

Mencap

Mencap Helpline & Information Service
123 Golden Lane, London EC1Y 0RT
Tel:020 7696 6900/6979

Website: www.mencap.org.uk

email: information@mencap.org.uk

Holiday Resource List

This resource list contains information about holidays for people with learning disabilities, and is divided into a number of headings: financial help towards the cost of a holiday; holiday information providers; holiday insurers; specific holiday locations; activity holidays; self-catering holidays; holidays for adults; holidays for children.

None of these lists constitute any form of recommendation.

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FINANCIAL HELP TOWARDS THE COST OF A HOLIDAY

Applications for financial help should be made direct to the guest's local **Social Services Department** (SSD) before applying to any other agent. This would be on the basis that the holiday constitutes a form of respite care or a short-term break.

Section 47 of the NHS and Community Care Act deals with the right to have the need for services assessed. Among the services included are: holiday provision, and help with, or the provision of transport to, such facilities. You should also point out that the guest is a "disabled person" with a right to be assessed under Section 4 of the 1986 Disabled Persons Act; and that holidays are one of the limited range of services listed in Section 2 [2(1)(f)] of the 1970 Chronically Sick and Disabled Persons Act. If the assessment shows the need for a holiday, then the Local Authority (LA) has to assist in meeting this need. Unfortunately, the fact that you feel a holiday is essential does not guarantee that the LA will take the same view. But you should contact your guest's Social Worker, Health Visitor, etc. immediately, if you wish to apply for funding towards the cost of your guest's fees.

If your guest gets income support (or should be getting it but hasn't claimed yet), it may be possible to get financial help under the heading of "Short Term Break" Services (Local Authorities Carers Strategy Funding). This means that the cost of living away from home for a holiday is treated as the cost of living away from home in residential care. Since a holiday week is a Short Term Break, this is wholly logical.

Under the present rules, existing benefits will be topped up for the successful claimant by the income support residential allowance. This will probably still leave a shortfall, which the LA can be asked to make good with the help of money transferred from Social Security to help fund both Short Term Break and long-term care. Talk to a Social Worker about the LA contribution and to a Welfare Rights Worker or the Benefits Agency (BA) about income support for a Short Term Break/respite care. It is important to make it clear that you are talking about a holiday as a form of Short Term Break/respite care.

The BA will not be interested in funding holidays as such; and the LA does not have the same obligations in relation to Short Term Breaks/respite care that it has in relation to holidays.

The Children Act 1989 contains a parallel statutory scheme for community care for children, which it defines as any person not yet 18 years of age. The Children Act 1989 places upon the LA a duty to provide services for disabled children designed to minimise the effects of their disability and give them (and their families) the opportunity to lead lives as normal as possible. Help with funding for respite care is, however, discretionary.

Under the Carers Act where someone is providing a substantial amount of care to someone on a regular basis, they have the right to ask the LA to also assess their needs in their own right.

Help from other Organisations

It may be possible for you to obtain a grant from local disability organisations e.g. local Mencap Societies, Rotary Clubs, Round Table and Lions Associations. Your local library may have a number of useful resources for you to refer to, including the Charities Digest, which list making bodies under various subject headings.

There are also funds related to where people live, their past or present occupations or professions, Trade Union membership or service in the Armed Forces. Please make enquiries through your Social Worker, Health Visitor or local Citizens Advice Bureau.

The organisations listed below can be approached for **financial help** towards the cost of a holiday, providing certain criteria are met. **This list does not constitute any form of recommendation.**

Adcare Holiday Fund

Administered from Mencap National Centre. Makes grants for or towards the cost of a holiday for individuals (not groups of people) with learning disabilities. Further details of its work can be obtained from the Administrator.

The Holiday Fund Administrator
The Membership Office
Mencap National Centre
123 Golden Lane
London, EC1Y 0RT

Tel: 020 7454 0454
Fax: 020 7696 5548
email:holidayfund@mencap.org.uk

ASBAH - Association for Spina Bifida & Hydrocephalus

Provides services to people with Spina Bifida and/or hydrocephalus and their carers. Aims to keep service users' knowledge up to date, extend their choices and maximise their opportunities for independence. Directs people to

sources of help and can sometimes give direct financial support through grants for special items such as hospital visiting, equipment and holidays.

G Winfield, Information Officer
ASBAH House
42 Park Road
Peterborough, PE1 2UQ
Tel: 01733 555988
Fax: 01733 555985
email: postmaster@asbah.org
Website: www.asbah.org

Camelot Foundation Grants Money

Gives money to support groups of disabled people and other people who need extra support to make their lives easier. The funds come from the Camelot Group that runs the National Lottery but the Camelot Foundation is a separate organisation. The Camelot Foundation can only fund organisations that spend less than £100,000 in a year and have reserves of less than 1 year's running costs. Applications can be made for UK holidays.

Susan Elizabeth
Camelot Foundation
University House
11-13 Lower Grosvenor Place
London, SW1W 0EX
Tel: 020 78286085
Fax: 020 78286087
email: selizabeth@camelotfoundation.org.uk

Children's Head Injury Trust

Set up in 1989 by a group of senior professionals at the Atkinson Morley's Hospital who were aware of the need for knowledge in all areas regarding the effects of traumatic brain damage on the developing brain. Since then it has expanded its aims beyond the focus on research to include the general support of head injured children and their families. Administers a Hardship Fund funded by the National Lottery Charities Board. There are two types of grant available:

Small grants up to £500 for such things as travel to visit a child or of the child to a consultant, holidays, small items of equipment, specialist assessments.

Grants are paid to a third party e.g. Social Services, NHS Fund or firm supplying a service, not paid directly to the family.

Chief Executive
The Radcliffe Infirmary
Woodstock Road
Oxford OX2 6HE
Tel: 01865 552467
Fax: 01865 552467
email: info@cbituk.org

Family Fund Trust (for families with severely disabled children)

An independent organisation registered as a charity and funded entirely by the government. Purpose is to ease the stress on families who care for severely disabled children under 16, by providing grants and information related to the care of the child. Grants given include washing machines, holidays, leisure activities, driving lessons, bedding, clothing and other items related to the care of the child. Further details of the disability and financial guidelines of the Trust are available from the Information Officer. Applications should be made in writing giving the child's full name and date of birth, parent or carer's name and address, brief details of the child's disability and the kind of help requested.

Adam Heaton, Information Officer
PO BOX 50
York, YO1 9ZX
Tel: 01904 621115
Fax: 01904 652625
Minicom: 01904 658085
email: info@familyfundtrust.org.uk
Website: www.familyfundtrust.org.uk

Family Holiday Association

Provides grants to enable families in need to have a holiday.

Sheila Field
16 Mortimer Street
London
W1T 3JL
Tel: 020 7436 3304
Fax: 020 7436 4402
email: info@fhaonline.org.uk
website: www.fhaonline.org.uk

Family Welfare Association

LONDON RESIDENTS ONLY

Holiday grants available for individuals of all ages Priority given to women with children.

Ms. M. Pound
501-505 Kingsland Road
Dalston
Tel: 020 7254 6251
Fax: 020 7249 5443
email: fwa.headoffice@fwa.org.uk

London E8 4AU

Handicapped Aid Trust

(Formerly the IDYP Holiday Fund) - gives financial help towards holiday costs for essential helpers for disabled people.

15 Church Road
Lytham
Lancashire, FY8 5LH
Tel: 01253 796441

National Holiday Fund for Sick & Disabled Children

Provides holidays for terminally ill & temporarily or permanently disabled children.

Maureen Dennis, Office Administrator
Suite 1
Princess House
Princess Parade
New Road
Dagenham
Essex, RM10 9LS
Tel: 020 8595 9624
Fax: 020 8595 9624

Margaret Champney Rest & Holiday Fund

Awards grants to carers for holidays. Applications should come from a professional on the carer's behalf. **Children aged 8-18 years.**

Tom Last, General Manager
9 Burkitt Road
Woodbridge
Suffolk, IP12 4J
Tel: 01394 388746
Fax: 01394 388746
email: ogilviecharities@btconnect.com

Pearsons Holiday Fund

Provides financial grants to assist disadvantaged children aged 4-16 (inclusive) living in the UK to have holidays or take part in similar activities in the UK that take them out of their usual environment. Applications for grants must be submitted by third parties e.g. social workers, health visitors, doctors. Guidance notes for applications available.

