

Holiday Factsheet

There are lots of holiday centres and schemes for adults and children with disabilities. Some holiday centres are designed to enable families with a disabled child to go away together. There are also many opportunities for young people with a disability to go on activity-based holidays. It would be impossible to list here details of all holidays available, but we hope these notes will give you some hint on what is available.

HOLIDAY CENTRES / LOCATIONS

The following holiday facilities have been confirmed as being appropriate for children and/or adults with autistic spectrum disorders.

Activenture

Wych Cross
Forest Row
East Sussex
RH18 5JS
Tel: 01342 828 215
Offers respite holidays for seven-18 years olds.
Has 24-hour care and 1:1 staffing. Uses
Hindleap

Warren Outdoor Education Centre

Allnatt Centres
35 Ulwell Road
Swanage
Dorset BH19 1LG
Tel: 01929 421 075
Situated on the South Coast of England and offers residential accommodation and facilities for groups of young people on educational courses and holidays. Each centre offers a wide range of activities.

Ashgate Holiday Bungalow

Mencap Holiday Service
Optimum House
Clippers Quay
Salford Quays M5 2XP
Tel: 0161 888 1200
A self-contained holiday bungalow accommodating eight guests on the outskirts of Chesterfield. The bungalow is situated in the grounds of the NHS Trust Resource Centre for people with learning disabilities. Facilities available include a hydrotherapy pool and adventure gardens.

Autism Independent UK

(Formerly SFTAH)
199-201 Blanford Ave
Northants NN16 9AT
Tel & Fax: 01536 523 274
Email: autism@autismuk.com
Web: www.autismeuk.com
Present accommodation is no longer available. Looking into alternative premises. Details will appear on website.

Avon Tyrrell Activity & Residential Centre

Bransgore
Hampshire BH23 8EE
Tel: 01425 672 347
Fax: 01425 673 883
Email: info@avontyrrell.org.uk
Web: www.avontyrrell.org.uk

A grade one listed country house in the New Forest and caters for groups as small as six and as large as 100. The bedrooms range from twins to small dormitories. There is a self catering caravan and self-catering lodges, some fully adapted for disabled users. The estate has many activities on site. A colour brochure and video is available upon request.

Badaguish Outdoor Centre

Aviemore
Scotland PH22 1QU
Tel: 01479 861 285
Email: dylis.s@badaguish.org
Web: www.badaguish.org

Has access to a fully integrated range of community and tourist recreation facilities. There is also respite care and a range of activity holidays courses (24hr care) for unaccompanied people with learning/ multiple or physical disabilities.

Barnabas Trust

Carrot Wood
Higham Lane,
Tonbridge
Kent TN11 9QX
Tel: 01732 366 766
Email: enquiries@barnabas.org.uk
Web: www.barnabas.org.uk

Centres each in a rural location in Kent, West Sussex, Northants and Scottish Borders. Offers self-contained accommodation generally with the option of catering or self-catering.

Barnardo's

Barrows Green House
Barrow Green
Kendal
Cumbria LA8 0JQ
Tel: 01539 560 307
Web: www.barnardos.org.uk

Provide holiday experiences for young people between the ages of eight and 21 years with severe learning disabilities and associated physical and emotional disabilities. Barrows Green House is a very busy holiday centre so advance bookings are essential, especially for school holiday periods.

Barrington Farm

Walcott
Norfolk NR12 0PF
Tel: 01692 650 707
Fax: 01692 650 330
Email: janithhomes.com@btconnect.com

Offers respite accommodation, short term independent living placements and holiday accommodation for people with learning or physical disabilities and behaviour problems. There is 24-hour supervision, but not nursing care. Escorts welcomed. Accommodation is self-contained purpose built cottages within converted flint barns, creating a strong community atmosphere.

Bendrigg Lodge

Old Hutton, Kendal
Cumbria LA8 0NR
Tel: 01539 723 766
Fax: 01539 722 446
Email: bendrigg@msn.com
Web: www.bendrigg.org.uk

This is a residential activity centre specialising in courses for 'disabled and disadvantaged' people with a wide variety of outdoor and indoor activities available, regardless of ability.

Break

Davison House
1 Montague Road
Sheringham
Norfolk NR26 8WN
Tel: 01263 823 170
Fax: 01263 822 181
Email: office@break-charity.org
Web: www.break-charity.org

Provides holidays and respite care for people with learning disabilities and other special needs at two centres in Norfolk. Children and adults with autism are welcome at both. A varied holiday programme includes outings and full 24-hour care provided by experienced staff. Special diets can be catered for.

