- Fully accessible – yes
- Type of accommodation – hotels, apartments, villas and cruises
- Age – all ages welcome
- Activities – excursions are available in some destinations

01452 729 739

01452 729 853

www.accessibletravel.co.uk

info@accessibletravel.co.uk

Avionics House, Newhaven Road,
Kingsway Business Park, Quedgeley,
Gloucestershire, GL2 2SN

BREAKAWAY SUPPORTED HOLIDAYS



Breakaway Supported Holidays provides fully supported holidays in the UK and abroad for adults with learning disabilities. They have delivered supported holidays for over 15 years to destinations in Britain, Europe and the USA, offering something for everyone. Our favourite holidays include Boot Camp, Bake-Off, Beauty and Pampering and Butlins. New this year is a Nordic Adventure to Finland and Cadbury World in Bournville, Birmingham.

Their full-board holidays include all main meals, and a base level of support from our DBS checked and CQC Registered courier team. They offer tailored support packages to ensure everyone has a great holiday whatever their level of ability. Their friendly office team will guide you through the booking process, help you choose the right holiday and ensure your support needs are catered for. Door-to-door service is available and one-to-one support is always an option.

- DBS checked – yes
- Fully accessible – some
- Type of accommodation – full board
- Age – 18 and over
- Activities – included (except special options)

01245 260 330

www.breakawayhols.co.uk

enquiries@breakawayhols.co.uk

Breakaway Holidays and Weekends Ltd, 135 Baddow Road, Chelmsford, Essex CM2 7PY

CAN BE DONE LTD



A tour operator specialising in holidays for people with disabilities, offering a wide range of destinations in the UK, Europe and worldwide. Can Be Done offers a tailor made service to ensure clients get the right holiday for them. Licensed tour operator ATOL 9330.

- DBS checked – no
- Fully accessible – yes
- Type of accommodation – full board, half board, self catering and all inclusive
- Age – all
- Activities – excursions are available in a selection of the destinations

020 8907 2400

www.canbedone.co.uk

holidays@canbedone.co.uk

Can Be Done Ltd, Congress House,
14 Lyon Road, Harrow, Middlesex,
HA1 2EN

CHRYSALIS HOLIDAYS



Chrysalis is a charity that specialises in fully supported themed holidays for adults who have a learning disability. Holidays are run throughout the year, all around the UK and abroad, but mainly in the north of England and Wales, with many in Scarborough where they own their own holiday home. Most holidays are for groups from four to 12 people with up to six care staff. Part of the “Epiphany Trust” charity, holidays are non-profit making. Prices are fully inclusive of care, full board accommodation, activities and transport from an arranged meeting point. (Door-to-door service at extra cost.) Please apply for a full brochure including prices.

- DBS checked – yes
- Fully accessible – most
- Type of accommodation – full board
- Age – 18+
- Activities – many and varied – themed
- Holidays: art, music, drama, health and relaxation, animals, farm, zoo, shops, tea rooms, adventure activities, high ropes, cookery, Blackpool illuminations, castles, beach days, BBQ's, train, aircraft, vintage car rallies, shows, concerts, cinema, meals out, walks etc
- Activities included in cost? – yes

01925 220 179

www.chrysalisholidays.co.uk

St David's, Park Road South,
Newton-le-Willows, WA12 8EY

DISABLED ACCESS HOLIDAYS



Disabled Access Holidays arrange accessible holidays for disabled travellers, accessible accommodation, travel insurance, wheelchair adapted taxi transfers all in one easy package! They specialise in Spain, Portugal, Majorca, Tenerife, Cyprus and many more countries.

- DBS checked – yes
- Fully accessible – yes
- Type of accommodation – full board, half board, self catering
- Age – all ages
- Activities included in cost? – no



0800 622 6000



www.disabledaccesstholidays.com



info@dah-europe.com



2351 Dumbarton Road, Yoker,
Glasgow, G14 0NN

FINCA SUPPORTED HOLIDAYS LTD



Finca are proud to provide fully supported holidays all year round for individuals who have learning disabilities, disabled people, their families, friends, groups and organisations. No matter what, they guarantee you will have a wonderful time. Their main focus is to cater for all, and they will endeavour to make sure you

will have a wonderful holiday to remember! So give them a call. At Finca they understand how important choice and control is for any person and are there to support and empower you to have a holiday of a lifetime, at carefully selected resorts.

What is included in a Finca Supported Holiday?

- They are ATOL bonded to ensure your money is protected
- Superior accommodation with all modern facilities
- 24 Hour support consistency of staff
- Special diets catered for
- Airport transfers at the identified destination with transport and escorts
- Up to 3 themed tours and 1 evening activity
- DBS checked – yes
- Fully accessible – yes
- Type of accommodation – full board
- Age – 18-70
- Activities – swimming, tennis, table tennis on site. Day trips to different towns, social evenings, PCP, diaries taken throughout the holiday. ABTA Y2634, ATOL 9674
- Activities included in cost? – yes



01257 422667



www.finca-supportedholidays.co.uk

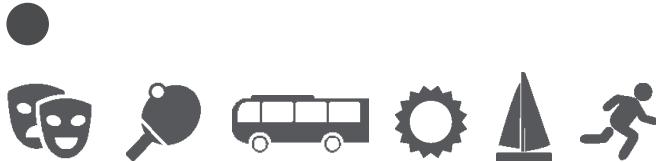


info@finca-supportedholidays.co.uk



86 Preston Road, Standish
Wigan, WN6 0HY

JOLLYDAYS SUPPORTED HOLIDAYS



JollyDays provides an unforgettable supported holiday for adults with mild to moderate learning disabilities. JollyDays offers a wide variety of holidays with accommodation of a very high standard that would be difficult to find elsewhere. All of the JollyDays team are friendly, caring and supportive and will ensure your holiday is full of fun. All meals are included in the price of your holiday. A door to door pick-up service is available. We ensure 100% protection of clients' money!

- DBS checked – yes
- Fully accessible – some
- Type of accommodation – full board
- Age – 17+
- Activities – ten pin bowling, table tennis, pool, badminton, abseiling, wall climbing, caving, pubs, cafes, restaurants, country walks, site seeing, museums, theme parks, beach games, canoeing, sailing, kayaking, river/pleasure cruising, county shows, theatres
- Activities included in cost? – some

01277 35 55 65

www.jollydaysholidays.co.uk

enquiries@jollydaysholidays.co.uk

JollyDays Supported Holidays Ltd
P.O. Box 10948, High Street
Ingatestone, Essex CM4 0XB

LETS GO SUPPORTED HOLIDAYS



Supported Holidays

Lets Go Supported Holidays provide a wide range of supported holidays for adults with mild to moderate learning disabilities. Holidays are organised to destinations in the UK and around the world. Holidays are safe, secure with considerate, caring and friendly staff to cater for the requirements of each client depending on individual needs. All of their staff have considerable experience supporting adults with learning disabilities.

They have the best and an extremely wide variety of holiday choice that can be viewed in their brochure or online. Every holiday has adventure in the form of day trips or excellent activities for all holiday locations to maximise the opportunities available. Always taking into consideration their guests choices, they are able to provide one-to-one holidays or group holidays to a chosen location outside of those holidays listed in the brochure providing staff and the destination are available.

- DBS checked – yes
- Fully accessible – some holidays
- Type of accommodation – full board
- Age – 18+
- Activities – sightseeing, adventure and outdoor activities, swimming with dolphins, horse riding, theme parks (Disney World, Centre Parcs, Butlins), beach, seaside holidays, theatre breaks.
- Activities included in cost? – yes

01202 760 311

www.letsgosupportedholidays.co.uk

admin@lets-go-holidays.com

25 Cromer Road, Branksome, Poole, Dorset, BH12 1NE

SMILE HOLIDAYS



Smile Holidays is an exciting specialist provider of all inclusive holidays for adults with mild to moderate learning disabilities. With a variety of destinations in England, Tenerife, Belgium and Majorca, each location has been carefully chosen to offer a choice of excursions, attractions, entertainment and fun!