Bryan Rogers (The General Secretary)
PO BOX 3017
South Croydon
Surrey, CR2 9PN
Tel: 020 8657 3053

Sickle Cell Society

Provides information, advice and counselling, home and hospital visits, briefing, seminars and training, financial assistance, Educational Grants and holiday and recreational. All holidays are funded by the society. For children only.

Barbara Brewster, Information Officer
54 Station Road
Harlesden
London, NW10 4UA
Tel: 020 8961 7795
Fax: 020 8961 8346
email: sicklecelsoc@btinternet.com
website: sicklecelsoc.org

St Vincent de Paul Society

Provides as wide a service as possible to those in need. Funds can be made available for holidays for children and families in need of a break. (Ozanam Centre in North Wales).

Terry King, Administration Manager
14 Blandford Street
Tel: 020 7935 9126
Fax: 020 7935 9136

Tact

Provides services for people with learning disabilities, some of whom have challenging behaviour, in small group homes, individualised supported living for people in their own homes, day opportunities including supported employment, and a Holiday Respite Scheme for TACT service users and external agencies.

For information on holidays, contact;

Karen Bucton
8 Springwell Court
Leeds, LS12 1AZ

Tel: 0113 242 1388
Fax: 0113 242 1399

INFORMATION ABOUT HOLIDAYS

The following organisations provide **information about holidays** for disabled people. They are not holiday providers. **These are private organisations and this list does not constitute any form of recommendation.**

Access Travel

Provides information about holiday accommodation in Europe, the USA, including Florida, Spain, France, the Canaries, Majorca, Rhodes, the Algarve, Cyprus and Malta.

Access Travel (Lancs) Ltd.
6 The Hillock
Astley
Manchester, M29 7GW

Tel: 01942 888844
Fax: 01942 891811
email: info@access-travel.co.uk
website: www.access-travel.co.uk

Cardiff Visitor Centre (Wales Tourist Board)

The Wales Tourist Board has produced a free booklet entitled 'Discovering Accessible Wales' which aims to give disabled visitors sufficiently detailed and reliable information to make their own holiday choices confidently. It includes not only places appropriate to people who are able to use a wheelchair independently but also for many other people with various levels of impaired mobility. The booklet covers attractions, accommodation and things to see and do throughout Wales.

St David's House East
16 Wood Street
Cardiff
CF10 1ES

Tel: 029 2022 7281
Fax: 029 2023 9162
email: enquiries@cardiffcc.co.uk
website: www.cardiffmarketing.co.uk

Holiday Care

Provides information about all types of holidays for people with special needs, e.g family holidays, group holidays, activity holidays and holidays for unaccompanied children and young adults. The service does not arrange or book holidays, but supplies the information to help enquirers get started.

D. Moore
2nd Floor, Imperial Building
Victoria Road
Horley
Surrey, RH6 7PZ

Helpline/Advice: 01293 774535
Fax: 01293 774535
Minicom: 01293 776943
email: holiday.care@virgin.net
website: holidaycare.org.uk

Phab England

A national charity dedicated to integration of people with and without physical disabilities in the community.

- creates opportunities for people with and without physical disabilities to come together on equal terms.
- helps raise awareness of disability issues and breaks down barriers of embarrassment and prejudice.
- works to give disabled people greater independence and freedom.

Has a network of around 350 integrated junior, youth and adult clubs throughout England. Activities range from sailing and orienteering to theatre visits and quiz evenings. By meeting on equal terms, members appreciate and respect one another as individuals, irrespective of any differences or disabilities. Provides support and services to its affiliated clubs. Also organises integrated events and residential holidays for club members in many parts of the UK and abroad. Additionally, links and exchanges are made with similar groups in Europe and other countries including the U.S.

Philip Lockwood, Director of Operations
Summit House
Wandle Road
Croydon, CR10 1DF

Tel: 020 9667 9443
Fax: 020 8681 1399
email: info@phabengland.org.uk
Website: www.phabengland.org.uk

RADAR-Royal Association for Disability and Rehabilitation

A national organisation run by, and working for, physically disabled people. Information is available on holidays.

Jackie Sinclair
12 City Forum
250 City Road
London
EC1V 8AF

Tel: 020 7250 3222
Fax: 020 7250 0212
Minicom: 020 7250 4119
email: radar@radar.org.uk
website: www.radar.org.uk

Sense (Deaf Blind & Rubella Association)

The national voluntary organisation supporting and campaigning for people who are deafblind, their families, carers and professionals who work with them. People of all ages and with widely varying conditions use Sense's specialist services. Founded as a parent's self-help group in 1955, Sense is now the world's largest organisation working with deafblind people.

Sense runs holiday schemes during the summer for young deafblind people

Colin Anderson
11-13 Clifton Terrace
Finsbury Park
London
N4 3SR

Tel: 020 7272 7774
Fax: 020 7272 6012
Minicom: 020 7272 9648
email: enquiries@sense.org.uk
website: www.sense.org.uk

Accessible Travel & Leisure

(Formerly Wright Way Ltd.)- a travel company which deals exclusively with holidays for disabled people and their companions. Provides tailor-made travel related services for destinations in the UK, including accommodation, transport, guided tours and itinerary planning.

Avionics House
Naas Lane
Quedgeley
Gloucestershire, GL2 4FN

Tel: 0870 2416127

Tripscope

Operates a telephone helpline providing free travel information for people who find travelling difficult due to illness or disability. Covers travel in the UK and abroad. Information is available on a wide range of issues including route planning and venue/public transport accessibility etc.

Alexandra House
Albany Road
Brentford
Middlesex, TW8 0NE

Tel: 020 8580 7021
Helpline/Advice: 08457 58 56 41
Fax: 020 8580 7022
Minicom: 08457 58 56 41
Email: tripscope@cableinet.co.uk
website: justmobility.co.uk/tripscope

HOLIDAY INSURANCE SERVICES

Bishopcourt's AllClear Plus

Offers a specialist package for people with disabilities or existing medical conditions, and can cover medical or hospital expenses; aids and medication, as well as usual holiday cover.

Academy Place
1-9 Brook St
Brentwood
Essex, CM14 5NQ

Tel: 01277 2675840
Mon-Fri 8am-8pm; Sat 9am-4pm
Fax: 01277 267600
Website: www.allclear.co.uk

Fish Insurance

Offers innovative insurance packages tailored specifically for the needs of disabled or elderly people. This includes travel insurance for people with disabilities. Also provides cover on other things such as equipment, car insurance, vehicle adaptations, wheelchairs etc.

Debbie Glover
3-4 Riversway Business Village
Navigation Way
Ashton on Ribble
Preston
Lancashire, PR2 2YP

Tel: 01772 724442
Fax: 01772 733773

J&M Insurance Services (UK) plc

Offer travel insurance packages which are designed for the disabled traveller (Travelbility).

14-16 Guilford Street
London
WC1N 1DX

Tel: 020 7446 7654
Fax: 020 7405 6453
email: jmcommercial@dial.pipex.com

Leisurecare Insurance Services Ltd

Offers the Special Care policy, which is available to travellers up to the age of 59, for European travel only. It is suitable for physically disabled people and people with learning difficulties, as well as anyone with a long term illness (including cancer), or other medical disadvantage which excludes them from standard travel policies. (Insurance of wheelchairs is not included, this must be arranged separately). If a carer/personal assistant (insured with Leisurecare) is taken ill, the emergency service will arrange for a local nurse to assist the disabled person to accompany him/her on the way home.

