



Holidays

Getting away from the daily run and your own four walls is something we all need, and just because you have a disability doesn't mean that you need it less or that you should be stuck at home. There are ways for you to go on holiday, whether, for example, you are in a wheelchair or have a visual impairment.

For holiday makers with a disability there are a number of options:

- Holidays in the UK with your own carer/family or independently.
- Holidays in the UK with provided care.
- Holidays abroad.
- Activity/adventure holidays

This factsheet will take you through a quick tour of them all.

The contact information for all the organisations and travel agencies mentioned are listed alphabetically on the last page.

UK Holidays with Your Carer

The UK offers a wide variety of holiday locations and there is a wide range of organisations that provide accessible travel solutions or advice to the disabled tourist.

Accessible Britain

One of the best tools. It is a book that lists establishments by region in the UK, each rated under the National Accessible Scheme and with access guides to local attractions in each area. It can be bought from Tourism for All.

There are also organisations that arrange holidays for people with disabilities. Organisations that provide this service are:

Grooms Holidays

Provides self catering holidays with fully accessible accommodation in a variety of locations all over the UK.

Break

Offers UK holidays in Norfolk and the West Country.

Can Be Done Ltd

Offers individually tailored holidays for the independent traveller, everything from city breaks to cruises.

A good piece of advice is to contact disability organisations local to your destination. They are usually the best informed on access in their area. If you don't know where to look, call the TDF Information Service and we will direct you.

UK Holidays Providing Care

This is often referred to as 'respite care'. It gives your usual carer a chance to get a break, and you the opportunity to have a good time.

There are a number of ways to go and different organisations to go with.

- You can go with a group of other people with disabilities on a pre-arranged tour or
- You can go by yourself to a special holiday/respite care centre, fully accessible and with care.
- You can go on your own individual holiday and bring a volunteer or a professional carer. You won't have to pay the volunteer for their time, but you will have to pay for their travel expenses.

Chalfont Line Ltd

Offers package holidays for people with disabilities or mobility problems.

3H Fund (Help the Handicapped Holiday Fund)

Organise subsidised group holidays for physically disabled children and adults with the support of volunteer helpers.

Vitalise

A charity that has several respite care centres around the country. They provide holidays for disabled people whilst giving their carers a break.

Gloucestershire Disabled Afloat Riverboat Trust (DART)

Gloucestershire DART operates a 65ft riverboat specially built for use by disabled people. The Trust offers holidays to persons of all ages, with physical or learning disabilities as well as behavioural problems, together with their families and carers.

In addition to providing facilities for self contained groups, the Trust also organises and runs holiday weeks on an individual booking basis.

For Information contact:

Upton Marina
Upton-upon-Severn
Worcestershire
WR8 0PB

Tel: **01684 591175**

Mobile:

07778842358

Email:

mail@gloucestershire
dart.org.uk

Mobility Abroad

A UK based company that specialise in the supply of mobility equipment for holiday makers or expats up and down the Spanish coast.

You can reach them on:

01375 377246

www.mobilityabroad.com

Healthcare

The UK has made healthcare agreements with all EU countries, so emergency treatment while on holiday will be either free or at a reduced cost.

You need to complete an E111 form that is available from all large post offices or the International Branch of the Department of Health can send you one.

Tel: 020 7210 5318

Companions Ltd

This is a travel and holiday companion service which provides companions, carers and nurses to disabled people.

Community Service Volunteers.

Provides dedicated young volunteers who offer care, friendship, and companionship on a full-time basis for four to twelve months.

Going Abroad

If the thought of the British weather doesn't appeal to you there is no reason why you shouldn't go abroad for your holiday:

Accessible Travel Service

They can arrange holidays for families or small groups with disabled members. It offers complete packages from self-drive to holidays with care.

Can Be Done Ltd

Offers individually tailored holidays for the independent traveller everything from city breaks to cruises.

Chalfont Line Ltd

Offers package holidays for people with disabilities or mobility problems.

3H Fund

Help the Handicapped Holiday Fund. Organise subsidised group holidays for physically disabled children and adults with the support of volunteer helpers.

Vitalise

Also offers package holidays overseas, with a wide range of choice, from city breaks to fun in the sun.

Important Tip!

