

# Holiday information guide

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



# Contents

## Key to symbols within the Holiday Information Guide



Telephone  
Number



YouTube



Website  
Address



Email



Address



Twitter



Support can be provided to people  
who attend unaccompanied



May need to take support staff,  
please check before booking



People who need support  
must be accompanied



Arts and Crafts



Entertainment



Music



Swimming



Sport



Excursions



Water



Outdoor



Indoor

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

03	The Family Carer Support Service
04	Funding and grants
09	Useful advice
11	General guides and information
27	Tour operators
32	Places to stay – UK
40	Places to stay – abroad
42	Specific interest holidays
43	Insurance
44	Resources for family carers
47	Hft

## Disclaimer

The information provided has been collated from a variety of sources and was correct at the time of writing – December 2017. Whilst the information contained in this publication has been given in good faith, please check details for yourself with the providers listed, to ensure that you have accurate and current information.

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





# Family Carer Support Service

**Freephone: 0808 801 0448**

A free and friendly service for family carers supporting a relative with a learning disability.

## Who is a family carer?

A family carer is someone who has a lifelong relationship with a person who has a learning disability, autism or both - usually a family member or close friend. They have an active interest in the wellbeing of that individual, wherever they live.

Hft is a national charity, supporting people with learning disabilities & their families. Hft's Family Carer Support Service (FCSS) is a **free** and friendly, national support service for family carers who have a relative with learning disabilities, autism or both. We support family carers, whether or not their relative is supported by Hft.

### **We support family carers in a variety of ways:**

- Providing one-to-one support by telephone, letter or email
- Providing family carer workshops about issues affecting family carers
- We develop a huge range of resources about issues that affect family carers
- Updating family carers about issues and legislation that affect them

Calls from family carers

**Freephone:** 0808 801 0448 - Tuesday to Thursday 9am to 3.45pm

**Voicemail:** Our voicemail is accessible 24hrs a day to leave a message. We will return your call within 5 working days.

# Funding/grants

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



**3H** Helping Hands  
for Holidays

Holidays for Disabled People  
Respite for Carers

3H provides holiday grants for people with physical and learning disabilities.

Grants are for family holidays and ONLY cover the accommodation cost - the funds go directly to the venue. Applications are considered if the household combined income is less than £30k. Grants are awarded to family carers to have a holiday with or without the person they care for. Application forms can be found online and must be sent with evidence that your family member has a disability, you are in receipt of means tested benefits and you have a low household income.



01892 860207



[www.3hfund.org.uk/](http://www.3hfund.org.uk/)



[info@3hfund.org.uk](mailto:info@3hfund.org.uk)



B2 Speldhurst Business Park, Langton  
Road, Speldhurst, Tunbridge Wells, Kent  
TN3 0AQ



**The ACT Foundation**

ACT Foundation provides grants of up to £2500 for a disabled person to visit a registered respite centre. Funding is for the person with a disability only, and not the family. It is only valid at respite centres and not for general holidays, and the applicant must have limited funds. A grant can be applied for at any time (Trustees meet four times a year but do give approvals between meeting dates). Application forms are found online and should be sent to the trust.



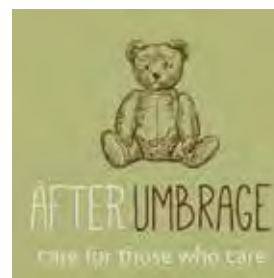
01753 753900



[www.theactfoundation.co.uk](http://www.theactfoundation.co.uk)



[info@theactfoundation.co.uk](mailto:info@theactfoundation.co.uk)



After Umbrage is a charity whose vision is to provide free, short breaks for anyone who has been looking after family members or loved ones with a life limiting condition. We would also like to express our deepest condolences by offering breaks to carers within their first 12 months of bereavement. The pressure associated with caring can be overwhelming. After Umbrage provides a chance for carers to take time out to relax and unwind in idyllic surroundings, so they can return to their caring duties rejuvenated.

Applications are via a downloadable form which must be signed and stamped by your GP before submission.



[www.afterumbrage.org.uk](http://www.afterumbrage.org.uk)



A Umbrage, PO Box 1310, Oundle,  
Peterborough, PE2 2PE



Carers can apply for grants of up to £300 for items or activities that will benefit them in their caring role, including respite for them or their family. Applicants must be aged 16+ and be an \*unpaid carer. An application must be submitted via a carers organisation that is a member of The Carers Trust Network. They will advise on how to apply for funding, complete a supporting statement and submit the application form on your behalf.



0300 772 9600



<https://carers.org/article/grants-available-carers-trust>



[info@carers.org](mailto:info@carers.org)

## Clevedon Forbes Fund

SUPPORTING WITH CARE

Clevedon Forbes Fund provides grants for short breaks for family carers. They are a Christian charity that provides grants to assist with a break, which are available to individuals caring for people with health problems or a disability. Applications for a grant need to be made on behalf of the family carer by a professional. The application form must be sent to the Trust, and a meeting between the person making the referral and the Trusts Grants Officer will be had.



01275 341 777



[www.clevedonforbes.org/](http://www.clevedonforbes.org/)



[joan@clevedonforbes.org](mailto:joan@clevedonforbes.org)



4 Kenn Road, Clevedon, BS21 6EL



Disability Aid Trust gives grants for holidays for individuals with learning disabilities and their families. The Trust gives grants towards the cost of helpers to assist individuals on holiday, towards the cost of holidays and also to fund support workers/carers so that family carers can take a break. Applicants must be supported by a professional and must be over 17. If your application is successful, you will be sent a cheque only after the Trustees have received evidence that the holiday has been booked, and a substantial deposit has already been paid.



0800 028 0647



[www.disabilityaidtrust.org.uk](http://www.disabilityaidtrust.org.uk)



[secretary@disabilityaidtrust.org.uk](mailto:secretary@disabilityaidtrust.org.uk)



The Hon. Secretary, Disability Aid Trust,  
Northchapel House, North Street,  
Horsham, RH12 1RD



The Elifar Foundation provides grants for short breaks. Funding can be provided for a number of things, including specialist holidays, for children or adults (of any age) with any form of physical or learning disability. The application form can be found online.



[www.elifarfoundation.org.uk](http://www.elifarfoundation.org.uk)



[enquiries@elifarfoundation.org.uk](mailto:enquiries@elifarfoundation.org.uk)



## Family Fund

Helping disabled children

Family Fund can grant a voucher for Inspire (a holiday provider that works with 300 organisations), for families who have a disabled child under 17 years old. Application form (online) to be completed by the family. One application can be submitted per household per year.



01904 550055



[www.familyfund.org.uk/faqs/how-do-we-apply](http://www.familyfund.org.uk/faqs/how-do-we-apply)



[info@familyfund.org.uk](mailto:info@familyfund.org.uk)



Family Fund, Unit 4, Alpha Court, Monks  
Cross Drive, York, YO32 9WN





Family Holiday Association can grant short breaks to self-catering caravans, funding for group trips or days out through donated tickets. Grants are available to families who haven't been on holiday in the last four years, have a family member with a disability, and have a household income of less than £24k. Applications need to be made on behalf of the family by a professional working with them. Applications for caravan breaks open in December and stay open until all breaks have been allocated. Most applications for breaks close mid May, but check their website and register as a referrer to be kept up-to-date with all the latest information.



020 3117 0650



[www.familyholidayassociation.org.uk/  
apply-for-a-break](http://www.familyholidayassociation.org.uk/apply-for-a-break)



[info@FamilyHolidayAssociation.org.uk](mailto:info@FamilyHolidayAssociation.org.uk)



Happy Days children's charity give grants for short breaks, tickets for day trips, or arrange/fund group activities. Short breaks can be for the whole family and normally to a seaside destination. They also have group children's holidays and day trips available. Grants are available for families who have a disabled child aged 3-17. Online applications can be completed by parents, guardians or a health professional.



01582 755999



[www.happydayscharity.org](http://www.happydayscharity.org)



[enquiries@happydayscharity.org](mailto:enquiries@happydayscharity.org)



Independence at Home fund mobility equipment/ home adaptations for people with learning disabilities, and fund holidays for people with neurological conditions such as dementia, cerebral palsy and epilepsy. Applicants need to be recommended through a professional. Online applications only, accepted on a rolling basis. The referring professional must first fill out a referral form; an email link will then be sent inviting the professional to fill out a grant form. This will need to be completed by both the professional and the family carer.



020 8427 7929



[www.independenceathome.org.uk](http://www.independenceathome.org.uk)



[iah@independenceathome.org.uk](mailto:iah@independenceathome.org.uk)



The League of the  
Helping Hand  
Life + Help = Hope

The League of the Helping Hand is a national charity providing financial assistance to people who are experiencing hardship due to illness or disability. They award grants ranging from £50-£250 to those who care for an adult/child with disabilities. They fund carer breaks (UK or abroad) where their funds allow. To qualify for this grant, you will need a sponsor (social worker, health care professional etc), must be on a very low income, receiving the appropriate welfare benefits and have exhausted all other funding sources. Your sponsor can download an online form, which must be filled out and submitted by them. Applications are accepted on a rolling basis.



01444 236 099




[www.lhh.org.uk](http://www.lhh.org.uk)





[secretary@lhh.org.uk](mailto:secretary@lhh.org.uk)



Mothers' Union 'Away from it All' provides grants to help with part of the cost of a holiday, with travel expenses, or accommodation in one of their caravans. Mothers' Union helps people who are experiencing stress in their family life. Application process: send your name, contact details, the number of people who would like to go on the holiday, along with the ages of any children and the contact details of a professional referral agent. This information will be sent to a Mothers' Union holiday coordinator who will then contact the family and ask them to fill in an application form and provide a supporting statement from a professional.