Century House
100 High Street
Cricklade
Wiltshire, SN6 6AA

Tel: 01793 750150
Fax: 01793 750661

Mobility Information Service

A unique information and assessment organisation covering all aspects of mobility problems connected with disability. Staffed by experts with many years' personal experience in disability problems. Offers a number of services and information on subjects including:

- Driver assessment - Driving after a stroke
- Vehicle adaptations - Information and data packs
- Powered wheelchairs - Insurance advice
- Paved vehicles - Vehicle choice
- Disabled driver road test reports - Travel and ferry concessions

Jean Griffiths
National Mobility Centre
Unit 2B
Greenwood Court
Cartmell Drive
Shrewsbury
Shropshire, SY1 3TB

Tel: 01743 463072
Fax: 01743 463065
email: mis@nmcuk.freereserve.co.uk
website: mis.org.uk

Queen Elizabeth's Foundation Mobility Centre

(Formerly Banstead Mobility Centre) Part of the Queen Elizabeth's Foundation. Provides outdoor mobility information, demonstration, assessment and training for disabled and elderly people.

- Wheelchair Assessment - Transfer Assessment
- Driving School - Information Service
- Courses

Clients may be referred to the centre by their Doctor, Occupational Therapist, Social Worker etc. or they may refer themselves. Anyone may contact the centre by telephone or in writing for general information, but an appointment is necessary before a visit can be made. Information on fees may be obtained from the Mobility Centre. In some cases, the assessment fee, together with associated travel and accommodation costs, have been paid, wholly or in part by Social Services, Insurance Companies, Solicitors, Disability Groups, Motability etc.

Elaine Hayes, Centre Manager
Damson Way
Fountain Drive
Carshalton
Surrey, SM5 4NR

Tel: 020 8770 1151
Fax: 020 8770 1211
email: info@mobility-qe.org
website: www.qefd.org/CENTRES/mobilitycentres

Travelcare Ltd

Offers travel insurance for people with learning disabilities

68 High Street
Chislehurst
BR7 5AQ

Tel: 0800 181532
Fax: 020 8295 1345
email: info@travelcare.co.uk
website: www.travelcare.co.uk

HOLIDAY LOCATIONS

The organisations listed provide holidays for disabled people in **specific locations** mostly around the UK, a few go to Europe, and one to Israel. The Winged Fellowship Trust will organise overseas tours to various places for disabled people.

This list does not constitute any form of recommendation.

Action for Blind People

Offers a variety of services for visually impaired people. Holidays are available in two hotels in the UK which were specially designed for visually impaired people (Russell Hotel, Bognor Regis, **Sussex**, Tel: 01243 823572 and Lauriston Hotel, Weston-Super-Mare **North West Somerset** Tel: 01934 620758) and in mainstream hotels in the **Channel Islands**.

Sandra Hanafin
14-16 Verney Road
London
SE16 3DZ

Tel: 020 7732 8771
Fax: 020 763954900
email: info@evem@afbp.org
website: www.afbp.org

Altiplano

Located at Carteros farm, 7km from the town of Heraklion and 500 m from the sea on the Greek island of Crete, Altiplano offer therapeutic holidays on horseback and the opportunity to participate in a range of farm activities. Holidays are designed specifically for people with learning and physical disabilities.

ALTIPLANO
Perikleous 9
Halandri 15232
Athens
GREECE

Fax: 003010-3603136
or 003010-6840322
email: altipla@otenet.gr
or altiplan@acci.gr

Badaguish Outdoor Centre

A holiday centre providing a variety of fully serviced and equipped log cabin and summer camp accommodation that is available in many combinations to suit organised groups, clubs, schools and youth organisations. Committed to Access for All. A wide choice of outdoor educational activities to suit all levels of ability. Also a respite care activity holiday programme (24 hour care). Applications are welcomed from all ages and abilities. Accommodation can be on a self-catering basis, full board or half board in a variety of buildings (lodges, log cabins, cottages or under canvas) and all buildings are wheelchair accessible. Toilets and shower rooms are all adapted for wheelchair use.

Dylis Stretton
Office Manager
Aviemore
Invernesshire, PH22 1QU

Tel: 01479 861285
Fax: 01479 861258
email: info@badaguish.org

Barrington Farm Holidays

Welcomes guests with learning disabilities, and offers full-board and self-catering holidays. Accommodation is in converted flint farm buildings and form a courtyard of seven cottages. Each cottage has a ground and first floor bedrooms, large shower room with access for the disabled. It has an organic farm and guests are welcome to help on the farm. There is also an art studio which is staffed by artists who will help guests with painting, pottery and weaving.

Walcott
Norfolk, NR12 0PF

Tel: 01692 650707/650330
Fax: 01692 650330

Beudygwyn Farm

Situated two miles from Cemaes Bay on the island of **Anglesey**. Holiday accommodation - two holiday cottages that are fully wheelchair accessible and suitable for families or care agencies responsible for people who have a physical or learning disability.

Carreglefin
Amlwch
Anglesey, LL68 0PR

Tel: 01407 711433
Fax: 01407 711493

Break

A registered charity specialising in holidays for children and adults with learning disabilities, either individually or in groups, with or without accompanying parents/staff. Runs two holiday and short-stay residential care centres in **Norfolk**.

Sarah Holmes
1 Montague Rd
Sheringham
Norfolk, NR26 8LN

Tel: 01263 822161
Fax: 01263 825560

Bruce Trust

Cruising on the **Kennet and Avon canal** for disadvantaged, disabled or elderly people.

Danese Rudd
PO BOX 21
Hungerford
Berkshire, RG17 9YY

Tel: 01672 515498
Fax: 01672 516441
email: bct@brewhaha.demon.co.uk
website: www.brucestrust.org

Calvert Trust - Kielder

Self catering and full board holidays and short breaks for people of all abilities. Designed for holiday makers with special needs, the Calvert Trust complex on the shores of Europe's biggest man-made lake offers a choice of holidays with a wide selection of courses and activities run by highly trained and qualified staff who are always close at hand to ensure safety and enjoyment.

Activities include: sailing and cruising abseiling climbing kayaking archery canoeing
swimming nature trail riding and pony driving -hand cranked bike aromatherapy

Rachel Cowper, Sales Co-ordinator
Kielder Water
Hexham
Northumberland, NE48 1BS

Tel: 01434 250232
Fax: 01434 250015
website: www.calvert-trust.org.uk

Calvert Trust - Exmoor

All on site activities are included in the holiday price and fully qualified, widely experienced instructors are able to cater for all levels of ability. A choice of self-catering or fully catered accommodation is available.

Activities include: canoeing orienteering sailing-coast walks climbing cart rides
horse riding kayaking swimming (indoor pool) archery abseiling bird watching

Wistlandpound
Kentsbury
North Devon, EX31 4SJ

Tel: 01598 763221
Fax: 01598 763221
Minicom: 01598 763221

Calvert Trust - Keswick

Offers outdoor challenge and adventure for people with disabilities, including holidays, education, rehabilitation and personal development courses. Also registered for respite care for children 18+ with Cumbria Social Services. Accommodation is in a converted farmstead. All buildings converted to meet the needs of people with disabilities and there is wheelchair access to all public rooms. A range of domestic aids are available including bath and mobile hoists.

Facilities include: bedrooms with ensuite facilities TV/Video room large games room
Own riding centre and activities staff indoor heated hydrotherapy/swimming pool
quiet room/library Large indoor sports hall with indoor climbing wall

Sporting activities include:

- Fully accessible boathouse, jetty and water activities including Canoeing and Kayaking. Sailing craft range from high speed single handed "Challengers", specially designed for people with a disability, to larger boats, ideal for group work.
- Climbing, abseiling in wheelchairs, hillwalking, orienteering and nature trails.
- Horse riding and driving in wheelchair accessible traps.
- Paragliding and Quad Bikes - flying on a tandem araglider accompanied by a qualified pilot. Quad Bikes can provide access to mountains that would otherwise be inaccessible.
- Mountain biking is possible by combining specially designed 4 wheeled bikes & handcycles.

John Crosbie, Centre Director
Little Crosthwaite
Under Skiddaw
Keswick
Cumbria, CA12 4QD

Tel: 01768 772254
Fax: 01768 771920
Minicom: 01768 772254
email: calvert.keswick@dial.pipex.com
website: calvert-trust.org.uk

Chrysalis Holidays

Provides themed holidays for adults. These vary from adventure camps to music and art weeks, farm or Christmas holidays. Has a property on **Anglesey** that is equipped for people with moderate disabilities. For those with severe disabilities, the company uses other locations especially adapted for one to one care.