British Ski Club for the Disabled

141 The Rise
Greenford
Middlesex UB6 8PF
Tel: 0208 575 0236
Holidays are available with the appropriate care levels on the snow and general assistance otherwise. Any skiers who need support are required to bring their own carer with them.

The Bruce Trust

P.O. Box 21
Hungerford
Berkshire RG17 9YY
Tel: 01672 515 498
Fax: 01672 516 441
Email: bct@brewhaha.demon.co.uk
Web: www.members.aol.com/brucetrust
Provides holidays for disabled people on its four specially designed purpose-built, wide beam canal boats. Two are 12 berths, one ten berth and one six berth. They are used by families with special needs or groups of people with disabilities.

Calvert Trust Adventure Centre

Keswick
Cumbria CA12 4QD
Tel: 01768 772 255
Fax: 01768 771 920
Email: calvert.keswick@dial.pipex.com
Web: www.calvert-trust.org.uk

This Lake District farm is converted to meet the needs of people with disabilities. Special diets are catered for. Respite care facilities are available plus adopted self-catering holiday cottages. In addition to the above, Calvert Trust is a registered home for respite care offering caring care to individuals over 18 years of age.

And:

Calvert Trust Exmoor

Wistlandpound
Kentisbury
Barnstaple
North Devon EX31 4SJ
Tel: 01598 763 221
Fax: 01598 763 063
Email: exmoor@calvert-trust.org.uk
Web: www.calvert-trust.org.uk

Offers adventurous holidays for people with disabilities, their families and friends. Accommodation is available for 36 people on a fully catered basis, in mainly twin bedded, ensuited rooms. Four self-catering apartments are available. Activities available and facilities include a licensed bar, TV lounge, swimming pool, spa bath and Jacuzzi.

Calvert Trust Kielder

Kielder Water
Hexham
Northumberland NE48 1BS

Tel: 01434 250 232

Fax: 01434 250 015

Email: enquiries@calvert-kielder.com

Web: www.calvert-trust.org.uk

The centre was purpose built to accommodate people with a wide range of disabilities, their families and friends. A range of activities is available. Ten self-catering chalets are also available.

Camp Mohawk

Crazies Hill
Wargrave
Berkshire RG10 8PU

Tel: 0118 940 4045

Fax: 0118 940 2986

Web: www.campmohawk.org.uk

A seasonal summer day centre which offers a variety of facilities and projects suitable for children and young people on the autistic spectrum. It offers a swimming pool with beach side approaches, wooden adventure play equipment, picnic areas, ball pool and indoor lounge and dining area for wet weather periods. There is a membership scheme for support groups and families.

Churchtown Farm

Lanlivery Bodim
Cornwall PL30 5BT
Tel: 01208 872 148

Fax: 01208 873 377

This Winged Fellowship Trust centre is fully accessible and situated in the beautiful village of Lanlivery. Surrounded by attractive countryside, and near the Cornish coast, the centre provides a

unique service, catering for children and adults with physical, sensory and learning disabilities.

Colvennor

Sterling Court
Truro Hill, Penryn
Cornwall TR10 8DB

Tel: 01326 371 000

Holidays designed from an understanding of the specific needs of people with autistic spectrum disorders accommodating up to 12 people.

And:

Colvennor

Trafalgar House
Malpas Rd
Truro, Cornwall TR1 1QH

Tel: 01872 279 198

A holiday home specifically for people with autism and their families and/or carers, and can accommodate ten-12 people. The bungalow is available all year round.

Disabled Christian Fellowship

213 Wick Road
Bristol BS4 4HP
Tel: 0117 983 0388

Provides holidays in many locations in British Isles and abroad, with volunteers as helpers or personal care at extra cost.

Elizabeth Fitzroy Homes

Caxton House
Lower Street
Haslemere
Surrey GU27 2PE
Tel: 01428 656 766

Have two homes that offer respite care in Surrey and Essex for adults with learning disabilities. Long and short term care available.

Ellerslie Court Holiday Home

38 Westcliffe Road
Southport
Merseyside PR8 2BT
Tel: 01704 568 545

Part residential and part holiday respite care, open all year for people of all ages with disabilities. Escorts and guide dogs are welcome. There is also a 24-Hour personal care service available as well as special facilities for people with disabilities.