 020 7222 5533

 [www.mothersunion.org/our-focus/helping-those-facing-adversity/giving-families-break](http://www.mothersunion.org/our-focus/helping-those-facing-adversity/giving-families-break)

 Mothers' Union, Mary Sumner House, 24 Tufton Street, London, SW1P 3RB




The Respite Association fund qualified, external care for disabled people so carers can have a break. They won't fund a holiday, but aim to make it easier for carers to have a break from their caring duties by funding a qualified carer to take over their caring duties for a period of time. The fund is for anyone who cares for a disabled, terminally ill, or elderly family member and who is on a very limited income. Application forms are online and can be printed and sent back. Applicants do not need to be recommended.

 01775 820176


 [www.respiteassociation.org](http://www.respiteassociation.org)

 [help@respiteassociation.org](mailto:help@respiteassociation.org)

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



The Revitalise Support Fund provide holidays and grants for people with a disability and their carer. Request a brochure through the website which includes all of the application criteria within it. Grants are available for people who have not had a Revitalise break in the last year and meet the eligibility criteria. Full terms and conditions apply and breaks are subject to availability.


 0303 303 0145

 [www.revitalise.org.uk/](http://www.revitalise.org.uk/)

## The Catherine Godfrey Association for those with Learning and other Disabilities

Grants are given to people who have learning difficulties and/or other disabilities, including physical disabilities, and people with mental health problems. Applicants must be in financial need and live in Barking and Dagenham and the surrounding areas. Support is also given to carers. Grants are for outdoor activities and holidays in Britain to those who cannot afford them.

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

 25 Wraglings, Beldams Lane, Bishop's Stortford, CM23 5TB

## The Margaret Champney Rest & Holiday Fund

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

Typical grants range from £200 - £300.

Applications must be made through a social worker, community nurse or similar professional agency - as payment is made direct to that agency. The family carer's chosen professional must make contact by post or email and provide specific information about the family carer. All relevant forms are on the website to download.



01394 388746



[www.ogilviecharities.org.uk](http://www.ogilviecharities.org.uk)  
(Located in the grants section)



[info@ogilviecharities.org.uk](mailto:info@ogilviecharities.org.uk)



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

## TURN2US

Turn2us is a national charity that helps people in financial hardship gain access to welfare benefits, charitable grants and support services.

Their website can help you find financial support, quickly and easily, based on your circumstances. It features a free and easy to use Benefits Calculator, Grants Search and other information and resources. Turn2us is part of Elizabeth Finn Care.



0808 802 2000 (free phone number)  
Monday to Friday 9am - 8pm



[www.turn2us.org.uk](http://www.turn2us.org.uk)



[info@turn2us.org.uk](mailto:info@turn2us.org.uk)



Turn2Us, Hythe House, 200 Shepherds  
Bush Road, London, W6 7NL



[@turn2us\\_org](https://twitter.com/turn2us_org)

### Additional grant / funding information

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

If you do not know where your local carers centre is, contact your Local Authority who will be able to give you the details. Alternatively search for them via [www.gov.uk/find-your-local-council](http://www.gov.uk/find-your-local-council)








# Useful advice

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



Our expert, independent tour operator members specialise in offering you an unrivalled collection of financially protected, quality holidays to every corner of the globe.


 020 8744 9280  
 [www.aito.com](http://www.aito.com)  
 [info@aito.com](mailto:info@aito.com)  
 18 Bridle Lane, Twickenham, Middlesex, TW1 3EG  
 @AITOHQ




If you're a passenger with a disability or reduced mobility you are legally entitled to support, commonly known as 'Special Assistance', when travelling by air.


This means airports and airlines must provide help and assistance, which is free of charge, and helps ensure you have a less stressful journey.

- Guidance from airports and airlines
- Getting medical clearance to fly
- Arranging special assistance
- Assistance at the airport
- Assistance on your flight
- Travelling with mobility and medical equipment
- Using oxygen on your flight
- Travelling with an assistance dog

 0300 303 2800

 <http://www.caa.co.uk/Passengers/PRM/Passengers-with-disabilities-and-reduced-mobility/>

 [infoservices@caa.co.uk](mailto:infoservices@caa.co.uk)

 CAA House, 45-59 Kingsway, London, WC2B 6TE

 @UK\_CAA



## European Health Insurance Card – EHIC


If you're going abroad on holiday or a business trip, you can apply for a free European Health Insurance Card (EHIC), which may give you access to reduced-cost medical treatment.


You can apply for or renew your EHIC on the official website. This is free of charge. A valid EHIC enables you the right to access state-provided healthcare during a temporary stay in another European Economic Area (EEA) countries and Switzerland. It also covers treatment of pre-existing medical conditions.


**IMPORTANT:** An EHIC is not an alternative to travel insurance.


Download the EHIC smartphone app - a portable guide on how to use EHIC in 25 languages.

**Note:** If you find yourself in an emergency in an EU country, dial 112. It's free to call.


 EHIC Applications Line: 0300 330 1350  
Enquiries Line: 0191 218 1999

 [www.nhs.uk/nhsengland/healthcareabroad](http://www.nhs.uk/nhsengland/healthcareabroad)

 EHIC Enquiries, Bridge House, 152 Pilgrim Street, Newcastle Upon Tyne, NE1 6SN

 [nhsbsa.ehicenquiries@nhsbsa.nhs.uk](mailto:nhsbsa.ehicenquiries@nhsbsa.nhs.uk)

 @officialEHIC

 NHSCHOICES (put EHIC in search box)



FCO has a travel advice service and their website contains lots of useful information, from familiarising yourself with the country's customs and culture, to getting advice on health and passport issues.



General enquiries: 020 7008 1500



Travel Advice:

[www.gov.uk/foreign-travel-advice](http://www.gov.uk/foreign-travel-advice)



Accessible transport:

[www.gov.uk/transport-disabled/planes](http://www.gov.uk/transport-disabled/planes)



[TravelAdvicePublicEnquiries@fco.gov.uk](mailto:TravelAdvicePublicEnquiries@fco.gov.uk)  
(for travel advice queries only)

## Try something new on one of our Activity Breaks



**Holidays  
are all  
inclusive**



Nutley Edge  
Activity Breaks

### Holidays for people with learning disabilities and autism spectrum conditions

Visit local wildlife parks, become a Masterchef, sing karaoke, climb castle turrets or just relax in your cottage. The choice is yours on our five day holidays.

Nutley Edge Cottages is our beautiful holiday destination in East Sussex, on the edge of the stunning Ashdown Forest. We would like to welcome you on one of our Activity Breaks for people with learning disabilities and ASD. This is also an excellent respite option for carers.

Give us a call today to ask questions and book on. We can take individual and group bookings. Visit [www.nutleyedge.org.uk](http://www.nutleyedge.org.uk)

 **020 8980 7101**  **[info@outward.org.uk](mailto:info@outward.org.uk)**

Outward Housing trading as Outward is a company limited by guarantee.  
Registered company no. 2151434, registered charity no. 800529, registered CQC no. CRT1 - 439476463.

### What you get on an Activity Break:

- Comfy cottage accommodation
- Food and refreshments
- Staff support provided by Outward
- A range of transport options
- Day trips and a choice of activities
- The chance to socialise and make friends!

  
part of the Newlon Group

# General guides and information






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



Caring for someone can be a full time job so breaks are vital to your own well being and quality of life. 6.5 million people in the UK are carers, looking after a parent, partner, child or friend. Caring means something different for everyone – but one thing that carers say is that they cannot keep going without a break.

There are different ways in which you may take a break as a carer. Only you will know what type of break is best for you. You may need an hour each week, a day here and there, a week or two for a holiday, or a combination of all of these.

Go online or call the Carers Help and Advice line for further information.

-  0808 808 7777 (help and advice line)  
10am - 4pm Monday to Friday
-  [www.carersuk.org/search/taking-a-break](http://www.carersuk.org/search/taking-a-break)
-  [info@carersuk.org](mailto:info@carersuk.org)
-  20 Great Dover Street, London, SE1 4LX
-  @CarersUK

a range of equipment, including wheelchairs and scooters.

-  01423 500 666
-  [www.changemobility.com](http://www.changemobility.com)
-  [info@changemobility.com](mailto:info@changemobility.com)
-  158 Kings Road, Harrogate, North Yorkshire, HG1 5HY
-  @ChangeMobility



## Changing Places

### What are Changing Places Toilets?

Standard accessible toilets do not meet the needs of all people with a disability. People with profound and multiple learning disabilities, as well as people with other physical disabilities such as spinal injuries, muscular dystrophy and multiple sclerosis often need extra facilities to allow them to use the toilets safely and comfortably. These needs are met by Changing Places toilets.

Changing Places toilets are different to standard accessible toilets, and should be provided in addition to accessible toilets.

Each Changing Places toilet provides:

- A height adjustable adult-sized changing bench
- A tracking hoist system or mobile hoist if this is not possible
- Adequate space in the changing area for a person with a disability and up to two carers
- A centrally placed toilet with room either side
- A screen or curtain to allow some privacy
- Wide tear off paper roll to cover the bench
- A large waste bin for disposable pads
- A non-slip floor



Change Mobility is a new, fresh-thinking retailer offering the end user mobility equipment (chairs, scooters and wheelchairs) and mobility solutions at trade prices with a fantastic after care service. They strive for independence made easy, and as such they offer great ways to help people retain their freedom by offering solutions that allow them to get from A to B simply and comfortably. Change Mobility offers free home assessment, made-to-measure bespoke wheelchairs, wheelchair and scooter servicing and you can hire


Continued on the next page



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

 [www.changing-places.org](http://www.changing-places.org)

Enquiries in England, Wales and Northern Ireland contact:

 020 7696 6019

 [ChangingPlaces@mencap.org.uk](mailto:ChangingPlaces@mencap.org.uk)

Enquiries in Scotland contact:

 01382 385 154


 [PamisChangingPlaces@dundee.ac.uk](mailto:PamisChangingPlaces@dundee.ac.uk)

 @CP\_consortium




Explore the South West with freedom and ease. Access areas that may have been difficult or impossible in the past and experience everything that being outdoors in the region can offer.

