

Holiday Services

**For people with disabilities
and carers in Torbay**

**For further information and advice -
Torbay Disability Information Service: (01803) 54 64 74**

P09 January 2010
Amended: 23 February 2012

Next update – April 2012
Need a new copy? See page 2.

| Contents | |
|---|-------------|
| Subject | Page |
| About this sheet | 2 |
| Introduction | 3 |
| What you need to think about | 4 |
| Social security issues | 11 |
| Insurance companies | 12 |
| Help with funding | 20 |
| Help planning your holiday | 23 |
| Support services and travel information | 28 |
| Specialist holidays for adults with disabilities | 30 |
| Specialist holidays for children and young people, (including wish granting organisations) | 42 |
| Specialist activity centres | 51 |
| Holidays afloat | 55 |
| Retreats | 58 |
| Pilgrimages to Lourdes | 59 |
| Other titles in this series | 60 |
| Further information and advice | 61 |
| Was this information sheet useful? | 62 |

About this information sheet

This is one of a series of regularly updated local information sheets that aim to meet the most common information needs of people with disabilities and carers in Torbay.

The information should be used as a guide only, as it may not cover all the organisations that can help with your needs. Torbay Disability Information Service (part of Torbay Care Trust) cannot guarantee the accuracy of the information or the quality of service provided by the organisations. No liability can be accepted for loss, damage, or injury arising out of any contract made by a private individual with any of the organisations listed.

Details change often, so please make sure you are using the current edition. Latest copies of the sheets are published on the following website pages:

Torbay Care Trust:

www.torbaycaretrust.nhs.uk/disinfosheets

Torcom:

<http://tinyurl.com/36oqua5>

If you do not have Internet access, you can ask for single copies from our office.

A full list of our other information sheet titles can be found at the end of this sheet.

Information can be made available in other formats and languages. Please let us know what your needs are.

Torbay Disability Information Service
Chadwell Annexe
Torquay Road
Paignton
TQ3 2DW

Telephone: (01803) 54 64 74

SMS (for deaf or speech impaired people): 07585 211314

Email: dis.torbay@nhs.net

Introduction

Who is this information sheet for?

This information sheet is for people with disabilities (of any type) who are living in Torbay and require information about holiday services outside the area. It will also be of interest to carers, professionals and others providing support.

A separate appendix sheet (P09A) is available directly from our office listing details of local Torbay hotels providing varying degrees of accessible accommodation. The appendix is aimed at residents looking for local holiday accommodation for disabled relatives, etc.

Listings

Organisation listings are alphabetical and inclusion in this information sheet does not imply a recommendation.

Details have been compiled from multiple sources. We have not visited any provider and cannot guarantee suitability or level of any care - if provided. The aim of the sheet is simply to provide you with a starting point for exploration.

Before parting with money or booking a holiday you must satisfy yourself that any arrangement you enter into will meet your specific needs and expectations. Therefore, it is vital to get good consumer advice to reduce the risk of potential difficulties, such as loss of monies. *Consumer Direct* can provide such advice and can be contacted on **0845 404 05 06** (www.consumerdirect.gov.uk)

Please remember that we welcome your views via our feedback sheet (last page). All valid comments will be taken into account when we review and update the title. We are also interested in receiving information about any relevant organisations not currently listed.

What you need to think about

General points

Holidays are meant to be enjoyed, so it is worth doing a little planning and preparation to help make sure you get a good deal and avoid problems. What follows are some basic pointers, but please ensure you create your own checklist and understand the financial, medical and insurance issues of holidays, especially if you are going abroad.

Be clear about any needs you have

- What extra help or facilities will you need?
- Be completely honest in stating your condition and its effects - you are the expert
- If the holiday organiser is not a specialist, they may be inclined to make assumptions about prospective disabled guests. It may be annoying to be asked irrelevant questions but this is probably preferable to not being asked anything. What was right for a previous guest may not be right for you.
- Special equipment, adapted vehicles, nursing, and care services may be important considerations on holiday. If you need any of these, check whether these have to be arranged and who arranges it.
- Check if you have to pay or whether help is included. Make a checklist of extra equipment you might need to take with you.
- Think about medication if you are staying in the UK. Will you have sufficient medication with you?

If you need assistance from airport or airline staff at any stage of your journey, you should always let the airline know at least 48 hours before you fly. The following services should be available if you have a sensory, physical or learning disability:

- assistance to reach check-in
- help with registration at check-in
- a briefing for you and any escort or companion on emergency procedures and the layout of the cabin
- help with getting on and off the plane
- help with stowing and retrieving baggage on the plane
- an on-board wheelchair (not always available)
- someone to meet you off the plane and help you find your way around the airport

EC Regulation 1107/2006

It is illegal for an airline, travel agent or tour operator to refuse a booking on the grounds of disability, or to refuse to embark a disabled person who has a valid ticket and reservation. This applies to any flight leaving an airport in the European Union, and also to flights on European airlines arriving in the EU.

The law also covers persons with reduced mobility - a group which can include people who would not normally be classed as disabled, such those with a temporary mobility problem.

In very occasional circumstances these rights may not apply - for example, where there are legitimate safety or technical reasons why a disabled person cannot board an aircraft. In such cases, you must be told the reasons and offered a reasonable alternative.

To avoid things going wrong, it is important that you explain your needs clearly at the time of booking.

Further rights for disabled passengers were introduced in July 2008. These include guaranteed standards for assistance at airports and on board aircraft.

If your booking has been refused or you have been refused boarding on the grounds of disability or reduced mobility, you should complain in the first place to the airline or tour operator. If they have not already done so, ask them to give reasons for their decision. To ensure relevant records are kept, complaints should be made as soon as possible after the incident has occurred.

If you are not satisfied, you may complain to the Equality and Human Rights Commission (EHRC): 0845 604 6610. They will advise on your rights under the law and what further action you could take. The Commission also publishes 'Your rights to Fly – what you need to know', a step by step guide which can be downloaded from its website at www.equalityhumanrights.com, and which now includes the time limit for taking a claim to court. For full contact details, see p.6.

The Civil Aviation Authority has the powers to prosecute breaches of this law and will work with the EHRC and Consumer Council to monitor complaints and ensure compliance. Should an airline be found guilty, it could be subject to an unlimited fine.

Access to Air Travel for Disabled People is an extensive document (Code of Practice) produced by the Department for Transport. It can be viewed or downloaded via their website - see below:

 www.dft.gov.uk or hard copies can be obtained from:
 Department for Transport Publications, 0300 330 3000

Staying in the UK

Find out as much as possible about the area or centre you wish to visit. Get hold of tourist brochures by contacting local tourist information offices. In the UK, you can find all the offices on the website shown below.

 www.britainexpress.com/TIC

The VisitBritain website has destination guides for all parts of the UK

 www.visitbritain.co.uk

Holiday Guide Finder provides a brochure request service for most parts of England and Wales via their website: www.guidefinder.co.uk or you can write to them at PO Box 132, Ludlow SY8 9AD.

Torbay Information Centres can usually provide information on other areas too. Remember also that Torbay libraries also hold guide books to most parts of the UK.

Meeting your needs in the UK

The Disability Discrimination Act (DDA) 1995 places duties on UK providers of goods, services and facilities not to discriminate against people with disabilities. Holiday providers must take 'reasonable steps' to change practices, policies and procedures to make their facilities and services accessible to people with disabilities.


The Equality and Human Rights Commission is working to eliminate discrimination, reduce inequality, protect human rights and to build good relations, ensuring that everyone has a fair chance to participate in society.

Their helpline and website provides information about best practice and the law.

 FREEPOST RRLG-GHUX-CTR, Arndale House, Arndale Centre, Manchester M4 3AQ

 0845 604 6610 / Textphone 0845 604 6620

 englandhelpline@equalityhumanrights.com

 www.equalityhumanrights.com

Medical issues

If you have particular health requirements, or are diagnosed with an illness, it is a good idea to consult your doctor before taking any long journey.

If you take regular medication, ask your doctor to prescribe enough for the whole trip and a little extra in case there are delays. You also need to remember to cover the journey time too. It may also be helpful to check if there are any laws against taking certain medications to certain countries; a doctor's note may be advisable.

National condition support groups can offer advice on going abroad. For example, the National Kidney Federation can provide information about dialysis in the UK and abroad. Information on groups is available from the Torbay Disability Information Service if you do not have access to the web.

Remember, if you have an on-going condition you may need your doctor's written consent to travel. Ask your travel organiser and insurance company if this is necessary.

Vaccinations

Make sure your vaccinations are up to date – you may need boosters. Visit your doctor or nurse at least six weeks before going away. There are also private travel health clinics around the UK.

Before you book your trip abroad, you should be aware of health risks at your destination, which vaccinations are needed and whether it is medically safe for you to have these vaccinations.

Some vaccinations carry health risks. For example, there are risks to the Yellow Fever vaccination for some people, including people whose immune system is compromised because of a disease or treatment for a disease. For detailed information about this, see the National Travel Health Network's information sheet, 'Yellow Fever Vaccination – Information for Travellers'.

The National Travel Health Network and Centre provides a series of travel health information sheets and travel advice on its website, including a travel health advice booklet, 'Holiday Health Check'.

 www.nathnac.org/travel

 Adviceline, Hospital for Tropical Diseases, London: 020 7950 7799

Treatment

If you become ill or have an accident abroad you will probably have to pay all or part of the cost of treatment – this is a major reason for ensuring that you have adequate insurance cover for the full period of your holiday.

The European Health Insurance Card (EHIC) is for when you travel to another country in the European Economic Area (EEA) or Switzerland. It replaces the E111 form. It is normally valid for 3-5 years. If you become ill while abroad, the EHIC gives access to state-provided medical treatment in the country you are visiting.

It also covers any treatment you need for a chronic disease or pre-existing illness, and routine maternity care. Kidney dialysis and oxygen treatment are also covered but you will need to arrange these in advance. The EHIC does not cover you if medical treatment is the main purpose of your trip.

The EHIC is not a substitute for travel insurance, which is always recommended. Note that the EHIC does not cover some things, such as repatriation. You can apply online for a card via the NHS Choices website (see p.8), telephone 0845 606 2030 or obtain an application form from the Post Office.

The Department of Health website provides detailed health information for people going abroad. A booklet, 'Health Advice for Travellers' can be downloaded from the website, and is also available in standard print and large print (for visually impaired travellers).

☎ 08701 555 455 / Textphone 08700 102 870

✉ dh@prolog.uk.com

🌐 www.dh.gov.uk/en/Publicationsandstatistics/Publications/DH-074297

For up to date health advice for travellers, including downloadable guide, 'Access to Healthcare Abroad', see the NHS Choices website at:

🌐 www.nhs.uk/nhsengland/healthcareabroad

Insurance issues

Insurance is essential for a number of reasons. Please ensure you carefully read the insurance section.

Consumer protection

You should be aware of the protection offered by travel trade organisations such as The Association of British Travel Agents (ABTA) and Air Travel Organisers' Licensing (ATOL).

Do not rely on brochures, letters or forms displaying membership numbers or logos. Check for membership credentials yourself, especially if you are booking via the internet. For both ATOL and ABTA you can check membership details via their respective websites, or contact their consumer sections - see end of this section for contact details.

Minimise the potential for problems. The following points are adapted from ABTA's website:

- Check Brochures for best deals. Try to compare like with like
- Check times and origins of flights to ensure that they are reasonable. On the return date you will almost certainly have to vacate your hotel room by midday. If your flight is not until late at night, you could have a miserable wait
- Make certain your passports are current at the date of the holiday
- If it is a hotel you are not familiar with, check details to make certain that it is suitable
- If the journey involves a flight of any length, check the aircraft comfort. Most charters are very cramped, with a maximum 29" seat pitch. Find out if you can book premium or extra leg room seats
- Decide how you are going to make your booking. If you find a good on-line deal, consider a visit to your high street travel agent to see if they will price-match. Unless you are a confident on-line booker, you are likely to fewer problems with a face to face booking

- Do not book in haste unless you are forced to do so. A little extra consideration
- If possible, use a credit card: this will give you extra protection if things go wrong. Keep the details of the agent/clerk who makes the booking. If things go wrong those details may be vital and save you problems later
- Keep a copy of the brochure from which you booked. The description of what you are buying may be crucial in the event of problems
- Check the visa requirements for your destination
- Decide on Insurance (see page 12). You do not have to accept the travel agent's insurance and can probably get a better deal elsewhere. Remember, credit card insurance is not the same as travel insurance
- When they arrive, check the itinerary and ticket details to ensure that they truly reflect what you contracted to buy. Check that the dates are correct and that the names are correct on the tickets
- If possible, pre-book aircraft seats with the carrier

Make certain you have these details:

- Latest check-in time
- Maximum baggage allowance
- Have you booked your car parking? Remember that some airport based hotels offer free parking if you stay there for the night prior to your journey. This can be less expensive and more convenient than normal parking.
- The terminal from which your aircraft departs. Every year hundreds of people miss their flight through going to the wrong terminal

Contacts -

Consumer Direct

Consumer Direct is the government-funded telephone and online service offering information and advice on consumer issues. Consumer Direct is funded by the Office of Fair Trading and delivered in partnership with Local Authority Trading Standards Services.

