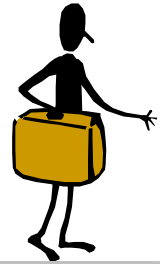


15 HOLIDAYS

Holidays for people who are ill or who have disabilities and their carers need detailed arrangements. When making arrangements it is advisable to explain your needs fully to any establishment/travel agent etc that you use before making a booking and to confirm all the details in writing to avoid any misunderstanding. You may also find the 'Taking a Break', section useful.



ACTIVENTURE HOLIDAYS

Holidays are provided for children and young people aged 7-18 years with special needs or disabilities at Hindleap Warren, Wych Cross, Ashdown Forest. Activities include abseiling, canoeing, environmental studies, archery, orienteering and evening entertainment. Also operates holiday or respite weeks at Woodrow High House in Buckinghamshire.

BREAK

www.break-charity.org

Provides holidays and respite care for children and adults with learning difficulties and families with special needs. Holiday centres in Norfolk and the West Country.

CALVERT TRUST CENTRES

www.calvert-trust.org.uk

UK activity centres providing holidays and activities for visitors of all abilities. The centres have all been designed to cater for people with physical, sensory or learning disability and offer full accessibility.

CRUISING HOLIDAY

www.cruisingholiday.co.uk

Cruising Holiday specialise in arranging cruises for people of any age with any type of disability including wheelchair users, guests with sensory impairments, guests requiring Oxygen or Dialysis. Services include early boarding, transfers with specialised van, boarding, departure assistance, scooter access, hydraulic lifts in swimming pools, accessible tenders, accessible route deck plans, and on board medical facilities.

DISABILITY NOW, HOLIDAY DIRECTORY WEBSITE

www.disabilitynow.org.uk

Accessible holiday directory. Contains details of holiday properties in the United Kingdom as well as Europe and further afield. Website links to holiday venues are included as well as reviews from people with disabilities and links to other relevant holiday services.

DISAWAY TRUST

www.disaway.co.uk

Organises group holidays for physically disabled people aged 16 – 80 years in the UK and overseas. Volunteer helpers are provided for each disabled person but own helpers welcome.

**GROOMS HOLIDAYS
(FARRELLS HOLIDAY PROPERTIES)**

www.groomsholidays.org.uk

Part of the John Grooms charity, Grooms Holidays is a holiday service for physically disabled people, their friends and families. Operates several hotels and a variety of self-catering accommodations across UK.

HOLIDAYS WITH HELP

www.holidayswithhelp.org.uk

Arranges regular group holidays with trained and experienced helpers. Holidays with Help is a member of Holidays for All consortium - a group of the UK's leading disability charities and specialist tour companies working together to promote equality, accessible holidays and flexibility for disabled and visually impaired holiday makers. For details of other members go to www.holidaysforall.org.uk

HOTELS AND GUESTHOUSES

Many local hotels and guesthouses offer holiday accommodation suitable for people who have additional needs. It is important that you explain what your needs are, before making a firm booking, to ensure that the accommodation will be suitable for you.

JEAN CARR CHARITABLE TRUST

May be able to assist West Sussex residents aged over 60 years and on low incomes with funding for a holiday or travel expenses to visit distant relatives.

**KENSINGTON FOUNDATION DAISY
CHAIN PROJECT**

www.kensingtonfoundation.com

A respite holiday programme for families who have children with special needs. The self contained apartments are situated in Blackpool and have two bedrooms.

RADAR

www.radar.org.uk

National disability organisation campaigning for disabled people's rights and full integration into society. Can provide information about holidays and produce a number of publications. Online version of RADAR's guide for disabled people to holiday accommodation in Britain and Ireland can be found at www.radarsearch.org

THERAPEUTIC HOLIDAYS CENTRE

www.therapeutic-holidays.org.gr

Charity offering holidays in Greece for people with learning difficulties and mental health problems. Activities include riding, trekking, swimming and occupational therapy.

**TOURISM FOR ALL (incorporating Holiday
Care)**

www.tourismforall.org.uk

Provides information to people with disabilities and older people in relation to accessible accommodation and other tourism services.

TRAVEL INSURANCE

Getting travel insurance can be a concern if the person travelling or on whom the trip depends, is an older person or has a medical condition. A number of companies specialise in either giving information or providing travel insurance for circumstances such as this. .

VITALISE (PREVIOUSLY WINGED FELLOWSHIP TRUST)

www.vitalise.org.uk

Provides holidays for disabled people and breaks for carers at 5 holiday centres in Britain. Also provides breaks with care overseas, holidays with sighted guides for people with a visual impairment and accessible family lodges. Has regular weeks specifically for people with dementia and their carers.