Their complete holiday package philosophy ensures that transport, accommodation, support and care are planned and provided on a person centred basis. The aim is to provide holidays which offer clients real life opportunities, skill building, choice and social participation with the support of the caring and experienced Smile team.

- DBS checked – yes
- Fully accessible – yes
- Type of accommodation – full & half board, self catering
- Age – 18+
- Activities included in cost? – yes

01273 597 995

www.smilehols.com

enquiries@smilehols.com

Smile Holidays Ltd, Churchills, The Cotswolds, Southwick, East Sussex, BN42 4GH

TAKING CARE ABROAD



Taking Care Abroad

Based in both the UK and Spain, we provide the opportunity for people in the UK, who are in need of differing levels of care, to access and enjoy the services we offer in Spain. Our aim is to provide care in a secure and happy environment overseas. Our service can be used by people requiring completely different levels of care, ranging from those who need 24 hour supervision, through varying levels of care, down to those who would just like a holiday in Spain with the knowledge that, if needed, support is on hand.

Working with care providers in both the public and private sectors, enabling to provide additional support and services to their clients/ patients, they aim to work in partnership with care providers and welcome discussions with them with a view to helping their clients.

They understand the importance of the quality of care provided in Spain as well as ensuring that all travel is managed and provided in accordance with the needs of each individual.

- DBS checked – spanish equivalent
- Fully accessible – no
- Activities – various
- Activities included in cost? – yes

01582 343 105

www.takingcareabroad.com

john@takingcareabroad.com

51 Granby Avenue, Harpenden, Herts, AL5 5QP

YELLOW SUBMARINE HOLIDAYS



Yellow Submarine organise supported holidays and trips for adults with learning disabilities from Oxfordshire. They take groups of up to six people of a similar age with similar interests to various locations throughout the UK. One week they could be taking some adrenaline seekers on a theme park adventure and the next week they could be getting a sun tan on a beautiful English beach. It's the perfect opportunity to make new friends and have a fun filled week. Visit the website for a list of upcoming holidays. If you have a holiday idea, they can help you make it a reality by organising it on your behalf. All holidays are well staffed.

- DBS checked – yes
- Fully accessible – no
- Type of accommodation – full board
- Age – groups of similar ages
- Activities – young people's social group, social enterprise cafe, employment training and life skills training.
- Activities included in cost? – yes

01865 236119

www.yellowsubmarine.org.uk

cara@yellowsubmarine.org.uk

Yellow Submarine Respite Holidays,
12 Park End Street, Oxford, OX1
1HH

YOUR DIRECTION LTD



Your Direction Ltd provides exciting and fun, supported holidays to adults with learning disabilities and support needs. By supporting and encouraging all aspects of the holidaymaker's personal requirements, they enable individuals to challenge, experience, enjoy and participate in new exciting activities. So if you're looking for a relaxing holiday, adrenalin filled or fun packed holiday then look no further, we offer all holidaymakers their ideal holiday.

Can't see a holiday you fancy, in your time scale, on the date you would prefer or you have a holiday you want to go on but can't find support staff to assist you? Your Direction can help and they have experienced support staff who can accompany you on your perfect holiday. 'It's Your Holiday You Decide'

- DBS checked – yes
- Fully accessible – no
- Type of accommodation – full board, half board, self catering, room only and all inclusive
- Age – 18+
- Activities – stand up skiing to sit-ski. Outwardbounds, sight seeing tours, beach holidays, horse riding, karting, cycling, bingo, swimming, aqua parks, jeep safaris, walks, fun firs, boat trips, BBQ's, themed holidays.
- Activities included in cost? – yes

0151 203 5758 / 07865 443 692

www.yourdirection.co.uk

enquiries@yourdirection.co.uk

14 Dalemeadow Road, Knotty Ash,
Liverpool, L14 5PJ

Places to stay – UK

Please note: this guide uses the words of the organisations listed.

Key to symbols within the Holiday Information Guide 2015 can be found on page 2

ACUK - PIONEER CENTRE



On the edge of the Wyre forest, South Shropshire, Pioneer Centre offers groups of 12 to 300 holiday and meeting facilities in modern, all en-suite ground floor accommodation. As well as a wide range of instructed adventure activities (all on site and many adaptable for guests in wheelchairs), they are situated in an area with a rich and diverse range of visitor and holiday attractions. New for 2013 wheelchair abseil. They are Adventure Activities Licensing Authority (AALA) licensed and have been awarded a Learning Outside the Classroom (LOTc) quality badge too.

- DBS checked – yes
- Fully accessible – yes
- Type of accommodation – full board
- Age – 8+
- Activities – wheelchair abseil, accessible fencing and archery, climbing and abseil towers, orienteering, high and low rope courses, fencing, indoor caving systems, team-building, outdoor heated swimming pool, night walks, raft building, night - line, disco and much more.
- Activities included in cost? – yes if an activity package has been booked

01299 271217

www.pioneercentre.org.uk

enquiries@pioneercentre.org.uk

Bev Pearce, Pioneer Centre, Cleobury Mortimer, Shropshire, DY14 8JG

AVON TYRRELL



Avon Tyrrell Outdoor Activity Centre is located in Bransgore in the New Forest. As a registered charity we are fully committed to outdoor learning and offer an extensive range of adventure activities. Providing fun and educational activity sessions and holidays, we offer you the chance to experience, learn and develop. We are an accessible site and provide support and expertise to give everyone the same opportunities. Hire inclusion bikes, camp or stay in one of our lodges, this is a very special place with a unique atmosphere.

- DBS checked - yes
- Fully accessible – yes
- Type of accommodation – full board, half board, self catering
- Age – all ages
- Activities – climbing/abseiling, outdoor swimming, canoeing/kayaking, adventure course, high ropes/low ropes, lioneering, pond dipping, archery, shelter building, bushcraft, discovery walk, problem solving, camping.
- Activities included in cost? – no

01425 672 347

www.avontyrrell.org.uk

info@ukyouth.org

UK Youth, Bransgore, Hampshire, BH23 8EE

BARENDE HOLIDAY VILLAGE



Well equipped self-catering log chalets for families, including TV & DVD and central heating. All chalets have a dishwasher; some have WiFi internet access. In a peaceful setting, with abundant wildlife and plenty of activities available in the scenic area of Dumfries & Galloway.

New this year, they have Barend Farm Cottage, which offers one storey, one bed accommodation, with the benefit of a walk in shower in addition to the house bathroom. It also enjoys all the amenities of Barend Holiday Village.

- Type of accommodation – self catering
- Age – all ages
- Activities – on site there is a heated indoor swimming pool, sauna, bar, restaurant, play area and boules court. The Barend Riding School is just across the road where there is a loch for fishing

01387 780 663

www.barendholidayvillage.co.uk

info@barendholidayvillage.co.uk

Sandyhills, Near Dalbeattie, Dumfries and Galloway, D95 4NU

BEAMSLEY PROJECT



The Beamsley Project is an independent charity with over 15 years of experience in providing tailored, self-catering holiday accommodation in the Yorkshire Dales. They provide accommodation for individuals with disabilities, their families and groups with disabilities.

The Beamsley Project has a 24 bed centre with full accessibility, mobile hoists, changing table, wheel in showers. Full catering kitchen. Easy parking. Self-catering. Large recreation hall. Gardens.