 08454 040506 / Textphone 08451 28 13 84

 www.consumerdirect.gov.uk

Air Travel Organisers' Licensing (ATOL)

ATOL is a protection scheme for flights and air holidays, managed by the Civil Aviation Authority (CAA). Most firms who sell air travel in the UK are required by law to hold a licence called an ATOL.

If you've booked and contracted with a tour operator for a complete air holiday package or just a flight, ATOL protects you from losing money or being stranded abroad if the tour operator goes out of business. All licensed firms have to lodge bonds with the CAA so that if they go out of business, the CAA can give refunds to people who can't travel and arrange for people abroad to finish their holidays and fly home.

ATOL protection is included in the price of a holiday booked with an ATOL holder, and there's a Government-backed fund called the Air Travel Trust that steps in if any ATOL bond isn't enough to look after everyone affected by a failure.

✉ ATOL, Consumer Protection Group, CAA, K3 CAA House, 45-59 Kingsway
London WC2B 6TE

☎ Consumer Claims: (020) 7453 6350

💻 www.caa.co.uk (see ATOL)

Association of British Travel Agents (ABTA)

ABTA represents over 5,000 travel agencies and 900 tour operations, throughout the British Isles. A publication – *Here to Help You* explains its services.

✉ 68-71, Newman Street, London W1T 3EQ

☎ (020) 7637 2444

✉ abta@abta.co.uk

💻 www.abta.com

Foreign and Commonwealth Office (FCO) Travel Advice Service

The FCO has comprehensive information on their website about going abroad. This covers country-specific travel advice, and information about returning to the UK in an emergency (important for understanding insurance cover). Call their travel advice helpline if you do not have access to the web.

💻 www.fco.gov.uk

☎ 0845 850 2829 (travel advice)

✉ TravelAdvicePublicEnquiries@fco.gov.uk

Passports and Visas

You will need a full ten-year passport if you want to travel abroad, even if it is for just one day. Some countries require your passport to be valid for at least 6 months after the date of your return travel. It must also be valid throughout the whole of your trip. You can get a passport application form from your post office or you can complete it online.

If you were born on, or before, 2 September 1929 and are a British national, you are eligible for a free passport.

Children under 16 are required to hold their own child passport. At 16 years, children can hold a standard ten-year passport.

The passport application form is available in large print. Braille, large print and audiotape formats are available to assist you in the completion of the passport application form. You may also request forms and literature in large print from your Post Office.

You can also request a Braille sticker be added to your passport to help you identify it by checking the relevant box on the application form.

Visit the Identity and Passport Service website for further information or contact their Helpline (see below). A guide for customers with special needs is available.

You will need visas to enter certain countries. A travel agent or tour operator should advise on the requirements of the country or countries you intend to visit

Remember to allow enough time for a visa to be sent to you, as sometimes the application is dealt with in the country you intend visiting.

 www.ips.gov.uk and www.direct.gov.uk/en/TravelandTransport/Passports
 Helpline, 0300 222 0000

Social Security Issues

For holidays, you can usually continue getting Disability Living Allowance (DLA) or Attendance Allowance for up to 26 weeks.

If you take a temporary break from caring for someone, for example, a holiday - you may continue to receive Carer's Allowance (CA). A total of 4 weeks break can be taken in any 26 week period for holidays.

You must tell the Carer's Allowance Unit if you take a break from caring due to a holiday or another reason, or if the person you are caring for goes on holiday or into hospital.

Further information is available in a leaflet, '*Going Abroad and Getting Your Benefits*' (GAA5DWP). This is available from Torbay Disability Information Service.

Insurance Companies

If you have to cancel or curtail your holiday unexpectedly, due to reasons of illness, injury, a family emergency or unforeseen circumstances, you may well find yourself out of pocket.

Many policies do not cover claims arising from 'pre-existing medical conditions', e.g. any illness or health problem that existed, or was diagnosed prior to you going on holiday. Will you be covered if are prevented from travelling because of a family emergency? Some policies have exclusions. Read the small print and check the policy is appropriate for you.

In many countries, the cost of medical treatment in the event of illness or accident has to be met in full and can be very high. Even in some countries with which Britain has reciprocal arrangements for health care, part of the costs of treatment will have to be paid.

Insurance may also be required to cover the cost of property that is lost or damaged while on holiday, to recoup money if the holiday has been cancelled, or to provide some compensation for delays.

The Disability Discrimination Act (DDA) 1995 outlaws discrimination against disabled people in the areas of goods, facilities and services. This includes insurance. It is therefore unlawful to refuse to insure a person, increase the premium, or reduce the level of cover simply based on a person's disability. The law recognises the need for insurers to be able to distinguish between individuals based on the risk against which they seem to insure. Insurers are therefore able to justify less favourable treatment, for example, the loading of a premium if such treatment is based on actuarial, statistical, or other relevant information on which it is reasonable to rely.

Before opting to take out the insurance offered by a tour operator or travel agent, check that it does not have any exclusion clauses that may affect you. If such an exclusion clause does operate, you may want to clarify that it does not breach the provisions of the DDA.

You may also need to check that there is adequate cover for any equipment or other property you will be taking with you because of your disability. Insurance cover is not normally available for people who are travelling against the advice of their doctor. If the travel agent cannot fully answer your questions, contact the insurance company itself.





Insurance sold by travel agents may not necessarily be your best choice as the transaction is likely to fall outside the regulation of the Financial Services Authority (FSA). However, insurance purchased through an insurance company or broker is regulated by the FSA.

People experiencing difficulties with age restrictions may find it is possible to buy package policies (e.g. with household contents insurance), with travel insurance included.

The British Insurance Brokers Association (BIBA) has the following pointers which states that members should:

- ask about your insurance needs so they can search for a suitable policy
- make your choices clear by telling you the range of products they offer
- explain any professional advice they give to you – clearly and honestly
- secure their best deal for you by using their expertise and buying power
- make sure you understand what is, and is not, covered by your policy
- clearly state the costs of your policy – including any fees they may charge
- give you clear information and documents – as well as any help you need with the paperwork – to make sure your policy is in place promptly
- explain their support for you in the event of you making a claim
- explain the right to complain if you are dissatisfied with your policy
- explain the right to cancel if you change your mind about the policy

BIBA members can be found by using their website or contacting their Consumer Helpline.

 BIBA, 8th Floor, John Stow House, 18 Bevis Marks, London EC3A 7JB
 Consumer Helpline 0870 950 1790
 enquiries@biba.org.uk
 www.biba.org.uk

Brokers and companies














The list that follows has been collated from a variety of sources and covers providers specialising in insurance for older people, people with disabilities and people with pre-existing medical conditions. Inclusion in the list does not imply a recommendation.













Always get several quotes and remember details can change quickly, so you should check for yourself that a provider is still regulated by the FSA.

| | |
|--|--|
| <p>Able2Travel</p> <p>☎ 0845 839 9345 🌐 via website 🌐 www.ch-travelcare.co.uk</p> | <p>Where a customer has an existing health condition will source the most appropriate travel insurance product to provide the protection that is needed at the most affordable price.</p> |
| <p>Age UK Travel Insurance C/o Age UK 207-221 Pentonville Road London N1 9UZ</p> <p>☎ 0845 600 3348 🌐 www.ageuk.org.uk</p> | <p>Offers travel insurance for all age groups up to 80+ (no upper limit).</p> <p>Net profits generated by Age UK go directly to supporting Age UK's charitable Activities.</p> |
| <p>AllClear Insurance Services Limited AllClear House 1 Redwing Court, Ashton Road Romford Essex RM3 8QQ</p> <p>☎ 0845 250 5200 📧 info@allcleartravel.co.uk 🌐 www.allcleartravel.co.uk</p> | <p>Provides medical travel insurance for people with pre-existing medical conditions. Conditions that can be covered include diabetes, angina, asthma, cancer, heart conditions, high blood pressure, high cholesterol, epilepsy and stroke. There is no age limit for a single trip policy.</p> |
| <p>Churchill Insurance Co. Ltd. (Travel) PO Box 106 37 Broad Street Bristol B299 7NQ</p> <p>☎ 0800 032 6534 📧 travel@churchill.com 🌐 www.churchill.com</p> | <p>Single trip insurance up to age 99 and European annual cover up to age 99.</p> |
| <p>Cystic Fibrosis Trust 11, London Road Bromley Kent BR1 1BY</p> <p>☎ (01603) 828376 📧 unique@heathlambert.com 🌐 www.cftrust.org.uk/aboutcf/livingwithcf/travel/travelinsurance</p> | <p>The Trust work with Heath Lambert Group to provide holiday cover from which Cystic Fibrosis Trust will receive a donation for every policy sold.</p> |

| | |
|--|---|
| <p>Cover My Travels</p> <p>☎ 0800 280 2488 🌐 via website 🌐 www.covermytravels.co.uk</p> | <p>Web-based service that assesses pre-existing medical conditions to establish if the condition has been under control for the last 12 months. In most cases it can then offer travel insurance without any additional costs.</p> |
| <p>Direct Travel Insurance Shoreham Airport Shoreham-by-Sea West Sussex BN43 5FF</p> <p>☎ 0845 605 2700 🌐 via website 🌐 www.direct-travel.co.uk</p> | <p>Able to provide cover for most pre-existing medical conditions under its Premier, Premier Plus and Senior Citizens policies. An additional premium may be needed. Upper age limit of 75 for single trips and annual European travel insurance.</p> |
| <p>Douglas Bader Foundation C/O Square Mile Insurance Services Ltd. Maylord House, 68, Leman Street London E1 8EU</p> <p>☎ (020) 7481 4321 📧 info@squaremileinsurance.com 🌐 www.douglasbaderfoundation.co.uk</p> | <p>Offer travel insurance policies (via Square Mile Insurance Ltd) for child and adult amputees.</p> |
| <p>En Route Insurance Consultants Grove Mills Cranbrook Road Hawkhurst Kent TN18 4AS</p> <p>☎ 0800 783 7245 📧 info@enrouteinsurance.co.uk 🌐 www.enrouteinsurance.co.uk</p> | <p>Brokers providing all types of insurance policies for people with disabilities, including holiday insurance.</p> |
| <p>Freedom Insurance Services Ltd Richmond House, 16-20, Regent Street, Cambridge CB2 1DB</p> <p>☎ (01223) 454 290 📧 information@freedominsure.co.uk 🌐 www.freedominsure.co.uk</p> | <p>Offers pre-existing medical condition travel insurance. Single trip and, where possible, annual policies.</p> |

| | |
|---|---|
| <p>Free Spirit Travel Insurance P J Hayman & Company Ltd, Stansted House Rowlands Castle, Hants P09 6DX</p> <p> 0845 230 5000 (medical desk)  freespirit@pjhayman.com  www.free-spirit.com</p> | <p>Specially aimed at people with health problems, including cancer. Covers only single trips up to a maximum of 94 days. No upper age limit for single trip cover. Upper age limit of 79 for an annual multi-trip policy.</p> |
| <p>Headway Travel Insurance C/o Policy Direct (see below)</p> <p> 0845 202 0428  web.enquiries@policydirect.co.uk  www.policydirect.co.uk or www.headway.org.uk</p> | <p>Travel insurance available online from Policy Direct or via the Headway website. Offers a low-cost policy with much more relaxed medical criteria than most other insurers.</p> |
| <p>Higos Insurance Services Ltd. Mendip Court, Bath Road Wells Somerset BA5 3DG</p> <p> Travel Quoteline: (01458) 270374  travel@higos.co.uk  www.higos.co.uk</p> | <p>Able to provide cover for pre-existing medical conditions. Single trip or annual multi-trip policies available.</p> |
| <p>The Insurance Surgery King Edward House Macclesfield Cheshire SK10 1ES</p> <p> Travel Quoteline: (01625) 505700  enquiry@the-insurance-surgery.co.uk  www.the-insurance-surgery.co.uk</p> | <p>Specialises in providing insurance products for clients with pre-existing medical conditions.</p> |
| <p>Insure and Go Insurance Services Ltd Maitland House Warrior Square Southend-on-Sea Essex SS1 2JY</p> <p> 0844 888 2787  via website  www.insureandgo.com</p> | <p>Questions are asked to determine if a customer needs to be medically screened. If they do, the screening is handled in the same phone call with no medical reports required. Once screened, the premium will depend on individual circumstances. Upper age limit 85.</p> |

| | |
|--|--|
| <p>InsureCancer Medi Travelcover Ltd. 76, Crooksbury Road Farnham, Surrey GU10 1QD</p> <p> (01252) 780190  enquiries@insureCancer.com  www.insurecancer.com</p> | <p>Specialises in providing cover to people who have a cancer diagnosis. Will consider cover for people who are in treatment and people with advanced cancer. Their main requirement is that your consultant gives approval for you to make your trip.</p> |
| <p>It's So Easy Travel Insurance 27, Old Gloucester Street London WC1N 3XX</p> <p> 0845 222 4205  via website  www.itssoeasytravelinsurance.com</p> | <p>A not-for-profit organisation that can provide travel insurance for people with pre-existing medical conditions. Also have specialist policies for people with HIV. No upper age limit on single trip policies. Age limit for annual insurance: 74.</p> |
| <p>JD Travel Insurance Consultants 29 London Road Bromley Kent BR1 1DG</p> <p> (01689) 859102  mail@jdtravelinsurance.co.uk  www.jdtravelinsurance.co.uk</p> | <p>Specialises in providing travel insurance for those with serious medical conditions and their friends and families. Part of Gill Noble Insurance Group.</p> |
| <p>MRL Group Ltd 6 Magellan Terrace Gatwick Road Crawley, W Sussex RH10 9PJ</p> <p> 0845 676 0691  www.mrlinsurance.co.uk</p> | <p>Travel insurance policy specialist in covering 'serious pre-existing medical conditions' and the specialist needs of the disabled traveller. Cover is available for those up to 89.</p> |
| <p>Orbis Insurance Services 17 Everlsey Road, Bexhill On Sea East Sussex TN40 1HA</p> <p> Christopher Jordan, Managing Director, 07770 820845 or Lauren Stovell, General Manager, 07540 636122  www.orbisinsurance.co.uk</p> | <p>Offers specialist travel insurance for people with medical conditions up to the age of 100. All cases are assessed individually.</p> |







