

## 17. 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.

### Action for Blind People

Offer holiday breaks for blind and partially sighted people, their friends and families, in their four hotels across the UK. Also have two self-catering houses. For Information and Advice Tel: 0800 915 4666.

Website: [www.actionforblindpeople.org.uk](http://www.actionforblindpeople.org.uk)

Email: [info@actionforblindpeople.org.uk](mailto:info@actionforblindpeople.org.uk)

### Activenture Holidays

Week long outdoor activity holidays in East Sussex, for children and young people with disabilities or special needs (7-18yrs). 24-hour care provided. 35 places available and each guest is accompanied by a young companion and helper with adult supervision. Activities include abseiling, canoeing, environmental studies, archery, fishing etc, and evening entertainment. Tel: 01342 828215

Website: [www.activenture.org](http://www.activenture.org) Email: [di@hindleap.com](mailto:di@hindleap.com)

### Arthritis Care Hotels

Arthritis Care has four hotels offering a break for people with arthritis, their friends and family. The hotels accommodation is fully adapted and wheelchair accessible.

Hotels Helpline: 0808 800 4050

Website: [www.arthritiscare.org.uk](http://www.arthritiscare.org.uk)

Email: [info@helplinearthritiscare.org.uk](mailto:info@helplinearthritiscare.org.uk)



### Bendrigg Trust

Runs activity courses and holidays for people of all ages with learning\physical disabilities. Tel: 01539 723 766

Website: [www.bendrigg.org.uk](http://www.bendrigg.org.uk) Email: [office@bendrigg.org.uk](mailto:office@bendrigg.org.uk)

### Break

A holiday centre in Sheringham, Norfolk offering full holiday programme and 24-hour care for children and adults with learning disabilities and families with special needs. Tel: 01263 822161

Website: [www.break-charity.org](http://www.break-charity.org) Email: [office@break-charity.org](mailto:office@break-charity.org)

### Calvert Trust

#### Keswick

Outdoor activities centre for people with disabilities. Courses include sailing, canoeing, riding, abseiling, climbing with specialist instructors, heated pool, games room, etc. Tel: 01768 772255 Email: [booking.calvert.keswick@dial.pipex.com](mailto:booking.calvert.keswick@dial.pipex.com)

### **Exmoor**

An adventure centre designed for the disabled, their families and friends. Four separate self-catered apartments as well as catered en-suite accommodation for 39 people. Activities include indoor riding, orienteering, archery, sailing, climbing, abseiling, swimming, etc. Tel: 01598 763221 Email: [exmoor@calvert-trust.org.uk](mailto:exmoor@calvert-trust.org.uk)

### **Kielder**

A purpose-built holiday centre for people with disabilities, their families and friends. Recreational activities include swimming, sailing, riding, climbing, etc.

Ten self-catering chalets are available and sleep up to six. Tel: 01434 250232.

Email: [enquiries@calvert-kielder.com](mailto:enquiries@calvert-kielder.com)

CalvertTrust main website: [www.calvert-trust.org.uk](http://www.calvert-trust.org.uk)

### **Cruising Holiday**

Specialises 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. Tel: 0844 800 2624. Website: [www.cruisingholiday.co.uk](http://www.cruisingholiday.co.uk)

### **Disability Now, Holiday Directory Website**

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. Website: [www.disabilitynow.org.uk](http://www.disabilitynow.org.uk)

### **Disaway Trust**

Organises group holidays for physically disabled people in the UK and abroad aged 16-80 yrs. Each disabled person is attended by a volunteer helper and people are welcome to bring their own helper. Tel: 020 8878 2054

### **Enable Holidays**

Company specialising in overseas holidays for wheelchair users and people with limited mobility, their families and friends Tel: 0871 222 4939

Website: [www.enableholidays.com](http://www.enableholidays.com) Email: [info@enableholidays.com](mailto:info@enableholidays.com)

### **Grooms Holidays**

A holiday service for disabled people, their friends and families. Operate three hotels in Llandudno, Minehead and Vale of Glamorgan. Also offers a variety of self-catering accommodation across Britain. Tel: 08456 584478 (local rate).