They also have a 6 bed cottage with full accessibility, easy parking, 3 twin rooms, ground floor toilet, first floor wheel in shower and toilet. Wheelchair lift. Gardens. Easy parking. Local caterers are available at an extra cost.

- Fully accessible – yes
- Type of accommodation – self catering
- Age – all ages
- Activities included in cost? – no

01756 710 255

www.beamsleyproject.org

info@beamsleyproject.org

Harrogate Road, Hazelwood, Skipton, North Yorkshire, BD23 6JA

BRANDON TRUST



The Brandon Trust Summer Camp is a week long (Saturday to Saturday) holiday based at the Scout Association National Activity Centre at Woodhouse Park in Almondsbury. They use the training centre as a base, with people staying in bedrooms in or next to the centre. Most people will be in shared rooms, although a very small number of single rooms are available for people unable to share (Please make this known at the time of booking).

The Brandon Trust welcome 20 young people on the holiday, aged between 14 and 19. All the young people will have either a learning disability or autism, welcoming people who have restricted mobility, but you would need to be able to transfer between your bed and chair without the use of a hoist.

- DBS checked – yes
- Fully accessible – no
- Type of accommodation – full board
- Age – 14 - 19
- Activities included in cost? – yes

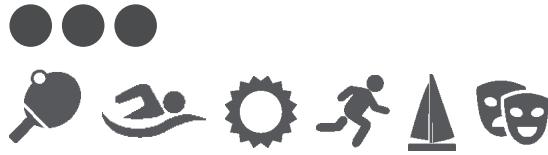
0117 966 2233

www.brandontrust.org/services/summer-camps

info@brandontrust.org

Brandon Trust, The Park Centre, Daventry Road, Knowle, Bristol, BS4 1DQ

CALVERT TRUST – EXMOOR



Calvert Trust Exmoor provides all year round, challenging outdoor activity breaks for disabled people of all ages and abilities together with their families, friends and staff. Set in a stunning location, overlooking Wistlandpound Reservoir on the edge of Exmoor National Park, a beautiful victorian model farm conversion is at the heart of their accessible centre. Calvert Trust Exmoor is the only 5 star activity accommodation in the country. Residential multi-activity breaks are delivered by specially trained, highly experienced instructors and activities include canoeing, sailing, climbing, abseiling, horse riding, archery, high ropes courses, accessible cycling, bush craft and much more. Accessible accommodation is set around a secure and pretty courtyard and self catering options are available. In the evening you can relax in the hydrotherapy pool, jacuzzi, steam or sensory rooms at no extra cost. Visit for three, four or seven nights or even just for the day – contact us for further information.

- DBS checked – yes
- Fully accessible – yes
- Type of accommodation – full board & self catering
- Age – all ages
- Activities included in cost? – yes

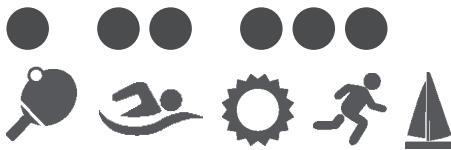
01598 763221

www.calvert-trust.org.uk/exmoor

exmoor@calvert-trust.org.uk

Bookings team, Wistlandpound, Kentisbury, Barnstaple, North Devon, EX31 4SJ

CALVERT TRUST – KIELDER



Calvert Trust Kielder is a purpose built centre, located in the beautiful and Award Winning Kielder Water and Forest Park, one of the UK's most beautiful areas and home to the largest man-made reservoir in Europe. Offering a wide range of fully accessible outdoor adventure activities suitable for the whole family, along with three types of accommodation packages. These include fully inclusive activity holidays, adult respite care and 4* self-catering lodges. All of our activities are run by fully qualified staff.

- DBS checked – yes
- Fully accessible – yes
- Type of accommodation – full board and self catering
- Age – 5+. Adult respite care for over 18's
- Activities – archery, abseiling, indoor/outdoor climbing, sailing, canoeing, kayaking, motorboat, orienteering, kingswing, high-ropes course, low-ropes course, geo-cache, zip-wire, laser-clay shooting, arts and crafts, golf buggy rides, sensory room, hydrotherapy pool.
- Activities included in cost? – not included in the self-catering holidays but are included in activity and respite care holidays.

01434 250 232

www.calvert-trust.org.uk/kielder

enquiries@calvert-kielder.com

Business Development Team, Calvert Trust Kielder, Kielder Water & Forest Park, Hexham, Northumberland, NE48 1BS

CALVERT TRUST - LAKE DISTRICT



With over 35 years delivering challenging outdoor adventure holidays for people with disabilities, the Lake District Calvert Trust is the ideal place to discover "It's what you can do that counts!"

Their centre located in the outstanding Lake District National Park, offers a warm welcome; accessible accommodation and exciting activities for groups, families and individuals with their friends and carers. Their experienced staff will work with you to ensure that everyone reaches their potential no matter what their level of ability; building confidence and developing a range of skills. Whether you are five or 105 you can have fun, make new friends, and achieve things you never thought you could. Their bursary scheme enables guests who require financial assistance to be able to afford their Calvert Trust visit. If you would like help funding your next trip to the Calvert Trust please contact the bookings team

- DBS checked – yes
- Fully accessible – yes
- Type of accommodation – full board and self catering cottages
- Age – all ages from five to 105!
- Activities – rock climbing, abseiling, zip wire, challenge course, Ghyll scrambling, archery, orienteering, hand cycling, horse riding, trap driving, hydrotherapy pool, sensory room, king swing, trapeze, bushcraft, paragliding, hand biking and cycling, camping.
- Activities included in cost? – yes

01768 77 55 22

www.calvert-trust.org.uk/lake-district

bookings@lakedistrict.calvert-trust.org.uk

Bookings Team, Little Crosthwaite, Keswick, Cumbria, CA12 4QD

CARERS HOLIDAYS



Carers Holidays is managed by a Bristol based carers charity. They provide good value breaks for carers in their modern two or three bedroom static caravans. The caravans are located in South Cerney in the Cotswold and the price of the holiday includes access to the onsite leisure and entertainment facilities. The two bedroom caravans are wheelchair accessible and feature ramps for access, wide entrance, internal sliding doors, grab handle in bathroom and disabled access shower with seat.

- DBS checked – yes
- Fully accessible – no
- Type of accommodation – self catering
- Age – all ages
- Activities – Caravans are sited at Hoburne Holiday Park and participation by holidaymakers in the onsite activities is not managed or overseen by staff from the Carers Support Centre – you participate as a member of the general public! Onsite facilities include heated indoor and outdoor pool, sauna and steam room, kids' club, soft play, nature trail, and evening entertainments programme. The holiday parks are not specifically designed for people with disabilities, but their vans are suitable for most people with mobility problems or wheelchair users (N.B. Not suitable for extra wide wheelchairs; no electric hoist equipment provided).
- Activities included in cost? – yes

0800 999 3365

www.carersholidays.org.uk

info@carersholidays.org.uk

The Vassall Centre, Gill Avenue,
Fishponds, Bristol BS16 2QQ

GWESTY SEREN HOTEL



Gwesty Seren Hotel is a luxurious 3*, 10 bedroom hotel especially designed for people with learning disabilities to holiday with their families and/or carers. If an individual wants to come alone and needs care, Seren our sister company can offer that care for those who are aged 18 or over. All the bedrooms are very spacious, all en-suite and include all the facilities you could wish for. Gwesty Seren Hotel is located in stunning Snowdonia, and there is an abundance of activities to do in the area.