Fairthorne Manor

YMCA National Centre
Curdrige
Southampton
Hampshire SO30 2GH
Tel: 01489 785 228
Fax: 01489 798 936

Email: info@fairthorne.co.uk

Web: www.fairthorne.co.uk

Residential outdoor education and training centre for groups of young people and adults with a programme of activities for different age groups. People with special needs are welcome. The educational courses are very flexible as well as being arranged in conjunction with qualified Centre staff.

Graham Wrights

Guardian House
Liskeard
Cornwall PL14 6AD
Tel: 01579 344 080

Offers a choice of holiday cottages, flats or farmhouses in the South East Cornwall. The accommodation available can sleep two to eight people. Two properties combined as one house can sleep up to 14 people. Properties are located in both coastal and country areas.

The Harbourside Hotel

16-17 Larkstone Terrace
Ilfracombe
Devon EX34 9NU
Tel: 01271 862 231

The hotel is fully compliant with Disability Discrimination Act and is fully licensed, has 22 bedrooms accommodating 40 people.

Hardstone House

Trevozah Barton
Launceston
Cornwall PL15 9LT
Tel: 01566 772 792

This is a self-catering property with accommodation for 12 people.

Hazeldene Guesthouse

10 Hesketh Avenue
Bispham
Blackpool FY2 9JX
Tel: 01253 352 039

Family run guesthouse endeavouring to facilitate where possible any special needs.

HCPT - The Pilgrimage Trust

Oakfield Park
32 Bilton Road
Rugby

Waricks CV22 7HQ

Takes 2,000 children a year from the UK to Lourdes in France. The holidays are centered on a shrine at Lourdes, but also offer the children the opportunity to experience a group holiday with one-to-one assistance at all times.

Hindleap Warren Outdoor Education

Centre
Wych Cross
Forest Row

East Sussex RH18 5JS

Tel: 01342 822 625

Email: hindleap@londonyouth.org.uk

Web: www.londonyouth.org.uk/hindleap

A purpose built residential outdoor education centre situated within three hundred acres of woodland - a part of the Ashdown Forest. Accommodates up to 75 accompanied students and accepts bookings from groups as small as ten. All courses are designed individually to meet the requirements of the group concerned.

The Holiday Barn Activity Program

Dam Head Barn
Tosside
Skipton

North Yorkshire BD23 4SD

Tel: 01729 840 831

Owns and operates seven holiday stone built barns at five centres in the Yorkshire Dales. The holidays are designed for groups of guests with learning disabilities accompanied by carers, group leaders and relatives.. Parties can be entirely self-catering, and half board or full board can be provided as required.

Home Sweet Home

Independent Living Centre

38 Brunswick Street

Teignmouth TQ14 8AF

Tel: 01626 779 424

Produces a comprehensive holiday accommodation guide for Devon and Cornwall identifying hotels that welcome people in wheelchairs, with impaired vision, speech or hearing, or those with a learning disability or mental illness. Many welcome guide dogs. The guide does not include hotel tariff or colour brochure.

Hotel Leslie

1-5 Surrey Road

Margate

Kent CT9 2JR

Tel: 01843 227 905

This hotel has been catering for people with learning disabilities for many years. Half the rooms are en-suite and the hotel can cater from one to 100 people. The hotel provides entertainment in the ballroom seven nights a week.

Kimber House

5 Kirby Road

Blackpool FY1 6EB

Tel: 01253 626 452

This is a small family guesthouse in Blackpool with ten bedrooms, seven of which are family rooms. Children and adults with autism and their families are very welcome.

Kingfisher Barn Holiday Cottages & Accommodation

Rye Farm
Culham
Abingdon
Oxon OX14 3NN
Tel: 01235 537 538

Email: info@kingfisherbarn.com

Web: www.kingfisherbarn.com

Offers self-catering cottages and lodges with accommodation for 4-10 people. Each unit is equipped with ceiling tracking for the use of overhead hoists. Hoists, slings and cot sides are available on request. There are also bed and breakfast rooms with wheelchair access and a heated indoor swimming pool with hoist.

Le Fosso

22230 Gomene
France
Tel: 0033 296 284 797

And:

2 Bulters Pond
Whitchurch Hill
Pangbourne
Berkshire RG8 7PF
Tel: 0118 984 1427

In the centre of Brittany and provides holiday accommodation to families and groups. There are no restrictions on age or disability. There is both English and French speaking staff on site. Both self-catering and hotel service, options are available.