13 Winwick Lane
Lowton
Warrington, WA3 1LR

Tel: 01942 671581
email: bill@epiphany.org.uk

Churchtown

Provides outdoor adventure holidays and courses in personal development through environmentally inspired adventure to disabled people of all ages.

David Owens, Director
Churchtown Centre, Outdoor Adventure
Lanlivery
Bodmin
Cornwall, PL30 5BT

Tel: 01208 872148
Fax: 01208 873377
e-mail: churchtown@saqnet.co.uk

Disabled Christian Fellowship

Produces a regular newsletter and runs holidays for disabled people.
Locations include Cheltenham, Babacombe, Torquay, Lancaster & Israel.

Jenny Edwards, Development Officer
Global House
Ashley Avenue
Epsom, KT18 5QT

Tel: 01372 737046
Helpline/Advice: 0845 458 4944

Domaine de la Hamberie

Located in the fertile farmland of the lower Calvados region of **Normandy**, this farmstead offers 3 self-catering gites and four bed and breakfast rooms in the main farmhouse. Between them, the gites can cater for parties of 2 to 25 people. Also offers a swimming pool and private gardens. A book and toy library and washing machine are available and the farmstead has been totally renovated with accessibility in mind with accommodation for 8 to 12 people.

Domaine de la Hamberie
The End Woodend
Shaw
Oldham
OL2 7UR

Tel: 01706 845041
Fax: 01706 854041
email: 106021.1334@compuserve.com
website: www.cheznous.com
or: www.holiday-rentals.co.uk

To view the property on the internet go to: <http://inter-pages.com> select "France" and go to advert Ref No. PLT457 and PTL31

Dukes Barn

Provides adventure education opportunities for all, regardless of age or ability. Offers specialist provision for deaf and disabled people. Staff endeavour to provide a comfortable environment where people feel confident to meet new challenges. Residential and/or day courses available. Courses include a range of outdoor adventure activities delivered by experienced qualified staff to meet the needs of each group. Registered with the Adventure Activities Licensing Authority (01222 75515) as licensed to provide specified activities under the following headings: caving, climbing, trekking and watersports.

School Lane
Beeley
Derbyshire, DE4 2NU

Tel: 01629 733039
Fax: 01629 733319
Minicom: 01629 733319
e-mail: don@dukesbarn.force9.co.uk

Fair Holiday Help for People with Learning Disabilities

Provides lists of holiday locations and providers. Also lists providers of specialist holidays, group holidays and financial information.

Holiday Help Booklet costs £1.75

Family Advice and Information Resource
25/27 West Nicholson Street
Edinburgh, EH8 9DB

Tel: 0131 662 9486
Fax: 0131 662 9486
email: fair@fairadvice.btconnect.com

Gables Multi Activity Holiday Centre

A family run service provider, providing services in a multi disability field. Aims to provide a holiday and respite opportunity where each individual is given a choice in the activities they wish to do. With in-house outdoor activity instructors they offer the following activities: disabled water skiing; horseriding; sailing; swimming; art and crafts; surfing; walking; fishing. All activities and transport included in the price.

Mr J Nicholls, Proprietor
Choice Care Services
The Gables
Newquay Road
Goonhavern
Cornwall, TR4 9QD

Tel: 01872 571030 or 573043
e-mail: choicecareservices@yahoo.com
website: www.choicecareservice.co.uk

Glamorgan Holiday Hotel

A charitable organisation providing a quality holiday with personal care for those people who are elderly and/or disabled. A 24 hour care service is provided which begins prior to arrival. The Hotel is situated on the sea front at **Porthcawl** and is set in its own grounds.

Mr G Jenkins, General Manager
The Square
Porthcawl
Bridgend, CF36 3BW

Tel: 01656 785375

Grooms Holidays

Offer wheelchair friendly holidays at hotels and self catering properties that operate on a non-profit making basis. Self-catering accommodation available in the **Lake District, Essex, Dorset, Lincolnshire, New Forest, Glos, Bognor Regis Calvert Trust, Keswick**. Full details of all accommodation available from either:

50 Scrutton Street
London
EC2A 4XQ
Or:
PO BOX 36
Cowbridge
Vale of Glamorgan, CF71 7GB

Tel: 020 7452 2000
Fax: 020 7452 2001
website: www.johngrooms.org.uk/holidays

Tel: 01446 771311
Fax: 01446 775060

Harbourside Hotel

Recently refurbished to a very high standard and is in compliance with the Disability Discrimination Act. The hotel's many features include:

- Purpose built facilities for semi-ambulant and ambulant guests.
- Lift to all principal floors
- Fully adapted bathing facilities

Harriet Davis Seaside Holiday Trust for Disabled Children

Has two self-catering holiday homes in **Tenby** which are fully equipped and adapted for use by families with disabled children.

John Davis, Trustee
1 Bryncelyn Way
Llangynidr
Crickhowell
Powys, NP8 1LY

Tel: 01874 730500
e-mail: admin@harriet-davis.freeserve.co.uk
website: www.harriet.davis.trust.brecon.co.uk

Hotel Cimon

A small family run hotel providing a variety of holiday breaks and leisure activities for people with learning disabilities. All rooms have colour TV, tea/coffee facilities and en suite bathrooms. Typical cost is from £195 per person, inclusive of B & B and evening meal, coach transport to and from the Hotel, excursions and entertainment, for parties of 30 and over. Contact organisation for quote for packages for groups/smaller parties.

Brian English, Proprietor
82 Abbey Road
Torquay
Devon, TQ2 5NP

Tel: 01803 294454
Fax: 01803 201988
website: www.hotelcimon.co.uk

HYP Holidays

Owns three chalets which are adapted for wheelchair users; one at **Caister, Norfolk**, two at **Camber Sands, East Sussex**. Each unit sleeps six. Prices include Club membership which allows use of chalet park leisure facilities.

4 Hazel Gardens
Woodside
Grays, Essex, RM16 2GA

Tel: 01375 375306

Kensington Foundation Charitable Trust

The Daisy Chain Project provides free accommodation in a purpose built block of 10, 2 bedroom apartments. All apartments have a leisure area with T.V and video, a dining room, fully fitted kitchen, 1 double bedroom with room for a cot, and a single room with either beds or bunkbeds. Week-long holidays run from Monday to Sunday.

Kensington House
2 Langdale Road
Blackpool, Lancashire, FY4 4RT

Tel: 01253 761334

Kingfisher Barn

Located in **Abingdon, Oxfordshire**. All accommodation is wheelchair friendly, with emergency call systems and tracking for hoists in all bedrooms. People with multiple disabilities welcome. Changing rooms fitted with ceiling hoists and the swimming pool has a hydraulic chair. All staff are experienced and a senior staff member is always on call while your group is on the site.

Kingfisher Barn Ltd
Rye Farm
Abingdon OX14 3NN

Tel: 01235 527590
Fax: 01235 527590
email: info@kingfisherbarn.com
website: www.kingfisherbarn.com

Les Grande Mottes

Monastery complex being developed to provide a base for disabled young people and adults for family type holidays in a relaxed atmosphere. **La Chapelle St Laurent (southern France)**.

Helen Grinder
17 Gledhow Ave
Roundhay
Leeds, LS8 1NU

Tel: 0113 - 293 4589

Low Mill

Located in **Askrigg in the Yorkshire Dales National Park**. Offers a wide range of outdoor and indoor activities for all ages and abilities. Staff are used to dealing with special needs groups of all kinds and there is wheelchair access to all facilities and special dormitory provision. Most holidays are for groups of young people but can also cater for adult groups and family groups (including single parent families). The centre has 3 minibuses for use by groups, one adapted for wheelchair users.

Outdoor activities include: Abseiling Canoeing Archery Caving Orienteering
Mountaineering Climbing

Indoor activities include: stage with wheelchair access table tennis
pool table educational resource room sound system darts

Askrigg
Leyburn
North Yorkshire, DL8 3HZ

Tel: 01969 650432
Fax: 01969 650729
e-mail: lowmill@gofree.co.uk

Maison des Landes Hotel, Jersey

A charitable trust, funded by the Lions Club of Jersey, specifically designed for disabled visitors. Excursions and transportation are available.