- DBS checked – yes
- Fully accessible – yes
- Type of accommodation – bed and breakfast
- Age – all ages
- Activities – Gwesty Seren has a wide range of activities. A craft room, sensory room, hydrotherapy pool and a games room. They have established a relationship with Urdd who are able to offer a wide range of outdoor activities such as fishing, biking, walking, rock climbing and so on. Gwesty Seren Hotel patrons also receive discounted rates from local companies in the area such as Welsh Highland Railway and Portmeirion.
- Activities included in cost? – hotel based facilities are free except the hydrotherapy pool, all other activities are to be paid for.

01766 513 133

www.gwestyseren.co.uk

info@gwestyseren.co.uk

Bryn Llewelyn, Llan Ffestiniog,
Gwynedd

HELSEY HOUSE COTTAGES



Award winning self-catering cottages especially welcoming families with autism, challenging behaviour and other specific needs and mobility issues. The cottages are single storey on one level, no steps or ramps and have ample parking in the grounds. Wheelchair accessible shower in The Dairy cottage, shower wheelchair, manual wheelchair, toilet seat riser, bed raisers, Oxford Midi 150 mobile hoist all available. Laminated flooring for ease of mobility. Each cottage sleeps maximum of 5 people. Cots available, pets welcome. Chapel St Leonards, Skegness nearby. Rural location close to quiet sandy beaches.

- DBS checked – yes
- Fully accessible – no
- Type of accommodation – self-catering
- Age – all ages
- Activities – there is a large play area for children with swings, climbing frame, slide, trampolines and outdoor heated above ground swimming pool (summer only). Archery is available on Sundays.
- Activities included in cost? - yes apart from the archery.

01754 872 927

www.helseycottages.co.uk

info@helseycottages.co.uk

Helsey House, Helsey, Hogsthorpe, Skegness, Lincolnshire

JOSEPH ALLNATT CENTRES LTD



East Dene is a very special place where families living with autism and related behaviours, can be free to enjoy a holiday together with support and without judgement. The accommodation is tucked away in the beautiful village of Bonchurch, away from the roadways and with clear boundaries around the 10 acres of grounds which overlook the sea. There is an optional programme of activities each day from swimming in the heated outdoor pool, to exploring rock pools and beach fun, arts and crafts to BBQ's. The aim of these freedom family weeks is for the whole family to enjoy themselves and relax in a supported family atmosphere.

- DBS checked – yes
- Fully accessible – no
- Type of accommodation – full board
- Age – all
- Activities – swimming pool, arts and craft, circus skills, woodland games, beach activities, archery, DVD's, walks, karaoke, inclusion zone games
- Activities included in cost? – yes

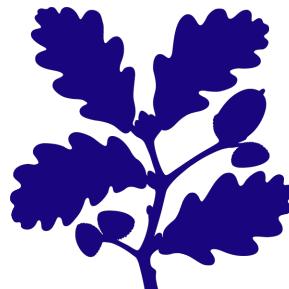
01983 852 374

www.allnatt.co.uk

julie@eastdene-iw.co.uk

Julie Hudleston, East Dene, Bonchurch, Isle of Wight, PO38 1RQ

NATIONAL TRUST



National Trust

The National Trusts Helping Hands - Weekend Ranger holiday is specifically aimed at physically able people with learning disabilities working alongside a same sex carer/family member who comes with them. The Helping Hands holiday is situated in glorious Upper Wharfedale to help keep the area beautiful and accessible. People attending will carry out a mix of conservation activities. The work may be physically demanding however the team will adapt tasks to suit ability with everyone working at their own pace.

The dates of this specific holiday is the 15th - 17th May 2015 for 2 nights. Price - for 2 people including accomodation and food £100.

For more information about this holiday, call Roisin on the below number and quote Reference 15GDP257. Bookings for this Holiday commence December 3rd 2014.



01729 830 416



www.nationaltrust.org.uk



yne.customerenquiries@nationaltrust.org.uk



National Trust Yorkshire Dales, Town Head Barn, Buckden, BD23 5JA

NORFOLK DISABLED FRIENDLY COTTAGES



Eight disabled friendly holiday cottages situated near NW Norfolk Coast and Royal Estate of Sandringham. All are converted farm buildings, benefitting from picturesque views over the rolling countryside.

All properties have level access and wet room shower rooms. They can sleep from 4-10 people. Mobility equipment is available for hire.

- DBS checked – no
- Fully accessible – yes
- Type of accommodation – self catering
- Age – all ages
- Activities – none provided. There are lots of things to do in the area though.



01485 578 354



www.nd-fc.co.uk



lavinia@nd-fc.co.uk



The Old Farmyard Docking Road,
Bircham Newton, King's Lynn,
Norfolk, PE31 6QR

PETTY POOL TRUST



This charity is based in mid Cheshire and runs a college for about 100 young adults with learning disabilities. They also provide day visits and residential stays for every type of organisation from primary to secondary schools, colleges, industry, social services, Princes Trust etc. Residential breaks include use of outdoor equipment coupled with exciting days out. Set in 40 acres of beautiful woodland, the venue provides the perfect getaway.

- DBS checked – yes
- Fully accessible – no
- Type of accommodation – full board
- Age – none, but we try to keep our guests in specific age ranges e.g. all young adults
- Activities – high and low rope team building activities
- Activities included in cost? – yes

01606 889 097

www.pettypool.org.uk

craig.pettypool@btconnect.com

The Petty Pool Trust, Pool Lane,
Sandiway, Nr Northwich, Cheshire,
CW8 2DR

SEAHORSES



A guest house situated close to a variety of beaches, welcoming children and adults with learning disabilities with their family or supporter. Seahorses is part of the Association of Camphill Communities. They quite often have guests with learning disabilities who are more independent. Staff are not allowed to help with any physical care but can give support e.g. with travel either by advice, bus time tables or by use of their car to drop people off and collect them. They can provide support with spending money budgeting for the holiday. New facility available: 'Studio cottage' self-catering unit.

- DBS checked – yes
- Type of accommodation – bed and breakfast full and half board, self catering.
- Activities – arts and craft activities available at our studio, such as t-shirt printing, mosaics, silk printing etc
- Activities included in cost? – no

01983 752 574

www.seahorseisleofwight.com

boris@seahorseisleofwight.com

Brenda Moscoff, Seahorses, Victoria Road, Freshwater, Isle of Wight, PO40 9PP

SHARE DISCOVERY VILLAGE



Share Discovery Village is based in Smith's Strand near Lisnaskea in County Fermanagh - Northern Ireland. It is the ideal waterside location for an outdoor activity and adventure centre. Share can accommodate all people from all backgrounds in large numbers.

Share is a charity that works for the inclusion of disabled and non-disabled people. They do this by providing opportunities for all to participate in a wide range of creative, educational and recreational programmes through over 30 different arts, land and water activities.

Share was set up in 1981 as somewhere that people with disabilities could go on holiday with their family. Over 30 years on and their site has developed but their beliefs and values stay the same.

- DBS checked – all are access NI checked
- Fully accessible – yes
- Type of accommodation – all including caravan and campsite
- Age – all ages
- Activities – archery, orienteering, climbing, fuss ball, team games, pedal go karts, combat corps (lazer guns), bush and camp craft, mountain biking, low ropes course, balloon modelling, t shirt painting, film making, mod rock, pottery, mosaics, face painting, circus skills, dingy sailing, keel boat sailing, canoeing, kayaking and more!
- Activities included in cost? – no

02867 722 122

www.sharevillage.org

celia@sharevillage.org

Share Discovery Village, Smith's Strand, Lisnaskea, Northern Ireland, BT92 0EQ

SOLWAY SHORT BREAKS



Solway Short Breaks are a not-for-profit enterprise, offering organised holidays for people aged from teenagers and upwards with mild learning disabilities and their families or carers. They operate these breaks from their guest house which is located in a very peaceful and scenic coastal village called Kippford, set by the sea on the beautiful Solway Coast in South West Scotland.