Low Mill Outdoor Centre

Askrigg
Leyburn
North Yorkshire DL8 3HZ
Tel: 01969 650 432
Fax: 01969 650 729
Email: lowmill@gofree.co.uk
Web: lowmill.com

A residential centre situated in the heart of the Yorkshire Dales National Park offering groups of all ages and abilities activity based courses with experienced, fully qualified staff. Activities include: canoeing, climbing, caving, gorge walking, and archery, hill walking, orienteering and navigation. The Centre caters for groups of between 10 to 40 people and is wheelchair friendly with access to all facilities. No respite care provided and group bookings only are accepted.

Lulworth Court

25 Chalkwell Esplanade
Westcliffe on Sea
Essex SS0 8JQ
Tel: 01702 431 725

Holiday home for unaccompanied severely disabled people over 16 years. 24 hour qualified nursing care and supervision. Entertainment and outings in specially adapted transport.

The Lyneal Trust

The Shire Hall
Abbey Foregate
Shrewsbury SY2 6ND
Tel: 01743 251 000
Fax: 01743 252 713

Email: pushcat.trivedi@shropshire-cc.gov.uk

Web: www.lyneal-trust.org.uk

The trust offers a flexible package of options to enable groups or families of people with disabilities to enjoy canal and canal side holidays on the Llangollen canal. The Trust owns and maintains two specifically built canal boats, a cottage and two chalets. A further chalet includes washing machine, tumble dryer, freezer, pool table and table tennis. The two chalets each sleep six in two bedrooms and the Shropshire Lass sleeps 8. The second boat is used as day boat for day trips only. The canal side site includes gardens and ample parking space.

MENCAP

Optimum House
Clipper's Quay
Salford Quays M5 2XP
Tel: 0161 888 1216

Web: www.mencap.org.uk

Organises holidays for adults with learning disabilities in England and North Wales lasting for a week. Holidays are supported by volunteers and holiday coordinators who are all employed by MENCAP.

Monkton Wyld Court

Charmouth
Bridport
Dorset DT6 6DQ
Tel: 01297 560 342

Email: monktonwyldcourt@btinternet.com

Web: www.monktonwyldcourt.org

A centre for holistic education in Dorset, run by a resident community of adults and children and offers a wide range of facilities and varying degrees of involvement in their way of life to groups or families who wish to visit.

Old Mill House

Fron Oleu Farm
Trawsfyndd
Gwynedd
North Wales LL41 4UN
Tel: 01766 540 397

Located in Snowdonia National Park the Old Mill is an 'olde worlde' farmhouse with seven en-suite bedrooms located in two cottage style buildings with level access and own front door. Offers accommodation for individuals, families or small groups. There are reductions available for children and small groups.

Option Holidays

Greyhound Farmhouse
Barnsley
Cirencester
Gloucestershire GL7 5EF
Tel: 07000 790 348
Fax: 01285 740 434

Email: opthols@hotmail.com

Web: www.optionholidays.co.uk

Offers a wide variety of holidays in the UK and abroad for adults with learning disabilities.

Park House

Park Road
Sandringham
Kings Lynn
Norfolk PE35 6EH
Tel: 01485 543 000

Open all year and welcomes people of all ages, escort's welcome. 24 hour care by qualified staff. Special interest weeks, entertainment and outings in specially adapted minibuses as well as fully adapted accommodation for people with disabilities.

The Pines

Bishop's Castle
Shropshire S49 5JY
Tel: 01588 638 234
Email: enquiries@pinestrust.org.uk
Web: www.pinestrust.org.uk

The Pines is a unique self-catering holiday home for people with disabilities. There is accommodation for up to 24 in rooms of 2-6 people. There are especially adapted and well-equipped kitchen and bathroom facilities as well as provision for various indoor activities.

Pioneer Centre

Cleobury Mortimer
Kidderminster
Shropshire DY14 8JG
Tel: 01299 271 217
Fax: 01299 270 948
Email: Pioneer@actioncentres.co.uk
Web: www.actioncentre.co.uk

Pioneer Centre is an adventure centre working with special needs and medical organisations to provide holiday. Our play/child life specialist works alongside our guests. As well as onsite activities, they accommodate groups of between 24 and 300 in en-suite rooms.

Princess Mary House

Queen Parade
Harrogate
North Yorkshire HG1 5PP
Tel: 01423 561 402

Provides 24-hour personal care, convalescence and respite care for people over 18 years. Escorts welcome. Entertainment and outings arranged in adapted coach.