| | |
|--|--|
| <p>Policy Direct Jonathan Scott Hall Thorpe Road Norwich NR1 1UH</p> <p> 0845 202 0428  web.enquiries@policydirect.co.uk  www.policydirect.co.uk</p> | <p>Provides travel insurance in partnership with Voyager Insurance Services. The company makes no extra charges for those with pre-existing medical conditions. Cover for single trips is available for those up to the age of 84.</p> |
| <p>Pulse Insurance 6 Oxford Street St. James Road Brackley Northants NN13 7XY</p> <p> 0845 250 5216  via website  www.pulse-insurance.co.uk</p> | <p>Specialise in providing travel and other insurance for people who are considered 'high risk' by the insurance industry generally.</p> |
| <p>Stroke Association Insurance Stroke House 240 City Road London EC1V 2PR</p> <p> (01603) 828396  stroke@heathhlambert.com  www.stroke.org.uk/shop/insurance_and_finance</p> | <p>Stroke Association Insurance Services provides insurance products, including travel insurance, for stroke survivors and their families and carers. Insurance is provided via Heath Lambert Limited.</p> |
| <p>Towergate Towergate Riskline Downsview House 141/145 Station Road East Oxted Surrey RH8 0QE</p> <p> 0844 892 1387  generalriskline@towergate.co.uk  www.towergate.co.uk</p> | <p>Towergate is able to consider cover for most pre-existing medical conditions, but some conditions may be excluded or require payment of an additional premium to provide cover. An age limit of 75 applies.</p> |













| | |
|---|--|
| <p>Travelbility Peregrine House Falconry Court, Bakers Lane Epping CM16 5DQ</p> <p> 0845 338 1638  enquiries@travelbility.co.uk  www.travelbility.co.uk</p> | <p>Broker offering travel insurance for people with disabilities, including cover for disability equipment while away.</p> |
| <p>Venturesure PO Box 385 Tonbridge Kent TN9 9AN</p> <p> 0845 230 3521  info@venturesure.co.uk  www.venturesure.co.uk</p> | <p>Offers online medical screening for those with pre-existing medical conditions. Single trip policies of up to 24 days maximum are available to those aged 75 years or over.</p> |
| <p>World First Travel Insurance 66 High Street Honiton EX14 1RT</p> <p> 0845 908 0161  info@world-first.co.uk  www.world-first.co.uk</p> | <p>Specialise in providing travel insurance for over 65's and people with health problems or pre-existing medical conditions.</p> |

Help with Funding

Usually, holidays and breaks must be self-funded. Charities offering holidays vary in the financial support they may offer. A few offer free or subsidised breaks, but most will charge to cover their costs. Commercial companies will price holidays for the market and these may be costly if you are living on benefits only.

The charities listed below may be able to help financially, but demand is heavy, so it is essential to apply as far in advance as possible. Contact organisations to find out about their detailed eligibility application processes. Torbay residents can obtain our information sheet *Finding Funding for Extra Needs (P12)*, which includes a form enabling a database search to be made.

| | |
|---|--|
| <p>Bay Foundation Disabled and Carers Trust 101, St Marychurch Road Torquay TQ1 3HL</p> <p> (01803) 312683  bayfoundation@hotmail.co.uk  www.carersassociation.info</p> | <p>Charity aiming to provide holiday and respite care for sick and disabled people, their carers and families.</p> <p>Applicants must be residents of Torbay or Teignbridge.</p> |
| <p>Caudwell Children Minton Hollins Building Shelton Old Road Stoke on Trent ST4 7RY</p> <p> 0845 3001348  charity@caudwellchildren.com  www.caudwellchildren.com</p> | <p>Charity providing finance to children aged under 18 specifically for 'dying wish holidays'.</p> |
| <p>Cystic Fibrosis Holiday Fund 6, Camden High Street London NW1 0JH</p> <p> (020) 7874 7208  info@cf-holidayfund.org.uk  www.cf-holidayfund.org.uk</p> | <p>The Trust provides grants for people aged up to age 25, who have Cystic Fibrosis (and their families) to enable them to have a break or holiday.</p> |










| | |
|--|---|
| <p>Family Fund Unit 4 Alpha Court Monks Cross Drive Huntington York YO32 9WN.</p> <p> 0845 130 4542  info@familyfund.org.uk  www.familyfund.org.uk</p> | <p>Holiday grants are given for the benefit of the severely disabled child. They must normally be used towards the cost of a family holiday that includes the disabled child.</p> <p>In exceptional cases, the Fund may award a holiday grant so that parents/carers and perhaps also the disabled child's brothers and sisters can have a holiday that does not include the disabled child. Open to families with children and young people aged 17 and under. Works with Haven Holidays and Thomas Cook, but individual holidays may also be funded. Income/savings limits apply.</p> |
| <p>Family Holiday Association 16, Mortimer Street London W1T 3JL</p> <p> (020) 7436 3304  info@familyholidayassociation.org.uk  www.fhaonline.org.uk</p> | <p>Charity providing holidays and other recreational activities for disadvantaged families and children.</p> |
| <p>Handicapped Aid Trust The Old Bakery Green Street Lytham FY8 5LG</p> <p> (01253) 796441  info@handicappedaidtrust.org.uk  www.handicappedaidtrust.org.uk</p> | <p>Trust gives grants to help with the costs of helpers to assist individuals aged 17 or over with any type of disability. Applications (letter) must be received by February for summer or August for winter breaks.</p> |
| <p>Ogilvie Trust Margaret Champney Fund The Gate House 9, Burkitt Road Woodbridge Suffolk IP12 4JJ</p> <p> (01394) 388746  ogilviecharities@btconnect.com  http://theogilvietrust.org.uk</p> | <p>Small grants towards a carer's expenses in taking holidays away from the person to whom care is normally provided. Occasionally grants may also be given for the carer and cared for to go on holiday together for couples or family members where one is the primary carer for the other.</p> <p>Referrals from a health professional or social worker only. Subject to availability of funds.</p> |













| | |
|--|---|
| <p>Pearson's Holiday Fund PO Box 3017 South Croydon Surrey CR2 9PN</p> <p> Postal only or email  general.secretary@pearsonsholidayfund.org  www.pearsonsholidayfund.org</p> | <p>Makes modest grants that financially assist disadvantaged children and young people (4 -16) living in the United Kingdom to have holidays or take part in respite activities in the United Kingdom away from their normal environment. Applications must be made by a third party referring agency. Grants may be restricted to certain parts of the UK only if the charity's income is under-budget. Apply early.</p> |
| <p>Royal British Legion – Welfare Breaks Women's Section Welfare Team Haig House 199 Borough High Street London SE1 1AA</p> <p> (020) 3207 2182, 2183 or 2186  WSWelfare@britishlegion.org.uk  www.britishlegion.org.uk</p> | <p>Supports ex-service women and wives/widows of ex-service men and their dependants.</p> <p>Provides welfare breaks of up to two weeks (usually following pre or post hospitalisation, terminal illness, bereavement, or certain other exceptional cases). Family welfare breaks are available to one-parent families with dependent children with a disability, disabled single parents and, especially, young carers looking after a dependant, parent or sibling.</p> |
| <p>Trefoil House East Lodge Gogarmuir Road Edinburgh EH12 9BZ</p> <p> (0131) 339 3148  info@trefoil.org.uk  www.trefoil.org.uk</p> | <p>Assists in providing holidays and recreational activities for under 18's with special needs or a disability. Applications from individuals, families, groups or other charities. The grant can be used towards the cost of a holiday at home or abroad. Two referees required.</p> |
| <p>Victoria Convalescent Trust 11, Cavendish Avenue Woodford Green Essex IG8 9DA</p> <p> (020) 8502 9339</p> | <p>Grants to pay for convalescence and periods of respite care for those who do not have the financial resources, and who have been unable to obtain assistance from statutory services.</p> |













Help planning your holiday

Finding accommodation














The internet is a very good source of information. If you do not have internet access, it is provided free in Torbay Council libraries which are all accessible. Staff can also provide assistance. There is insufficient space to include all possible sites, but the ones below are particularly useful.

| | |
|--|--|
| <p>Able Craven Publishing Ltd 15-39 Durham Street Kinning Park Glasgow G41 1BS</p> <p> (0141) 419 0044  www.ablemagazine.com  enquiries@ablemagazine.co.uk</p> | <p>This magazine's website (and the magazine itself) often has information on holidays.</p> |
| <p>Access at Last Accessatlast Ltd 18 Hazel Grove Tarleton, Preston Lancashire PR4 6DQ</p> <p> (01772) 814555  www.accessatlast.com  Via website</p> | <p>A website advertising only accommodation with at least one room with a level access shower. Covers UK and abroad.</p> |
| <p>Accessible Scotland C/o Visit Scotland Level 3 Ocean Point One 94 Ocean Drive Leith Edinburgh EH6 6JH</p> <p> 0845 2255 121  info@visitscotland.com  www.visitscotland.com</p> | <p>The website offers the facility to search for accessible accommodation.</p> |








| | |
|--|---|
| <p>Accessible Southwest South West Tourism Ltd Woodwater Park Exeter EX2 5WT</p> <p> (01392) 353217  mbowkett@swtourism.co.uk  www.accessiblesouthwest.co.uk</p> | <p>Web directory designed to assist visitors with disabilities travelling to the south west of England to find suitable places to stay and visit. Includes information on accommodation, attractions and other places of interest, places to eat, public toilets, and beaches, plus related services.</p> |
| <p>All Go Here</p> <p> feedback@allgohere.com  www.allgohere.com</p> | <p>Website works on basis that all hotels, airlines and other places and services listed can be used by anyone. Only mainstream hotels listed, and not those owned by disability organisations.</p> |
| <p>Camping for the Disabled C/o Mobility Information Service 20, Burton Close Dawley Telford Shropshire TF4 2BY</p> <p> (01743) 340269  mis@nmcuk.freemove.co.uk  www.mis.org.uk</p> | <p>Offers practical help and information to people with disabilities who wish to enjoy camping (in campervan, caravan, trailer or tent).</p> |
| <p>Caravanable</p> <p> www.caravanable.co.uk</p> | <p>Web based. Caravan sites with good accessible facilities recommended by other campers and caravanners, within UK and Ireland. Beaches database for access by wheelchair.</p> |
| <p>Ceiling Hoist Users Club (CHuC) C/o 7 The Scarplands Duston Northampton NN5 6EY</p> <p> (01924) 270335  admin@CHuC.org.uk  www.chuc.org.uk</p> | <p>Unique web-based resource offering information on a wide range of accommodation that includes ceiling hoists. Range covers hotels, guest houses, caravans/motor homes and self-catering throughout the UK and beyond. Site includes reviews and much more.</p> |














| | |
|--|---|
| <p>Deaftravel Co UK PO Box 7553 Glasgow G41 2BX</p> <p> info@deaftravel.co.uk  www.deaftravel.org.uk</p> | <p>Web-based resource offering information and advice to deaf people with aim of promoting worldwide independent travel. World directories of clubs, organisations and deaf-related events across the globe.</p> |
| <p>Disabled Go Ground Floor Ardent House Gateway Stevenage SG1 3HG</p> <p> 0845 270 4627  questions@disabledgo.com  www.disabledgo.com</p> | <p>Web-based database of inspected UK services, including all types of holiday accommodation.</p> |
| <p>Disability Now 6, Market Road, London N7 9PW</p> <p> (020) 7619 7323  Via website  www.disabilitynow.org.uk</p> | <p>Monthly disability magazine carrying advertisements for holidays and accommodation. Website visitors can also search online. Annual subscription - or free to people receiving means-tested benefits.</p> |
| <p>Disabled Holiday Directory C/o Discover Holidays Ltd. Premier House Manchester Road Mossley, Lancs OL5 9AA</p> <p> 0800 993 0796  via website  www.disabledholidaydirectory.co.uk</p> | <p>A travel agent that specialises in finding holidays and related services for wheelchair users, those with reduced mobility and learning difficulties. Offers a wide range of holidays in the UK and abroad, including beach holidays, disabled cruises and city breaks. Holidays for families with mentally and physically disabled children can be arranged as well as holidays for adults.</p> <p>Provides a comprehensive service, including travel, transfers in adapted vehicles, hire of mobility equipment and arranging care on holiday.</p> |
| <p>Handihols 12, Ormonde Road Rochford Essex SS4 1QW</p> <p> (01702) 548257</p> | <p>A register of families who wish to exchange their homes for a break. A weekend or several weeks. Will try and match the disability needs. There is a small annual registration/introduction fee and people making exchanges fund their transport costs.</p> |