Daily activities include painting your own pots at a pottery or taking a trip in a 4x4 vehicle to see the wild deer in the forest, horse riding and archery along with arts and crafts and many more interactive and fun activities.

Enjoy the seaside and local countryside, try new activities and make new friends!

- DBS checked – yes
- Fully accessible – no
- Type of accommodation – full board
- Age – 13+
- Activities – arts and crafts, treasure hunts, animal encounters at wildlife park, archery, Jeep safari at the Deer Park, canoeing, horse/pony riding
- Activities included in cost? – yes

01556 620 214

www.solwayshortbreaks.co.uk

info@rosemountguesthouse.co.uk

Rosemount, The Front, Kippford, Near Dalbeattie, Dumfries and Galloway, Scotland, DG5 4LN

THE BOND HOTEL



The Bond Hotel is set just off the South Shore coast, close to the heart of Blackpool and is the largest fully accessible hotel in the North West offering cabaret packed breaks for guests with disabilities, their friends, families and carers and has been providing specialist breaks for over 25 years.

The 62 bedroom hotel can provide any mobility equipment that you may require free of charge including profiling beds, ceiling track hoists, portable hoists, stand aids, commodes and much more. All bedrooms have a full wet floor shower in the bathroom and they all have a 24 hour alarm system linked to the hotel reception. They also provide Holidays With Care support packages for guests who require personal or social care support during their break away. They provide door to door transport and holidays can be personalised for all occasions.

The Bond Hotel is a family run hotel offering guests a level of service that is dedicated and personal.

- DBS checked – yes
- Fully accessible – yes
- Type of accommodation – off peak half board, peak season full board
- Age – all
- Activities – cabaret shows, day trips, fancy dress competitions
- Activities included in cost? – some

01253 341 218

www.bondhotel.co.uk

sales@bondhotel.co.uk

120 Bond Street, Blackpool, FY4 1HG

THE ESPLANADE HOTEL



Accessible hotel situated on the astounding Victorian Promenade in the heart of Llandudno Bay. 40 newly refurbished en-suite bedrooms which retain their victorian charm whilst boasting full wheelchair access.

Remodelled in 2014, the rooms now include level access shower facilities with shower chairs/commodes. Rooms with electric profiling beds with built in bedsidés. Many rooms with either overhead tracking hoists or electric manual hoists.

Twins, singles and adjoining suites are available across 3 floors, most with stunning sea views across picturesque Llandudno Bay.

Quality dining in our Bay View restaurant. Live entertainment nightly including star tributes and celebrities in the Esplanade Cabaret Bar. Accessible pick up and return service available. Day trips and excursions to include Welsh Mountain Zoo, Anglesey, The Great Orme Railway and many more.

- DBS checked – yes
- Fully accessible – yes
- Type of accommodation – half board
- Age – all
- Activities – day trips, excursions, nightly entertainment, bingo and raffles
- Activities included in cost? – some

0333 999 8888

www.safehandsholidays.co.uk

sales@safehandsholidays.co.uk

The Promenade, Llandudno, LL30 2LL

THE HOLIDAY HOMES TRUST



Caravans are available for self catering holidays on popular holiday parks in Dorset, Cornwall, Hampshire, Devon, Norfolk (Great Yarmouth) and Scarborough. All of our units are wheelchair accessible and most of them have wet rooms or wheel in showers. The holidays are offered to families at a low cost (below park rates). Their caravans are available for any family or group to hire. Please contact the Trust office for further information. Full use of the site facilities and entertainment passes are included in the price together with the gas and electricity.

- Fully accessible – yes
- Type of accommodation – self catering
- Activities – park activities and entertainment - as provided by the park
- Activities included in cost? - yes



0208 433 7290/1



www.holidayhomestrust.org.uk



scout.holiday.homes@scouts.org.uk



Gilwell Park, Chingford, London,
E4 7QW

THE NEW MAYFAIR HOTEL



The New Mayfair Hotel, which is suitable for people with a disability, is situated in the enviable position of South Beach on South Promenade, Blackpool. The hotel boasts spectacular panoramic views of the sea and miles of golden sand.

The hotel has 43 bedrooms, with a variety of twins, singles and adjoining suites. All of the rooms are fully accessible, including full en-suite wet-rooms or level access shower facilities with shower chairs/commodes. Rooms with electric profiling beds with built in bed-sides. Many rooms with either overhead tracking hoists or manual electric hoists and many rooms boasting stunning seaviews.

The hotel is CQC registered and can provide bespoke care packages.

- DBS checked – yes
- Fully accessible – yes
- Type of accommodation – half board
- Age – all
- Activities - day trips and excursions. Evening entertainment. Themed nights including Soap Star Specials and tribute acts.
- Activities included in cost? - some



0333 999 8888



www.safehandsholidays.co.uk



sales@safehandsholidays.co.uk



673-677 New South Promenade,
Blackpool, FY4 1RN

TREVANION HOUSE HOLIDAYS LTD



Based in Wadebridge in North Cornwall, Trevanion House offers full board hotel accommodation. All rooms with en suite facilities. Your stay includes all meals, hotel transport and entrance fees to selected attractions where you are accompanied by friendly staff. Whatever the time of year you choose to visit, Trevanion House provides the comfort and support to allow you to holiday independently. Registered with CQC you can be assured of quality support. Individual needs can be catered for, please ask at the booking stage. All guests must be able to weight bear and transfer to hotel transport.

- DBS checked – yes
- Fully accessible – yes
- Type of accommodation – full board
- Age – 18+
- Activities – activities are based around what the guests want from their holidays, so each week is varied and includes: Dingles Fairground Heritage Centre, Classic Airforce Museum, Plymouth Aquarium, Eden Project, Newquay Zoo, swimming, local events eg: carnivals, fetes, National Trust houses and gardens, beach trips, coastal drives, sightseeing, theatre trips and much more.

- Activities included in cost? - yes

01208 814 903

www.trevanion.co.uk

enquiry@trevanion.co.uk

THHL, Trevanion House, Trevanion Road, Wadebridge, Cornwall, PL27 7PA

TY GLYN DAVIS TRUST



Ty Glyn Davis Trust

Situated in Ciliau Aeron, just two miles from the picturesque harbour town of Aberaeron, Ty Glyn holiday centre is set amongst mature woodlands on the banks of the River Aeron. Guests have unlimited access to the beautifully restored walled garden and adventure playground which is fully accessible to wheelchair users.

The centre can accomodate families or groups of up to 15 people in 9 bedrooms. There are three bathrooms, one drive-in for wheelchair users, one ensuite shower room and a new purpose-built bathroom with overhead hoist, air bath, powered shower and a changing bed.

- DBS checked – yes
- Fully accessible – yes
- Type of accommodation – self catering
- Age – all
- Activities – none
- Activities included in cost? – no

08450 944 364

www.tyglyndavistrust.co.uk

info@tyglyntrust.co.uk

Baencwm, Blaenycoed, Carmarthen, SA33 6ET

WHITEMOOR LAKES - ACUK



Whitemoor Lakes is a welcoming residential activity, adventure holiday and conference centre, able to accommodate groups from 12 to 300 delegates. Beautifully situated within 25 acres of grass land, the purpose built centre is bright, fresh and stylish in design.

The friendly and highly trained team are always willing to accommodate the needs of each and every visitor, from special dietary requests and instructed activity programmes to suit most ages and abilities, to individual day delegate requirements. Situated adjacent to the impressive National Memorial Arboretum, Whitemoor Lakes offers excellent value for money and outstanding customer service, in a flexible and inspirational location.

