

# **HOLIDAY INFORMATION PACK**

**Holiday information for people with neurological  
conditions and their families, friends and carers**



# FOREWORD

Welcome to the latest edition of The Brain Charity's Holiday Pack, produced for summer 2020.

This document couldn't have been released at a more pertinent but problematic time – we understand while some people have never been more desperate for a holiday after four months of lockdown, others are hesitant about returning to life as we knew it before Covid-19. Either way, there are still stringent restrictions in place around travel, and safety concerns to be aware of.

As it stands, most hotels, B&Bs, caravan parks and campsites in England, Scotland and Wales have now been permitted to reopen, meaning British 'staycations' are back on the cards.

Internationally, the UK government recently updated its advice against all non-essential travel to exempt summer holiday hotspots like France and Greece, stating visits to these countries 'no longer pose a high risk' for British travellers. But the government does continue to advise against non-essential international travel to any other countries not included on that list, and against all cruise ship travel. You can view the full list of exempt countries here: [www.gov.uk/guidance/coronavirus-covid-19-countries-and-territories-exempt-from-advice-against-all-but-essential-international-travel](https://www.gov.uk/guidance/coronavirus-covid-19-countries-and-territories-exempt-from-advice-against-all-but-essential-international-travel)

If they're not returning from one of those exempt countries, passengers arriving in the UK by plane, ferry or train – including UK nationals – are being asked to self-isolate for 14 days, depending on the country they are arriving from. Travellers can be fined £100 for failing to comply.

Before booking a trip, you should consider whether it is appropriate for you to travel at this time, as no form of travel is currently completely risk-free. Are you still shielding or in a vulnerable category? Will you be staying with someone else in your household or 'bubble' during your trip? If not, are you able to satisfactorily socially distance and stay more than one metre from your companion, and other members of the public you might encounter on the holiday, at all times? Do you have extra safety precautions you can put in place, such as PPE to wear? Do you feel mentally ready to face the world outside your door once more, if you haven't left your home or local area during lockdown?





These are all considerations only you can make, based on your individual circumstances – our job is to give you the most accurate, up-to-date information available to us at this time.

Please ensure you keep up to date with the latest advice at the websites below, and where possible, only book options with a full free cancellation policy. Before making a payment, think carefully before booking about the financial ramifications should there be a second wave, and ensure your travel insurance covers you for the additional flights and accommodation you may need to book should this be the case. Travel disruption is still possible, and new national lockdowns and virus control measures may be brought in with little notice.

From all of us at The Brain Charity, stay safe, and if you do choose to go away this year – enjoy the relaxation it brings.

All the best,

Tui

Tui Benjamin, Head of Communications at The Brain Charity



## **HOLIDAY INFORMATION PACK**

# **CONTENTS**

<b>Information Services</b>	<b>1</b>
<b>Information Resources</b>	<b>2</b>
<b>UK Charities</b>	<b>3</b>
<b>UK Commercial Holidays</b>	<b>5</b>
<b>UK Breaks</b>	<b>7</b>
<b>International Breaks</b>	<b>8</b>
<b>UK Activity Holidays</b>	<b>9</b>
<b>Specialised Holidays</b>	<b>11</b>
<b>Holiday Insurance</b>	<b>12</b>
<b>Funding for Holidays</b>	<b>14</b>
<b>Booklist</b>	<b>16</b>





# Information Services

## **The Brain Charity**

This holiday information pack is an example of the type of information The Brain Charity can provide. There is a library where there is information on a wide range of neurological conditions and information about holidays for people with disabilities. Please ring before you want to visit the library to ensure there will be someone available to help you with your enquiry.

The Brain Charity, Norton Street, Liverpool L3 8LR [www.thebraincharity.org.uk](http://www.thebraincharity.org.uk)  
[info@thebraincharity.org.uk](mailto:info@thebraincharity.org.uk) 0151 298 2999

## **Tourism For All**

The UK's central source of travel and holiday information and support for disabled and older people, their families, friends and carers. They also publish a range of factsheets.

0845 124 9971 [www.tourismforall.org.uk](http://www.tourismforall.org.uk) [info@tourismforall.org.uk](mailto:info@tourismforall.org.uk)

## **Travel advice: coronavirus (Gov UK, June 2020)**

<https://www.gov.uk/guidance/travel-advice-novel-coronavirus>

## **Coronavirus advice for customers ( Association of British Travel Agents, June 2020)**

<https://www.abta.com/news/coronavirus-outbreak>

## **Can I go on holiday in the UK? (Visit England, June 2020)**

<https://www.visitengland.com/know-before-you-go-map>

## **Travel insurance and Covid updates (Association of British Insurers)**

<https://www.abi.org.uk/products-and-issues/topics-and-issues/coronavirus-hub/travel-insurance/>



# Online Information Resources

## **Accessible - Travel Source**

Database of information on accessible accommodation, attractions and destinations.