| | |
|--|--|
| <p>Holidays for All</p> <p>☎ 08451 249973 🌐 www.holidaysforall.org</p> | <p>A web-based group of the UK's leading disability organisations working together to promote quality, accessible holiday breaks in the UK and overseas. All holiday accommodation is adapted and equipped.</p> |
| <p>Holiday Rentals Hythe House, 200, Shepherds Bush Road London W6 7NL</p> <p>☎ 0208 827 1971 📧 customerservices@holiday-rentals.co.uk 🌐 www.holiday-rentals.co.uk</p> | <p>Advertises thousands of holiday homes & holiday rentals in UK and worldwide. Includes details of accessible properties. Book holiday lets with the owners direct.</p> |
| <p>Matching Houses</p> <p>☎ (01736) 361871 🌐 Via website 🌐 www.matchinghouses.com</p> | <p>Free membership web-based scheme facilitating international holiday house exchange for people with disabilities.</p> |
| <p>Mobilise Organisation Ashwellthorpe, Norwich, NR16 1EX</p> <p>☎ (01508) 489449 📧 enquiries@mobilise.info 🌐 www.mobilise.info</p> | <p>Mobilise is a national organisation for drivers with disabilities. Its monthly magazine carries a small range of small ads for accessible accommodation in the UK and abroad. Members of Mobilise can also enjoy ferry concessions. Annual membership fee.</p> |
| <p>MIND 15-19, Broadway Stratford London, E15 4BQ</p> <p>☎ Infoline 0845 766 0163 📧 contact@mind.org.uk 🌐 www.mind.org.uk</p> | <p>Information sheet available on Holidays for people with mental health conditions.</p> <p>Also includes Retreats.</p> |
| <p>OpenBritain www.openbritain.net</p> | <p>Website owned by RADAR and Tourism for All that provides an online directory of accessible accommodation and travel in the UK. There is also an 'OpenBritain' guide, which replaces 'Easy Access Britain' (published by Tourism for All UK and VisitBritain) and 'Where to Stay' and 'There and Back' (both published by RADAR publications). The guide is designed to help people with disabilities to travel and book accommodation with accessible facilities that are suitable for their needs.</p> |

| | |
|--|--|
| <p>RADAR 12, City Forum 250, City Road London EC1V 8AF</p> <p> (020) 7250 3222  radar@radar.org.uk  www.radar.org.uk</p> | <p>Owns the OpenBritain website (see above) in partnership with Tourism for All. Information about accessible hotels and travel for people with disabilities in the UK and Ireland (previously in RADAR's publications, 'Where to stay' and 'There and Back') can be found in its OpenBritain Guide (see above), published jointly with Tourism for All.</p> |
| <p>Royal National Institute for Blind People (RNIB) Customer Services PO Box 173 Peterborough PE2 6WS</p> <p> 0845 702 3153  cservices@rnib.org.uk  www.rnib.org.uk</p> | <p>The RNIB Hotel Guide (priced) is a guide to mainstream hotels and guesthouses. Over 100 places to stay are included that have been recommended by blind and partially sighted people. Available in print, Braille, on cassette or disk.</p> <p>Contact RNIB Customer Services for further details.</p> |
| <p>Special Needs Kids</p> <p> www.special-needs-kids.co.uk</p> | <p>Useful website for families caring for children. Good holiday section.</p> |
| <p>Tourism for All (formerly Holiday Care Service) C/o Vitalise Shap Road Industrial Estate, Shap Road Kendal Cumbria LA9 6NZ</p> <p> 0845 124 9971  Info@tourismforall.org.uk  www.tourismforall.org.uk</p> | <p>National charity dedicated to making tourism welcome for all. It provides information, including publications and an online directory which lists accessible accommodation, attractions, respite care and services. It also owns the OpenBritain website and publishes the OpenBritain guide (see above) in partnership with RADAR.</p> |
| <p>Youth Hostels Association Trevelyan House Dimple Road Matlock Derbyshire DE4 3YH</p> <p> (01629) 592700  customerservices@yha.org.uk  www.yha.org.uk</p> | <p>Each new youth hostel is designed to offer wheelchair access, decorated in colour schemes to aid people with visual impairments, and many have had induction loops and tactile signage installed.</p> <p>Twenty-five hostels currently meet some level of the NAS standards.</p> <p>Contact YHA for detailed information</p> |

Support services and travel information

| | |
|---|---|
| <p>Contact a Family 209-211 City Road London EC1V 1JN</p> <p> Freephone Helpline: 0808 808 3555 (Mon to Fri, 10am-4pm; Mon eve, 5.30pm-7.30pm)</p> <p> info@cafamily.org.uk  www.cafamily.org.uk</p> | <p>Charity that gives support, advice and information to families with disabled children.</p> <p>Provides a 'Holidays, Play and Leisure' guide, which can be downloaded from the Contact a Family website. For further information, contact the Helpline.</p> |
| <p>Disabled and Reduced Mobility Airport Guide</p> <p> http://www.parkat.co.uk/disabled/</p> | <p>Online guide produced by PARKAT, the online airport parking comparison website. It provides information and tips for air passengers with disabilities or reduced mobility, including:</p> <ul style="list-style-type: none"> • information about what happens at security and customs • airport travel advice for passengers with visual or hearing impairments • what help is available at the airport • what to do before you arrive and help with the return journey • help at the car park • travelling with autism • travelling with breathing problems • advice regarding guide dogs and pets. |
| <p>DPTAC (Disabled Persons Transport Advisory Committee) 2/23 Great Minster House, 76, Marsham Street, London, SW1P 4DR.</p> <p> (020) 7944 8011  dptac@dft.gsi.gov.uk  http://dptac.independent.gov.uk</p> | <p>DPTAC provides guidance on travel for disabled and less mobile passengers. It publishes a range of publications, including 'Handy Travel Hints for Disabled People and Persons with Reduced Mobility'.</p> |

| | |
|---|--|
| <p>Epilepsy Action New Anstey House, Gate Way Drive Yeadon Leeds LS19 7XY</p> <p> Helpline: 0808 800 5050  epilepsy@epilepsy.org.uk  www.epilepsy.org.uk</p> | <p>Can provide useful information to people affected by epilepsy who are intending to travel.</p> |
| <p>Flying With A Disability</p> <p> www.flying-with-disability.org</p> | <p>Flying with Disability is a website designed to provide impartial information and advice to all disabled people around the world who travel by air.</p> |
| <p>Headway 190 Bagnall Road Old Basford Nottingham NG6 8SF</p> <p> Helpline, 0808 800 2244  helpline@headway.org.uk  www.headway.org.uk</p> | <p>Provides a factsheet on 'Holidays and Travel', which can be downloaded from the Headway website. This guide to travelling after brain injury includes a list of travel insurance companies and holiday providers.</p> |
| <p>National Autistic Society 393 City Road London EC1V 1NG</p> <p> Helpline: 0845 070 4004  nas@nas.org.uk  www.nas.org.uk</p> | <p>Provides information on its website about holidays for people with autism and related disorders, including advice about preparing for holidays and information on autism-friendly venues.</p> |
| <p>UK National Kidney Federation The Point Coach Road Shireoaks Worksop Notts S81 8BW</p> <p> Helpline: 0845 601 0209  nfk@kidney.org.uk  www.kidney.org.uk/holidays</p> | <p>Website includes holiday pages, providing tips and guidance on holidays for kidney patients, as well as a list of dialysis centres in the UK and abroad.</p> |

Specialist holidays for adults with disabilities

| | |
|---|--|
| <p>3H Fund B2 Speldhurst Business Park Langton Road Speldhurst Tunbridge Wells Kent TN3 0AQ</p> <p>☎ (01892) 860207 Grants: (01892) 860219 ✉ info@3hfund.org.uk 🌐 www.3hfund.org.uk</p> | <p>Charity organising subsidised group holidays for physically disabled children and adults so that carers can have a separate period of respite.</p> <p>In addition, when funds are available, they provide grants to families on low income with a physically or mentally disabled person to have a modest UK holiday break.</p> |
| <p>Accessible Travel and Leisure Avionics House Naas Lane Quedgeley Gloucester GL2 2SN</p> <p>☎ (01452) 729739 🌐 www.accessibletravel.co.uk ✉ info@accessibletravel.co.uk</p> | <p>Company specialising in holidays for people with physical disabilities worldwide. City breaks and cruises.</p> |
| <p>Action For Blind People 14-16, Verney Road London SE16 3DZ</p> <p>☎ 0800 915 4666 (info line) ✉ info@actionforblindpeople.org.uk 🌐 www.afbp.org</p> | <p>Charity providing hotel holidays for visually impaired people in Dawlish, Weston-Super-Mare, Bognor Regis and the Lake District.</p> |
| <p>Assistance Travel Service 1, Tank Lane Purfleet Essex RM19 1TA</p> <p>☎ (01708) 860514 or 24-hour telephone number, 07810 202429 ✉ aatstravel@aol.com 🌐 www.assistedholidays.com</p> | <p>Company offers holidays in Egypt, Spain, Tenerife and many other countries. Holidays are aimed at people who are visually impaired, hearing impaired or have any other disability.</p> |

| | |
|---|--|
| <p>Away from it All Holiday Scheme Mothers' Union Mary Sumner House 24 Tufton Street London SW1P 3RB</p> <p>☎ (020) 7222 5533 🌐 www.themothersunion.org</p> | <p>Provides holidays to help support family life. Offers on average 550 families a holiday through the AFIA holiday scheme. Funded by the members of Mothers' Union. The scheme is open to anyone who is under stress. Applicants do not have to be a member of a church or any organisation. It is also possible for people to apply personally or on the behalf of someone else.</p> |
| <p>Blagdon Farm Country Holidays Ashwater Beaworthy Devon EX21 5DF</p> <p>☎ (01409) 211509 📧 info@blagdon-farm.co.uk 🌐 www.blagdon-farm.co.uk</p> | <p>Commercial accessible holiday complex for people who are wheelchair users. Extensive list of specialist equipment available.</p> |
| <p>Bond Holidays Bond Hotel 120 Bond Street Blackpool FY4 1HQ</p> <p>☎ (01253) 341218 📧 sales@bondhotel.co.uk 🌐 www.bondhotel.co.uk</p> | <p>Offers holidays for people with disabilities and special needs, their carers, friends and families at hotels in Blackpool and St Annes. Also provides wheelchair-accessible self-catering holiday homes. Trips are available on Bond accessible coaches and care can be arranged if needed via Holidays with Care Ltd.</p> |
| <p>Breakaway Active 135 Baddow Road Chelmsford Essex CM2 7PY</p> <p>☎ (01245) 260330 / M: 07790 770218 📧 breakawayactive@aol.com 🌐 www.breakawayhols.co.uk</p> | <p>Small group breaks in the UK and abroad for people with learning and physical difficulties who want to be away with their friends, or to meet new friends, with a qualified holiday courier offering support. The holidays are aimed at people aged between 17 and 35, but people of other ages would also be welcome.</p> |

| | |
|---|---|
| <p>Break Davison House, 1 Montague Rd Sheringham Norfolk NR26 8WN</p> <p>☎ (01263) 822161 ✉ office@break-charity.org 🌐 www.break-charity.org</p> | <p>Charity offering holidays for children and adults with learning disabilities in Norfolk.</p> <p>Break also has wheelchair friendly holiday chalets in Westward Ho!, Devon, providing low cost holidays for families with special needs, and an accessible holiday cottage in Normandy, France.</p> |
| <p>British Polio Fellowship Eagle Office Centre, The Runway South Ruislip Middlesex HA4 6SE</p> <p>☎ 0800 0180586 ✉ holidays@britishpolio.org.uk 🌐 www.britishpolio.org.uk</p> | <p>Charity with accessible bungalow, located at Burnham-on-Sea, Somerset, for members.</p> |
| <p>Can Be Done 11, Woodcock Hill Harrow HA3 OXP</p> <p>☎ (020) 8907 2400 ✉ holidays@canbedone.co.uk 🌐 www.canbedone.co.uk</p> | <p>Company specialising in holidays and travel for people who are less agile or have disabilities. Book a tour or travel independently with attention paid to individual requirements. Holidays in European cities and countryside, USA and Canada.</p> |
| <p>Chalfont Line Holidays 4, Providence Road West Drayton Middlesex UB7 8HJ</p> <p>☎ (01895) 459 540 ✉ holidays@chalfont-line.co.uk 🌐 www.chalfont-line.co.uk</p> | <p>Company offering door-to-door pick-up service for 'slow pace' holidays in the UK and abroad, for people with little or no mobility.</p> |
| <p>Christchurch Macmillan Cancer Trust (Albany Lodge) 11 Warren Edge Road Southbourne, Bournemouth Dorset BH6 4AU</p> <p>☎ (01202) 428151 🌐 www.albanylodge.co.uk</p> | <p>Charity offers holiday venue for cancer patients and their families. Excursions to local places of interest.</p> <p>Referrals are mainly made through hospices, oncology departments Macmillan Nurses, GP practices, etc.</p> |