Queen Elizabeth II Silver Jubilee Activities Centre

Manor Farm Country Park
Pylands Lane
Burlesdon
Hampshire SO31 1BH
Tel & Fax: 0238 040 4844

Offers specialist outdoor activities for people of all ages with special needs. Visitors must be accompanied. Self-catering frame cabins are available and can accommodate up to eight people. Families or groups are welcome.

Radlett Lodge School

Harper Lane
Radlett
Hertfordshire WD7 9HW
Tel: 01923 854 922

Short breaks for children with autistic spectrum disorders. Available for children up to the age of 16, at weekends and during school holidays.

The Ranch

Pensarn
Llanbedr, Gwynedd
North Wales LL45 2HS
Tel: 01341 241 358

Web: www.welcome.to/the.ranch

Offers group holidays to young people and adults with physical and learning difficulties. Can sleep 45 to 40 respectively with all rooms being two, four or six bedded, some with ensuite facilities. A wide range of outdoor instructed activities is available together with many holiday attractions and places of interest in the local area. It is recommended that all groups have their own vehicle with them and each group must be accompanied with their own carers/leaders.

The Red Ridge Centre

Cefn Coch
Welshpool
Powys SY2 0AZ
Tel: 01938 810 821

Specialised in offering outdoor pursuits to persons with special needs or learning difficulties. The centre enjoys excellent water sports facilities, rock climbing and caving area. Are licensed by the Adventure Activity Licensing Authority and accredited by the Welsh Tourist Board.

The Riding for the Disabled Association

Lavinia Norfolk House
Avenue 'R'
Stoneleigh Park
Warwickshire CV8 2LY

Tel: 0845 658 1082

Fax: 0845 658 1083

Email: cd-hols@riding-for-disabled.org.uk

Web: www.riding-for-disabled.org.uk

Holidays are only available to members of the RDA.

Scout Holiday Homes Trust

Gilwell Park
Chingford
London E4 7QW
Tel: 020 8433 7290

Fax: 020 8433 7184

Email: lynda.peters@scout.org.uk

Web: scout.holiday.homes@scout.org.uk

The Trust has 16 caravans and 2 chalets and provides low cost self-catering holidays on 13 fully commercial holiday parks (e.g. Haven, British Holidays, Hoburne) for any family or group with special needs or low income and one parent families – in fact any family or group in which the quality of life is diminished by disability, infirmity or misfortune. No scouting or guiding connection is necessary.

The Stackpole Centre

Home Farm
Stackpole
Nr Pembroke
Pembrokeshire SA71 5DQ

Tel: 01646 661 618

Fax: 01646 661 425

The Centre offers several holiday cottages (family size) and 2 larger group houses, all self-catering. There is a hydrotherapy pool with hoist and a leisure suite. All accommodation has ground floor sleeping arrangements and is accessible for wheelchair users. There are also workshops on site, which can be hired by the hour.

The Summertime Trust

8a The Garth
Front Street
Winlaton
Blaydon on Tyne
Newcastle NE21 6DD
Tel: 0800 917 3088
Email: summertimetrust@aol.com
Web: www.summertimetrust.org.uk
Provides respite holidays for children with disabilities. The holidays are free of charge but are self-catering and a reliable car is necessary. Children must be nominated by the special needs school they attend. Individual children can be accompanied by their own family, with a maximum of six, and groups of children with teacher/carers.

Sundial

Haute Baque
Lavit-de-Lomagne 82120
France
Tel: 0033 563 940 948
Web: www.sundial-france.com
Two mews holidays apartments with swimming pool located in a former farmstead with landscaped gardens and views over rolling hill country. Sundial is 14 miles South West of Moissac, 42 miles from Toulouse airport and is reached in a day from the Normandy channel ports.

Thorngrove Centre

Common Mead Lane
Gillingham
Dorset SP8 4RE
Tel: 01747 822 242
This is a garden centre plus farm with nature trail and picnic area. Has caravan and camping park with special facilities for holidaymakers with disabilities.

Trefoil House

Gogarbank
Edinburgh EH12 9DA
Tel: 0131 339 3148
Fax: 0131 317 7271
Email: info@trefoil.org.uk
Web: www.trefoil.org.uk
Situated in 20 acres of landscaped grounds, Trefoil House provides accessible holiday accommodation for children and adults with disabilities and special needs.