Tel: 01438 842 710 [www.accessable.co.uk](http://www.accessable.co.uk)

## **Accessible Property Register**

Wheelchair accessible accommodation and holiday homes.

Tel: 0800 368 9228 [www.accessible-property.org.uk](http://www.accessible-property.org.uk)  
[info@accessible-property.org.uk](mailto:info@accessible-property.org.uk)

## **Deaftravel**

Provides travel information and advice for Deaf people travelling independently abroad.

[www.deaftravel.co.uk](http://www.deaftravel.co.uk)

## **AccessAble**

National accessibility project providing information about access to venues in towns and cities across the UK. [www.disabledgo.com](http://www.disabledgo.com)

## **Disabled Holiday Directory**

Lists accessible holiday properties.

Tel: 0161 804 9898 [www.disabledholidaydirectory.co.uk](http://www.disabledholidaydirectory.co.uk)

## **The Good Access Guide**

A unique directory of accessible leisure pursuits, holidays and travel, transport, mobility products, and daily living services for disabled people, their families and friends. Tel: 01502 806 706 [www.goodaccessguide.co.uk](http://www.goodaccessguide.co.uk)

## **Spinal Injuries Association**

Have a holiday section on their website with information about holidays in the UK and abroad. Details of accessible accommodation, handy tips and advice on planning a trip.

[www.spinal.co.uk/page/holidays](http://www.spinal.co.uk/page/holidays) Tel: 01908 604 191

## **Youreable.com**

Online community of and for disabled people.

[www.youreable.com](http://www.youreable.com)

# UK Charities

## 3h Fund

Organises subsidised group holidays for physically disabled children and adults with the support of volunteer helpers. Provides grants to families on low income with a physically or mentally disabled dependent to have a modest UK holiday break.

3H Fund, Unit B2, Speldhurst Business Park, Langton Road, Speldhurst, Tunbridge Wells, Kent TN3 0AQ

Tel: [01892 860207](tel:01892860207) [www.3hfund.org.uk](http://www.3hfund.org.uk) [info@3hfund.org.uk](mailto:info@3hfund.org.uk)

## The Bendrigg Trust

Specialises in courses and activities for disabled people.

The Bendrigg Trust, Bendrigg Lodge, Old Hutton, Kendal, Cumbria LA8 0NR

Tel: [01539 723766](tel:01539723766) [www.bendrigg.org.uk](http://www.bendrigg.org.uk) [office@bendrigg.org.uk](mailto:office@bendrigg.org.uk)

## HCPT

Each year during Easter Week HCPT takes around 2,000 children with disabilities on a pilgrimage holiday to Lourdes. There are also groups for adults April-Oct.

HCPT The Pilgrimage Trust, Oakfield Park, 32 Bilton Road, Rugby, Warwickshire CV22 7HQ

Tel: [01788 564646](tel:01788564646) [www.hcpt.org.uk](http://www.hcpt.org.uk) [hq@hcpt.org.uk](mailto:hq@hcpt.org.uk)

## Across Charity

Run weekly pilgrimages by Jumbulance to Lourdes between Easter and November, as well as European holidays.

ACROSS, St Mark's Community Centre, 218 Tollgate Road, Beckton, E6 5YA

[020 3542 1800](tel:02035421800) [www.across.org.uk](http://www.across.org.uk) [contactus@across.org.uk](mailto:contactus@across.org.uk) Merseyside, Cheshire St Helens and Wigan contact Tony Murphy [07881656974](tel:07881656974)

## PHAB LTD

Phab Ltd has a network of clubs throughout England run by disabled and non-disabled people. Phab centrally organises holidays for youngsters during the summer break.

Summit House, 50 Wandle Road, Croydon, Surrey, CR0 1DF

Tel: [020 8667 9443](tel:02086679443) [www.phab.org.uk](http://www.phab.org.uk) [info@phab.org.uk](mailto:info@phab.org.uk)

Regional officer (North): [rebecca.hargreaves@phab.org.uk](mailto:rebecca.hargreaves@phab.org.uk) [01254 824 784](tel:01254824784) option

# UK Charities

## Park House Hotel

Park House is run by the Leonard Cheshire Foundation as a country house hotel for disabled people and their companions. 24-hour nursing care is provided.