St Ouen
Jersey
Channel Islands, JE3 2AA

Tel: 01534 481683
Fax: 01534 485327
e-mail: maisonlandes@localdial.com

Nancy Oldfield Trust (Activities for Disabled)

Offers water and land based activities for mentally and physically disabled people of all ages on a residential or day visitor basis. Owns 10 sailing craft. The Centre, a bungalow set in one and a half acres, has a wet dock giving

access to **Barton Broad and the Norfolk Broads** beyond, has a large sitting/lecture room, a disabled friendly kitchen, four bedrooms and three toilet/shower rooms. Wheelchair access throughout.

Robin Slatter
Irstead Road
Neatishead
Norwich, NR12 8BJ

Tel: 01692 630572
Fax: 01692 630572

Options Holiday Club

Organises a wide range of holidays, including canal boats, hotels and self-catering cottages. **Locations include the UK, Florida, Europe and Africa.** Respond to requests and float ideas in their brochure. Provides minimal care but higher levels of care can be provided at extra cost.

Michael Warren
Greyhound Farmhouse
Barnsley
Cirencester
Gloucestershire, GL7 5EF.

Tel: 0700 790348
01285 740434
email: opthols@hotmail.com
website: www.optionsholidays.co.uk

Petty Pool Outdoor Centre

An outdoor centre dedicated to providing holidays of a lifetime to young people with disabilities. Accommodation is in log chalets and meals can be taken in the Benjamin Lodge that comprises a restaurant, lounge and indoor activities. All buildings are wheelchair accessible.

Activities include canoeing, abseiling, orienteering, horseriding, kayaking, team building.

Shiela Jones, Outdoor Centre Manager
Pool Lane
Sandiway
Cheshire, CW8 2DR

Tel: 01606 889097
Fax: 01606 882773

Quay Quest Residential/Respite Centre

Situated on the outskirts of the secluded but very accessible village of **Llansannan**. Local amenities include 2 friendly Inns, shop, post office and cafe. Popular tourist attractions close by include: Welsh Mountain Zoo, Rhyl Sun Centre, Snowdonia Mountain Railway, Llandudno, Boddlywyddan Castle, Conway Castle, Lake Bala etc.

Tom and Val Stratford, Proprietors
The Old School
Llansannan
Denbigh, LL16 5HF

Tel: 01745 870288
e-mail: quayquest@beeb.net

Rocklands Care Holidays

Offer holidays and respite care for people with moderate learning disabilities. Packed full of experiences, the holidays are designed to boost self esteem and foster pride in achievement. All holidays include full board and transport at cost from anywhere in the UK.

Maurice Jordan
Monksweir Hotel
Colwyn Avenue
Rhos-on-Sea
Colwyn Bay, LL28 4NN

Tel: 01492 543590
Fax: 01492 545679

Scout Holiday Homes Trust

Provides self-catering holiday accommodation for families who have members with special needs, including learning disabilities, physical disabilities, stress conditions etc. 15 units on **11 commercial sites around England and Wales**. No scouting connections are necessary.

Lynda Peters, Administrator
Gillwell Park
Chingford
London, E4 7QW

Tel: 020 8433 7100

Special Families Home Swap Register

A non-profit making scheme set up by Charmian Evans in 1997 because of the difficulties she experienced when trying to go on holiday with a disabled child. Members subscribe annually to the register and receive a quarterly

brochure listing homes owned by similarly disabled people. They are then free to make contact with each other and swap their properties as often as they like - on either a home exchange or come and stay basis. There are currently around 50 members, with homes in the **UK, Ireland, the Netherlands, Australia and Canada.**

Supporting 24-7

Specialises in supporting groups of people who have special needs. Develops holidays and day trips for small groups of individuals and can fully support them whilst on activities. If you like to plan your own day trips or holidays, staff and a minibus can be supplied.

Holidays for 2002 include: Winter holiday to Spain in Jan
Visit to Alps in Feb
Trip to France in March

56 Borough Rd
Altrincham
Cheshire, WA15 9RA

Tel: 0161 9417121

Torre Vieja Holiday Apartment

Situated in a privately owned complex 1.5 miles from Torre Vieja town centre, 28 miles south of Alicante on the **Costa Brava, Spain**, sleeps up to 4. Golden Lane Housing is a housing service for people with learning disabilities, working in partnership with Mencap.

Tina Alldrick
Golden Lane Housing
Preston Business Centre
Watling Street Road
Fulwood
Preston, PR2 8DY

Tel: 01772 711141
Fax: 01772 711486

Trevanion House

Provides holidays for adults with learning disabilities. Situated in **Wadebridge, north Cornwall**, they place particular emphasis on enabling visitors to make their own choices about holiday activities, and provide practical support - staff and minibuses etc.

Christine & Michael Todd, Proprietors
Trevanion Road
Wadebridge
Cornwall, PL27 7PA

Tel: 01208 814903
Fax: 01208 816268
Website: www.trevanion.co.uk

Tehidy Holiday Park (Category 2 - English Tourist Board)

Situated in the historic tin mining area of **Cornwall** and near to many good beaches. Two of the bungalows, Badger and Miner, have been adapted for people with disabilities.

Richard and Jennifer Corbett
Harris Mill
Illogan, Redruth
Cornwall TR16 4JQ

Tel: 01209 216489/314558

Trailblazers Wales

Club offering membership to disabled children between 9/14 years throughout Wales. Members have the opportunity to participate in a variety of activities that might otherwise be inaccessible. Membership offered to children who find it difficult to be included in out of school activities for a variety of reasons including physical, emotional, sensory and perceptual difficulties.

Offers a range of activities including sport, leisure, recreation, arts and crafts, drama, hobbies and new untried experiences of their choice which are not always readily available to children with disabilities. A large proportion of the funding for the three year project has been donated by Children in Need, the Wales Region of the Spastics Society and other various agencies. In the future it is hoped Trail Blazers can work in partnership with Local Authorities and they will sponsor places but parents will be required to contribute a small amount.

Neil Taylor, Development Officer
Trailblazers
Scope
The Wharf, Scooner Way
Cardiff, CF10 4EU

Tel: 02920 461703
Fax: 02920 461705

Accessible Travel and Leisure

(Formerly Wright Way Ltd) - a travel company which deals exclusively with holidays for disabled people and their companions. Provides tailor-made travel related services for destinations in the UK, including accommodation, transport, guided tours and itinerary planning.

Avionics House
Naas Lane
Quedegely
Gloucestershire, GL2 EFN

Tel:0870 2416127

Trefoil House Holiday Centre

Large, sensitively adapted mansion in extensive grounds six miles from the centre of Edinburgh.

The Manager
Trefoil House
Gogarbank
Edinburgh, EH12 9DA

Tel: 0131 339 3148
Fax: 0131 317 7271
e-mail: info@trefoil.org.uk
Website: <http://www.trefoil.org.uk>

Ty Glyn Davis Trust Holiday Centre

A purpose built self catering centre for children and young people with disabilities, located just outside Aberaeron in West Wales.

Rosie de Bree, Centre Organiser
Bailliff's House
Llanerchaeron, Ciliau Aeron
Lampeter
Ceredigion, SA48 8DG

Tel: 01545 571604
e-mail: tyglyndavistrust@care4free.net

Winged Fellowship Trust

Aims to provide planned breaks for carers and holidays for people with a physical disability. Has **five purpose-built centres in the UK** where guests can enjoy a break with or without their regular carer. Daily events are organised at each of the centres, including trips to places of interest or shopping, swimming in the centre's indoor heated pool and evening entertainment. Special theme weeks are also organised, including drama, fishing, crafts and music. As well as holidays in the UK, **the Trust also organises trips world-wide.**

Patrick Wallace, Chief Executive
Angel House
20-32 Pentonville Road
London, N1 9XD

Tel: 020 7833 2594
Fax: 020 7278 0370
e-mail: admin@wft.org.uk

ACTIVITY HOLIDAYS

This is a list of private organisations that provide holidays for people with disabilities and should **not be taken as a recommendation.**

The following organisations are those that provide activity holidays of many different varieties, for people with both learning and physical disabilities.