Trevanion House

Trevanion Road
Wadebridge
Cornwall PL27 7PA
Tel: 01208 814 903
Email: enquiry@trevanion.co.uk
Web: www.trevanion.co.uk
This is a hotel with standard accommodation and registered care support offering independent holidays for adults with a learning disability. Guests choose and plan their holiday activities. Friendly and experienced staffs are available to accompany guests and three minibuses are available for activities.

The TY GLYN Davis Trust

Tanwirillan
Lampeter Road
Aberaeron SA46 0EE
Tel: 01545 571 604

Web: www.tyglyndavistrust.org.uk

This is a purpose-built, self-catering holiday centre for children and young people with disabilities at Ciliau Aeron, just outside Aberaeron in West Wales. The Centre can accommodate up to 18 people in nine bedrooms, mostly with two beds per room.

TYN-YR-ERW

Glanyrafon
Nr Corwen
North Wales LL21 0HE
Tel: 01490 460 464

This is a hill farm providing accommodation for groups of up to 16 in two rooms. Groups can plan their own programmes or leave the centre to organise and supervise a wide range of activities available, to suit all ages. Group members can also care for the farm animals and pets. It is requested that groups bring their own helpers.

Winged Fellowship 'Discovery' Holidays

Angel House
20-32 Pentonville Road
London N1 9XD
Tel: 020 7833 2594

Offering hotel, self-catering, camping and special interest holidays. Also offers holidays overseas and at five fully adapted UK centres.

24 Hour qualified nursing care and supervision provided. Escorts welcome at reduced rates at certain times of the year. Most amenities are at wheelchair height.

Woodrow High House

Cherry Lane
Woodrow
Amersham
Bucks HP7 0QG
Tel: 01494 433 531
Fax: 01494 431 391

Email: contact@woodrow-high.co.uk

Web: www.londonyouth.org.uk/woodrow

Offers Accommodation for up to 53 visitors with a games room, arts and craft room and indoor swimming pool. It is suitable for adults, families with children, women, men, and young people 12 to 17, and older people.

YHA (Youth Hostels Association)

PO Box 11
Matlock
Derbyshire DE4 2XA
Tel: 01629 825 850

Offers accommodation throughout England and Wales in over 250 locations many of which cater for people with learning disabilities. Many YH's also provide 'family rooms' or accommodate groups.

TRAVEL COMPANIES/ ORGANISATIONS

Access Travel Limited

16 Haweswater Avenue
Astley
Lanc M29 7BL

Tel: 01942 888 844

Offers a programme of holiday packages designed for people with disabilities and their families in Europe and North America. Personal care, specialist transport, including car hire and mobility aids, can be arranged at a number of resorts.

ATS Travel

ATS House
1 Tank Hill Road
Purfleet
Essex RM16 1SX

Tel: 01708 863 198

A programme of holidays at centres in the UK, Europe and USA including Disney Florida. They offer transport, nursing care, group holidays, escorts, holiday insurance and adapted coach hire. Narrow boat for hire for one to five day holidays at low cost. Self-catering, new generation adapted caravans.

Fully adapted coaches, with Ranch House Motor Inn.

British Ski Club for the Disabled

33 Highmore
Amersham
Bucks HP7 9BU
Tel 01494 433 211
Email: geoff@bscd.org.uk
Web: www.bscd.org.uk

The club organises a number of skiing holidays a year for people with visual impairment, deafness and learning disabilities, it also offers training.

Can Be Done

7-11 Kensington High Street
London W8 5NP

Tel: 020 8907 2400

Email: cbd.travel@aol.com

Tailor made inclusive coach tours designed for anyone regardless of disability. Departing from London Victoria using coaches with a side lift, toilets, refreshments, fridge and video. Also offering a selection of overseas holidays and self-drive holidays. Can often arrange pick up from home or other convenient points.

Chalfont Line Holidays

4 Medway Parade
Perrivale
Middlesex UB6 8HR
Tel: 020 8997 3799

Air and coach holidays for people with disabilities traveling either alone, with friends or in a group in the UK and abroad. Can provide assistance/helpers. Can also arrange home/station pick-ups.

Grooms Holidays

50 Scrutton Street
London EC2A 4PH
Tel: 020 7452 2145

A variety of self-catering holiday destinations available in Great Britain, all of which are wheelchair accessible.

Happy Wanderer Travel

17 College Road
Hansworth Wood
Birmingham
West Midlands B20 2HU
Tel: 0121 523 5068 or 0121 560 0147
Holidays up to one week are offered in the UK using coach with a lift. Home pick-ups can be arranged.