| | |
|--|--|
| <p>Diabetes UK Macleod House, 10 Parkway London NW1 7AA</p> <p>☎ (020) 7424 1000 ✉ info@diabetes.org.uk 🌐 www.diabetes.org.uk</p> | <p>Charity offering holiday breaks for children in UK. Doctors, nurses and dietitians provide supervision of child's diabetes management, including menus. Also offer Family Support weekends and Challenge events for 18-25 age group.</p> |
| <p>Disability Holidays Net Ability House 37, Kopernik Road Haydon End Swindon SN25 1TU</p> <p>☎ 0845 6345163 ✉ sales@disabilityholidays.net 🌐 www.disabilityholidays.net</p> | <p>Commercial provider (part of AOB Leisure Ltd) providing both holidays and activities for groups and families, people with physical disabilities, or people with learning difficulties. Catered chalets in Vanoise National Park, in the Trois Vallées, France. There is a range of activities available to choose from.</p> |
| <p>Disaway</p> <p>Website contact only</p> <p>✉ Via website 🌐 www.disaway.co.uk</p> | <p>Organises group holidays with physically disabled people aged 16 – 80. Previous trips have included UK and continental destinations.</p> |
| <p>Disability Snowsport UK Cairngorm Mountain Aviemore PH22 1RB</p> <p>☎ (01479) 861272 ✉ admin@disabilitysnowsport.org.uk 🌐 www.disabilitysnowsport.org.uk</p> | <p>Using specially trained instructors, volunteer helpers and adaptive equipment, provides activities in UK (all year) and in Europe and North America during the ski season. Caters for all ages and all disabilities.</p> |
| <p>Dream-a-Way 2, Lisa Close Heavitree Exeter EX2 5JB</p> <p>☎ Jeff: (01392) 823998/07796 442144 ✉ info@dream-a-way.co.uk 🌐 www.dream-a-way.co.uk</p> | <p>Aim to provide holidays and trips for disabled people of all ages from all over the South West of England. Applicants under 18 years of age must be accompanied by an adult during their holiday. Many different types of holidays are available, including trips to Disney World Florida, Disneyland Paris, Florida, Spain, Australia. Also UK destinations, including seven luxury caravans at Sandy Bay, near Exmouth.</p> <p>Funding also available toward a holiday/trips for individuals.</p> |

| | |
|--|--|
| <p>Enable Holidays 26, The Green King's Norton Birmingham B38 8SD</p> <p>☎ 0871 222 4939 ✉ info@enableholidays.com 🌐 www.enableholidays.com</p> | <p>Specialises in holidays abroad for people with mobility problems. Destinations include Portugal, Canaries, Egypt, Greece and Florida.</p> |
| <p>Family and Carers Trust The Secretary 8, Larch Walk Torquay TQ2 7HG</p> <p>☎ (01803) 400778 / 9 ✉ factcharity@blueyonder.co.uk</p> | <p>Charity with two caravans located on Haven holiday parks in Somerset and Yorkshire. Can be let to disabled residents and carers free of charge. For residents of Devon, Cornwall and Somerset.</p> |
| <p>Freedom – The Dialysis Holiday Specialists 5, Middlefield Road Cossington Leicester LE7 4UT</p> <p>☎ (01509) 815999 ✉ via website 🌐 www.freedom-apartments.com</p> | <p>Travel agency specialising in organising continental and world-wide dialysis holidays. Also offer group holidays.</p> |
| <p>Happy Adults Holidays c/o Happy Kids Holidays</p> <p>✉ emma@happykidsholidays.com 🌐 www.happykidsholidays.com</p> | <p>Provides adults with Asperger Syndrome, Autism, Autistic Spectrum Disorder, or another related condition, with a tailor-made holiday in the Dordogne, France. Support on offer includes help with shopping and meals, accompaniment on outings, and providing a transport service. Individuals can choose to have as much or little support as they need, and are given a choice of accommodation and activities.</p> |
| <p>Heads Up Holidays 20 Fletcher Gate Nottingham NG1 2FZ</p> <p>☎ 0115 954 0168 ✉ via website 🌐 www.headsupholidays.com</p> | <p>Provides clinically supported, personally assisted tailor-made holidays in the UK and abroad, including a large range of activities, for traumatic head injured people and their families.</p> |













| | |
|--|---|
| <p>Hearing Concern LINK 19, Hartfield Road Eastbourne, East Sussex BN21 2AR</p> <p>☎ (01323) 638230 Textphone: (01323) 739998 ✉ info@hearingconcernlink.org 🌐 www.hearingconcernlink.org</p> | <p>Organises UK and continental holidays with communication support for adults affected by hearing loss whose main mode of communication is speech (not sign language).</p> |
| <p>Holidays For Disabled People Ltd PO Box 164 Totton, Southampton SO40 9WZ</p> <p>☎ (01730) 266082 ✉ disholspw@aol.com 🌐 www.holidaysfordisabled.com</p> | <p>Company caters for families, groups and individuals, who have a physical disability. One week UK group holiday each year. Helpers may be provided. Companions/helpers may travel at reduced rates.</p> |
| <p>Holidays With Help Mrs R. McIntyre 4, Pebblecombe Adelaide Road Surbiton, Surrey KT6 4LL</p> <p>☎ (0208) 390 9752 ✉ holidays.with.help@lineone.net 🌐 www.holidayswithhelp.org.uk</p> | <p>Holidays for people with disabilities and their carers. Caters for single people, couples or family groups. Can provide trained and experienced helpers, choice of activities i.e. craft workshops, archery, beauty care, all led by trained tutors. Day and evening entertainment programme.</p> <p>Holidays based at Pontin's Holiday Centre, Blackpool, and South Downs Holiday Village. Support from services of trained and experienced voluntary helpers. Medical and nursing personnel are also on site in the daytime (not 24-hours) to offer help and guidance where necessary.</p> |
| <p>I Need a Holiday Too Jacqui and Carl Alban 21 Rue St Jean 22450 La Roche Derrien Brittany France</p> <p>☎ 0800 949 6801 ✉ info@ineedaholidaytoo.com 🌐 www.ineedaholidaytoo.com</p> | <p>Provides wheelchair-accessible holidays in La Roche Derrien, France. Accommodation is in wheelchair accessible apartments and support is available. Holidays are suitable for people with disabilities and their families.</p> |

| | |
|--|--|
| <p>JollyDays Supported Holidays Ltd. PO Box 10948 High Street Ingatestone Essex CM4 0XB</p> <p> (01277) 355565  enquiries@jollydaysholidays.co.uk  www.jollydaysholidays.co.uk</p> | <p>Provides supported holidays for adults with mild to moderate learning disabilities and separate holidays for older people.</p> <p>Offers a wide range of activity and sightseeing holidays in the UK and abroad. Staff are on call 24 hours a day. One-to-one support is available at an extra cost. Carers/family members are welcome. The majority of supported holidays are wheelchair accessible.</p> |
| <p>Keppleway Centre Broughton-in-Furness, Cumbria LA20 6HE</p> <p> (01229) 716936  Via website  www.keppleway.org.uk</p> | <p>Provides holidays in the Lake District for disabled children and adults of varying abilities.</p> <p>The project provides inclusive activity, education and holidays for schools, families, individuals and groups.</p> |
| <p>Kiloran Trust 157, Blythe Road London W14 0HL</p> <p> (0207) 602 7404  info@kilorantrust.org.uk  www.kilorantrust.org.uk</p> | <p>Offers subsidised breaks/holidays for full time family carers who are looking after a relative or friend at home - a husband, wife, child, parent, sibling - who requires full time commitment to their care.</p> |
| <p>Leonard Cheshire Park House Hotel Sandringham King's Lynn Norfolk PE35 6EH</p> <p> (01485) 543000  parkinfo@LCDisability.org  www.parkhousehotel.org.uk</p> | <p>Operates the fully accessible Park House Hotel in Norfolk. Heated outdoor swimming pool with Arjo hoist is available between May and September. Personal assistance packages available at extra cost. Registered with the Care Quality Commission (formerly CSCI) for personal care. Carers and companions can accompany guests.</p> |
| <p>Leukaemia Care Society One Birch Court, Blackpole East Worcester WR3 8SG</p> <p> Care Line, 0800 169 6680  enquiries@leukaemiacare.org.uk  www.leukaemiacare.org.uk</p> | <p>Operates holiday programme for people with Leukaemia, featuring short breaks in the UK.</p> |

| | |
|---|--|
| <p>Lin Berwick Trust Eastgate House, Upper East Street Sudbury Suffolk CO10 1UB</p> <p>☎ (01787) 372343 ✉ info@thelinberwicktrust.org.uk 🌐 www.thelinberwicktrust.org.uk</p> | <p>Trust has houses in East Harling, Norfolk, and East Lothian, Scotland, which can accommodate six people (two with disabilities in each house). Facilities for wheelchair users with ground floor twin bedded en suite rooms. Upstairs rooms for family / carers.</p> |
| <p>Livability 50, Scrutton Street London EC2A 4XQ</p> <p>☎ (020) 7452 2000 or 08456 584478 ✉ info@livability.org.uk or via website 🌐 www.livability.org.uk</p> | <p>Aims to provide affordable holidays for wheelchair users, their friends and family. Two accessible hotels: one in Wales and one in Minehead. Also a range of self-catering accommodation at different locations around the UK. <i>Formerly John Grooms Holidays.</i></p> |
| <p>Mountain House Holidays Vale Cottage, Foolow Eyam, Hope Valley Sheffield S32 5QR</p> <p>☎ (01433) 639368 ✉ info@mountain-house.co.uk 🌐 www.mountain-house.co.uk</p> | <p>Offers adventure activity holidays (including climbing) in the UK and Spain for people with learning disabilities. The holidays are generally suitable for those with physical disabilities but it is best to discuss individual needs prior to booking.</p> |
| <p>MS Society National Centre 372 Edgware Road London NW2 6ND</p> <p>☎ (020) 8438 0700 ✉ via website 🌐 www.mssociety.org.uk</p> | <p>Offer a range of options: self catering holiday homes throughout the UK (and parts of the continent) that are set up and equipped to cater for people with Multiple Sclerosis. Respite care centres in Surrey, Warwickshire, Yorkshire and East Lothian. Provide directory (on-line or phone) of care homes including 'preferred providers' at locations throughout the UK.</p> |
| <p>National Benevolent Fund for the Aged (BFA) 32, Buckingham Palace Road London SW1W 0RE</p> <p>☎ (020) 7828 0200 ✉ info@nbfa.org.uk 🌐 www.nbfa.org.uk</p> | <p>Free holidays for people over 60 who have not had a holiday for three years and are living on a low income.</p> <p>Each holiday (six nights) is to a UK seaside resort and includes coach travel, half board accommodation in a hotel, entertainment and some excursions. Holidays take place in the late autumn and the early spring.</p> <p>NBFA will organise coach travel from a local pick up point to the holiday resort. Applicants must be able to negotiate coach steps and not require personal care.</p> |

| | |
|---|--|
| <p>National Kidney Federation The Point, Coach Road Shireoaks Worksop S81 8BW</p> <p>☎ (0845) 601 02 09 ✉ helpline@kidney.org.uk 🌐 www.kidney.org.uk</p> | <p>The Federation provides advice on holidays, including information about specialist insurance providers.</p> |
| <p>Options Holiday Club Greyhound Farmhouse Barnsley Cirencester GL7 5EF</p> <p>☎ (01285) 740491 ✉ office@optionsholidays.co.uk 🌐 www.optionsholidays.co.uk</p> | <p>Arranges holidays in the UK and abroad for adults with learning difficulties in groups of 6 or more. Holidays in 2010 include a cruise to Norway, an arts, crafts, photography and music holiday, and a health and spa break. The price of holidays is based on a minimum level of care. If more care is needed there will be an extra cost. Telephone for details.</p> |
| <p>Redpoint Holidays BCM Box 1785 London WC1N 3XX</p> <p>☎ 0845 680 1214 ✉ sales@redpoint.co.uk 🌐 www.redpoint.co.uk</p> | <p>Adaptive ski programmes for people with physical or learning disabilities, making it possible to learn to ski or develop skills. Instruction offered with modified equipment. Offer buddy courses to train family or friends in specific techniques.</p> |
| <p>Renal Services Ltd. (formerly Dialysis Travel Company) Buckingham Court 78 Buckingham Gate London SW1E 6PE</p> <p>☎ 020 7222 3014 ✉ info@renalservices.com 🌐 www.renalservices.com</p> | <p>Provides haemodialysis treatment at holiday centres in Hayling Island, Havant or Milford-on-Sea in Hampshire, Skegness in Lincolnshire and Salisbury in Wiltshire.</p> |
| <p>Rethink - Forresters 2, Southampton Road Hythe Hampshire SO45 5GQ</p> <p>☎ 023 8084 3042 ✉ forresters@rethink.org 🌐 www.rethink.org/forresters</p> | <p>Operated by the national mental health charity, Rethink, Forresters is a 21-room registered care home for guests with mental health conditions. Its purpose is to provide carers with a break from caring while the person they care for stays at Forresters. Registered with the Care Quality Commission (formerly CSCI) for personal care.</p> |

