

# HOLIDAYS

FOR FAMILIES WITH DISABLED CHILDREN



## INTRODUCTION

Holidays can provide a welcome break from the everyday routine of caring - and can be great fun! These notes give details of organisations and books that provide information on holidays and leisure activities for disabled people and their families.

## FAMILY FUND TRUST HELP

The purpose of the Family Fund Trust is to ease the stress on families who care for very severely disabled children under 16, by providing grants and information related to the care of the child.

We can help with the cost of a holiday away from home for the whole family, the disabled child alone or for the rest of the family whilst the disabled child is cared for by others. If a family prefers to stay at home we can make a grant for leisure activities instead.

If you get a holiday grant from the Family Fund Trust you can arrange the holiday of your choice, you do not have to use any of the organisations listed here.

The Trust cannot pay separately for holiday deposits and we are not able to help with short-term (respite) care or school-organised holidays.

The Trust has disability and financial guidelines that must be met by applicants. Further information about them is available from the Information Office, Family Fund Trust, PO Box 50, York YO1 9ZX  
Tel: 01904 621115 Textphone: 01904 658085  
[www.familyfundtrust.org.uk](http://www.familyfundtrust.org.uk)

## LOCAL SOURCES OF INFORMATION

**Local disability groups** are often a good source of information about holidays. Dial UK can give you details of local groups, phone them on 01302 310123 (voice and text). You can also find addresses in the phone book or from your local Citizens Advice Bureau.

**Tourist Information Centres** - If you have decided which town or area you wish to visit you may like to contact the local Tourist Information Centre in that area in advance (your nearest Tourist Information Centre should be able to provide the address).

As well as offering details of suitable holiday accommodation, many places publish their own access guides for a small charge. Centres can also give information about the suitability of local tourist attractions for disabled people and about the National Key Scheme (which lets disabled people have a key to open toilets for disabled people throughout the country).

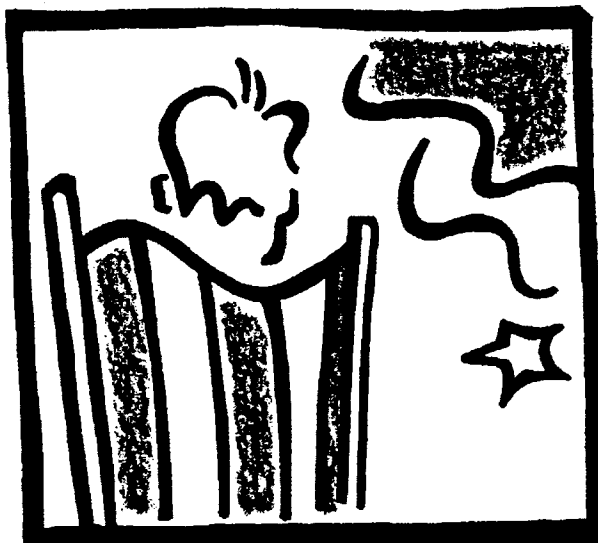
**Travel Agents** - most high street travel agencies can offer information about holidays with special provision for people with a disability.

## INFORMATION SERVICES

### Holiday Care

2nd Floor, Imperial Buildings  
Victoria Road, Horley  
Surrey RH6 7PZ  
Tel: 01293 774535  
Minicom: 01293 776943

Holiday Care provide information and support for disabled and elderly people wishing to take a holiday. The charity is able to supply information on accessible accommodation in the UK and abroad, and provides a reservation service. They also produce a booklet called 'A guide to financial help towards the cost of a holiday'. For a copy send £1.00 worth of postage stamps to the address given above. Information is also available for carers and disabled children.





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## **RADAR (Royal Association for Disability & Rehabilitation)**

12 City Forum, 250 City Road  
London EC1V 8AF  
Tel: 020 7250 3222  
Minicom: 020 7250 4119  
www.radar.org.uk

Amongst other things, RADAR gives information on holidays and produces three holiday 'Fact Packs'. 1: General Information; 2: Transport and Equipment; 3: Alternative Holidays. These cost £2 each or three for £5. Full details from RADAR.



## **Disability Wales/Anabledd Cwymru**

Llys Ifor, Crescent Road  
Caerphilly CF83 1XL  
Helpline: 0800 731 6282  
Mon - Fri 10am - 1pm

Disability Wales can give information on holidays in Wales for disabled people.

## **Disability Action**

69 Church Road, Castlereagh, Belfast BT6 9SA  
Tel: 028 9079 1900  
Textphone: 028 9079 0009  
www.disabilityaction.org

Disability Action works to ensure that people with disabilities attain their full rights as citizens. They produce a holiday factsheet listing general information for disabled people wishing to visit Northern Ireland.