Website: [www.groomsholidays.org.uk](http://www.groomsholidays.org.uk) Email: [holidays@johnsgrooms.org.uk](mailto:holidays@johnsgrooms.org.uk)

### **Holidays With Help**

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. Tel: 02083909752. Website: [www.holidayswithhelp.org.uk](http://www.holidayswithhelp.org.uk)

## **Jean Carr Trust**

Can assist West Sussex residents aged over 60 yrs and on low incomes to enjoy a holiday.

Contact: The Jean Carr Charitable Trust, Holidays for the Elderly, 70 Commonsides, Westbourne, Hants, PO10 8TA on: 01243 370606. Email: [hovel2@btinternet.com](mailto:hovel2@btinternet.com)



## **Kensington Foundation Daisy Chain Project**

A respite holiday programme for families who have special needs children. The self contained apartments are situated at Kensington Court, 310 Highfield Road, Blackpool and have two bedrooms. Tel: 01243 761444.

Website: [www.kensingtonfoundation.com](http://www.kensingtonfoundation.com)

## **KidsOut**

A Charity providing fun and happiness opportunities for disadvantaged children up to 18 yrs. Also helps siblings and carers. Provides grants for equipment, fun days out and holidays. Helpline Tel: 01525 385232.

Website: [www.kidsout.org.uk](http://www.kidsout.org.uk) Email: [helpline@kidsout.org.uk](mailto:helpline@kidsout.org.uk)

## **Kiloran Trust**

A registered charity providing residential supportive breaks for carers in a friendly comfortable house in West London. Breaks of one to five nights are available. For details, Tel: 020 7602 7404

Website: [www.kilorantrust.org.uk](http://www.kilorantrust.org.uk)

## **Mencap**

Mencap Holiday Accommodation Guide details hundreds of holiday facilities in the UK and abroad where people with learning disabilities are welcome. Can assist with finding appropriate funding for holidays. Tel: 0808 808 1111.

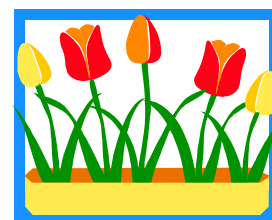
Website: [www.askmencap.info](http://www.askmencap.info) Email: [helpline@mencap.org.uk](mailto:helpline@mencap.org.uk)

## **RADAR**

Produce a travel guide 'Holidays in Britain & Ireland – A guide for disabled people' with detailed information on around 1,500 places to stay. For details of cost and to order a copy, Tel: 020 7250 3222.

All publications are also available from their website.

Website: [www.radar.org.uk](http://www.radar.org.uk) Email: [radar@radar.org.uk](mailto:radar@radar.org.uk)



## **Spinal Injuries Association**

Hold a database of holiday venues in the UK and abroad, with members' experiences listed. Freephone Helpline: 0800 980 0501.

Website: [www.spinal.co.uk](http://www.spinal.co.uk) Email: [sia@spinal.co.uk](mailto:sia@spinal.co.uk)

## **Tourism For All C/O Vitalise**

The UK's central source of travel and holiday information and support for people with disabilities and carers, both in the UK and at selected overseas destinations. Produces over 100 Guides to establish where care is available and one giving information about getting financial help towards the cost of a holiday. Produces a guide to accessible holidays in the UK. A small charge is made for the guides.

Information Helpline: 0845 124 9971 Fax: 01539 735567.

Reservations: 0845 124 9973.

### **Vitalise (formerly Winged Fellowship Trust)**

Provides holidays for disabled adults, carers and their families at 5 accessible UK holiday centres in Britain. Also organise holidays abroad. For Short Break Enquiries and bookings, contact: Vitalise Short Break Bookings Team, Shap Road Industrial Estate, Shap Road, Kendal, Cumbria, LA9 6NZ Tel: 0845 345 1970 Fax: 01539 735 567. For free advice on funding, contact Head Office: Vitalise, 12 City Forum, 250 City Road, London EC1V 8AF.

General enquiries Tel: 0845 345 1972 Fax: 0845 345 1978

Website: [www.vitalise.org.uk](http://www.vitalise.org.uk) Email: [info@vitalise.org.uk](mailto:info@vitalise.org.uk)