| | |
|--|--|
| <p>Royal Blind Society RBS House, 59 – 61 Sea Lane Rustington West Sussex BN16 2RQ</p> <p>☎ (01903) 857023 ✉ derekrbs@aol.com 🌐 www.royalblindsociety.org</p> | <p>Operates hotels in West Sussex and North Wales. Also offers short breaks in Jersey and Guernsey, and other holidays around the UK.</p> <p>Also provides financial support for youngsters to enjoy an activity holiday with Calvert Trust in Devon.</p> |
| <p>Scout Holidays Homes Trust Gilwell Park Chingford E4 7QW</p> <p>☎ (020) 8433 7290 or 7291 ✉ scout.holiday.homes@scout.org.uk 🌐 www.scouts.org.uk/holidayhomes</p> | <p>Offers accessible caravans and chalets across the UK for families with special needs. No scouting connection necessary.</p> |
| <p>SENSE Holidays Team 101, Pentonville Road London N1 9LG</p> <p>☎ 0845 127 0060 Textphone: 0845 127 0062 ✉ holidays@sense.org.uk 🌐 www.sense.org.uk</p> | <p>Organises and runs holiday trips every year, in the summer season, for deafblind people of different ages (and with any additional disabilities).</p> <p>Volunteers care and guide on the trips, leaving the parents and carers free. Amenities vary depending on the holiday.</p> |
| <p>Special Diet Holidays Chateau de Villars Pres de la cure Villars Dordogne 24530 France</p> <p>☎ +33 55303 4158 ✉ chateaudevillars@aol.com 🌐 www.chateaudevillars.co.uk</p> | <p>Dordogne based hotel that specialises in catering for coeliac diets. It also caters for other special diets, including vegetarian and dairy free.</p> <p>Stainless steel kitchen has been created with designated areas for certain foods eliminating the danger of cross contamination.</p> |
| <p>Sykes Holiday Cottages Lime Tree House Hoole Lane Chester CH2 3EG</p> <p>☎ (01244) 500577 Fax: (01244) 321442 ✉ via website 🌐 www.sykescottages.co.uk</p> | <p>Rents out holiday cottages in England, Ireland, Scotland and Wales, including self catering holiday cottages that advertise that they can accommodate wheelchair users and/or people with disabilities. Before booking any of these properties customers are advised to contact Sykes Cottages for further information and to read each cottage description very carefully.</p> |

| | |
|---|---|
| <p>Taunton & District Mencap Society Yvonne Stone 11, North Villas, Cotford St. Luke Taunton TA4 1DQ</p> <p> (01823) 433836  www.tauntonmencap.co.uk</p> | <p>Discounted holidays for people with learning disabilities in holiday caravan at Seatown, near Bridport, Dorset. Sleeps up to 6. Wheelchair ramp.</p> |
| <p>Therapeutic Holidays Centre Villa Semeli, Karteros, Heraklion, Crete Greece 71500</p> <p> +30 2810381523  info@therapeutic-holidays.org.gr  www.therapeutic-holidays.org.gr</p> | <p>A Greek registered charity offering holidays for people with mental difficulties in Crete, Greece. Clients include adults or children with learning difficulties, autism, etc. from all over the EU. Offers a wide range of activities. Operates with international team of volunteers.</p> |
| <p>Torch Trust for the Blind Torch House Torch Way Northampton Road Market Harborough LE16 9HL</p> <p> (01858) 438260  info@torchtrust.org  www.torchtrust.org</p> | <p>Holidays with a focus on prayer for the visually impaired people at a specially adapted house in Hurstpierpoint, Sussex.</p> |
| <p>Traveleyes PO Box 511 Leeds LS5 3JT</p> <p> (08488) 040221  info@traveleyes-international.com  www.traveleyes-international.com</p> | <p>Provides international holidays for both blind and visually impaired and sighted travellers. Sighted travellers act as the eyes for those with impaired sight, enabling visually impaired people to travel more independently.</p> |
| <p>Trevanion House Holidays Trevanion House Trevanion Road Wadebridge Cornwall PL27 7PA</p> <p> (01208) 814903  enquiry@trevanion.co.uk  www.trevanion.co.uk</p> | <p>Holidays for adults with learning disabilities. Guests make the decisions and decide what they want to do and where they want to go.</p> <p>Staff will help, support, advise and provide transport around the area in minibuses. Charge includes three meals (packed lunch when out). Minibus will meet guests at nearest rail station, coach stop or airport.</p> |

| | |
|--|---|
| <p>Vitalise Shap Road Industrial Estate Shap Road Kendal, Cumbria LA9 6NZ</p> <p>Breaks at Vitalise Centres ☎ 0845 345 1970 ✉ bookings@vitalise.org.uk</p> <p>Vitalise Holidays for Visually Impaired People and Sighted Guides ☎ Bookings Line, 0845 330 0149 ✉ viholidays@vitalise.org.uk For detailed information, call 0845 834 0352 or log onto website.</p> <p>💻 www.vitalise.org.uk</p> | <p>National disability charity providing breaks and holidays for disabled adults, children and their carers at five accessible centres in the UK (including Cornwall, see below).</p> <p>Also operate:</p> <ul style="list-style-type: none"> a) Specialist holidays for visually impaired adults, who are supported throughout their holiday by Vitalise sighted guides (separate brochure available). b) Specialist holidays for people with dementia and their partners or carers. |
| <p>Vitalise Churchtown Outdoor Adventure Centre Lanlivery Bodmin Cornwall PL30 5BT</p> <p>☎ (01208) 872148 ✉ bookings@vitalise.org.uk 💻 www.vitalise.org.uk</p> | <p>An accessible centre for adults and children with physical, sensory and learning disabilities. Guests may come to the Centre independently or accompanied by a carer. Holidays offered include adventure activity breaks and family weeks. Lodges available for non-adventure breaks.</p> |
| <p>Willow Foundation Willow House 18, Salisbury Square Hatfield Hertfordshire AL9 5BE</p> <p>☎ (01707) 259777` ✉ info@willowfoundation.org.uk 💻 www.willowfoundation.org.uk</p> | <p>Provides special days for seriously ill young adults (16 – 40) with life-threatening conditions.</p> |
| <p>Woodlarks Campsite Hon. Sec. Kathleen Marshall House Woodlarks Campsite Tilford Road Farnham, Surrey GU10 3RN</p> <p>☎ (01252) 715238 ✉ Via website 💻 www.woodlarks.org.uk</p> | <p>Provides accessible camping for people with all kind of disabilities.</p> |












Specialist holidays for children and young people













(Including wish granting organisations)













| | |
|--|---|
| <p>Beamsley Project Harrogate Road Beamsley Near Skipton N Yorkshire BD23 6JA</p> <p> (01756) 710255  info@beamsleyproject.org.uk  www.beamsleyproject.org.uk</p> | <p>Charity operating an accessible centre that can accommodate up to 24 people in eight bedrooms with some bedrooms having adaptations. A cottage is adjacent to the centre and although it is quite separate it can be booked together with the Centre for larger groups. The Cottage will sleep up to six people, in three twin bedrooms. It is ideal for small groups of people with disabilities.</p> |
| <p>Camp Quality UK 98 Kingsbury Road Birmingham B24 8QJ</p> <p> 07717 542376  Via website  www.campqualityuk.org.uk</p> | <p>Provides life-changing holidays for children with a potentially life-limiting condition that has a significant impact on their daily lives, including cancer. Locations include Centre Parcs (Notts), Dorset and France.</p> |
| <p>Cerebra Second Floor Offices, The Lyric Building, King Street, Carmarthen SA31 1BD</p> <p> Helpline, 0800 328 1159 or (01267) 244200  vallecchia@cerebra.org.uk  www.cerebra.org.uk</p> | <p>National charity supporting children affected by brain injuries, developmental problems, mental disabilities or neurological disorders.</p> <p>Vallecchia is a four bedroom bungalow located in Hook, South West Wales, 5 miles from Haverfordwest on the Cleddau estuary and close to the Pembrokeshire National Park.</p> <p>It is available free for a week's holiday to Cerebra members who parent or care for a child, aged up to 16, with a brain related condition.</p> |
| <p>CHICKS Moorland Retreat, Bonnaford, Brentor, Tavistock PL19 0LX</p> <p> (01822) 811020  via website  www.chicks.org.uk</p> | <p>Not disability specific, but CHICKS provide free breaks for disadvantaged children (including young carers) aged between 8 and 15 years. Children are recommended by schools, Joint Agency Teams & GPs.</p> |













| | |
|--|---|
| <p>Children's Trust Tadworth Court Tadworth Surrey KT20 5RU</p> <p>☎ (01737) 365000 ✉ enquires@thechildrenstrust.org.uk 💻 www.thechildrenstrust.org.uk</p> | <p>The Trust provides short term residential breaks for children from 0-18 years who have multiple disabilities and complex health needs.</p> |
| <p>CLIC Sargent Holidays Abbey Wood Business Park Filton Bristol BS34 7JU</p> <p>☎ (0117) 311 2600 ✉ helpline@clicsargent.org.uk 💻 www.clicsargent.org.uk</p> | <p>Malcolm Sargent House in Scotland provides families with short breaks in a safe and comfortable environment. Families can also spend time on their own in one of CLIC Sargent's caravans in Devon, Sussex, Lancashire or Yorkshire. Services are free of charge.</p> |
| <p>Daytrippers 36 Great Pulteney Street London W1F 9NS</p> <p>☎ 020 7758 0050 ✉ enquiries@daytrippers.org.uk 💻 www.daytrippers.org.uk</p> | <p>Provides daytrips and events to children and/or young people up to the age of 21 years who have a disability or a life limiting or terminal illness.</p> <p>Trips organised by Daytrippers have included outings to theme parks, the seaside, museums, theatres and wildlife parks. It has also provided children with some unique experiences, such as specially organised scenic flights, and events such as film premieres, parties and football tournaments.</p> |
| <p>Destination Florida Clarendon Business centre 38, Clarendon Road Eccles Manchester M30 9ES</p> <p>☎ (0161) 789 7788 ✉ destinationflorida@aol.com 💻 www.destinationflorida.org.uk</p> | <p>Specialises in organising one-week holidays to Florida for children between the ages of seven to fifteen who have missed out on the fun and laughter of childhood due to illness. Full medical team of experienced doctors, nurses, physiotherapists and carers enabling the children to be given normal medical treatment</p> |













| | |
|--|---|
| <p>Dial-A-Dream 7 Addison Road Wanstead London E11 2RG</p> <p>☎ 020 8530 5589 ✉ info@dial-a-dream.co.uk 🌐 www.dial-a-dream.co.uk</p> | <p>Makes the dreams of children aged between 3 and 18 years, suffering from a diagnosed life limiting and life threatening illness, become a reality. Dreams made into reality by the charity include meeting up with heros (eg. famous pop stars and sports people) and trips to Disney World and Euro Disney.</p> |
| <p>The Dream Team Charity 1st Floor, The Tyrells Centre 39 Seamore Avenue Thundersley, Essex SS7 4EX</p> <p>☎ (01268) 569096 ✉ dreamteamcharity@btinternet.com 🌐 www.thedreamteamcharity.co.uk</p> | <p>Grants the dreams and wishes of sick, terminally ill and disabled children in the UK. Past wishes granted include holidays, such as adventure holidays, safaris, trips to Disneyworld, Florida and a Christmas trip to Lapland.</p> |
| <p>Dreamflight 7c, Hill Avenue Amersham Bucks HP6 5BD</p> <p>☎ (01494) 722733 ✉ office@dreamflight.org 🌐 www.dreamflight.org</p> | <p>Provides group holidays in Florida for children who are seriously ill with any disability.</p> <p>The escorts in each group always include one doctor, one senior nurse, a physiotherapist and two nurses, with the remaining places usually filled by non-medical helpers</p> |
| <p>Dreams Come True Knockhundred House Knockhundred Row Midhurst, West Sussex GU29 9DQ</p> <p>☎ 0800 018 6013 (freephone) or (01730) 815000 ✉ info@dctc.org.uk 🌐 www.dctc.org.uk</p> | <p>Makes dreams come true for children who are terminally or seriously ill. Popular requests include experiencing the magic of Disney and swimming with dolphins. Some of the more 'unusual' dream requests fulfilled include having cows in the back garden, meeting long-lost relatives in Kenya and Jamaica, naming a police horse, and riding in a rally car.</p> |
| <p>Fly2help The Control Tower Cotswold Airport Kemble Gloucestershire GL7 6BA</p> <p>☎ (01285) 770821 ✉ info@fly2help.org 🌐 www.fly2help.org</p> | <p>The fly2help Foundation is a registered charity, which provides opportunities to fly for those with life-limiting and chronic illnesses; families who have suffered a tragedy and those who are seeking to recover a sense of self-worth and need a life boost. The charity is able to help children and adults of all ages.</p> |