Park House Hotel, Sandringham, King's Lynn, Norfolk PE35 6EH

Tel: [02032420200](tel:02032420200) [www.parkhousehotel.org.uk](http://www.parkhousehotel.org.uk) [parkinfo@leonardcheshire.org](mailto:parkinfo@leonardcheshire.org)

## Holiday Homes Trust

Accessible accommodation for families or individuals who are disadvantaged whether through disability, income or circumstances.

The Holiday Homes Trust, Gilwell Park, Chingford London E4 7QW

Office hours 08:30am -1:30pm Monday – Friday

Tel: [0208 433 7290](tel:02084337290) OR [020 8433 7291](tel:02084337291) [www.holidayhomestrust.org](http://www.holidayhomestrust.org)

## Stackpole Trust

Provides self-catering, active holidays for families, or groups, which include people with severe disabilities. They have a hydrotherapy pool and leisure facilities on site including music, art and theatre workshops.

Stackpole, near Pembroke, Pembrokeshire, SA71 5DQ

Tel: [01646 623110](tel:01646623110)

[www.nationaltrust.org.uk/stackpole](http://www.nationaltrust.org.uk/stackpole) [stackpole@nationaltrust.org.uk](mailto:stackpole@nationaltrust.org.uk)

## Revitalise

Revitalise provides respite holiday care.

An example of the Trust's holiday breaks is Sandpipers, in Southport.

Sandpipers: Tel: [01704 538 388](tel:01704538388)

Head office: 212 Business Design Centre, 52 Upper Street, London N1 0QH

Tel: [0303 303 0145](tel:03033030145) [www.revitalise.org.uk](http://www.revitalise.org.uk) [info@revitalise.org.uk](mailto:info@revitalise.org.uk)





# UK Commercial Holiday Providers

## Accessible Travel and Leisure

Accessible holidays and travel for wheelchair users, slow walkers, mature travellers, their families and friends.

Accessible Travel and Leisure, Avionics House, Newhaven Road, Kingsway Business Park, Quedgeley, Gloucester GL2 2SN

Tel: 01452 729 739 [www.accessibletravel.co.uk](http://www.accessibletravel.co.uk) [info@accessibletravel.co.uk](mailto:info@accessibletravel.co.uk)

## Limitless travel

Provides information about accessible properties and can discuss with you the suitability of a holiday, information about special aids and nursing and care services.

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

Tel: 08007117135 [www.access-travel.co.uk](http://www.access-travel.co.uk) [office@access-travel.co.uk](mailto:office@access-travel.co.uk)

## Can Be Done

Can Be Done can book your accommodation, flights, Eurostar, Eurotunnel, ferries, car hire or your whole itinerary.

Can Be Done, Congress House, 14 Lyon Road, Harrow, HA1 2EN

Tel: 020 8907 2400 [www.canbedone.co.uk](http://www.canbedone.co.uk) [holidays@canbedone.co.uk](mailto:holidays@canbedone.co.uk)

## Enable Holidays

Personally audited and carefully selected range of accessible holidays in Florida, Spain, Majorca, Canary Islands, Portugal, Cyprus, and the Greek Islands. Enable Holidays Ltd, 108/109B, The Big Peg, 120 Vyse St, Birmingham, B18 6ND

Tel: 0161 713 3323 [www.enableholidays.com](http://www.enableholidays.com) [info@enableholidays.com](mailto:info@enableholidays.com)

## Options Holidays

A not-for-profit organisation running escorted traditional-style holidays for adults with learning difficulties.

Options Holidays, Greyhound Farm House, Cirencester, RGL7 5EF

Tel: 01285 740491 [www.optionsholidays.co.uk](http://www.optionsholidays.co.uk) [office@optionsholidays.co.uk](mailto:office@optionsholidays.co.uk)

# UK Commercial Holiday Providers

## **Traveleyes**

International Travel Company that specialises in world holidays for both visually impaired and sighted travellers.

Traveleyes Ltd, PO Box 511, Leeds LS5 3JT

Tel: +44 (0)113 834 6094 [www.traveleyes-international.com](http://www.traveleyes-international.com)

## **Chrysalis Holidays**

Chrysalis provides supported holidays in the UK and overseas for people with learning disabilities. Providing fun, educational and exciting activities.

Chrysalis Holidays, St David's Office, Park Road South, Newton le Willows, WA12 8EY

Tel: 01925 220179 [www.chrysalisholidays.co.uk](http://www.chrysalisholidays.co.uk)

[admin@chrysalisholidays.co.uk](mailto:admin@chrysalisholidays.co.uk)



# UK Breaks

## Bond Holidays

Holidays for people with disabilities, special needs, carers, friends and relatives. Two hotels in Blackpool and St Annes and luxury holiday homes at Marton Mere holiday park near Blackpool.