- DBS checked – yes
- Fully accessible – yes
- Type of accommodation – en suite / full board for groups of 12 or more
- Age – 8+ for activities, families welcome
- Activities – sailing, kayaking, raft building, high ropes, climbing, abseiling, night walks, zip-wire, archery, fencing, problem solving, birds of prey, campfire, disco, 5-a-side, challenge course
- Activities included in cost? – not unless an activity package has been booked



+44 (0) 1283 795 000



www.acuk.net/whitemoor-lakes



enquiries@whitemoortakes.org.uk



Whitemoor Lakes, Barley Green Lane,
Lichfield, Staffordshire, WS13 8QT

Meeting specialist health needs

Please note: this guide uses the words of the organisations listed.

Key to symbols within the Holiday Information Guide 2015

- Support can be provided to people who attend unaccompanied
- ● May need to take support staff, please check before booking
- ● ● People who need support must be accompanied



DIALYSIS HOLIDAYS



Including departures from Southampton, Dialysis Holidays cruises offer haemodialysis onboard ensuring you can enjoy a cruising holiday with family and friends, knowing that your treatments are available on board (together with a renal specialist and dedicated dialysis team).

Using the latest dialysis equipment for your on-board sessions, they have fully equipped and staffed ships travelling all over the world. They will make all of your travel and dialysis arrangements, you just have to choose your cruise!

- Fully accessible – yes
- Type of accommodation – full board
- Age – all ages
- Activities - haemodialysis on board, assisted embarkation/disembarkation, carer staff.



0844 800 2624



www.dialysholidays.co.uk



Accessible Holidays Ltd, Holgate House, London Road, Boston, Lincolnshire, PE21 7EZ

Places to stay – abroad

Please note: this guide uses the words of the organisations listed.

GO PROVENCE SUPPORTED HOLIDAYS



Fancy a holiday in the sun?

Go Provence provides supported activity holidays for adults with learning disabilities, based in the spectacular Gorges du Verdon, Provence, South of France, they can support you from your nearest airport/train station down to them and back home again. Enjoy the blue skies, famous landscapes, beautiful rolling views, relaxed atmosphere, lovely food, peace and the sweet Provencal air.

Blue Sky Fund: They have a fund that can offer financial help for people with learning disabilities on a low income. See website for full details. All flights are financially protected by ATOL. Prices start from £1315 all inclusive.

Go Provence have their own YouTube channel documenting the holidays people have taken with them, showing life changing experiences due to the staff and organisers openness to try and fulfill the holiday makers wishes. Watch the videos and be inspired!

- DBS checked – yes
- Fully accessible – no

- Type of accommodation – full board
- Age – adults and children
- Activities – kayaking in the Gorges Du Verdon, french lessons, wild camping, nature walks, wine tasting, land art projects, boat trip to St Tropez, BBQ, games in the park – cricket, football, table tennis, volley ball, French boules. Swimming in lakes and sea. Taking part in community events. Keeping journals of the days events. Themed weeks available.
- Activities included in cost? – yes

- 00 33 (0) 4 8656 65 61
- www.goprovence.co.uk
- www.youtube.com/user/Callens12/videos
- ian@goprovence.co.uk
- Rue de Lavoir, Esparron de Verdon, Provence, France 04800 or 98 Thicket Avenue, Fishponds, Bristol, BS16 4JQ

KESTREL COTTAGE



Our Normandy (France) family run holiday cottage offers families and groups the freedom and privacy of a self catering holiday with extra help if needed, the option of activity sessions and assistance with outings if required. Kestrel Cottage sleeps from two to 12 people and has all modern amenities and many original features. Set in an acre of enclosed gardens and surrounded by rolling countryside, it is an ideal place to get away together, enjoy the great outdoors and explore all Normandy has to offer.

- DBS checked – no
- Fully accessible – no
- Type of accommodation – self catering
- Age – particularly suitable for families with young children
- Activities – onsite activity sessions tailored to suit ages and abilities including all types of play, salt dough modelling, ceramic and glass painting, sewing, cooking, sports, games console competitions, musical fun and bouncy castle (for under 10's), outdoor above ground swimming pool and a play loft, accessed via stairs providing a well equipped place to play whatever the weather. Help with organising outings and can accompany if wanted. Taxi and babysitting services. BBQ's, bonfires and movie nights
- Activities included in cost? – some

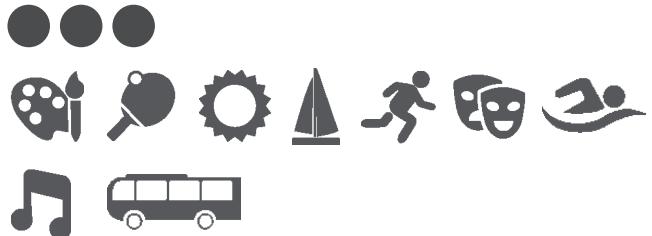
0033 (0) 231 67 59 91

www.lehamelroger.com

bookings@lehamelroger.com

Le hamel, Roger, St Pierre, Tarentine, 14350, Normandie, France

LE FOSSO IN BRITTANY



Fully accessible accommodation in Brittany (France) offering full board or self catering holidays to families and groups, or an inclusive package with a programme of activities and visits for groups of eight or more. 25 years of experience in helping people with special needs discover the joys of Brittany. Bilingual staff and delicious French cuisine! Full European certification. Stone-built traditional houses renovated to offer comfort and charm take groups of up to 35. Also a self catering house for 15, a flat for 7 and a studio for 2.

- DBS checked – yes
- Fully accessible – yes
- Type of accommodation – full board, half board and self catering
- Age – all ages
- Activities – sports activities e.g. sailing, swimming, fishing, cycling. Cultural activities e.g. Breton culture, games, food, music, dance. Tourist attractions e.g. markets, chateaux, museums, seaside, old towns. On site: animal care, walks, treasure hunts, bonfires, music and dance
- Activities included in cost? – activities on site are free.

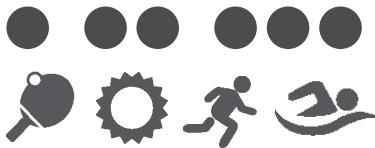
(00 33) 296 284 797

www.lefosso.com

lefosso@neuf.fr

Le Fosso, 22230 Gomene, France

LES QUATRE SAISONS



Holidays offered by a mature couple with a lot of experience of people with learning disabilities. The holidays are set in a large six bedroomeed farmhouse in rural France, providing a safe, relaxed, homely environment. They are completely open and flexible to any requests and arrangements in the interests of providing the best possible holiday for clients. Catering for small groups from residential care homes and supported housing schemes, individual carers holidaying with the person they care for, carers taking a break alone, the more independent service user on his/her own and families who wish to have a supportive and understanding environment with the relative they care for.

- DBS checked – yes
- Fully accessible – no
- Type of accommodation – half board
- Age – 18+
- Activities – campsite, paddling pool, games, table tennis, table football, BBQ, Swing ball and local activities
- Activities included in cost? – on site activities are free. Have to pay mileage charge for outings, entrance fees and meals out



(0033)555 642 335



www.supportedholidaysfrance.com



info@supportedholidaysfrance.com



Andrew and Bernice Carnegie, Les Quatre Saisons, Chignat, 23250 Soubrebost, Limousin, France

SUNDANCE VILLAS LTD



Sundance Villas offer villa rentals in Cyprus. All bookings are taken in Barnet by Irene Hare the owner. She has helped to design a completely unique villa, along with the owners, that is suitable for all. Features of Villa Ampelitis in Paphos include: warm indoor heated pool up to 30 degrees, pool hoist and moveable hoist, wheelchair friendly, level access and wider doors, four wheel-in wet rooms with height adjustable shower chairs with foot rests and roll-under basins, moveable grab rails, adaptable toilet seats. Sleeps two -16, lower rates for small parties mid season.