Badaguish Outdoor Centre

A holiday centre, providing a variety of fully serviced and equipped log cabin and summer camp accommodation which is available in many combinations to suit organised groups, clubs, schools and youth organisations. Badaguish is committed to Access For All. Wide choice of outdoor educational activities to suit all levels of ability. Also a respite care activity holiday programme (24 hour care). Applications are welcomed from all ages and abilities.

Penny Lawson/Dylis Stretton
Office Manager
Aviemore
Invernesshire, PH22 1QU

Tel: 01479 861285
Fax: 01479 861258
e-mail: info@badaguish.org

Barrington Farm Holidays

Welcomes guests with learning disabilities. Offers full-board and self catering holidays in converted flint farm buildings, forming a courtyard of seven cottages. Each cottage has ground and first floor bedrooms, large shower room with access for the disabled. It has an organic farm and guests are welcome to help on the farm. There is also an art studio which is staffed by artists who will help guests with painting, pottery and weaving.

Barrington Farm
Walcott
Norwich
Norfolk, NR12 OPF

Tel: 01692 650707/650330
Fax: 01692 650330

Bendrigg Trust

Caters for a wide range of groups and welcome all ages, from young people of primary school age to adults and these groups include:

- colleges and schools
- leaders and teachers on special courses
- people with all levels of learning disabilities
- PHAB clubs
- disabled individuals on 'open' courses
- local and national voluntary societies
- people who are mentally ill
- people with a physical or sensory disability etc

All programmes are individually designed after consultation with the course tutor and may involve some of the following activities:

- canoeing in kayaks or open Canadian craft
- visits to the Lake District and Yorkshire Dales
- caving - all standards including visits to 'show caves'
- adventure courses and aerial
- rock climbing and abseiling ropes
- indoor games, projects and craft
- hill or mountain walks
- camping
- dinghy sailing
- runway
- orienteering and treasure hunts
- archery

Trevor Clarke, The Principal
Bendrigg Lodge
Old Hutton
Kendal
Cumbria, LA8 0NR

Tel: 01539 723766
Fax: 01539 722446
e-mail: bendrigg@msn.com
website: www.bendrigg.org.uk

Breakaway 2000. Adult Placement Services.

Offer people a holiday of their choice. Aims to promote leisure activities to suit individual preferences. All activities are flexible and can be adapted to satisfy needs and tastes. Breakaway do their best to fulfil clients requests. Participants are treated with care and understanding, allowing everyone the opportunity to experience a stimulating and enjoyable holiday. Venues vary from Jersey, to Blackpool to the Algarve in Portugal.

Mary Scurr
34 Victoria Avenue
Harrogate, HG1 5PR

Tel: 01423 529153
e-mail: ba2@atherstone.com
website: www.yorkshire.co.uk/aps

Bruce Wake Charitable Trust

Operates two narrowboats, Charlotte and Alice, specially equipped for disabled passengers. Both are berthed at Upton Marina on the River Severn. Facilities include hydraulic lifts, ceiling hoists, showers with shower wheelchairs, low level windows, wide access ramps, wheelchair access throughout, fingertip control panel, telephone and radio cassette. Hire charges include diesel fuel, calor gas for cooking and heating, and instruction from qualified skipper on the first day of hire.

Ayston
Oakham
Rutland, LE15 9AE

Tel: 01572 822183
Fax: 01572 822183
e-mail: wake@webleicester.co.uk

Calvert Trust – Exmoor

On site activities are included in the holiday price and fully qualified, widely experienced instructors are able to cater for all levels of ability. Activities include:

-Canoeing -Horseshoeing
-Sailing -Climbing
-Swimming (indoor pool) -Abseiling
-Orienteering -Coast Walks
-Cart Rides -Kayaking
-Archery -Birdwatching

A choice of self catering accommodation or full catered accommodation is available.

Wistlandpound
Kentisbury
North Devon, EX31 4SJ

Tel 01598 763221
Fax 01598 763400
Minicom 01598 763221

Calvert Trust – Kielder

Offers self catering and full board holidays and short breaks for people of all abilities. Designed for holidaymakers with special needs, the complex on the shores of Europe's biggest man-made lake offers a choice of holidays with a wide selection of courses and activities run by highly trained and qualified staff who are always close at hand to ensure safety and enjoyment. Activities include:

- sailing and cruising -Climbing
- Riding and Ponydriving -Archery
-Canoeing -Abseiling
-Kayaking -Swimming
-Nature Trail-Hand-cranked bike
-Aromatherapy (at a slight additional charge)

Rachel Cowper
Kielder Water
Hexham
Northumberland, NE48 1BS

Tel 01434 250232
Fax 01434 250015
Website www.calvert-trust.org.uk

Camping and Caravaning Club

Operates a number of sites within the UK, many of which have adapted facilities for people with physical disabilities.

Sites Department
Greenfields House
Westwood Way
Coventry, CV4 8JH

Tel 024 7669 4995
Fax 024 7669 4886
website www.campingandcaravanningclub.co.uk

Chrysalis Holidays

Have a property on Anglesey that is equipped for people with moderate disabilities. For those with severe disabilities the company uses other locations especially adapted for one to one care. Provides themed holidays for adults. These vary from adventure camps to music and art weeks, farm or Christmas holidays.

13 Winwick Lane,
Lowton
Warrington, WA3 1LR

Tel: 01942 671 581
e-mail: bill@epiphany.org.uk

Churchtown

Provides outdoor adventure holidays and courses in personal development through environmentally inspired adventure to disabled people of all ages

David Owens Lanlivery
Bodmin
Cornwall PL30 5BT

Tel 01208 872148
Fax 01208 873377
e-mail churchtown@saqnet.co.uk

Dukes Barn

Provides adventure education opportunities for all, regardless of age or ability. Offers specialist provision for deaf and disabled people. Staff endeavour to provide a comfortable environment where people feel confident to meet new challenges. Residential and/or day courses available, including a range of outdoor adventure activities delivered by experienced qualified staff to meet the needs of each group. Registered with the Adventure Activities Licensing Authority (01222 75515) as licensed to provide specified activities under the following headings: caving, climbing, trekking and watersports.

School Lane
Beeley
Derbyshire DE4 2NU

Tel 01629 733039
Fax 01629 733319
Minicom 01629 733319
e-mail: don@dukesbarn.force9.co.uk

Gables Multi Activity Holiday Centre

A family run service provider, providing services in a multi disability field. Aims to provide a holiday and respite opportunity where each individual is given a choice in the activities they wish to do. With in-house outdoor activity instructors they offer the following activities: disabled water skiing; horseshoeing; sailing; swimming; art and crafts; surfing; walking; fishing. All activities and transport included in the price.

Mr J Nicholls
Choice Care Services
The Gables
Newquay Road
Goonhavern
Cornwall TR4 9QD

Tel: 01872 571030 or 573043
e-mail: choicecareservices@yahoo.com
website: www.choicecareservices.co.uk

Hindleap Warren

Has been providing outdoor activity holidays for children with special needs for twenty years and is the venue for the Actventure holidays. The Centre is nationally recognised as a skilled and experienced provider for young people of all abilities. Abseiling, canoeing, archery and obstacle courses are some of the most popular activities that make up activity programmes; the emphasis is on having fun but also providing children with experiences that are not normally available to them and have an educational benefit.

David Nottidge
Bernard Sunley Outdoor Education Centre
Hindleap Warren
Wych Cross
Forest Row
Sussex, RH18 5JS

Tel 01342 822 625
Fax 01342 822 913

Kingfisher Barn

A renovated 17th century barn with converted stable buildings offering fun and exciting opportunities for people of all abilities. Activities include music, dance, swimming, country walks, aromatherapy, drama, pottery and horseshoeing. Bedrooms have been carefully converted into spacious holiday accommodation, comprising ten bedrooms with en suite bathrooms and are fully accessible and equipped for disabled visitors; including automatic lighting, support rails, emergency call system and a hearing induction loop in the main barn. Also available are three self catering cottages, fully equipped for disabled visitors.