Countryside Mobility provides safe, enjoyable and easy access to the South West's countryside and visitor attractions, for anyone who has difficulty walking, through an off road mobility scooter hire scheme.

 01392 459 222

 [info@countrysidemobility.org](mailto:info@countrysidemobility.org)

 [www.countrysidemobility.org](http://www.countrysidemobility.org)

 C/o Living Options Devon, Ground Floor Units, 3-4 Cranmere Court, Lustleigh Close, Matform Business Park, Exeter, Devon EX2 8PW

 @CMSouthWest


## DisabilityHolidaysGuide.com

A world of accessible holiday opportunities awaits you! The online resource is designed to give disabled holidaymakers and carers more choice and flexibility when it comes to finding and arranging disabled holidays and activities. Whatever your disability, age or level of mobility, Disability Holidays Guide has something for everyone.

Perhaps you fancy a short break away or maybe you've been dreaming about a far away destination? Then let Disability Holidays Guide inspire you with their disabled holiday ideas, tempt you with discounts and deals and introduce you to companies in the leisure and tourism industry that can help make your holiday happen.

 [admin@disabilityholidaysguide.com](mailto:admin@disabilityholidaysguide.com)

 [www.disabilityholidaysguide.com](http://www.disabilityholidaysguide.com)

 Unit 8 Victoria Way, New Market, Suffolk, CB8 7SH

 @Disability\_Hols







Disabled Access Day aims to be a fun event that everyone can take part in no matter where they live. To plan and get involved in the next event, go to their website.

The aims of the day are to:

- Try something new - encourage disabled people and their families, friends and carers to try something new
- Confidence - give disabled people the confidence to explore new places in a welcoming setting

- Highlight - highlight accessible venues across the UK and further afield
- Staff training - give venues an opportunity to refresh their staff training and focus on disabled access
- Educate - educate the wider public on the access issues faced by disabled people
- Raise awareness - raise awareness of the importance of disabled access
- Showcase - give venues an opportunity to showcase the services and facilities they provide to disabled people and reflect on how they can improve

 [www.disabledaccessday.com](http://www.disabledaccessday.com)  
 [takepart@disabledaccessday.com](mailto:takepart@disabledaccessday.com)  
 Disabled Access Day, C/o Euan's Guide, 29 Constitution Street, Edinburgh, EH6 7BT  
 @Access\_day

## Disabled Travel Guide

Advice and information for disabled and mobility restricted passengers travelling through UK Airports.

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

What's included in the guide?

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

- Travelling with deafness or hearing impairment
- Assistance at the car park
- Wheelchair advice
- Assistance pets
- Tips and advice

 [www.parkat.co.uk/disabled/](http://www.parkat.co.uk/disabled/)  
 [Matthew@parkat.co.uk](mailto:Matthew@parkat.co.uk)  
 Parkat, Pavilion 2, Salford Innovation Forum, 51 Frederick Road, Salford, Greater Manchester, M6 6FP  
 0161 743 3638  
 Guide: [www.Mr-airport-parking.co.uk/disabled-travel-guide.pdf](http://www.Mr-airport-parking.co.uk/disabled-travel-guide.pdf)



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

 [www.disabledmotoring.org](http://www.disabledmotoring.org)  
 [info@disabledmotoring.org](mailto:info@disabledmotoring.org)  
 01508 489 449  
 Disabled Motoring UK National Headquarters, Ashwellthorpe, Norwich, NR16 1EX  
 @DisMotoringUK

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## Disabled Persons Railcard

Get 1/3 off adult rail fares for travel on the National Rail network in Great Britain.

If you're travelling with another adult they will also get 1/3 off their rail fare, so you can save money for a friend or family member too!

There are no time restrictions on the Disabled Persons Railcard, so you can use it to get a discount on tickets at any time of the day.

Disabled Persons Railcard holders can register their Railcard discount onto their Oyster card to get 1/3 off Oyster pay as you go single fares and daily caps on National Rail, London Underground and Docklands Light Railway services.

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



[www.disabledpersons-railcard.co.uk](http://www.disabledpersons-railcard.co.uk)



[disability@raildeliverygroup.com](mailto:disability@raildeliverygroup.com)



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



0345 601 0132 (for customers with hearing impairments)



Disabled Persons Railcard Office, PO Box 6613, Arbroath, DD11 9AN



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

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

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

For detailed information, go to their website.



[membership@disabledramblers.co.uk](mailto:membership@disabledramblers.co.uk)



[www.disabledramblers.co.uk](http://www.disabledramblers.co.uk)



@DisabledRambler



## Dorset beaches accessible beach huts

Introducing the UK's first purpose designed fully disability accessible beach huts - available for hire at Bournemouth's multi-award winning Boscombe seafront.

The huts incorporate high quality design, visual flair and unique function. The inside of each hut is a highly adaptable and flexible space capable of accommodating up to four wheelchair users at once. Each hut comes equipped with four directors chairs, a table, split level work surface, gas stove, lockable cupboards and a shared fresh drinking water tap. A connecting partition wall can be removed, opening out a pair of huts into one unit for large group hire.

Other accessible features at Boscombe are:

- Fully accessible public toilet, featuring internal shower unit
- Electric mobility scooter charging point
- Improved accessible parking bays
- 'Changing Places' facility incorporating change bed, toilet, sink shower and ceiling mounted tracking hoist (access key from nearby Boscombe Beach Office)
- Beach access wheelchairs (from Boscombe Beach Office)
- Land Train
- Accessible beaches



The huts are available to hire by disability groups and individuals by the day or week. \*From the 1st April to 30th September prices range from £45 per day to £195 per week. 1st October to 31st March prices range from £50 a week to £475 for the winter period. \*All prices are subject to change.



[www.bournemouth.co.uk/things-to-do/accessible-beach-huts-P2234983](http://www.bournemouth.co.uk/things-to-do/accessible-beach-huts-P2234983)



Boscombe Accessible Beach Hut hire  
01202 451 781



Bookings:  
[www.bournemouthbeachhuts.co.uk](http://www.bournemouthbeachhuts.co.uk)



@bmouthofficial



Boscombe Seafront, Boscombe, Dorset,  
BH2 5AA

**New!**



**Driving Mobility**

Driving Mobility is a network of 16 independent organisations covering England, Scotland, Wales and Northern Ireland, which offer professional, high quality information, advice and assessment to people who need to gain or retain independence through mobility.

Advice and driving assessments can be accessed by people who are:

- First time drivers
- Returning to driving
- Older drivers
- Have a physical disability
- Have special educational needs
- Have hearing difficulties



01872 672520



[www.drivingmobility.org.uk](http://www.drivingmobility.org.uk)



[info@drivingmobility.org.uk](mailto:info@drivingmobility.org.uk)



Driving Mobility, 2 Princes Street, Truro  
TR1 2ES



Euan's Guide is the disabled access review website and app that aims to 'remove the fear of the unknown' and inspire people to try new places.

Disabled people, their friends and families can use the website to search for listings and reviews of venues across the UK and beyond. Listings include information about accessible toilets, wheelchair access, hearing loops and multiple other access features that exist at any one particular venue. The cornerstone of Euan's Guide however is its community of independent reviewers, who share their photos and experiences of restaurants, hotels, train stations, attractions and anywhere else they may have visited. By sharing their experiences people can give others an idea of what to expect when they visit somewhere new for the first time.



0131 510 5106



[www.euansguide.com](http://www.euansguide.com)



[hello@euansguide.com](mailto:hello@euansguide.com)



29 Constitution Street, Edinburgh, EH6  
7BS



@EuansGuide





## Getting around access guide

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


Continued on the next page

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

 0121 214 7401

 equalitiesteam@centro.org.uk


 @networkwm


 [www.networkwestmidlands.com/information-for/transport-accessibility/](http://www.networkwestmidlands.com/information-for/transport-accessibility/)

#### Access guide:


 <http://static.centro.org.uk/documents/nwm/gag/GAG-2016.pdf>

#### Ring and Ride service:

 General information: 0121 327 8128

 [www.ringandride.org](http://www.ringandride.org)


 enquiries@ringandride.org

 @ringandridewm

#### Everyone's onboard videos:

 [www.youtube.com/user/CentroNWM/playlists](http://www.youtube.com/user/CentroNWM/playlists)

#### Accessibility products:

 <https://www.networkwestmidlands.com/information-for/transport-accessibility/accessibility-products>

touch with us. Helping Hand is particularly helpful for customers with hidden disabilities or who may require extra assistance, and the cards come unbranded, so you can use them anywhere where it might be of help to you.