HELP (Holiday Endeavour for Lone Parents)

57 Owston Road
Carcroft
Doncaster
South Yorkshire DN6 8DA
Tel: 01302 728 791
Provides low cost holidays for one-parent families in chalets and caravans.

Holiday Aid UK

53 Chequer Avenue
Hyde Park
Doncaster DN4 5AS
Tel: 01302 365139
Offers reduced prices on holidays for families on low incomes.

Holiday for You and Me

Swy-y-Don
Morawel Close
Croegoch
Pembrokeshire SA62 5JS
Tel: 01348 837 833
A specialised self-catering letting agency run for disabled people.

Holidays One Parents (HOP)

51 Hampshire
Droylsden
Manchester M43 7PH
Tel: 0161 370 0337
Offers discount holidays to one-parent families at holiday centres in the UK.

Refresh

Netley Waterside House
Abbey Hill
Netley Abbey
Southampton SO31 5FA
Offers holidays for people with respiratory problems (respirator equipment available.)

Strathyre Coaches

The Coach House
Ivy Road
Stirchley
Birmingham B30 2NU
Tel: 0121 433 4600
Coach holidays for people with limited mobility. A courier accompanies all holidays. Coach lift and accommodation used is suitable for people in wheelchairs.

The Uphill Ski Club of Great Britain

6a Emson Close
Saffron Walden
Essex CB10 1HL
Tel: 01799 525 406
Email: info@uphillskiclub.co.uk
Web: www.uphillskiclub.co.uk
Provide instruction and equipment for anyone with special needs. Local groups meet at dry ski slopes on a regular basis to provide year round activities.

INFORMATION SERVICES

The following offer advice and publications concerning holidays and travel for people with special needs and disabilities.

A Commitment to People with Special Needs

Public Relations Department

D'Albiac House

Heathrow Airport

Hounslow TW6 1JH

Tel: 0208 745 7495.

A booklet prepared by Heathrow Travel Care on the services and accessibility in all four Terminals of Heathrow Airport. Free of charge.

Air Travel

Gatwick Travelcare

Tel: 01293 504 283

Heathrow Travelcare

Tel: 020 8745 7495

IATA (International Air Transport Association)

Tel: 020 7930 1625

British Tourist Authority

Web: www.visitbritain.com

Email: BVCCustomerServices@bta.org.uk

If you have decided which area or town you wish to visit, you should contact the local Tourist Board in that area in advance. Centres can give information about the suitability of local tourist attractions for disabled people.

British Red Cross Society

9 Grosvenor Crescent

London SW1X 7EJ

Tel: 020 7235 5454

Web: www.redcross.org.uk

All branches of the British Red Cross Society are interested in holidays for people with disabilities. They can assist holiday plans in several ways- by organising holidays themselves, by accompanying individuals or groups on holiday arranged by other people and providing members for nursing and welfare duties on holidays. Contact Head Office above for details of your nearest branch.

Care in the Air

Air Transport Users Council

5th Floor

Kingsway House

129 Kingsway

London WC2B 6QX

Tel: 020 7242 3882

Booklet offers advice for passengers with disabilities traveling by air. Free of charge.

Disabled Holiday Directory

6 Seaview Crescent

Goodwick

Pembrokeshire SA64 0AZ

Tel: 01348 875592

Email: sian@disabledholidaydirectory

Web: www.disabledholidaydirectory.co.uk

Targets the disabled client looking for holidays.

Disability Scotland Information Service

Princes House
5 Shandwich Place
Edinburgh EH2 4RG
Tel: 0131 229 8632

Disability Scotland publishes two holiday directories one for Scotland and the other for the UK and abroad (excluding Scotland). Both provide information on holiday places offering nursing assistance and personal care, specialised accommodation, holiday homes, self-catering holidays, holiday camps and group activity holidays.

Flying High

The Disabled Living Foundation
380/384 Harrow Road
London W9 2HU
Tel: 020 7289 6111

A practical travel guide to air travel for elderly people and people with disabilities.

Handihols

12 Ormonde Road
Rochford
Essex SS4 1QW

Run by people with disabilities who keep a register of families who wish to exchange their homes for a break. It could be for as little as a weekend or for several weeks. If homes are adapted for a certain disability they will try and match the disability. There is an annual registration/ introduction fee of £3.00 and people making exchanges would have to fund their transport costs.