| | |
|--|--|
| <p>Happy Days Children’s Charity Clody house 90-100, Collingdon Street Luton LU1 1RX</p> <p> (01582) 755999  enquiries@happydayscharity.org  www.happydayscharity.org</p> | <p>Will pay for a special needs youngster (3 - 17) and their family to go on holiday (usually in the UK), or a special trip, giving the whole family a break in an environment, which can cater for their child's disabilities.</p> |
| <p>Happy Kids Holidays</p> <p> emma@happykidsholidays.com  www.happykidsholidays.com</p> | <p>A non profit making association aimed at supporting families with children and teenagers with Autistic Spectrum Disorders who would like to go on holiday to France. It provides a website offering properties in France that are Autism friendly, recommendations to families of properties that would best suit them, a holiday planning service and practical support during the holiday, if needed.</p> |
| <p>Harriet Davis Seaside Holiday Trust Helen Lees-Griffiths Tenby Observer Offices Warren Street, Tenby Pembs SA70 7JY</p> <p> (01834) 845197  helen@harriet-davis-trust.freemove.co.uk  www.harriet-davis-trust.org</p> | <p>Provides four self-catering holiday houses in Pembrokeshire, which are fully adapted and equipped for families with disabled children. Available all year round.</p> |
| <p>HELP Holidays (Holiday Endeavour for Lone Parents) PO Box 244 Gainsborough DN21 9AQ</p> <p> (01427) 668717  janice@help.fslife.co.uk  www.helphols.co.uk</p> | <p>Not disability specific, but provides low cost holidays for lone parents and their children. Holidays are mainly in caravans at sites around the UK. Stamped addressed envelope required for details.</p> |

| | |
|---|---|
| <p>In Search of Father Christmas Canterbury Travel (London) Ltd 42, High Street Northwood Middlesex HA6 1BL</p> <p> (01923) 822 388  info@santa-holidays.com  www.santa-holidays.com</p> | <p>Tour operator offering range of tours to Lapland where children can visit Father Christmas.</p> <p>Suitable for children with disabilities, but specialist equipment, etc. must be added to cost.</p> |
| <p>Jordansbrook Holidays</p> <p> (01452) 531854 or 07770 308343  melissatw1@blueyonder.co.uk  http://jordansbrookholidays.upweb.co.uk</p> | <p>Caravan based accommodation for rent to families who have special needs children. Located on Haven Holidays sites at Sandy Bay, Exmouth and the Spring Centre, Burnham-on-Sea, Somerset.</p> <p>Although both caravans are wheelchair accessible, there are width restrictions inside.</p> |
| <p>Kensington Foundation - The Daisy Chain Project Kensington Foundation Resource Centre The Lodge, 216 Whitegate Drive Blackpool Lancs FY3 9JL</p> <p> (01253) 761444  kentrust1@hotmail.com  www.kensingtonfoundation.com</p> | <p>The Daisy Chain Project offers accommodation for respite breaks at its centre in Blackpool to any family caring for a sick or disabled child. It aims to support families coping with limited means in difficult circumstances and families rebuilding their lives after the loss of a child.</p> <p>The Foundation provides the accommodation rent free and the only charge incurred is a modest booking fee.</p> |
| <p>KidsOut 14 Church Square Leighton Buzzard Bedfordshire LU7 1AE</p> <p> (01525) 243210 or (01525) 385252  kidsout@kidsout.org.uk  www.kidsout.org.uk</p> | <p>Provides fun days out to disadvantaged children and young people, including those with disabilities, life-limiting illness and special educational needs, up to the age of 18.</p> |

| | |
|--|--|
| <p>Lennox Children’s Cancer Fund Lennox House 57, Mawney Road Romford Essex RM7 7HL</p> <p> (01708) 734366  www.lennoxccf.org.uk</p> | <p>Offers financial assistance and holidays for children who are suffering from cancer and leukaemia, their families and siblings.</p> |
| <p>Liberty Child C/o Vitalise Bookings Shap Road Industrial Estate Shap Road Kendal Cumbria LA9 6NZ</p> <p> 0845 345 1970  bookings@vitalise.org.uk or  info@vitalise.org.uk  www.libertychild.org.uk</p> | <p>Charity providing free holidays in UK locations for children (8 - 18) with physical disabilities and/or learning difficulties (but not challenging behaviour).</p> <p>Further information/booking forms from website.</p> |
| <p>Make-A-Wish Foundation UK 329-331, London Road Camberley GU15 3HQ</p> <p> (01276) 405060  info@make-a-wish.org.uk  www.make-a-wish.org.uk</p> | <p>Charity granting magical wishes (including holidays) to children and young people (3 – 17) fighting life-threatening illnesses, who have not been granted a wish by any other charity.</p> |
| <p>National Blind Children’s Society Bradbury House, Market Street Highbridge, Somerset TA9 3BW</p> <p> (01278) 764764  enquiries@nbcs.org.uk  www.nbcs.org.uk</p> | <p>Offers holidays and activities – a recreational programme offering choices and opportunities to the child and family.</p> |









| | |
|--|---|
| <p>National Holiday Fund For Sick and Disabled Children PO Box 318 Great Yarmouth NR29 4WT</p> <p> (01493) 731235  nhfoffice@aol.com  www.nhfcharity.co.uk</p> | <p>Specialist charity, taking chronically or terminally ill children (usually 8-18), temporarily or permanently physically disabled children, accompanied by qualified carers and medical staff on a two-week international adventure, primarily to Florida, USA. Package includes insurance.</p> <p>The purpose of the charity is to provide a break from caring for family carers.</p> |
| <p>Newman Holiday Trust Lowbrook Barn Lancaster Road Lancaster Lancs LA2 6AL</p> <p> (01212) 885099  via website  www.newmantrust.org</p> | <p>Provides holidays for disabled children aged 4-16 in various locations around the UK. The holidays provide a range of fun activities in a safe and supported environment and use a care ratio of one helper to one child at all times.</p> <p>Activities include theme park and cinema trips, creative workshops, swimming, horse riding, bouncy castles, organised visits from the fire brigade and armed forces, magic and talent shows, discos, etc.</p> <p>It is stated that the holidays are conducted under 24-hour nursing supervision.</p> |
| <p>Over the Wall Charwell House Wilsom Road Alton Hants GU34 2PP</p> <p> (01420) 82086  Via website  www.otw.org.uk</p> | <p>National charity providing week-long breaks for children with chronic life threatening conditions. Campers range from 8 - 17. Also breaks for siblings.</p> |
| <p>PHAB England Summit House 50, Wandle Road Croydon Surrey CR0 1DF</p> <p> (020) 8667 9443  info@phab.org.uk  www.phabengland.org.uk</p> | <p>Provides two accessible holiday homes at Waterside Holidays Park in Weymouth, Dorset.</p> <p>Also publishes a holiday guide.</p> |

| | |
|--|---|
| <p>Rays of Sunshine No. 1 Olympic Way Wembley Middlesex HA9 0NP</p> <p> (020) 8782 1171  office@raysofsunshine.org.uk  www.raysofsunshine.org.uk</p> | <p>Grants wishes to children aged 3-18 years living with serious or life threatening conditions. Wishes granted include holidays to Lapland or Disneyland, a UK holiday or a special day out.</p> |
| <p>Starlight Children's Foundation Room PRW1 PO Box 4267 Goring Reading RG8 0WY</p> <p> (020) 7262 2881  PRW1@starlight.org.uk  www.starlight.org.uk</p> | <p>Grants wishes (for example, a trip to Disneyland) to children aged 4-18, with a serious or terminal illness.</p> <p>Children must be suffering from a potentially life-shortening or life-threatening illness (examples include Leukaemia, HIV/Aids, brain tumours, Cystic Fibrosis, Muscular Dystrophy, Sickle Cell Anaemia and most forms of cerebral palsy).</p> |
| <p>Ty Glyn Davis Trust Hafod Llanarth Ceredigion Wales SA47 0QB</p> <p> (01545) 580708  Via website  www.tyglyndavistrust.co.uk</p> | <p>The Trust offers a fully accessible self-catering holiday centre for children and young people with special needs, four miles from picturesque Aberaeron.</p> <p>The purpose-built single storey building is designed for wheelchair users.</p> <p>The Centre can be booked by Groups, schools and families with disabled members, those with special needs and carers. Also relevant organisations for educational/training and related purposes.</p> |
| <p>Smile Holidays Seaviews 10, St Leonards Gardens Hove East Sussex BN3 4QB</p> <p> (01273) 439240  enquiries@smilehols.com  www.smilehols.com</p> | <p>Specialist provider of all inclusive holidays for people with learning disabilities, offering destinations in England, France and Malta.</p> <p>Holiday package philosophy aims to ensure that transport (including local pick up points where possible), accommodation, support, and care are planned and provided on a person centered basis.</p> |
















| | |
|---|---|
| <p>When You Wish Upon a Star Futurist House, Valley Road, Basford, Nottingham NG5 1JE  (0115) 979 1720  Via website  www.whenyouwishuponastar.org.uk</p> | <p>Aims to grant the wishes of children with a life threatening or terminal illness, from the age of 2 to 16. Also has holiday accommodation in Britain, Spain and Florida.</p> |
|---|---|









Specialist activity centres

The centres below mainly cater for organised groups of adults and/or children and offer fun and personal development through challenging activities. Centres may only cater for people with disabilities or they may be open to anyone, but they will have experience of working with people with particular needs.

| | |
|--|--|
| <p>Activenture and Activenture Plus Activenture Office Hindleap Warren Wych Cross Forest Row E Sussex RH18 5JH</p> <p> (01342) 828219  activenture@hindleap.com  www.londonyouth.org.uk</p> | <p>Organises residential adventure weeks for young people with disabilities and special needs (ages 8-18 years) throughout the school holidays. The project is known as Activenture and provides new opportunities and experiences for all young people taking part.</p> <p>GP's are on call at the local Health Centres at Forest Row and Amersham in the event of emergency and advice required.</p> |
| <p>Aspire Adventure Activities 3, Unity Villas Dale Road North Darley Dale Matlock Derbyshire DE4 2HX</p> <p> (01629) 732445  info@aspireadventureactivities.co.uk  www.aspireadventureactivities.co.uk</p> | <p>Outdoor activity courses in the Peak District for children with special needs, including learning / behavioural difficulties.</p> <p>The activities enable participants to gain new skills and interests and thus promote both self-confidence and the development of interpersonal skills.</p> |
| <p>Back Up Trust The Back-Up Trust Jessica House Red Lion Square 191, Wandsworth High Street London SW18 4LS</p> <p> (020) 8875 1805  www.backuptrust.org.uk</p> | <p>Runs a range of courses for spinally injured participants and able bodied volunteers 'buddies' to experience a variety of different activities amid a social week. The courses range from one day, a weekend or are a week long and run throughout the summer and winter months.</p> |













| | |
|---|--|
| <p>Badaguish Outdoor Centre Aviemore Inverness-shire PH22 1QU</p> <p>☎ (01479) 861285 ✉ info@badaguish.org 💻 www.badaguish.org</p> | <p>Speyside Trust provides short break respite activity holidays for adults and children with learning and multiple disabilities at Badaguish Outdoor Centre in Cairngorms National Park. Offers a wide choice of outdoor activities to suit all levels of ability. 24-hour respite care is available.</p> |
| <p>Bendrigg Trust Bendrigg Lodge Old Hutton, Kendal Cumbria LA8 0NR</p> <p>☎ (01539) 723766 ✉ office@bendrigg.org.uk 💻 www.bendrigg.org.uk</p> | <p>Centre providing a wide range of adventure activities for disabled and disadvantaged groups.</p> |
| <p>Breakaway Active 135 Baddow Road Chelmsford Essex CM2 7PY</p> <p>☎ (01245) 260330 or 07790 770218 ✉ breakawayactive@aol.com 💻 www.breakawayhols.co.uk</p> | <p>Activity holidays for young people aged 17 - 35 with learning or physical disabilities. Offers holidays in the UK, Europe and USA with door-to-door travel and 24 hour support from experienced couriers. Some holidays are unsuitable for customers with complex needs – discuss prior to booking.</p> |
| <p>Calvert Trust Exmoor ☎ (01598) 763221 ✉ via website 💻 www.calvert-trust.org.uk</p> <p>Calvert Trust Keswick ☎ (01768) 772255 ✉ via website 💻 www.calvert-trust.org.uk</p> <p>Calvert Trust Kielder ☎ (01434) 250232 ✉ via website 💻 www.calvert-trust.org.uk</p> | <p>Specially developed centres offering people with disabilities residential or day activities, self-development and respite opportunities. Activities offered include sailing and windsurfing, kayaking and canoeing, climbing and abseiling, horse riding and trap driving, hill walking and orienteering, caving and rope ascending, paragliding and quad biking, mountain and road cycling, rope courses, archery and zipwire.</p> <p>Therapeutic services include respite care, rehabilitation and independence training. The centres provide adventure breaks for people with physical, sensory and learning disabilities. Bursaries may be available.</p> |

| | |
|--|--|
| <p>Dukes Barn – Ron Beddoes Outdoor Centre School Lane Beeley Derbyshire DE4 2NU</p> <p> (01629) 733039  info@dukesbarn.org  www.dukesbarn.org</p> | <p>Fully catered residential courses throughout the year offering challenging adventures for deaf and disabled children and adults.</p> <p>Can deliver courses in British Sign Language.</p> |
| <p>JoLT Trust (Journey of a Lifetime) The Old Forge The Street Chipperfield Herts WD4 9BH</p> <p> (01923) 262185  via website  www.jolttrust.org.uk</p> | <p>Charity run by volunteers aims to help disabled, disadvantaged, abused and neglected children, aged 14-21 years, through challenging month-long expeditions in challenging locations around the globe.</p> |
| <p>Low Mill Station Road Askrigg, Leyburn North Yorkshire DL8 3HZ</p> <p> (01969) 650432  info@lowmill.com  www.lowmill.com</p> | <p>Provides a residential experience involving outdoor activities for groups of all ages and abilities from all over the UK. All areas of Low Mill are accessible by wheelchair.</p> |
| <p>Mountain House Holidays Vale Cottage Foolow, Eyam Hope Valley Sheffield S32 5QR</p> <p> (01433) 639368  via website  www.mountain-house.co.uk</p> | <p>Provides opportunity for people with learning disabilities to build confidence on activity holidays in UK (Peak District) and Spain (Sierra Nevada). Also offer some wheelchair accessible accommodation.</p> |
| <p>Pro Adventure Ltd Parade Street Llangollen Denbighshire LL20 8PW</p> <p> (01978) 861912  sales@proadventure.co.uk  www.proadventure.co.uk</p> | <p>Adventure holidays catering for groups of adolescents without physical or mental health problems, but with difficult or demanding behaviour.</p> |










| | |
|--|---|
| <p>Queen Elizabeth II Silver Jubilee Activities Centre Manor Farm Country Park Pylands Lane Bursledon Hampshire SO31 1BH</p> <p> (023) 8040 4844  Via website  www.qe2activitycentre.co.uk</p> | <p>Located in Mid Hampshire, provides activities for people who have special needs as well as their carers and families.</p> <p>Activities include canoeing, motor boat, climbing, archery, horse riding, problem solving/initiative tests and zipwire.</p> |
| <p>Red Ridge Centre Cefn Coch Welshpool Powys SY21 0AZ</p> <p> (01938) 810821  www.redridgecentre.co.uk</p> | <p>Offers specialist and integrated courses to those with physical and learning disabilities. Designed to encourage participation in adventure activities and so widen the breadth of experience.</p> |
| <p>Skern Lodge Appledore Bideford EX39 1NG</p> <p> (01237) 475992  skern@skernlodge.co.uk  www.skernlodge.co.uk</p> | <p>Provides activity and adventure holidays for children and adults, disabled and non-disabled people.</p> <p>Up to four people in wheelchairs can be accommodated at any one time.</p> |