- Buses 100% wheelchair and pushchair accessible

- 100% of Brighton & Hove fleet are 'talking buses'

- All buses have designated priority seating for passengers requiring extra assistance

- All buses 'kneel' to allow easier boarding and alighting

- Free taxis for any wheelchair users unable to board for any reason

- Buses carry most Class 2 type scooters and wheelchair and scooter assessments on request

- Co-creating accessibility solutions with community groups including Guide Dogs, RNIB, Alzheimer's Society, Possability People and MIND

- 270 bus stops in Brighton & Hove are 'talking'

- 700 staff are now dementia friends. Staff are trained to Level 1 with Guide Dogs for the Blind

- Travel shops and Head Office offer a 'safe haven' for people living with dementia

**Helping Hand**



**Brighton & Hove METROBUS**


Helping Hand is a free scheme designed to give our customers a helping hand when using any bus service in East and West Sussex and Surrey. It's a simple way to help our drivers to help you. The credit-card sized card holds a brief written instruction that can be discreetly shown to the driver when boarding such as 'please face me, I lip read' or 'please call out my stop'. The customer's name and emergency number can go on the back of the card. We can create bespoke messages on the card if you get in

#### For further information or to apply for a card:

 [www.buses.co.uk](http://www.buses.co.uk)


 [www.metrobus.co.uk](http://www.metrobus.co.uk)


 info@buses.co.uk


 01273 886 200


 @BrightonHoveBus

#### Apply in person at:

 Brighton: 1 Stop Travel, 26 North Street, Brighton BN1 1EB

 Hove: Head Office, 43 Conway Street, Hove BN3 3LT

 Crawley: Metrobus, Customer Services, Crawley Bus Station, Friary Way, Crawley RH10 1HZ

 Redhill: Metrobus Customer Services, Redhill Travel Shop, Redhill Bus Station, Princess Way, Redhill RH1 1QA

**New!**

**Heritage Ability**



Heritage Ability is a new project, funded by the Heritage Lottery Fund, to support heritage sites in South West England to become more accessible. The project involves disabled people and deaf people who use BSL in developing and piloting activities like BSL film clips, easy read versions of site leaflets and better access information on websites. We are working with 20 heritage sites over the period 2017-2020 to give an amazing welcome to deaf and disabled visitors.



01392 459222



<http://www.countrysidemobility.org/heritage>



[heritageability@livingoptions.org](mailto:heritageability@livingoptions.org)



@HeritageAbility



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

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

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



0845 124 9971



[www.openbritain.net](http://www.openbritain.net)



[info@tourismforall.org.uk](mailto:info@tourismforall.org.uk)



Tourism for all, UK, 7A Pixel Mill,  
44 Appleby Rd, Kendal, Cumbria, LA9 6ES



@tourismforalluk



Hire mobility equipment - delivered to your holiday destination in the UK and locations abroad. Book and pay online for guaranteed delivery to your hotel, apartment or villa on the date that you need it.

Hire wheelchairs, hoists, mobility scooters, commodes, bath lifts, shower chairs, walkers, standing electric hoists, profile beds, standing aids and many more items. Available to hire worldwide!



0800 994 9000



[www.mobilityequipmentthiredirect.com](http://www.mobilityequipmentthiredirect.com)



[sales@mobilityequipmentthiredirect.com](mailto:sales@mobilityequipmentthiredirect.com)



@AccessHolidays



Pos'Ability is a fresh and innovative disability lifestyle magazine.





Their main focus is on the opportunities available to disabled people, whether that be in sports, careers, education, relationships, holidays or activities and experiences that are accessible to all.

The positive focus of the publication appeals to a wide audience and every issue produced includes a distinct variety of unique features and articles, ranging from diversity in the modelling industry and disability in the media to personal accounts of courage and guides to getting involved in different sports.

Continued on next page



Pos'Ability exists to inspire and motivate people with disabilities to lead as active and healthy a life as possible, encouraging people to live life to the full, but most importantly to ensure they have fun while doing it.

 [www.posabilitymagazine.co.uk](http://www.posabilitymagazine.co.uk)  
 [enquiries@2apublishing.co.uk](mailto:enquiries@2apublishing.co.uk)  
 @PosAbilityMag  
 0141 465 2960

## Safe Journey Card





**First** 

The First Safe Journey Cards have been designed specifically for our customers who may need some extra help to make their journey.

The card includes messages such as 'please be patient, I have a hidden disability', 'please face me and speak clearly, I lip read', and 'please help me find a seat'. There are also some blank spaces for you to use if you want to include your own personal message.

You can download the cards from their website.

 [www.firstgroup.com/bus-accessibility](http://www.firstgroup.com/bus-accessibility)  
 Customer service: 01224 650 100


**New!**





## Sensory Trust

The Sensory Trust is a leading authority on inclusive and sensory design. They use nature and the outdoors to improve the health and wellbeing of people living with disability and health issues, their families and carers. They work throughout the UK, and share their approaches internationally with a wide network of organisations and individuals.

Their aim is to make the outdoors accessible and enjoyable for all people, regardless of age, ability or social circumstance. The Sensory Trust's work benefits young and older people, and people living with ill health or disabilities, together with their families and carers.

 [www.sensorytrust.org.uk](http://www.sensorytrust.org.uk)  
 [enquiries@sensorytrust.org.uk](mailto:enquiries@sensorytrust.org.uk)  
 @SensoryTrust  
 01726 222900

 [www.firstgroup.com/bus-accessibility](http://www.firstgroup.com/bus-accessibility)  
 Customer service: 01224 650 100



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


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

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

Sandeman's offer free tours across 18 cities across the world. Sandemans mission is to ensure that everyone, regardless of their budget, is able to experience a world-class tour in the cities that they operate in. They want to redefine industry standards and set new expectations for the market as a whole to support local communities and to give a voice to superb self-employed guides.

 [www.neweuropetours.eu/main/en/](http://www.neweuropetours.eu/main/en/)

The Rough Guide edition six:

 [www.accessibleguide.co.uk/downloads/Accessible-Britain-eBook-2016.pdf](http://www.accessibleguide.co.uk/downloads/Accessible-Britain-eBook-2016.pdf)

 [www.accessibleguide.co.uk/the-guide.html](http://www.accessibleguide.co.uk/the-guide.html)

 @AccessibleGuide



**TOURISM FOR ALL**  
Making Accessible Travel Better

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

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

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

Their sister website [www.openbritain.net](http://www.openbritain.net) (see page 10) offers comprehensive information about places to stay, visit, eat and drink, and activities and events in the UK.



Access advice: Brian Seaman  
0845 124 9974



[brian@tourismforall.org.uk](mailto:brian@tourismforall.org.uk)



General information:  
0845 124 9971



[www.tourismforall.org.uk](http://www.tourismforall.org.uk)



[info@tourismforall.org.uk](mailto:info@tourismforall.org.uk)



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



@tourismforalluk



**TRANSPORT  
FOR LONDON**  
EVERY JOURNEY MATTERS

If you are travelling to our Capital, rest assured the transport systems available have a wide range of accessible options so that older and disabled people can travel in the Capital.

See website for:

- Accessibility guides and map
- Help from staff
- Step free access and avoiding stairs
- Fares and tickets
- Journey planner
- Assistance dogs
- People with sight or hearing loss
- Road users and pedestrians
- Equality policies and future plans
- Busiest times
- 'Please offer me a seat' scheme
- Accessible travel stories
- Features on board
- Pregnant women and buggy users

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

Accessibility guides:

TFL produce a range of guides in alternative formats to help you plan and make journeys. All of the guides can be obtained free of charge by completing the order form on line.

Learn to use public transport:

The Travel Mentor Service can provide a free mentor to go with you for your first few journeys to help you gain confidence and become an independent traveller. Monday to Friday 8am-6pm.

The Travel Support Card is designed to make it easier to get help from staff on buses, Docklands Light Railway, London Overground and the Tube. You can show the card to staff when you ask them for help or if you have a problem while you are travelling. It is for anybody who has a hidden

Continued on next page

impairment, but may be particularly helpful for people with learning difficulties.

#### Dial a ride:

Free door to door service for people who are unable to use public transport some or all of the time due to a permanent or long-term disability.

#### Live bus arrivals:

Text 87287 with your bus stop code (located on a sign above the time table) to receive realtime bus and rail information.

#### Please offer me a seat badge:

Order a badge on line



#### Transport Accessibility:

[www.tfl.gov.uk/transport-accessibility/](http://www.tfl.gov.uk/transport-accessibility/)



#### Accessibility guides:

[www.tfl.gov.uk/forms/12387.aspx](http://www.tfl.gov.uk/forms/12387.aspx)



#### London Travel information enquiries:

0343 222 1234 (charges apply)

#### Plan a journey:



[www.tfl.gov.uk/?cid=pp004](http://www.tfl.gov.uk/?cid=pp004)



0343 222 1234 (charges apply)



@TFLAccess

#### Travel Mentor: (09.30 to 16.30 Mon to Fri)



[www.tfl.gov.uk/transport-accessibility/learn-to-use-public-transport?intcmp=5334](http://www.tfl.gov.uk/transport-accessibility/learn-to-use-public-transport?intcmp=5334)



020 3054 4361



[travelmentor@tfl.gov.uk](mailto:travelmentor@tfl.gov.uk)

#### Travel Support Card:



[www.tfl.gov.uk/forms/12387.aspx](http://www.tfl.gov.uk/forms/12387.aspx)

#### Please offer me a seat badge:



[www.tfl.gov.uk/transport-accessibility/please-offer-me-a-seat](http://www.tfl.gov.uk/transport-accessibility/please-offer-me-a-seat)



0343 222 1234

#### Dial a ride:



[www.tfl.gov.uk/modes/dial-a-ride/](http://www.tfl.gov.uk/modes/dial-a-ride/)



0343 222 7777



[DAR@tfl.gov.uk](mailto:DAR@tfl.gov.uk)



PO BOX 68799, London, SE1 4RD



@TfLAccess



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



[www.traveline.info](http://www.traveline.info)



0114 2211 282 - customer support only



## 'Travel safe in Northern Ireland'

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

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



[www.nidirect.gov.uk/travelsafe](http://www.nidirect.gov.uk/travelsafe)



028 9054 0468



[atsinfo@infrastructure-ni.gov.uk](mailto:atsinfo@infrastructure-ni.gov.uk)

#### Travel Safe Guide:



[www.nidirect.gov.uk/publications/travel-safe-guide](http://www.nidirect.gov.uk/publications/travel-safe-guide)



Department for Regional Development,  
Sustainable Transport Branch, Room  
301, 3rd Floor Clarence Court, 10-18  
Adelaide Street, Belfast, BT2 8GB



@nidirect



**New!**



**Treasure Trails**  
*The fun way to explore*

A Treasure Trail is an imaginative way to explore towns, cities & villages across the UK with a self-guided themed walk. An easy to follow route will enable you to crack the clues whilst taking in some of the most fascinating sights along the way. There are over 1,200 Trails across the UK, and it doesn't matter if you're local, or visiting somewhere new for the first time. 85% of the trails are walking Trails, but you can also buy cycling and driving Trails!