## **Tripscope**

Alexandra House, Albany Road  
Brentford TW8 0NE  
National helpline: 08457 585641  
(voice and text)

Tripscope is a national travel and transport information advice service for disabled and elderly people. It offers free help with any transport problem and detailed journey planning.

## **The Ramblers Association**

2nd floor, Camelford House  
87-90 Albert Embankment  
London SE1 7TW  
Tel: 020 7339 8542

The Ramblers Association produce information about walking in the countryside for disabled people.

## **Accessible Hotels**

If you have access to the internet look at the [everybody.co.uk](http://everybody.co.uk) website. It lists hotels in the UK and airlines that can be used by everyone. It's particularly aimed at families that include someone who is disabled.

## **Specialist organisations concerned with particular disabilities**

You may find it helpful to contact an organisation concerned with your child's disability. Many offer holiday information and advice. These include Mencap and the Royal National Institute for the Blind.

If you're not sure who to contact, the Council for Disabled Children can advise you.

## **Council for Disabled Children**

8 Wakley Street  
London EC1V 7QE  
Tel: 020 7843 6058

Or, contact your local Council for Voluntary Services (details will be in your phone book) for information about local groups.

## **USEFUL PUBLICATIONS**

**Holidays in Britain and Ireland: A Guide for Disabled People** is an annual guide to accommodation and facilities in the UK, published by RADAR. It includes chapters on planning and booking a holiday, activity holidays, transport and useful addresses. Available from bookshops or from RADAR, price £7.50. (See Information Services on page 2 for RADAR's address.)

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**Getting There: A Guide to Long Distance Travel for Disabled People** is a guide book to assist disabled people in planning long distance travel, especially journeys which involve more than one means of transport.

Available from bookshops or from RADAR price £5.00. ( See Information Services on page 2 for RADAR's address.)

**Camping and Caravanning Guide for Disabled People** provides information and advice on services and equipment.

For a free copy contact the Camping and Caravanning Club, Membership Department, Greenfields House, Westwood Way, Coventry CV4 8JH  
Tel: 024 7669 4995.  
[www.campingandcaravanning.co.uk](http://www.campingandcaravanning.co.uk)

**AA Guide for the Disabled Traveller** lists places to stay for disabled people throughout Britain and Ireland. Each place has been inspected by the AA. The book also includes places to eat, self-catering properties, European hotels, motoring and general travel information, places to visit, picnic areas, public conveniences and motorway service areas.

Free to AA members and £3.50 to non-members. Available from the AA (0800 262050).

**English Heritage: Guide for Visitors with Disabilities.** This booklet highlights around 100 sites of special interest to visitors with disabilities and gives details of facilities and services.

Available free of charge from:  
English Heritage Customer Services  
Membership Dept, Freepost WD214  
PO Box 570, Swindon SN2 2UR  
Tel: 01793 414910  
[www.english-heritage.org.uk](http://www.english-heritage.org.uk)

**The National Trust: Information for Visitors with Disabilities.** This booklet contains details of facilities at properties which may be particularly enjoyed by disabled visitors.

Contact: The National Trust, PO Box 39, Bromley BR1 3BR enclosing a self-addressed adhesive label and 31p stamp. The booklet is free of charge and is also available in large print and on tape.  
[www.nationaltrust.org.uk](http://www.nationaltrust.org.uk)

## SPECIAL FAMILIES HOME SWAP REGISTER

This service for physically disabled people enables members to swap their specially adapted homes with each other for breaks and holidays worldwide, confident that their needs will be met as in their own home.

There is no charge to go on the Register and all members receive a free copy. If you are satisfied with the service a donation is requested to cover administration costs.

**Special Families Home Swap Register**  
Erme House, Station Road  
Plymouth PL7 2AU  
Tel: 01752 347577  
[www.mywebpage.net/special-families](http://www.mywebpage.net/special-families)





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## HOLIDAYS FOR ONE PARENT FAMILIES

**HELP (Holiday Endeavour for Lone Parents)**  
57 Owston Road, Doncaster DN6 8DA  
TEL: 01302 728791

HELP is a national charity which provides discounted and subsidised holidays for lone parents, using major reputable holiday companies. For more information write to the above address enclosing a 31p stamped addressed 9"x6" envelope.

## SOCIAL SERVICES HELP WITH HOLIDAYS

There are several ways in which your local social services (social work department or health and social services board) may be able to help with holidays.

*1. They can provide a grant towards an organised holiday that has been arranged for your child.*

*2. They can provide help towards a family holiday. This may include getting special equipment or community nursing care in the area where you have chosen to take your holiday.*

*3. They may be able to provide short-term (respite) care for your child.*

**Short-term care** provides an opportunity for parents/carers to have a break from caring. It can also give the child or young person opportunities to do new things, make new friends and to become more independent.

The kind of short-term care available varies from one area to another but in many areas there are two types of care available - family based short-term care and residential care.

Both may be offered either as day care or overnight stays.