Holidays Afloat

See also Activity Holidays, which may include some water-borne activities.

| | |
|--|---|
| <p>Accessible Boating Association Telephone/email only</p> <p> (01252) 622520  bookings@accessibleboating.org.uk  www.accessibleboating.org.uk</p> | <p>Charity operating 'Madam Butterfly', a fully accessible narrow boat, located on the Basingstoke Canal, and available for holiday breaks.</p> |
| <p>Bruce Wake Charitable Trust Ayston Oakham Rutland LE15 9AE</p> <p> (01572) 822183  via website  www.brucewaketrust.co.uk</p> | <p>Two fully accessible narrow boats for holidays centred on Rivers Severn, Avon and the Gloucester and Sharpness Canal. At least two non-disabled people must be part of group for operational reasons.</p> |
| <p>Bruce Trust The Administrator The BruceTrust PO Box 21 Hungerford Berks RG17 9YY</p> <p> (01264) 356451  enquires@brucetrust.org.uk  www.brucetrust.org.uk</p> | <p>Charity with four accessible hire boats based on the Kennet and Avon canal suitable for self-catering holidays.</p> |
| <p>Cirdan and Faramir Sailing Trusts 3, Chandlers Quay Fullbridge Maldon Essex CM9 4LF</p> <p> (01621) 851433  info@cirdansailing.com  www.cirdansailing.com</p> | <p>Provides an opportunity for young people, particularly those that are disadvantaged to experience the adventure of sailing. Can support most types of disability, but discuss first to confirm needs can be met.</p> |

| | |
|--|--|
| <p>Disabled Afloat Riverboats Trust (DART)</p> <p>☎ 07778 842358 ✉ glosdart@cix.co.uk 🌐 www.glosdart.co.uk</p> | <p>Provides boating holidays for people with physical, sensory or learning disabilities together with their carers, families and friends. Centred on varying locations such as Kennet and Avon canal, and Thames, between Windsor and Kingston.</p> |
| <p>Jubilee Sailing Trust 12 Hazel Road Woolston Southampton Hampshire SO19 7GA</p> <p>☎ (023) 8044 9138 ✉ info@jst.org.uk 🌐 www.jst.org.uk</p> | <p>Provides sailing breaks for people with a wide range of disabilities, including wheelchair users and visually impaired people. Operates two ocean going square riggers, the Lord Nelson and Tenacious, which sail on a wide a wide range of programmes around the British coast and further afield.</p> |
| <p>Lyneal Trust Shirehall Abbey Foregate Shrewsbury Shropshire SY2 6ND</p> <p>☎ (01743) 252728 ✉ Via website 🌐 www.lyneal-trust.org.uk</p> | <p>Accessible canal and canal side holidays for wheelchair users and their families and friends.</p> |
| <p>Nancy Oldfield Trust Irstead Road Neatishead Norwich NR12 8BJ</p> <p>☎ (01692) 630572 ✉ info@nancyoldfield.org.uk 🌐 www.nancyoldfield.org.uk</p> | <p>Provides a variety of activities available for anyone who is disadvantaged or has a disability, physical, mental or emotional, temporary or permanent, living anywhere in the country.</p> <p>Activities include sailing, canoeing, motor-boating, fishing and bird-watching.</p> |





| | |
|--|--|
| <p>Peter Le Marchant Trust Canal Moorings Beeches Road Longborough Leicester LE11 2NS</p> <p> (01509) 265590  Via website  www.peterlemarchanttrust.co.uk</p> | <p>Provides canal holidays for wheelchair users and their family and friends. Also, people with physical and mental disabilities and those with serious illnesses.</p> |
| <p>Seagull Trust Cruises Canal Side Baird Road Ratho EH28 8RA.</p> <p> (01324) 626620  marion@stcruises-falkirk.org.uk or seagulltrust@btinternet.com  www.seagulltrust.org.uk</p> | <p>The Seagull Trust provides canal cruising holidays for people with special needs. A donation is requested to cover operating costs.</p> <p>The <i>Marion Seagull</i> can be booked for a period of between two and fourteen nights and it is intended that the hirer will be given training in steering and using the boat, although a skipper can be provided if requested. Sleeps maximum of six people, (plus a skipper's bunk) with full facilities. Lift in the bow to allow wheelchairs on and off the boat and another in the stern to lift a wheelchair up to the steering position.</p> <p>Boat based at the Falkirk Wheel Basin. Cruise up the Falkirk Wheel and along the Union Canal towards Edinburgh or along the Forth & Clyde Canal towards Falkirk in the East or Glasgow in the West.</p> |
| <p>Scuba Trust Gill & Lew Cullwick Bloomsbury 13 Lade Fort Crescent Lydd-on-Sea TN29 9YG</p> <p> Mobile 07985 025385  scubatrust@btinternet.com  www.scubatrust.org.uk</p> | <p>Helps individuals with disabilities (and their friends) learn to scuba dive. Also acts as a focal point for the organisation of scuba diving holidays abroad.</p> |

Retreats

Information provided by the Retreat Association







“A retreat is a planned time of spiritual refreshment, with the opportunity to rest, unwind, and pray”.

Retreats can offer a Christian perspective or be secular. All of them aim to offer a quiet atmosphere and good accommodation at reasonable cost.

| | |
|---|---|
| <p>Retreat Company The Manor House Kings Norton Leicestershire LE7 9BA</p> <p> (0116) 259 9211  Via website  www.theretreatcompany.com</p> | <p>A one-stop resource for all those seeking to take a retreat in some form or other in the UK or overseas.</p> <p>Rest, recuperate or review and reflect on your life. Retreats available for individuals or groups.</p> |
| <p>Retreat Association Kerridge House 42 Woodside Close Amersham Bucks</p> <p> (01494) 433004  info@retreats.org.uk  www.retreats.org.uk</p> | <p>The Retreat Association provides information for those involved in retreat work. The website provides a list of UK Retreat Centre links and a range of publications about retreats.</p> |
| <p>Good Retreat Guide by Stafford Whiteaker (Book and Website)</p> <p> via website  www.thegoodretreatguide.com</p> | <p>Website and hard copy guide (priced) listing dozens of places to find peace and spiritual renewal in England, Scotland, Wales, Ireland and overseas. You can also read about going on a retreat, about different kinds of spiritual practices, how to meditate, and much more.</p> |

Pilgrimages to Lourdes

Two organisations organise pilgrimages specifically for people with disabilities.

| | |
|---|--|
| <p>ACROSS Garron Bridge House Inverary Argyll PA32 8XQ</p> <p> (01499) 302715  contactus@across-uk.org  www.across-uk.org</p> | <p>Provides trips to Lourdes in specially adapted ambulances, for both adults and children who are terminally ill and severely disabled people who cannot fly.</p> |
| <p>HCPT - The Pilgrimage Trust Oakfeld Park 32, Bilton Road Rugby Warwickshire CV22 7HQ</p> <p> (01788) 564646  hq@hcpt.org.uk  www.hcpt.org.uk</p> | <p>Pilgrimages to Lourdes with purpose built coach for young people and adults with disabilities and special needs. Accessible accommodation at destination.</p> |

Other Titles in this Series

Most sheets have many pages, and details change often. If you would like copies, please request no more than 5 titles at a time (further details on p. 2).

| Disability Support Series | |
|---|-----|
| Bathing and Showering | P02 |
| Computers | P27 |
| Continence Management | P24 |
| Domiciliary Care Agencies | P05 |
| Emergency Care For Pets | P06 |
| Equipment Centres | P07 |
| Equipment Hire and Loan Services (including wheelchair hire) | P08 |
| Finding Funding for Extra Needs | P12 |
| Gentle Exercise | P22 |
| Holiday Services (national contacts) | P09 |
| Home Maintenance Services and Building Adaptations | P10 |
| Home Visiting Services | P23 |
| Housework, Domestic Help and Laundry Services | P11 |
| Housing Options for Older People | P25 |
| Information, Advice and Advocacy Services | P01 |
| Keeping Safe and Warm at Home | P13 |
| Leisure | P28 |
| Meal Delivery Services | P14 |
| Motoring | P17 |
| Parking and Public Conveniences | P15 |
| Shop Delivery Services | P16 |
| Sitting Services | P18 |
| Sport and Outdoor Activities | P34 |
| Stairlifts and Vertical Lifts | P19 |
| Support for People with High Functioning Autism and Asperger's Syndrome | P33 |
| Support Groups | P21 |
| Telecare (includes community alarm systems) | P04 |
| Transport Services | P20 |
| Caring Series | |
| Caring for an Adult with a Mental Health Condition | P29 |
| Caring for an Adult with an Alcohol or Drug Problem | P31 |
| Caring for Someone Coming out of Hospital | P32 |
| Caring for Someone with a Life Limiting Condition | P30 |
| Care Home Series | |
| Care Homes - Day Care, Torbay | C09 |
| Care Homes: Dementia (residential and nursing), Torbay | C06 |
| Care Homes: Dual Registered to include Nursing | C04 |
| Care Homes: Learning Disabilities, Torbay | C05 |
| Care Homes: Mental Health, Torbay | C08 |
| Care Homes: Nursing, Torbay | C03 |
| Care Homes: Paignton and Brixham | C01 |
| Care Homes: Torquay | C02 |

Further Information and Advice

Torbay Disability Information Service

Torbay Disability Information Service has been providing comprehensive information and advice to people in Torbay for over 21 years and we are a founder member of the Torbay Advice Network (TAN). Our service is open to any resident of Torbay affected by any type of disability. We also provide information to anyone working or caring for people with disabilities.

Our centre is located in purpose-built premises with level access, accessible WC facilities and adjacent parking. We are close to the 12/12A and X46 bus routes.

No referral is necessary. Simply visit our office, call us on **(01803) 546474** or email us at **dis.torbay@nhs.net**

We offer:

- An enquiry desk service covering a wide range of topics related to disability support and independent living.
- Advice and guidance on disability-related social security issues, including benefit checks.
- Office based support with Disability Living Allowance applications and Attendance Allowance for unpaid family carers.


Opening hours: Monday to Thursday, 9.00am to 4.30pm; Friday, 9.00am to 1.00pm only.

Signposts for Carers

Signposts for Carers is Torbay's dedicated telephone support service providing specialist information and advice to unpaid carers in Torbay. Contact *Signposts* in confidence to find out about services, equipment, benefits and rights. Support is available on a short or long-term basis.

Opening hours: Mondays to Thursdays, 9.00am - 4.30pm. Fridays: 9.00am - 1.00pm.

Calls are diverted to a 24-hour staffed message taking service outside office hours. Your details and enquiry will be relayed to us and we will respond to your enquiry on the next working day.

 **(01803) 666620**

 **signposts@nhs.net**

Was this information sheet useful?

We are keen to ensure that this information sheet is relevant to your needs and clear. We would be grateful if you would take one minute to complete the simple and anonymous questionnaire below and send it back to us **post-free**.

Our address is:

Torbay Disability Information Service
FREEPOST SWB31050
Chadwell Annexe
Torquay Road
Paignton TQ3 2ZZ

Q: Where did you get this information sheet from?

Q: How old are you?

Q: How long have you lived in Torbay?

Q: Was the information easy to read and helpful? (Please tick **one** box only)

Very Easy

Fairly easy

Undecided

Fairly difficult

Very Difficult

Q: How might we improve it?

.....

.....

Q: What local disability related support do you struggle to find out about?

.....

Note: Please contact us on (01803) 546474 if you need help or have questions about the contents of this information sheet.