By solving the fiendish clues on the Trail, you'll be discovering 'whodunit', finding the location of the buried treasure, or completing the mission like a true secret agent! Every Trail is self-guided, and there are no restrictions as to when you can do them, so you can do them whenever you like, with whoever you like.

The Trails are for people age 6 to 106! The Trails are fully accessible for wheelchairs and pushchairs and all Trails are set as a gentle walk.



[www.treasuretrails.co.uk](http://www.treasuretrails.co.uk)



[enquiries@treasuretrails.co.uk](mailto:enquiries@treasuretrails.co.uk)



[@TreasureTrails](https://twitter.com/TreasureTrails)



01872 263692



Tryb4uFly is a service for disabled people in the UK. We provide cabin assessments, information about flying with a disability and hire equipment to make your journey easier.

Cabin assessments are for people who have booked a flight or are considering travelling by air and take place in a replica section of aircraft at each centre, enabling you to get the real experience of

what it is like to move down the aisle and take your seat!

A trained occupational therapist guides you through boarding the aircraft, the wheelchair transfer options and support systems available to use on the aircraft, helping you to plan ahead and increase your confidence.

Equipment can be hired directly from Tryb4uFly for the duration of your flight.

They can also advise on airlines that can provide equipment that you need for your flight, together with information related to travelling by air with a disability - making it easier to fly.

There are three assessment centre locations around England to access: Birmingham, Surrey and Leeds.



0208 770 1151



[www.tryb4ufly.co.uk](http://www.tryb4ufly.co.uk)



[mobility@qef.org.uk](mailto:mobility@qef.org.uk) / [info@wmdlc.org](mailto:info@wmdlc.org) / [info@rdac.co.uk](mailto:info@rdac.co.uk)



QEF Mobility Services, 1 Metcalfe Ave,  
Carshalton, Surrey, SM5 4AW



[@qef\\_tryb4ufly](https://twitter.com/qef_tryb4ufly)

**New!**

**VisitEngland**

Plan an accessible short break with Visit England's free handy mini guides. The guides are great if you or a family member are disabled or have accessibility requirements.

Each guide gives advice about where you could stay, eat, visit and more!

See the website for:

- Accessible coastal breaks
- Accessible countryside escapes
- Accessible city breaks
- Accessible destination guide



[www.visitengland.com/plan-your-visit/access-all#/](http://www.visitengland.com/plan-your-visit/access-all#/)



[attractions@visitengland.org](mailto:attractions@visitengland.org)



[@VisitEngland](https://twitter.com/VisitEngland)

**New!**



Visit England's Inclusive Tourism Awards for Excellence celebrate the very best of English tourism.

Each year hotels, B&Bs, attractions and conference venues across England compete to win the Inclusive Tourism Award, an accolade which recognises tourism businesses that excel in providing access for all visitors, and particularly people with impairments and other physical and sensory access needs.

Enjoy theatres, museums, waterparks, concert venues and more - they are all in this guide, waiting to be explored!



[www.visitengland.com/sites/default/files/downloads/inclusive\\_award\\_winners\\_2017.compressed.pdf](http://www.visitengland.com/sites/default/files/downloads/inclusive_award_winners_2017.compressed.pdf)

For large print or plain text guides:



[qad@visitengland.org](mailto:qad@visitengland.org)



020 7578 1400

## walks with wheelchairs

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

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

Walks with Wheelchairs will allow you to:

- Read reviews of the routes before trying any

walks

- Download walk directions and detailed OS maps free of charge
- Share your own routes for walking with wheelchairs
- Add your own comments for other users to view



[www.walkswithwheelchairs.com](http://www.walkswithwheelchairs.com)



@AccessibleWalks

Wheelchair  
Accessible  
Holiday  
Taxis.com



Wheelchair Accessible Holiday Taxis are a specialist online taxi booking service focused on making accessible transfers as easy as possible. Whether it's for your summer holiday or just a city break, they are there to take the stress out of getting you to your accommodation and back again.

They work alongside their sister companies, Disabled Access Holidays and Mobility Equipment Hire Direct to make sure all of their customers get the best possible customer service.



Scotland: 0800 644 6062

London: 0800 994 9000



[www.wheelchairaccessibleholidaytaxi.com](http://www.wheelchairaccessibleholidaytaxi.com)



[sales@wheelchairaccessibleholidaytaxi.com](mailto:sales@wheelchairaccessibleholidaytaxi.com)



Scotland: 84 Berkeley Street, Charing X,  
Glasgow, G3 7DS



London: 83 Victoria Street, London,  
SW1H 0HW



@AccessHolidays



Are you looking for holidays and respite days that are **FUN, FLEXIBLE** and **UNFORGETTABLE**, where you might just learn something too?

## COME ALONG WITH US!

We offer high quality, fun and inclusive travel experiences for young people and adults with mild to moderate learning difficulties.

## GET IN TOUCH

**Freephone 0800 028 9553**

Tina Jarman 0788 688 3542

Email [info@blueskyholidays.com](mailto:info@blueskyholidays.com)



**All staff enhanced  
DBS checked**



**Award winning  
customer service**



**Low Deposits/payment  
plans available**

[www.blueskyholidays.com](http://www.blueskyholidays.com)

Financially  
protected by



**ABTA**  
The Travel Association





# PRINCIPAL

OXFORD SPIRES HOTEL, OXFORD



## Locally sourced dining and drinking

From a light meal or a drink in the lounge, a nightcap on the terrace, or fine dining in the restaurant. At The Principal Oxford Spires Hotel, Oxford you'll find menus inspired by seasonal produce, using ingredients that are sourced locally wherever possible.

## Rest well

The contemporary and stylish guest rooms include tea and coffee, a TV, and a safe deposit box for your comfort and convenience. Choose from a double bed or two singles, and enjoy a good nights rest after a delicious meal or relaxing in the spa and gym facilities.

## A fully equipped spa & gym

Located close to the city centre, Willows Health Club and Spa is the perfect place to get fit or relax and unwind.

Willows offers spa and gym facilities, featuring a heated swimming pool, spa pool, sauna, steam room and fully equipped gym, open to both hotel guests and the general public.

Here, you'll also find two beauty suites delivering a range of Decleor body and face treatments, as well as OPI and Shellac nail treatments.

They also have a collection of spa day experiences designed to rejuvenate the body and mind, perfect for special occasions or if you are just in need of some serious pampering.





# Tour operators

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

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

## BlueSky Supported Holidays



Are you looking for Holidays and respite days that are fun, flexible and unforgettable, where you might just learn something too? Come along with Bluesky Supported Holidays. They offer high quality fun and inclusive travel experiences for young people and adults with mild to moderate learning difficulties.

- DBS checked – yes
- Fully accessible – some
- Type of accommodation – full board
- Age – 18 and over
- Activities – cost included in the holiday; day trips, theme parks, country shows, ten pin bowling, sailing, panto, painting, cooking, shopping, sightseeing, karaoke, restaurants and much more



0800 028 9553



Tina - 0788 688 3542



[www.blueskyholidays.com](http://www.blueskyholidays.com)



[info@blueskyholidays.com](mailto:info@blueskyholidays.com)



Blue Sky Supported Holidays, 4 The Arcade, Second Floor, Leys Avenue, Letchworth, SG6 3ES

## Breakaway Supported Holidays



Breakaway Holidays provides fully supported breaks, year-round, to adults over 18 with learning disabilities. All holidays are accessible, and many are suitable for customers with limited mobility. Holidays range from four to ten days, and some can now be linked together to provide up to a month's break. Prices include full-board, with basic support to provide help when required whilst maintaining independence and choices.

Breaks include a Harry Potter Studios tour, a Beer Lovers break and various animal-themed holidays. Further afield are holidays in the sun on a Mediterranean Cruise, the Spanish Costa, Ireland and Jersey. New, also are some "BOLD!" holidays with adventure and fun-filled activities including surf lessons and body boarding in Cornwall, Mickey Mouse at Disney and an outward-bound skills 'Outdoor Adventures Break'.

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



01245 260 330



[www.breakawayhols.co.uk](http://www.breakawayhols.co.uk)



[enquiries@breakawayhols.co.uk](mailto:enquiries@breakawayhols.co.uk)



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

## Can Be Done Ltd



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

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



020 8907 2400



[www.canbedone.co.uk](http://www.canbedone.co.uk)



[holidays@canbedone.co.uk](mailto:holidays@canbedone.co.uk)



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



Save 5% when  
booking with  
code  
'MJD101'

Chrysalis is a charity that specialises in fully supported themed holidays for adults who have a learning disability. Holidays are run throughout the year, all around the UK and abroad, but mainly in the north of England and Wales, with many in Scarborough where they rent a fully adapted holiday home. Most holidays are for groups from four to twelve people with up to six care staff. Part of the "Epiphany Trust" charity, holidays are non-profit making. Prices are fully inclusive of

care, full board accommodation, activities and transport from an arranged meeting point. (Door-to-door service at extra cost.) Please apply for a full brochure including prices.

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



01925 220 179



[www.chrysalisholidays.co.uk](http://www.chrysalisholidays.co.uk)



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

## Disabled Access Holidays



Disabled Access Holidays arrange accessible holidays for disabled travellers, accessible accommodation and wheelchair adapted taxi transfers all in one easy package! They provide wheelchair friendly accessible accommodations in UK and abroad such as Spain, Portugal, Majorca, Tenerife, Cyprus, France, USA and many more countries.