Jonathan Teshola / Liz Beaumont
Rye Farm
Abingdon
Goonhaven
Oxon OX14 3NN

Tel 01235 527590
Fax 01235 537538
website www.kingfisherbarn.com
email: info@kingfisherbarn.com

Low Mill

Located in **Askrigg in the Yorkshire Dales** National Park. Offers a wide range of outdoor and indoor activities for all ages and abilities. Staff are used to dealing with special needs groups of all kinds and there is wheelchair access to all facilities and special dormitory provision. Most holidays are offered for groups of young people but they can also cater for adult groups and family groups (including single parent families). The centre has 3 minibuses for use by groups, one adapted for wheelchair users.

Outdoor activities include:
-Abseiling - Climbing
-Mountain Biking -Archery
-Caving -Orienteering
-Canoeing

Indoor activities include:

-Stage with wheelchair access -Table Tennis
-Pool Table -Educational Resource room
-Sound System -Darts

Askrigg Tel: 01969 650432
Leyburn Fax: 01969 650729
North Yorkshire, DL8 3HZ e-mail: lowmill@gofree.co.uk

Rona Trust (London Sailing Project)

Three modern purpose-built sail training yachts. During April to October each year provides the opportunity to experience a sail training voyage to men aged 14-25 who could not otherwise afford to do so. Also runs mixed individual voyages for the visually impaired, deaf and young people with learning disabilities as well as for schools with pupils with other special needs.

Universal Shipyard Tel 01489 885098
Crableck Lane Fax 01489 579098
Sarisbury Green e-mail: office@ronatrust.com
Southampton, SO31 7ZN website www.ronatrust.com

Nancy Oldfield Trust (Activities for Disabled)

Offers water and land based activities for mentally and physically disabled people of all ages on a residential or day visitor basis. Owns 10 sailing craft. The Centre, a bungalow set in one and a half acres, has a wet dock giving access to **Barton Broad and the Norfolk Broads beyond**, has a large sitting/lecture room, a disabled friendly kitchen, four bedrooms and three toilet/shower rooms. Wheelchair access throughout.

Mr R B Kenyon, Warden Tel: 01692 630572
Irstead Road Fax: 01692 630572
Neatishead
Norwich, NR12 8BJ

Options Holiday Club

Organises a wide range of holidays, including canal boats, hotels, self-catering cottages. Locations include the UK, Florida, Europe and Africa. They respond to requests and float ideas in their brochure. Provides minimal care but higher levels of care can be provided at extra cost.

Michael Warren Tel: 0700 0790348.
Greyhound Farmhouse Tel: 01285 740434
Barnsley email: ophthols@hotmail.com
Cirencester website: www.optionsholidays.co.uk
Gloucestershire, GL7 5EF

Petty Pool Outdoor Centre

An outdoor centre dedicated to providing holidays of a lifetime to young people with disabilities. Accommodation is in log chalets and meals can be taken in the Benjamin Lodge which comprises a restaurant, lounge and indoor activities. All buildings are wheelchair accessible. Activities include canoeing, abseiling, orienteering, horseriding, kayaking, team building.

Steve Manning Tel 01606 889097
Pool Lane Fax 01606 882773
Sandiway
Cheshire, CW8 2DR

Peter Le Marchant Trust

Owens four boats, two of which are used for providing free day outings and holidays on waterways to people of all disabilities and the seriously ill, of all ages.

Day outings £5 Short 4 day holiday £25

Mrs S Stratton Tel 01509 265590
Canalside Moorings, Beeches Road
Loughborough
Leicestershire, LE11 2NS

Red Ridge Outdoor Centre

Offers outdoor pursuits to persons with learning difficulties and much of their work is with special schools, day centres and college special needs departments. Open for holidays and breaks all year and these may be for any duration. Also organise a few weeks during the summer specifically for individuals with moderate learning difficulties to enjoy unaccompanied holidays. Activities include: climbing and abseiling, caving, Canadian canoeing, kayaking and raft building, archery, assault course, zip wire, go-karts, hill walking. Many activities are suitable, or can be adapted, for wheelchair users.

Pete Jones Tel 01938 810821
Cefn Coch Fax 01938 810767
Welshpool
Powys, SY21 OAZ

Riding for the Disabled Association

Aims to provide the opportunity for riding and carriage driving to disabled people who might benefit in their general health and wellbeing. Runs national and local holidays for disabled adults and children throughout the summer months. These provide riders and drivers with a wide choice of possibilities from trekking on the hills to receiving specialised instruction, as well as visiting places of interest, making new friends and generally having fun. They give everyone an opportunity to improve their skills and to get to know more about horse management, in a holiday atmosphere.

W J Davies Tel 024 7669 6510
Lavinia Norfolk House Fax 024 7669 6532
Avenue R website: www.riding-for-disabled.org.uk National
Agricultural Centre

Stoneleigh Park
Warwickshire CV8 2LY

Tehidy Holiday Park

Situated in the historic tin mining area of Cornwall and near to many good beaches. The park lies beside a stream in the wooded Tolskithy Valley with panoramic views of the surrounding countryside and is situated within reach of many activities such as surfing, fishing, wind surfing, sailing, canoeing and horse riding. Within the park there is a children's play area, a shop, television and games room, trampoline and a laundrette.

Richard and Jennifer Corbet Tel 01209 216489
Harris Mill
Illogan, Redruth
Cornwall, TR16 4JQ

Trailblazers Wales

A club offering membership to young disabled children between 9/14 years throughout Wales. Members have the opportunity to participate in a variety of activities which might otherwise be inaccessible to them. Membership offered to children who find it difficult to be included in out of school activities for a variety of reasons including physical, emotional, sensory and perceptual difficulties.

Offers a range of activities including sport, leisure, recreation, arts and crafts, drama, hobbies and new untried experiences of their choice which are not always readily available to children with disabilities. A large proportion of the funding for the three year project has been donated by Children in Need, the Wales Region of the Spastics Society and other various agencies. In the future it is hoped Trail Blazers can work in partnership with Local Authorities and they will sponsor places but parents will be required to contribute a small amount.

Neil Taylor, Development Officer Tel: 02920 461703
Trailblazers Fax: 02920 461705
Scope
The Wharf
Schooner Way
Cardiff, CF10 4EU

Uphill Ski Club of Great Britain (USC)

Offers winter sports activities in Europe and the USA for mentally or physically disabled people. Skiers can also book lessons at the Club's Ski School in the Cairngorm Ski area (01479 861283), Scotland. *The Uphill Ski Yearbook* contains many accounts of skiing/travel experiences, and also includes a list of artificial ski slopes in the UK where sessions for disabled skiers are run on a regular basis. The USC can also offer advice for the independent skier. Further information is available in the Activity Programme, free from the USC office.

Destinations for the ski season include Europe, Scotland, and the USA. Note: these holidays are booked up very quickly (information is sent out in August/September each year).

Cairngorm Mountain Area
Cairngorm
Aviemore
Invernesshire, PH22 1RB

Tel: 01479 861272

SELF-CATERING HOLIDAYS

This is a list of organisations that provide **self-catering** holidays, to groups or families. **This list should not be considered as any form of recommendation.**

Badaguish Outdoor Centre

A holiday centre providing a variety of fully serviced and equipped log cabin and summer camp accommodation which is available in many combinations to suit organised groups, clubs, schools and youth organisations. It is committed to Access For All. There is a wide choice of outdoor educational activities to suit all levels of ability. There is also a respite care activity holiday programme (24 hour care). Applications are welcomed from all ages and abilities. Accommodation can be on a self-catering basis, full board or half board in a variety of buildings (lodges, log cabins, cottages or under canvas) and all buildings are wheelchair accessible. Toilets and shower rooms are all adapted for wheelchair use.

Penny Lawson/Dylis Stretton
Office Manager
Aviemore
Invernesshire, PH22 1QU

Tel: 01479 861285
Fax: 01479 861258
e-mail: badaguish@cali.co.uk

Calvert Trust – Exmoor

All on site activities are included in the holiday price and fully qualified, widely experienced instructors are able to cater for all levels of ability. A choice of self-catering or fully catered accommodation is available.