Various other villas for those with limited mobility. Offer lower two persons rates. Three bedroom Villa Timily was designed by its wheelchair user owner and features a wheel-under hob in the kitchen. Sundance Villas are happy to call you back on your landline to discuss the villas.

- DBS checked – no
- Fully accessible – yes
- Type of accommodation – self catering
- Age – all
- Activities – they work with a company who offers excursions in their wheelchair accessible (lock down) minibus and boat with a hoist at Latchi. They offer many extras (disability aids) for low cost hire at the villa.
- Activities included in cost? – no



0208 440 6219



www.sundancevillas.co.uk



Irene Hare, 7 Somaford Grove, Barnet, Herts, EN4 8UL

Specific interest holidays

Please note: this guide uses the words of the organisations listed.

Key to symbols within the Holiday Information Guide 2015 can be found on page 2

BRUCE WAKE CHARITABLE TRUST



This trust operates two narrow boats and a wide-beam boat based at Upton Marina, all designed for a wheelchair user plus family, with berths for six. Facilities include two hydraulic lifts, hoist over bed, specially designed w/c – shower plus steering system, for use by wheelchair-user. Skipper provided on first day for instructions. 2015 weekly hire prices from £650.

- DBS checked - yes
- Fully accessible – yes
- Type of accommodation – self catering

0844 879 3349

www.brucewaketrust.co.uk

info@brucewaketrust.co.uk

PO Box 9335, Oakham, Rutland, LE15 0ET

Benefits and help

FARRELL TRUST



Provides grants to people with primarily a physical disability to enable them to have a respite break or holiday in the UK. Grants are not available for other purposes or for holidays abroad.

ftcharity@yahoo.co.uk

<https://sites.google.com/site/farrelltrust>

Trust Administrator, Farrell Trust, PO Box 351, Welwyn Garden City, Herts, AL7 9JT

THE NEWMAN HOLIDAY TRUST



The Newman Holiday Trust is an entirely voluntary charity that provides holidays for children with disabilities from 6 specific locations in the UK (see website for specific details). The holidays operate at a better than one-to-one support ratio, plus nursing care, and are registered with OFSTED as 'Holiday Scheme for Disabled Children' and have been rated 'Outstanding' by them. Child selection

Continued over the page

is on a basis of ‘most in need’ first, combined with the specific volunteers available to provide the care. The holidays are at no cost to the child or carers.

- DBS checked – yes
- Fully accessible – some but numbers are limited
- Type of accommodation – full board
- Age – 4 - 17
- Activities – horseriding, theme park visits, soft play centres, swimming, sailing, canoeing, climbing, police visits, fire brigade visits, singing, discos, magic shows, drum workshops, sensory room, arts and crafts, talent shows, cinema trips, bowling.
- Activities included in cost? – yes

✉ holidays@newmantrust.org

💻 www.newmantrust.org

🏡 Lowbrook Barn, Lancaster Road,
Lancaster, Lancashire, LA2 6AL

THE CATHERINE GODFREY ASSOCIATION FOR THOSE WITH LEARNING AND OTHER DISABILITIES

Eligibility: People who have learning difficulties and/or other disabilities, including physical disabilities, and people with mental health problems. Applicants must be in financial need and live in Barking and Dagenham and the surrounding areas. Support is also given to carers.

Type of grants: Grants for outdoor activities and holidays in Britain to those who cannot afford them.

Applications: In writing to the correspondent. Applications need to be co-signed by a social worker or similar and have to be submitted between September and December for consideration in January.

🏡 25 Wraglings, Beldams Lane,
Bishop’s Stortford, CM23 5TB

THE MARGARET CHAMPNEY REST & HOLIDAY FUND

Funding for holidays for carers.

Eligibility

Grants are made to support respite holidays for carers. The primary aim is to give a complete break to a carer while the person cared for is receiving respite care. In exceptional circumstances we may assist where the carer and cared for wish to holiday together, provided they are husband and wife or partners, or an adult child caring for an aged parent or vice versa.

If funds allow, consideration may be given to funding family holidays in the UK where one or more family members suffers a severe disability.

Typical grants range from £200 to £300.

Applications must be made through a social worker, community nurse or similar professional agency and payment is made direct to that agency.

In the first instance your chosen professional must contact us by post or email and provide the following information :

- Their name, job title and the name and address of the organisation they represent
- Your name, and brief details of your circumstances
- Your household's weekly income and expenditure (a download is available online to assist with the application if required)
- Your proposed holiday venue, date and likely costs
- Who will take over your carering role whilst you are away?
- Which other charities and/or agencies have been approached for funding?

Go to the website to download the relevant forms.

📞 01394 388746

💻 www.ogilviecharities.org.uk
(Located in the grants section)

✉ info@ogilviecharities.org.uk

🏡 The General Manager, The Gate House, 9 Burkitt Road, Woodbridge, Suffolk, IP12 4JJ

THE RESPITE ASSOCIATION

The Respite Association provides short term assistance in the funding of appropriately qualified respite care for disabled, sick, elderly or terminally ill people in order that their regular carer can be allowed to take a much needed break.

In addition we purchased a caravan at Skegness in 2012 in order to offer free respite breaks for carers.

Whilst providing suitably qualified carers in the home or funding a temporary place in a residential care centre can be expensive, the benefits to the carer are beyond measure. The cost and level of support varies dramatically from a few pounds to several hundred with an average level of around £400.

Most of their referrals come from caring organisations, such as Crossroads, SSAFA, Age Concern, or directly from Social Services on behalf of individuals.

If you do not have contact with such an organisation you can still apply using the downloadable forms in the How to Apply section of the website, or simply contact them.

 01775 820 176

 www.respiteassociation.org

 help@respiteassociation.org

 Greystones 4 Lowgate Lane Bicker,
Nr Boston, Lincs, PE20 3DG

TURN2US

Turn2us is a free service that helps people in financial need to access welfare benefits, charitable grants and other financial help online, by phone and face to face through our partner organisations. Their website can help you find financial support, quickly and easily, based on your circumstances. It features a free and easy to use Benefits Calculator, Grants Search and other information and resources.

Turn2us is part of Elizabeth Finn Care.

 www.turn2us.org.uk

VITALISE JOAN BRANDER MEMORIAL FUND

Vitalise has been providing accessible respite care holidays and short breaks for disabled people and carers at accessible centres in the UK, since 1963. Each break is full board and offers a wide range of activities and excursions. 24-hour nursing care on-call and personal support can be provided if required following an assessment prior to arrival. This is included in the price of your holiday.

Vitalise firmly believe that disabled people should have the same rights, freedoms, responsibilities and quality of life as those without disabilities. Their centres cater for adults with a variety of physical disabilities. They aim to provide an alternative to traditional residential respite care. Each centre offers short breaks in a relaxed, holiday style environment with a variety of trips and activities.

The fund is named in honour of the founder of Winged Fellowship Trust, Joan Brander. The charity was renamed Vitalise.

 0303 303 0145

 www.vitalise.org.uk

 bookings@vitalise.org.uk

 Respite Breaks, Short breaks and Holidays at Vitalise Centres, 212 Business Design Centre, 52 Upper Street, London, N1 0QH

Additional grant / funding information

Many local carers centres offer grants for funding carers holidays but this information may not be well publicised. If you are looking for funding, speak with your local carers centre who would then be able to assist you.

If you do not know where your local carers centre is, contact your Local Authority who will be able to give you the details. Alternatively, you could search on Google for local carers centres in your area and/or who your Local Authority is.