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



0800 622 6000



[www.disabledaccessholidays.com](http://www.disabledaccessholidays.com)



[info@dah-europe.com](mailto:info@dah-europe.com)



84 Berkeley Street, Glasgow, G3 7DS

## Jollydays Supported Holidays



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

- DBS checked – yes
- Fully accessible – some
- Type of accommodation – full board
- Age – 17+
- Activities – dancing, karaoke, boat trip, museums, beaches, sightseeing, theme parks, mini golf, archery, quizzes, zoo, farm, bowling, fun fair, amusements, outdoor activities, music festival, steam trains, shows, skiing, cycling, swimming, painting, baking, crafts, country walks
- Activities included in cost? – some; as advertised

Protection of holidays by ABTA & ATOL



01277 35 55 65



[www.jollydaysholidays.co.uk](http://www.jollydaysholidays.co.uk)



[enquiries@jollydaysholidays.co.uk](mailto:enquiries@jollydaysholidays.co.uk)






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



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

Lets Go Supported Holidays are based on the ethos of the client comes first and we will always endeavour to ensure that we cater for the individual needs of client choice. The holiday choice is wide and varied and includes a whole range of activities to suit every need. Most of the holidays are group holidays, however 1:1 holidays are available on request dependent on destination and staff availability. For a full list of holidays and terms and conditions please see their website and a brochure can be sent at your request.

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

 01202 760 311  
 [www.letsgosupportedholidays.co.uk](http://www.letsgosupportedholidays.co.uk)  
 [admin@lets-go-holidays.com](mailto:admin@lets-go-holidays.com)  
 25 Cromer Road, Branksome, Poole, Dorset, BH12 1NE

## Travel Bug Holidays






Save 10%  
when booking  
with code  
'TB10'

Amazing supported holidays for people with mild to moderate learning disabilities. For anyone wanting adventure, fun and excitement, join the 'adventure bugs' on their brilliant activity holidays. Their 'chilled bugs' or 'party bugs' enjoy other types of breaks on offer.

Travel Bugs is a family, who want to offer quality life experiences to all. They treat everyone like one of their own.

- DBS checked – yes
- Fully accessible – no
- Type of accommodation – full board
- Age – all
- Activities – Centre Parcs including horse riding, swimming, canoe, wildlife, forest activities. Narrow boat including boat driving, walking, crafts, fish 'n' chips, movie night. Isle of Man including ferry, tea rooms, steam train, coast, museum. Haven including swimming, bingo, nightlife, party. Blackpool including Tower, Illuminations, ballroom, sealife, Madam Tussauds.
- Activities included in cost? – yes

 07525 185 515  
 [www.travelbugholidays.co.uk/](http://www.travelbugholidays.co.uk/)  
 [info@travelbugholidays.co.uk](mailto:info@travelbugholidays.co.uk)



# AMAZING SUPPORTED HOLIDAYS & DAY TRIPS for DISABLED ADULTS

Travel Bug offer the chance for vulnerable adults to experience life to the full. We support those with mild to moderate disabilities to access fantastic holidays & day trips, which in turn offers respite to their carers. The Travel Bug team are highly skilled and experienced, and treat our guests like our own. Visit the website for more information.

[www.travelbugholidays.co.uk](http://www.travelbugholidays.co.uk)  
or email us [info@travelbugholidays.co.uk](mailto:info@travelbugholidays.co.uk)  
or call Helen on 07525 185515

## Your Direction Ltd





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


Can't see a holiday you fancy, in your timescale, on the date you would prefer - or, you have a holiday you want


to go on but can't find support staff to assist you? Your Direction can help and they have experienced support staff who can accompany you on your perfect holiday. 'It's your holiday you decide'

- DBS checked – yes
- Fully accessible – most holidays
- Type of accommodation – full board, half board, and all inclusive
- Age – 18+
- Activities – stand up skiing to sit-ski. Outwardbounds, sight seeing tours, beach holidays, horse riding, karting, cycling, bingo, swimming, aqua parks, jeep safaris, walks, fun fairs, boat trips, BBQs, themed holidays.
- Activities included in cost? – yes

 0151 203 5758 / 07865 443 692

 [www.yourdirection.co.uk](http://www.yourdirection.co.uk)

 [enquiries@yourdirection.co.uk](mailto:enquiries@yourdirection.co.uk)

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

# Places to stay – UK

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

## Avon Tyrrell



Avon Tyrrell Outdoor Activity Centre is located in the New Forest National Park in the village of Bransgore. Home to the UK Youth National Charity, we are fully committed to providing opportunities for young people. With an extensive range of outdoor adventure, learning and development activities, we offer a fun and educational environment for everyone to enjoy. The staff are dedicated to providing a high quality service, offering support and expertise throughout your stay to give everyone the same opportunities to 'experience, learn and develop.' Hire inclusion bikes, camp out down by our lake next to our fully accessible boathouse, book a short stay in one of our self-catering lodges or just visit for the day and experience our adventure activities.

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



01425 672 347



[www.avontyrrell.org.uk](http://www.avontyrrell.org.uk)



[info@ukyouth.org](mailto:info@ukyouth.org)



UK Youth, Bransgore, Hampshire, BH23 8EE

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

## Calvert Trust – Exmoor



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

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



01598 763221



[www.calvert-trust.org.uk/exmoor](http://www.calvert-trust.org.uk/exmoor)



[exmoor@calvert-trust.org.uk](mailto:exmoor@calvert-trust.org.uk)



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



## Helsey House Cottages



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

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



01754 872 927



[www.helseycottages.co.uk](http://www.helseycottages.co.uk)



[info@helseycottages.co.uk](mailto:info@helseycottages.co.uk)



Helsey House, Helsey, Hogsthorpe,  
Skegness, Lincolnshire, PE24 5PE

## Hope Cross Cottage



Save 5%  
when booking  
with code  
'HFT/VF5'

Hope Cross is a brand new holiday cottage in the Peak District, specially designed for visitors with access needs. Mobile hoist, riser/recliner chair, large wet room with self propelling shower/commode chair. Two bedrooms sleep 3/4, open plan lounge/dining/kitchen. Laminate flooring and underfloor heating throughout. Rural location near Buxton and Bakewell; glorious views over open countryside.

Can also be booked for group holidays with other cottages on site.

- DBS checked – no
- Fully accessible – yes
- Type of accommodation – self catering
- Age – any age
- Activities – n/a
- Activities included in cost? - no



01298 871737 / 07984 880514



[www.vicaragefarm.co.uk/  
accommodation/cottages/hope-cross/](http://www.vicaragefarm.co.uk/accommodation/cottages/hope-cross/)



[gordonandann@vicaragefarm.co.uk](mailto:gordonandann@vicaragefarm.co.uk)



Wheston, Tideswell, Derbyshire, SK17  
8JA



The National Trust's 'Helping Hands' ranger working holiday is specifically aimed at physically able people with learning disabilities, working alongside a family member or preferably a same sex support worker (due to shared accommodation). The Helping Hands holiday is situated in glorious Upper Wharfedale and Malham Tarn. The working holiday will involve some practical volunteer conservation work with National Trust rangers, and some fun or relaxing activities like guided walks and bush craft cooking on a campfire.

For more information about this holiday, call Roisin on the below number.

- DBS checked – yes
- Fully accessible – no
- Type of accommodation – food is provided but everyone is expected to help with cooking and cleaning. Extra specific snacks can be brought along.
- Age – 18+
- Activities - Conservation work in the countryside, volunteering and working with Rangers to carry out essential tasks. We do have some fun along the way. Tasks range from tree planting to pond surveys and at times fence building.
- Activities included in cost? - yes



01729 830 416



[www.nationaltrust.org.uk/malham-tarn-estate](http://www.nationaltrust.org.uk/malham-tarn-estate)



[roisin.black@nationaltrust.org.uk](mailto:roisin.black@nationaltrust.org.uk)



National Trust Yorkshire Dales, Malham Tarn Estate, Settle, BD24 9PT

## Norfolk Disabled Friendly Cottages



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

All properties have level access and wet room shower rooms. They can sleep from 3-10 people. Mobility equipment is available for hire.

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



01485 578 354



[www.nd-fc.co.uk](http://www.nd-fc.co.uk)



[lavinia@nd-fc.co.uk](mailto:lavinia@nd-fc.co.uk)



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



## Nutley Edge Activity Breaks



Enjoy a great holiday in beautiful East Sussex on an Activity Break! Nutley Edge sits on 11 acres of countryside in the Ashdown Forest and is where Outward runs its holidays for adults with learning disabilities and autism spectrum conditions. Outward is a care and support charity based in London. The price of each five-day holiday includes high-quality accommodation in a comfy cottage, as well as all transportation, meals, activities and staff support. Support is provided by Outward staff. For guests who require a higher level of support, they are happy to discuss individual needs and arrange a package with increased support.