Activities include:

- | | | | |
|--------------------------|----------------|----------------|-----------------|
| - canoeing | - orienteering | - sailing | - coast walks |
| - climbing | - cart rides | - horse riding | - kayaking |
| - swimming (indoor pool) | - archery | - abseiling | - bird watching |

Wistlandpound
Kentisbury
North Devon, EX31 4S

Tel: 01598 763221
Fax: 01598 763400
Minicom: 01598 763221

Chrysalis Holidays

Provides themed holidays for adults. These vary from adventure camps to music and art weeks, farm or christmas holidays. Has a property on **Anglesey** that is equipped for people with moderate disabilities. For those with severe disabilities the company uses other locations especially adapted for one to one care.

13 Winwick Lane
Lowton
Warrington WA3 1LR

Tel: 01942 671 581
e-mail: bill@epiphany.org.uk

Grooms Holidays

Offer wheelchair friendly holidays at hotels and self catering properties that operate on a non-profit making basis. All hotels are accessible to independent wheelchair users. Self-catering accommodation in the **Lake District, Essex, Dorset, Lincolnshire, New Forest, Glos, Bognor Regis Calvert Trust, Keswick**. Full details of all accommodation available from either:

50 Scrutton Street
London, EC2A 4XQ
OR
PO BOX 36
Cowbridge
Vale of Glamorgan, CF71 7GB

Tel: 020 7452 2000
Fax: 020 7452 2001

Tel: 01446 771311
Fax: 01446 775060

Special Farms Trust

A house exchange scheme (or hospitality exchange) whereby families in the UK can exchange their homes with one another for holidays. Many of the homes listed would be fully adapted.

Erme House
Station Road
Plympton
Plymouth PL7 3AU

Tel: 01752 346861

Holiday Endeavour for Lone Parents (HELP)

A non profit making charity run mainly by people who are or have been lone parents. Dedicated to providing high quality, low cost half board, full board & self catering accommodation with entertainment packages which will allow any lone parent family to both afford and enjoy a family holiday. Holidays are for lone parents who have children under the age of 18.

Mrs B. Quinton
57 Owston Road
Carcroft, Doncaster
South Yorkshire, DN6 8DA

Tel: 01302 728791
Fax: 01302 728791

HYP Holidays

Owens three chalets which are adapted for wheelchair users; one at Caister, Norfolk and two at Camber Sands, East Sussex. Each unit sleeps six. Prices include Club membership which allows use of chalet park leisure facilities

4 Hazel Gardens
Woodside
Grays, Essex RM16 2GA

Tel: 01375 375306

Scout Holiday Homes Trust

Self-catering holiday accommodation for families who have members with special needs, including learning disabilities, physical disabilities, stress conditions etc. There are 15 units on 11 commercial sites around England and Wales. No scouting connections necessary.

Lynda Peters
Holiday Homes Trust
Gilwell Park, Bury Road
Chingford, London, E4 7QW

Tel: 020 8433 7290

Stackpole Centre

Holidays for special needs families & groups; on a self-catering, half-board and full board basis.

Home Farm
Stackpole, Pembroke
Pembrokeshire SA71 5DQ

Tel 01646 661425

Ty Glyn Davis Trust Holiday Centre

A purpose built self catering centre for children and young people with disabilities, located just outside Aberaeron in West Wales.

Bailiff's House
Llanervchaeron
Lampeter, Ceredigion
Wales, SA48 8DG

Tel: 01545 571604
e-mail: tyglyndavistrust@care4free.net

HOLIDAYS FOR ADULTS

The following is a list of private organisations that provide a variety of holidays for **adults**. **This list should not be considered as any form of recommendation.**

BREAK

Holidays for children & adults with learning disabilities, individually or in groups, with or without accompanying parents/staff. Two holiday and short-stay residential care centres in Norfolk.

Sarah Holmes
Advertising and Publicity Officer
1 Montague Road
Sheringham
Norfolk, NR26 8LN

Tel: 01263 822161
Fax: 01263 8225560

Chrysalis Holidays

Themed holidays for adults, varying from adventure camps to music and art weeks, farm or Christmas holidays. Has a property on **Anglesey** equipped for those with moderate disabilities. For those with severe disabilities uses other locations especially adapted for one to one care.

13 Winwick Lane
Lowton
Warrington, WA3 1LR.

Tel: 01942 671 581
e-mail: bill@epiphany.org.uk

Glamorgan Holiday Hotel

A charitable organisation providing a quality holiday with personal care for those people who are elderly and/or disabled. A 24 hour care service is provided which begins prior to arrival. The Hotel is situated on the sea front at **Porthcawl** and is set in its own grounds.

Mrs P. Lloyd, Registered Manager
The Square
Porthcawl
Bridgend CF36 3BW

Tel: 01656 785375

Trevanion House

Holidays for adults with learning disabilities. Situated in **Wadebridge**, north Cornwall. Place particular emphasis on enabling visitors to make their own choices about holiday activities, and provide practical support - staff and minibuses - so that such preferences may be realised.

Christine & Michael Todd
Trevanion Road
Wadebridge
Cornwall PL27 7PA

Tel: 01208 814903
Fax: 01208 816268
Website: www.trevanion.co.uk

Trefoil House Holiday Centre

Trefoil House Holiday Centre for people with disabilities, is a large, sensitively adapted mansion standing in extensive grounds six miles from the centre of Edinburgh.

The Manager
Trefoil House
Gogarbank
Edinburgh EH12 9DA

Tel: 0131 339 3148
Fax: 0131 317 7271
e-mail: info@trefoil.org.uk
Website: www.trefoil.org.uk

HOLIDAYS FOR CHILDREN

The holiday providers listed below are private organisations and this list does **not constitute any recommendations**. This is a list of organisations that provides holidays specifically for **children**

BREAK

A registered charity specialising in holidays for children and adults with learning disabilities, either individually or in groups, with or without accompanying parents/staff. Runs two holiday and short-stay residential care centres in **Norfolk**.

Sarah Holmes
Advertising and Publicity Officer
1 Montague Road
Sheringham
Norfolk, NR26 8LN

Tel: 01263 822161
Fax: 01263 8225560

Harriet Davis Seaside Holiday Trust for Disabled Children

Has three self-catering holiday homes in Tenby which are fully equipped and adapted for use by families with disabled children.

John Davis
1 Bryncelyn Way
Llangynidr
Crickhowell
Powys, NP8 1LY

Tel: 01874 730500
e-mail: admin@harriet-davis-brecon.co.uk
Website: www.harriet-davis-trust-brecon.co.uk

Hindleap Warren

Has been providing outdoor activity holidays for children with special needs for twenty years and is the venue for the Adventure holidays. The Centre is nationally recognised as a skilled and experienced provider for young people of all abilities. Abseiling, canoeing, archery and obstacle courses are some of the most popular activities that make up activity programmes; the emphasis is on having fun but also providing children with experiences that are not normally available to them and have an educational benefit.

David Nottidge
Bernard Sunley Outdoor Education Centre
Hindleap Warren
Wych Cross
Forest Row
Sussex, RH18 5JS

Tel: 01342 822 625
Fax: 01342 822 913

Holiday Endeavour for Lone Parents (HELP)

A non profit making charity run mainly by people who are or have been lone parents. They are dedicated to providing high quality, low cost half board, full board & self catering accommodation with entertainment packages which will allow any lone parent family to both afford and enjoy a family holiday. Holidays are for lone parents who have children under the age of 18.

Mrs B. Quinton
57 Owston Road
Carcroft
Doncaster
South Yorkshire, DN6 8DA

Tel: 01302 728791
Fax: 01302 728791

KIDS

A national charity dedicated to providing direct services to children with disabilities and their families. A wide variety of services have been developed in partnership with parents and carers. These include Education Services to the Under 5's, play and leisure activities, Family support (including respite) schemes and information, advice and training.

Sue Cox
KIDS National Office
6 Aztec Row
Berners Road
London, N1 0PW

Tel: 020 7359 3635
Fax: 020 7359 8238
e-mail: nat.off@kids-online.org.uk
Website: www.kids-online.org.uk

Ty Glyn Davis Trust Holiday Centre

A purpose built self catering centre for children and young people with disabilities, located just outside Aberaeron in West Wales.

Rosie de Bree
Bailliff's House
Llanerchaeron
Cilianfaeron
Lampeter
Cerdigion
Wales, SA48 8DG

Tel: 01545 571604
email: tyglyndavistrust@care4free.net

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