Holiday Care

2nd Floor
Imperial Buildings
Victoria Road
Horley
Surrey RH6 7PZ
Tel: 01293 774 535

Provides information on holidays for people with special needs. They have a respite care database for the UK and provide information packs on holidays in the UK and abroad.

Holidays in Britain and Ireland - A Guide for Disabled People

RADAR

12 City Forum
250 City Road
London EC1V 8AF
Tel: 020 7250 3222
Email: radar@radar.org.uk
Web: www.radar.org.uk

This is an annual guide published by RADAR, which lists places to stay throughout the UK and gives details of the services offered for disabled guests at each place. Also includes sections on activity holidays, and voluntary organisations, which organises or provides special holidays, plus many other useful addresses.

MIND: Public Information Service

Granta House
15-19 The Broadway
London E15 4BQ
Tel: 020 8519 2122
Information Line: 020 8522 1728

Produces a holiday breaks factsheet which gives details of organisations and charities that may be able to help financially towards a holiday break.

RADAR (Royal Association for Disability and Rehabilitation)

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

Compiles regularly updated holiday guides and fact sheets including Sport and Outdoor Activity Holidays, Holiday Insurance and Holiday Finance.

Shared Care Network

Norah Fry Research Centre
3 Priory Road
Bristol BS8 1TX
Tel: 0117 928 9814
Email: shared-care@bristol.ac.uk
Web: www.sharedcarenetwork.org.uk

An umbrella organisation that have a listed directory of family based short break services. As produce a book called 'New Horizons – Family Based Short Breaks for People with Autism'.

Stationlink

London Transport Disabled Passengers Unit
55 Broadway
London SW1H 0BD
Tel: 020 7918 3312

This bus service operates between most of London's main British Rail terminal stations and also joins up with the Airbus service to Heathrow Airport from both Victoria and Euston. The buses have no steps and the floors can be lowered to accommodate wheelchairs.

Traveling By Rail

National Rail Enquiries
Tel: 0845 748 4950

There is a Disabled Persons Railcard, which is valid for 12 months and entitles the holder to discounts of up to a third on a range of tickets. If an adult is accompanying the railcard holder they too can travel at the same discounted fare. There is a list of who would qualify, which includes anyone receiving DLA higher rate for help with getting around or in the higher/middle rates for help with personal care.

GRANTS FOR HOLIDAYS

The following offer details on grants available for holidays, or themselves give grants to individuals.

The Galleon Trust

Toynbee Hall
28 Commercial Street
London E1 6LS
Tel: 020 7247 6943

Provides funding for holidays within the UK for individuals or families living within the M25. This covers people in need of a holiday or outing by reason of 'youth, age, infirmity or disablement, poverty or social and economic circumstances'. Applicants should not have had a holiday within the last three years.

The Family Fund Trust

PO Box 50
York YO1 2ZX
Tel: 01904 621 115

The Family Fund may be able to help towards the cost of a modest holiday for families who caring for a child with a severe disability (under the age of 16).

Family Holiday Association

16 Mortimer Street
London W1N 7RD
Tel: 020 7436 3304

Provides grants for low-income families under pressure to enable them to have a one-week break together. Accepts applications from social workers and similar professionals only. Funds are generally exhausted by December.

Handicapped Aid Trust

17 Bowland Place
Lytham Street
Annes
Lancaster FY8 3QJ
Tel: 01253 780 011

Provides help towards the holiday costs of helpers for people with severe disabilities. Support is only available where such costs cannot be met by the helper, or from any other source, and where the person would be unable to go on holiday without a carer. Minimum age of applicants is 17 years old. Funds are limited and applications can only be received from individuals with disabilities or from groups who plan to take a holiday but cannot afford to pay their helper's expenses.

Holiday Care

Contact details as shown earlier. They publish a guide on possible sources of financial help towards the cost of holidays.

Le Fosso

Contact details as shown earlier. Practical and financial help are available from Le Fosso UK.

The Mercer's Company

Mercer's Hall
Ironmonger Lane
London EC2V 8HE
Tel: 020 7726 4991

Sometimes able to make grants towards the costs of a holiday. As the budget for this is limited, grants, if available, are usually between £50 and £100. Applications should be by detailed letter from a social worker, health visitor etc.

Pearson's Holiday Fund

Box 3017
South Croydon
Surrey CR2 9PN
Tel: 020 8657 3053

Supplies funds for children of four-17 years of age whilst on holiday in the UK only. The fund does not deal with the school or child directly, rather through social workers, doctors, health visitors, etc.