Watch their video to see what the holidays are about:

[www.youtube.com/watch?v=Q1VVhuQSBk8](http://www.youtube.com/watch?v=Q1VVhuQSBk8)

- DBS checked – yes
- Fully accessible – yes
- Type of accommodation – full board
- Age – 18+
- Activities – cooking, baking, photography, art and woodcraft, steam train rides, local castle visits, archery, bowling, zoos and wildlife centres, daytrips to Brighton, pumpkin carving, fireworks display, Christmas tree decorating, shopping, tie-dye, karaoke and much more!
- Activities included in cost? – yes



0208 980 7101



[www.nutleyedge.org.uk](http://www.nutleyedge.org.uk)



[info@outward.org.uk](mailto:info@outward.org.uk)



Nutley Edge Cottages, Horney Common,  
Uckfield, East Sussex, TN22 3EE

## Petty Pool Trust



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

- DBS checked – yes
- Fully accessible – no
- Type of accommodation – full board
- Age – none, but we try to keep our guests in specific age ranges e.g. all young adults
- Accommodates 32 people
- Activities – high and low rope team building activities
- Activities included in cost? – yes



01606 889 097



[www.pettypool.org.uk](http://www.pettypool.org.uk)



[claire.pettypool@btconnect.com](mailto:claire.pettypool@btconnect.com)



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

## Seahorses



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

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



01983 752 574



[www.seahorsesisleofwight.com](http://www.seahorsesisleofwight.com)



[seahorses-iow@tiscali.co.uk](mailto:seahorses-iow@tiscali.co.uk)



Catalina Taban, Seahorses, Victoria Road, Freshwater, Isle of Wight, PO40 9PP

## The Bond Hotel



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

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

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

- DBS checked – yes
- Fully accessible – yes
- Type of accommodation – half-board included. Optional upgrade to all inclusive available.
- Age – all
- Activities – cabaret shows, day tips, fancy dress competitions
- Activities included in cost? – some



01253 341 218



[www.bondhotel.co.uk](http://www.bondhotel.co.uk)



[sales@bondhotel.co.uk](mailto:sales@bondhotel.co.uk)



120 Bond Street, Blackpool, FY4 1HG

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## The Esplanade Hotel



The Esplanade Hotel has 40 modern accessible rooms and is situated on the outstanding Victorian promenade in the heart of Llandudno Bay, with a fantastic central location, amazing views of the Great Orme and the famous Pier. The main shopping street, Venue Cymru Theatre and the Llandudno Museum are only a short stroll away. Various other tourist attractions are within an hour of the hotel including Conwy Castle, Anglesey, Snowdonia National Park, Betws-y-Coed, Llanberis, and Lake Padarn all of which can be accessed on our fully accessible excursions.

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



0333 999 8888



[www.safehandsholidays.co.uk](http://www.safehandsholidays.co.uk)



[sales@safehandsholidays.co.uk](mailto:sales@safehandsholidays.co.uk)



The Promenade, Llandudno, LL30 2LL

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## The Holiday Homes Trust



Caravans are available for self catering holidays on popular holiday parks in Dorset, Cornwall, Hampshire, Devon, Norfolk (Great Yarmouth), Bognor Regis, Scarborough. There is a new caravan for 2018 located in Mablethorpe, Lincolnshire. All of the units are wheelchair accessible and all of them have wet rooms or wheel in showers. The holidays are offered to families at a low cost (below park rates). Caravans are available for any family or group to hire. Please contact the Trust office for further information. Full use of the site facilities and entertainment passes are included in the price together with the gas and electricity.

- Fully accessible – yes
- Type of accommodation – self catering
- Activities – Activities are provided by the holiday parks as most of the caravans are on Haven or Hoburne parks.
- Activities included in cost? - yes



0208 433 7290/1



[www.holidayhomestrust.org/](http://www.holidayhomestrust.org/)



[scout.holiday.homes@scouts.org.uk](mailto:scout.holiday.homes@scouts.org.uk)



Gilwell Park, Chingford, London,  
E4 7QW

## The New Mayfair Hotel



The New Mayfair Hotel has 43 modern accessible rooms and is situated in the enviable position of South Beach on South Promenade, with spectacular panoramic sea views. Most of Blackpool's world famous attractions are only a short distance away, not to mention the fabulous countryside of Lancashire and the Lake District which are only an hour away. There is a fully accessible modern tram service from Blackpool to Fleetwood which runs every 20 minutes at peak season. The tram stop is situated opposite the hotel. Lancashire and the Lake District can be accessed through our own fully accessible excursions.

Quality dining in our Ocean Breeze restaurant. Live entertainment nightly including star tributes and celebrities in the Ocean Breeze Bar. Accessible pick up and return service available. Day trips and excursions to include Blackpool zoo, Bury Market and Liverpool Albert Docks and many more.

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

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



0333 999 8888



[www.safehandsholidays.co.uk](http://www.safehandsholidays.co.uk)



[sales@safehandsholidays.co.uk](mailto:sales@safehandsholidays.co.uk)



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

## Trevanion House Holidays Ltd



Based in North Cornwall, Trevanion House provides supported holidays for adults with learning disabilities. All rooms are en suite, and your stay includes all meals, hotel transport and entrance fees to a choice of attractions, where you are accompanied by friendly staff. Trevanion House provides the comfort and support to allow you to holiday independently, with other adults with learning disabilities. Registered with CQC, you can be assured of quality support. Individual needs can be catered for, please ask at the booking stage. All guests must be able to weight bear and transfer to hotel transport.

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



01208 814 903



[www.trevanion.co.uk](http://www.trevanion.co.uk)



[enquiry@trevanion.co.uk](mailto:enquiry@trevanion.co.uk)



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



## Ty Glyn Davis Trust



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

The centre has been awarded an 'Accessibility Grade 2' Status (suitable for people using wheelchair with assistance). There are two sleeping areas that are located at either end of the property separated by a large open plan living/dining area, which can accommodate up to 15/16 people in 9 bedrooms. They are able to accommodate for larger groups if you require, please ask for further information. There are three bathrooms consisting of: main bathroom includes an overhead hoist, adult changing bed, air bath and power shower; roll-in shower room and an en-suite bedroom with shower cubicle.

- DBS checked – yes
- Fully accessible – yes
- Type of accommodation – self catering
- Age – all
- Activities – Snooker table, board games, DVDs, Xbox, books, walks, beautiful walled garden to explore the unusual flowers and a wooded play area
- Activities included in cost? – yes



0345 094 4364



[www.tyglyndavistrust.co.uk](http://www.tyglyndavistrust.co.uk)



[info@tyglyndavistrust.co.uk](mailto:info@tyglyndavistrust.co.uk)



Esgair Arth, Pennant, Llanon, Ceredigion, SY23 5JL.

## Whitemoor Lakes - acuk



Whitemoor Lakes is a welcoming residential activity, adventure holiday and conference centre, able to accommodate groups from 12 to 308 delegates. Beautifully situated within 25 acres of grass land, the purpose built centre is bright, fresh and stylish in design.

The friendly and highly trained team are always willing to accommodate the needs of each and every visitor, from special dietary requests and instructed activity programmes to suit most ages and abilities, to individual day delegate requirements.

Not all of the activities are suitable for wheelchair users or for guests with mobility impairments.

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



+44 (0) 1283 795 000



[www.acuk.net/whitemoor-lakes](http://www.acuk.net/whitemoor-lakes)



[enquiries@whitemoorlakes.org.uk](mailto:enquiries@whitemoorlakes.org.uk)



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

# Places to stay – abroad

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

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

## Le Fosso in Brittany



Fully accessible accommodation in Brittany (France) offering full board or self catering holidays to families and groups, or an inclusive package with a programme of activities and visits for groups of eight or more. 28 years of experience in helping people with special needs discover the joys of Brittany. Bilingual staff and delicious French cuisine! Full European certification. Stone-built traditional houses renovated to offer comfort and charm take groups of up to 35. Also a self catering house for 15, a flat for 7 and a studio for 2.

- DBS checked – yes
- Fully accessible – yes
- Type of accommodation – full board, half board and self catering
- Age – all ages
- Activities – sports activities e.g. sailing, swimming, fishing, cycling. Cultural activities e.g. Breton culture, games, food, music and more
- Activities included in cost? – activities on site are free.



(00 33) 296 284 797



[www.lefosso.com](http://www.lefosso.com)



[lefosso@neuf.fr](mailto:lefosso@neuf.fr)



Le Fosso, 22230 Gomene, France



Credit for all Morgan's Wonderland pictures:  
Robin Jerstad/Jerstad Photographics.



Morgan's Inspiration Island opened in June 2017 billed as the world's first ultra-accessible splash park. Guests of all ages and abilities can get wet and have fun together, and it has opened next to Morgan's Wonderland theme park (see page 41). There are lots of rides and attractions; the River Boat Adventure ride twists and turns for more than five minutes through a jungle setting with bird and animal sounds in the background. Five water play areas offer a variety of splashy elements such as raintrees, falls, pools, geysers, jets, water cannons and tipping buckets. Every Morgan's Inspiration Island element is wheelchair-accessible, and waterproof wristbands with RFID technology to find family and friends. Other special features include free use of waterproof wheelchairs and creating warmer water temperatures at Rainbow Reef so guests with sensitivity to cold can still splash and play.

- DBS checked – yes
- Fully accessible – yes
- Type of accommodation – hotel partners
- Age – all ages
- Activities included in cost? – yes. Free admission to the park for people with a disability.



(00 1) 210 495 5888



[www.MorgansWonderland.com](http://www.MorgansWonderland.com)



[info@MorgansWonderland.com](mailto:info@MorgansWonderland.com)



5223 David Edwards Drive, San Antonio, Texas, 78233, USA



Credit for all Morgan's Wonderland pictures:  
Robin Jerstad/Jerstad Photographics.

In April 2010, Morgan's Wonderland opened its doors as a fully accessible theme park. Its vision, inspired by the creator's daughter, Morgan, was to have a place where the common element of play created an atmosphere of inclusion for those with and without disabilities. This was not experienced by Morgan in other theme park settings, and her parents wanted to encourage everyone to gain a greater understanding of one another through inclusive fun activities. Morgan's Wonderland boasts all the rides as any other theme park, but without restrictions. Since its doors opened, one million visitors from 50 states and 69 countries have visited, and the park has expanded with a water park - Morgan's Inspiration Island (see page 40)!

- DBS checked – yes
- Fully accessible – yes
- Type of accommodation – hotel partners. See the website for more information
- Age – all ages
- Activities –butterfly playground, swings, lakeside, sand circle, carousel, off-road adventure ride, event and gymnasium centre, amphitheatre, ferris wheel, sensory village and more!
- Activities included in cost? – yes. Free admission to the park for people with a disability.