Insurance

Please note: This guide uses the words of the organisations listed.

FREE SPIRIT



because health can't keep you down

Free Spirit is a specialist travel insurance company for people of any age with pre-existing medical conditions and disabilities. They are one of the UK's largest specialist travel insurance providers and can make sure you get the peace of mind protection you need before you travel.

Free Spirit also covers people without medical conditions at reduced premiums, this means your travelling companions can be included on the same policy to ensure the whole party is covered. Apply by telephone or through the website. There is a £10 discount for online purchases.

- 0845 230 5000
- www.FreeSpiritTravelInsurance.com
- contact@FreeSpiritTravelInsurance.com
- Free Spirit Travel Insurance, Stansted House, Rowlands Castle, Hampshire PO9 6DX

GOOD TO GO INSURANCE

goodtogoinsurance.com

Goodtogoinsurance.com specialises in providing travel insurance for UK residents who may have trouble obtaining cover elsewhere, due to their medical history or age.

All types of medical conditions can be covered, up to a high level of severity. Cover can be purchased online or via our UK call centre which is open 7 days a week.

Medical and repatriation cover up to £10 million, 24 hour emergency medical support - just a phone call away.

Includes mobility aids and prescription medication.

0844 334 0160 / 01279 621 662

www.goodtogoinsurance.com

help@goodtogoinsurance.com

Kao Hockham Building, Edinburgh Way, Harlow, Essex, CM20 2NQ

INSURANCEWITH



Insurancewith has been created specifically to help people with medical conditions and disabilities obtain travel insurance at very competitive rates.

By using our experience in providing travel insurance for people with pre-existing medical conditions, we have worked with our underwriters to ensure that they look at the actual risk, and not the perceived risk associated with the medical conditions. By adopting this realistic approach to our travel insurance, we have been able to secure much better rates for our customers.

0845 230 7159

www.insurancewith.com

insurancewith@infinityinsurance.co.uk

Infinity Insurance Solutions, PO Box 572, Hadlow, Tonbridge, Kent, TN9 9LY

Holiday Information Guide feedback form

We would find it really useful for future publications if you would kindly take two minutes to fill out the form below and send it back to the FREEPOST address. Thank you!
FREEPOST RRZB-XGUB-LBBA, Family Carer Support Service, Hft, 5/6 Brook Office Park, Folly Brook Road, Emersons Green, Bristol, BS16 7FL

1. On a scale of 1 to 10 (1 = not useful, 10 = very useful) how useful do you find the following features in the guide? Please write a number which reflects your opinion from 1 to 10 in each box.

Layout

Activities symbols key

Pictures

Text of listings

Level of support key

Any other comments / suggestions:

.....

.....

.....

2. Have you been on one of the holidays or used an organisation in this guide?

Yes

No

3. If you have been on a holiday or used an organisation which is not featured in here but you feel would be good to list in this guide, please give their details:

Company name.....

Telephone.....

Email.....

Website.....

Address.....

4. Do you ever access this guide via our website? Yes No

Comments / Suggestions for our online guide:

.....

.....

Join the Family Carer Support Service (FCSS) database



To receive family carer support mailings, which include twice yearly Family Carer News Digests, information about our latest family carer resources, invitations to FCSS workshops and occasional emails about national and local issues and events, complete this form and send it to our FREEPOST address: FREEPOST RRZB-XGUB-LBBA, Hft's Family Carer Support Service, 5-6 Brook Office Park, Folly Brook Road, Emersons Green, Bristol, BS16 7FL. Don't forget, you won't need a stamp!

Your details please write in BLOCK CAPITALS **If you are joining as a couple, please tick here**

Title _____ First Name _____ Surname _____

Age range: 18- 24 25 - 34 35 - 44 45 - 54 55 - 64 65 - 74 75 - 84 85 +

Email _____

Address _____

Telephone _____ Mobile _____

Where did you hear about us? _____

If you are joining the mailing list as a **family carer, please complete the following:**

Are you: Parent Sibling Other relative, please specify _____

Please give your relative's details Date of birth ____ / ____ / ____ Male Female

If you are joining the mailing list as a **professional or on behalf of an **organisation/support group**:**

Name of organisation: _____ Your role: _____

How many copies of the Family Carer News Digest would you like to receive in the future? _____

* For more than two copies, an invoice will be included to cover postage costs. Please contact us if you would like confirmation of these costs, or require extra copies for an event.

If you would prefer to receive the Family Carer News Digest by email **ONLY**, please tick

We would like to know that we are reaching all groups in the community. Please indicate how you identify yourself:

White

- English/Welsh/Scottish/Northern Irish/British
- Irish
- Gypsy or Irish Traveller
- Any other White background Please describe

Mixed/multiple ethnic groups

- White and Black Caribbean
- White and Black African
- White and Asian
- Any other Mixed/multiple ethnic group Please describe

Other ethnic group

- Arab
- Any other ethnic group - please describe: Please describe

Asian/Asian British

- Indian
- Pakistani
- Bangladeshi
- Chinese
- Any other Asian background Please describe

Black/African/Caribbean/Black British

- African
- Caribbean
- Any other Black/African/Caribbean background – please describe
..... Please describe

Data Protection fair collection statement. All information that we hold concerning you as an individual will be held and processed by the charity strictly in accordance with the provisions of the Data Protection Act 1998. Such data will only be used by Hft's Family Carer Support Service to provide you with information about our activities and for related purposes. We will not, without your consent, supply your name and addresses to any third party except where (1) such transfer is a necessary part of the activities that we undertake, or (2) we are required to do so by operation of law. However, **should you tell us of a significant change of circumstance** that affects your interest in any other of Hft's services we will assume you expect us to share this with the relevant department. This means that if you have joined the database of more than one Hft department you will only need to tell us once, for example a change of address or family bereavement. As an individual, you have a right under the Data Protection Act 1998 to obtain information from us, including a description of the data that we hold on you. Should you have any queries concerning this right, please contact the administrator on 0117 906 1751.

Your signature _____ Date ____ / ____ / ____



The Family Carer Support Service

Hft is a leading national charity supporting people with learning disabilities to live more fulfilled lives.

This Holiday Information Guide has been put together by the Family Carer Support Service (FCSS). We provide free advice and support to family carers who have relatives with learning disabilities. Anyone is welcome to contact us to:

- Get one to one support by telephone, email or letter
- Come to our workshops for family carers across the country. Recent workshops have been run for family carers on planning for the future, with young people in transition, family carers from black minority and ethnic communities as well as for relatives learning more about personalisation
- Get our Family Carer News Digest about policy, practice and care and support issues that affect you
- Get free resource packs on topics such as the Mental Capacity Act. These are also available to download from the Hft website – www.hft.org.uk/resources
- Join the Family Carer Support Service by completing the form opposite to receive the latest news, updates and invites to events and workshops in your area

We work in partnership with other organisations and are members of the National Family Carer Network (NFCN), the National Valuing Families Forum (NVFF) and the Learning Disability Alliance England (LDA).

To find out more about how we can help you, please call 0117 906 1751 or email familycarersupport@hft.org.uk

We are now on social media! Follow us on:

-  www.youtube.com/familycarersupport
-  www.twitter/hftfamilycarers.com
-  www.facebook.com/familycarersupport

We can use a telephone translation and interpreting service for people who are non-English speakers and/or people who speak English as a second language.

The Family Carer Support Service is here to help families that include someone with a learning disability, to have the information and support they need. Our services are free to all relatives.
Let us know if you would like our help.

 www.youtube.com/familycarersupport
 www.twitter/hftfamilycarers.com
 www.facebook.com/familycarersupport

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