The Bond Hotel, 120 Bond Street, Blackpool, Lancashire, FY4 1HG

Tel: 01253 341 218 [www.bondhotel.co.uk](http://www.bondhotel.co.uk) [sales@bondhotel.co.uk](mailto:sales@bondhotel.co.uk)

## Gaer Cottages

Committed to Tourism For All, six of the nine cottages are suitable for visitors with limited mobility and welcome individuals, families and groups.

Gaer Cottages, Cribyn, Lampeter, Cardiganshire, SA48 7LZ

Tel: 01570 470 275 [www.selfcateringinfo.co.uk](http://www.selfcateringinfo.co.uk)

[member@gaer.fsnet.co.uk](mailto:member@gaer.fsnet.co.uk)

## Irton House Farm

Irton House Farm is set in 240 acres of pasture and woodland and commands probably

one of the finest views to be found in the Northern Lakes

Irton House Farm, Isel, Cockermouth, Cumbria CA13 9ST.

Tel: 01768 776380 <http://irtonhousefarm.co.uk/> [lin@irtonhousefarm.co.uk](mailto:lin@irtonhousefarm.co.uk)

## Joey Dunlop Foundation Holiday Home

The Joey Dunlop Foundation (established 2001) is an Isle of Man Charity whose main aim has always been to create specialist accommodation that will open up the Isle of Man to visitors with disability.

Bookings and enquires to Bruce Baker (Trustee and Chairman)

Tel: 01624 6777 41 [info@joeydunlopfoundation.com](mailto:info@joeydunlopfoundation.com)

[www.joeydunlopfoundation.com](http://www.joeydunlopfoundation.com)

## The Ty Glyn Davies Trust

A unique self-catering holiday centre and gardens for people with special needs. Centre address: The Ty Glyn Davis Trust Holiday Centre and Gardens, Ciliau Aeron, Lampeter, Ceredigion, Wales, SA48 8DE  
Administration address: The Old Farmhouse, Esgair Arth, Pennant, Llanon, Ceredigion, Wales, SY23 5JL

Tel: 0345 094 4364 Web: [www.tyglyndavistrust.co.uk](http://www.tyglyndavistrust.co.uk)



# International Breaks

## **I Need a Holiday Too**

Accessible Boating Association

Canal boat holidays for people with disabilities and their carers.

Tel: +44-(0)7934 926683 [www.accessibleboating.org.uk](http://www.accessibleboating.org.uk)



# UK Activity Holidays

## **Accessible Boating Association**

Canal boat holidays for people with disabilities and their carers.

Tel: 07934 926683 [www.accessibleboating.org.uk](http://www.accessibleboating.org.uk)

## **Bruce Wake Charitable Trust**

The provision of canal and river holidays for people with disabilities.

PO Box 9335, Oakham, Rutland, LE15 0ET

Tel: 0344 879 3349 [www.brucewaketrust.co.uk](http://www.brucewaketrust.co.uk)

## **Disability Snowsport UK**

Disability Snowsport UK is a people-centred organisation with a unique sense of purpose: that anyone regardless of their disability can take part in and enjoy the thrill of snowsports.

Disability Snowsport UK, Glenmore Grounds, Aviemore, PH22 1QU

Tel: 01479 861272 [rachel.sinclair@disabilitysnowsport.org.uk](mailto:rachel.sinclair@disabilitysnowsport.org.uk)

[www.disabilitysnowsport.org.uk](http://www.disabilitysnowsport.org.uk)

## **The Kingcombe Centre**

Provides holidays and courses.

Dorset Wildlife Trust, The Kingcombe Centre, Toller Porcorum, Dorchester, Dorset, DT2 0EQ

Tel: 01300 320684 [www.kingcombe.org](http://www.kingcombe.org)

[kingcombe@dorsetwildlifetrust.org.uk](mailto:kingcombe@dorsetwildlifetrust.org.uk)

## **The Jubilee Sailing Trust**

Adventure sailing for able-bodied and disabled people.

Jubilee Sailing Trust, 12 Hazel Road, Woolston, Southampton S019 7GA

Tel: 023 8044 9108 [www.jst.org.uk](http://www.jst.org.uk)

## **The Lyneal Trust**

The Lyneal Trust offers canal boat and cottage holidays in beautiful Shropshire for people with disabilities, illness or injury, or any other vulnerability and their family, friends and carers who may accompany them.