(00 1) 210 495 5888



[www.MorgansWonderland.com](http://www.MorgansWonderland.com)



[info@MorgansWonderland.com](mailto:info@MorgansWonderland.com)



5223 David Edwards Drive, San Antonio, Texas, 78233, USA

## Sundance Villas Ltd



Sundance Villas - villa rentals with pool hoists in Cyprus. All bookings are taken in Barnet by Irene Hare the owner. She has helped to design a completely unique villa, along with the owners, that is suitable for all. Features of Villa Ampelitis in Paphos include: warm indoor heated pool up to 30 degrees; pool hoist and moveable hoist; wheelchair friendly, level access and wider doors; four wheel-in wet rooms with height adjustable shower chairs, with foot rests and roll-under basins; moveable grab rails; and adaptable toilet seats. Sleeps 2 -16, lower rates for small parties mid season.

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

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



0208 440 6219



[irene@sundancevillas.co.uk](mailto:irene@sundancevillas.co.uk)



[www.sundancevillas.co.uk](http://www.sundancevillas.co.uk)



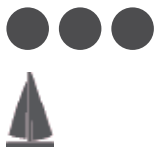
Irene Hare, 7 Somaforde Grove, Barnet, Herts, EN4 8UL



# Specific interest holidays

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

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



This trust operates a wide-beam boat based at Upton Marina, designed for a person using a wheelchair plus family, with berths for six. Facilities include two hydraulic lifts, hoist over bed, specially designed toilet – and shower plus steering system, for use by wheelchair-user. Skipper provided on first day for instructions.

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



0344 879 3349



[www.brucewaketrust.co.uk](http://www.brucewaketrust.co.uk)



[info@brucewaketrust.co.uk](mailto:info@brucewaketrust.co.uk)



PO Box 9335, Oakham, Rutland, LE15 0ET



Surfability UK is a Community Interest Company that provides surfing lessons and experiences for people with disabilities and learning difficulties. Based at Caswell Bay on the Gower, they can also provide lessons at the LC leisure centre on their indoor standing wave.

Equipment such as beach access wheelchairs and tandem surfboards mean that they are able to provide surfing for people who would not be able to surf on their own, and their team approach means that whether a participant needs a little help or a lot - they can provide a great surfing experience for all.

- DBS checked – no
- Fully accessible – no



07517230427



<http://surfability.uk/>



[ben@surfability.uk](mailto:ben@surfability.uk)



91a Newton Road, Mumbles, Swansea, SA3 3LA

# Insurance





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




Free Spirit provides specialist travel insurance for people of any age with medical conditions and disabilities. They are one of the UK's largest specialist travel insurance providers and can make sure you get the 'peace of mind' protection you need when travelling. Free Spirit also covers people without medical conditions at reduced premiums, which means your travelling companions can be included on the same policy to ensure the whole party is covered. Apply by telephone or online.

Free Spirit have created guides for mature adults with any medical condition. The guides provide information relating to what the traveller needs to know before planning their next trip abroad. There are also condition specific guides, for people with heart conditions and cancer patients.

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 [contact@FreeSpiritTravelinsurance.com](mailto:contact@FreeSpiritTravelinsurance.com)  
 Free Spirit, Stansted House, Rowlands Castle, Hampshire PO9 6DX

Free Spirit guides:

 [www.freespirittravelinsurance.com/seniors-travel-medical-conditions/](http://www.freespirittravelinsurance.com/seniors-travel-medical-conditions/)




## goodtogoinsurance.com

Goodtogoinsurance.com are experts in providing travel insurance for those with existing medical conditions or disabilities.

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

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

Includes mobility aids and prescription medication.

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 [www.goodtogoinsurance.com](http://www.goodtogoinsurance.com)  
 [help@goodtogoinsurance.com](mailto:help@goodtogoinsurance.com)  
 Kao Hockham Building, Edinburgh Way, Harlow, Essex, CM20 2NQ

**New!**

# What happens when I'm no longer around?

**A planning guide for families who have a relative with a learning disability, autism, or both.**

**Family Carer Support Service**



As a support service for family carers who have a relative with a learning disability, autism, or both, we're often contacted by people who have queries about future planning – be it about wills and trusts, or their relative's rights to care and support. Regardless of what families contact us about, they all have one thing in common: they're worried about what will happen to their relative in the future, when they're no longer around.

So we've created a video that addresses the key areas of planning for your relative's future when you're no longer around.

There's already lots of useful information and advice about future planning 'out there' (including the Thinking Ahead Guide by Christine Towers, who helped us create the film), but there's also lots of information that isn't so easy to find. The section in our film about financial support for funerals for example, took two days to research. So while this might not be such a pressing issue for some people, it might be for others – which is why we decided to include this information in the film.

We know that people often avoid talking about difficult topics (such as death and illness) with a person with a learning disability, because they don't know where to start. So we've also included some tips and suggestions on how to do this, and where to go for further information. We hope this section of the film will also be useful to support staff, who may at times find this aspect of their role difficult.

There is no way of knowing what will happen in the future, but planning in advance can take away some of the anxieties associated with it – which is why we wanted to create a film that has much of the key information in one place. We hope that our film gives you the confidence to start thinking about and planning for the future, and if you have any questions please just get in touch.

**Watch the film:**  
[www.youtube.com/familycarersupport](http://www.youtube.com/familycarersupport)



# Resources for family carers

## Using the Care Act to get the right support

### 5 key messages for family carers about the Care Act.

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The Care Act is the most significant reform of publicly funded care and support in England in 60 years. It gives new and strengthened rights to people with care and support needs and family carers.

The video discusses:

1. What has changed due to the Care Act
2. Challenging decisions
3. How carers benefit from the new Care Act legislation
4. Independent advocacy
5. Personal Budgets and Direct Payments



Watch it here at: [www.youtube.com/familycarersupport](http://www.youtube.com/familycarersupport)

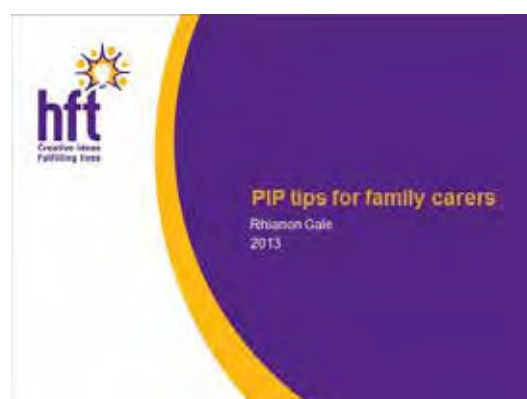
## Personal Independence Payment (PIP) tips for family carers

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Personal Independence Payment (PIP) is a benefit that helps with the extra costs of a long-term health condition or disability for people aged 16 to 64. It's gradually replacing Disability Living Allowance (DLA).

The videos discuss:

1. The difference between DLA and PIP and how people are assessed
2. How to fill in the form and collect evidence
3. Face-to-face assessments
4. What to do when you receive your award decision



Watch it here at: [www.youtube.com/familycarersupport](http://www.youtube.com/familycarersupport)

# Resources for family carers



## Using the Mental Capacity Act

Using the Mental Capacity Act is a popular guide for family carers and professionals. It was developed specifically for family and friends of people with learning disabilities, so they understand how the Act affects them and those they care about. The guide is split into sections and has an accompanying DVD showing examples of how the Mental Capacity Act has been used in some people's lives. You can order a free copy of the guide (details below) or it is available to download it from our website: [www.hft.org.uk/mcaguide](http://www.hft.org.uk/mcaguide)



You can watch a range of Mental Capacity Act videos on our Youtube channel at: [www.youtube.com/familycarersupport](http://www.youtube.com/familycarersupport)

If you would like a hard copy of these resources:

Send your A4 self addressed envelope to:  
Hft - FCSS, [name of resource], Whitefriars, Lewins Mead, Bristol, BS1 2NT

Publication	1st class	2nd class
Holiday Information Guide (154 grams)	*£1.30	*£1.22
Using the Mental Capacity Act resource pack (316 grams)	*£1.74	*£1.58

\*Subject to Royal Mail price changes

# Hft external services



Luv2meetU is a friendship and dating agency for people with a learning disability aged 18 and over established in 2007.

Luv2meetU aims to provide support to people with learning disabilities to widen their circle of friends and develop friendships and relationships – helping to combat isolation and loneliness and improve overall health and well-being.

Our members take part in mainstream activities such as days out, theatre, cinema, sporting activities, meals out, museum trips etc, supporting them to become more active in the community.

To become a member of Luv2meetU you must be over the age of 18 with a learning disability.

L2MU currently operates in Leeds, Wakefield, Calderdale, Bradford, Kirklees, Sheffield and North East Derbyshire, Cheshire West and Newcastle, North Tyneside and Northumberland.



## Personalised technology solutions for people with learning disabilities

Contact us on:



☎ 01174 035 606    💻 [www.hft.org.uk/PTservices](http://www.hft.org.uk/PTservices)    @ [personalisedtechnology@hft.org.uk](mailto:personalisedtechnology@hft.org.uk)

Hft now offers independent Personalised Technology consultancy services for people with learning disabilities, their families and providers whether or not they are supported by Hft.

Our vision is to help as many people with learning disabilities as we can to become more independent and safe, and help them gain more choice and control over their lives.

### We can provide:

- Face-to-face assessments at a person's home
- Recommendations for state-of-the-art and easy to use technology to creatively and discreetly enhance a person's independence
- Specialist solutions for people who have sensory needs
- Ongoing friendly support



# Family Carer Support Service

The Family Carer Support Service (FCSS) is a free national service for family carers who have a relative with a learning disability.



Call us today

**0808 801 0448**



Email us

**[familycarersupport@hft.org.uk](mailto:familycarersupport@hft.org.uk)**



To find out more visit

**[hft.org.uk/familycarersupport](http://hft.org.uk/familycarersupport)**

e4our

This item has been  
produced by adults  
with learning disabilities

[e4@hft.org.uk](mailto:e4@hft.org.uk)

[e4printanddesign.com](http://e4printanddesign.com)