Before you go, or perhaps when you start planning where to go, it is also a good idea to contact the Tourist Office, Embassy or Consulate of the country you want to visit. Often they have special brochures for the disabled visitor.

Activity/Adventure Holidays

Not all of us enjoy lazing around on the beach or shopping till we drop. Some are a little more inclined to adventure.

There are quite a few choices if you want to go on an adventure/activity holiday:

Back-up Trust

A national, registered charity that run outdoor activity courses for people who have become paralysed through spinal cord injury.

Jubilee Sailing Trust

Charity that owns and operates two magnificent square rigged tall ships, fully accessible and taking a mixed crew of both able-bodied and physically disabled people.

The Uphill Ski Club

The Uphill Ski Club is a registered charity, committed to providing winter sporting activities for disabled people.

Vitalise

Offers activity holidays in their centre 'Churchtown' in Cornwall. They also offer special interest breaks in their other centres in the UK.

Addresses

Access Travel

6 The Hillock, Astley,
Lancashire M29 7GW
Tel: 01942 888844
info@access-travel.co.uk
www.access-travel.co.uk

Accessible Travel and Leisure

Avionics House, Naas Lane,
Gloucester, GL2 4SN
Tel: 01452 729739
info@accessibletravel.co.uk
www.accessibletravel.co.uk

Accessible Travel Service

1 Tank Lane, Purfleet
Essex RM19 1TA
Tel: 01708 863198
aatstravel@aol.com
www.assistedholidays.com

The Back-up Trust

The Business Village, Broomhill Road,
Wandsworth, London, SW18 4JQ
Tel: 020 8875 1805
admin@backuptrust.org.uk
www.backuptrust.org.uk

Break

1 Montague Road, Sheringham,
Norfolk NR26 8WN
Tel: 01263 822161
office@break-charity.org
www.break-charity.org

Can Be Done Ltd.

7-11 Kensington High Street,
London W8 5NP
Tel: 020 8907 2400
holidays@canbedone.co.uk
www.canbedone.co.uk

Factsheet No. 1

Chalfont Line Ltd.

4 Providence Road, West Drayton,
Middlesex UB7 8HJ
Tel: 01895 459540
info@chalfont-line.co.uk
www.chalfont-line.co.uk

Gloucestershire DART

Upton Marina, Upton-upon-Severn,
Worcestershire, WR8 0PB,
Tel: 01684 591175
info@gloucestershiredart.org.uk
www.gloucestershiredart.org.uk

Grooms Holidays

PO Box 36, Cowbridge, Vale of
Glamorgan
Tel: 0845 658 4478
www.groomsholidays.org.uk

3H Fund

147A Camden Road, Turnbridge
Wells, Kent TN1 2RA
Tel: 01892 547 474
info@3hfund.org.uk
www.3hfund.org.uk

Jubilee Sailing Trust

Hazel Road, Woolston,
Southampton, SO19 7GB
Tel: 0870 443 5781
info@jst.org.uk
www.jst.org.uk

The Uphill Ski Club

Cairngorm Mountain, Via Aviemore,
Inverness-shire PH22 1RB
Tel: 01479 861272
info@uphillskiclub.co.uk
www.disabilitysnowsport.org.uk

Tourism for All

The Hawkins Suite, Enham Place,
Enham Alamein, Andover SP11 6JS
Tel: 0845 124 9971
Minicom: 0845 124 9976
admin@holidaycare.org
www.tourismforall.org.uk

Vitalise

12 City Forum, 250 City Road,
London, EC1V 8AF
Tel: 0845 345 1972
www.vitalise.org.uk

The Disability Foundation
RNOH, Brockley Hill
Stanmore, Middlesex,
HA7 4LP
Tel: 020 8954 7373
Fax: 020 8954 7414
Minicom: 020 8954 7413
info@tdf.org.uk
www.tdf.org.uk



Help With Cost

- If you receive any form of care, Social Services are obligated to take your holiday needs into consideration when they assess you. If this has not been done, ask them for a new assessment.
- A lot of the organisations mentioned in this factsheet also provide grants to help you meet the cost of a holiday, so ask when you call them for information.

Please note: Tourism for All is a national charity that provides access and disability information for holiday makers, both in the UK and overseas.