Lyneal Cottage, Lyneal Wharf, Ellesmere, Shropshire, SY12 0LQ Tel:

Tel: 01948 710708 [www.lyneal-trust.org.uk](http://www.lyneal-trust.org.uk)



# UK Activity Holidays

## **The Vale of Llangollen Canal Boat Trust**

Canal boating for people with disabilities

The Vale of Llangollen Canal Boat Trust, The Old Armoury, 2 Berwyn Street, Llangollen, Denbighshire, LL20 8NF

Tel: 01978 861450 [www.vlcbt.org.uk](http://www.vlcbt.org.uk)

## **The Wirral Community Narrowboat Trust**

Two narrow boats provide a year round service to user organisations ranging from The Alzheimer's Disease Society to the Zipper Clubs, covering young persons and senior citizen groups, special schools, hospitals and hospices.

Wirral Community Narrowboat Trust, c/o Hillyer McKeown, 1 Hamilton Square, Birkenhead, Wirral, CH41 6AU

Tel: 0151 647 6300 [www.wirralnarrowboats.com](http://www.wirralnarrowboats.com)





# Specialised Holidays

## Age UK Holidays

Age UK have partnered with Silver Travel Advisor, the travel review and information site for mature travellers aged 50+ to bring a selection of holiday suggestions and special offers.

Tel: 0800 678 1602 OR 0800 169 8787

[www.ageuk.org.uk/products/holidays--travel](http://www.ageuk.org.uk/products/holidays--travel)

## The Back-Up Trust

A national charity for spinally injured men and women.

Back-Up, 4 Knightly Walk, London, SW18 1GZ

Tel: 20 8875 1805 [www.backuptrust.org.uk](http://www.backuptrust.org.uk) [admin@backuptrust.org.uk](mailto:admin@backuptrust.org.uk)

## The Caravan and Motorhome Club

Have a list of sites that have facilities for disabled people.

The Caravan Club, East Grinstead House, East Grinstead, West Sussex, RH19 1UA

Tel: 01342 326 944 [www.caravanclub.co.uk](http://www.caravanclub.co.uk) [enquiries@camc.com](mailto:enquiries@camc.com)



# Holiday Insurance

## Higos Insurance Services Ltd

Higos Insurance Services Ltd, 2nd Floor, 50 Fenchurch Street, London, EC3M 3JY

Tel: 01749 834 500 [enquiries@higos.co.uk](mailto:enquiries@higos.co.uk) [www.higos.co.uk/travel](http://www.higos.co.uk/travel)

## Saga Insurance

Tel: 0800 068 3317 [www.saga.co.uk/insurance](http://www.saga.co.uk/insurance)

## Stroke Association

The Stroke Association is an Introducer Appointed Representative of AllClear Insurance Services Limited

Tel: 0808 168 8711

[www.stroke.org.uk/finding-support/help-daily-living/travel-insurance-provided-allclear](http://www.stroke.org.uk/finding-support/help-daily-living/travel-insurance-provided-allclear) Stroke Association

## Staysure

Over 50's travel insurance and experts in pre-existing medical condition cover.

Staysure.co.uk Ltd, Britannia House, 3-5 Rushmills Business Park, Bedford Road, Northampton, NN4 7YB

Tel: 0808 281 7547 [www.staysure.co.uk/travel-insurance](http://www.staysure.co.uk/travel-insurance)

## Brokers

If you are finding it difficult to find suitable cover, a specialist insurance broker will usually be able to help. The British Insurance Brokers' Association (BIBA) can put you in touch with a specialist broker.

## BIBA (British Insurance Brokers' Association)

To find a broker telephone Consumer Helpline

Tel: 0370 9501 790 [www.biba.org.uk](http://www.biba.org.uk) [enquiries@biba.org.uk](mailto:enquiries@biba.org.uk)

## Association of British Insurers (ABI)

A trade association for the UK insurance industry. Information and factsheets on their website.

Association of British Insurers, One America Square, 17 Crosswall, London, EC3N 2LB

Tel: 0207 600 3333 [www.abi.org.uk](http://www.abi.org.uk)

# Funding for Holidays

## Publications

### **A Guide to Financial Help Towards the Cost of a Holiday, Respite Care or Convalescence**

Tourism for all has a booklet which has details of trusts and funds that consider applications for financial assistance towards the cost of a holiday. It is available from Tourism for All price £3.50 or free to members.

Tourism for All UK, 7A Pixel Mill, 44 Appleby Road, Kendal, Cumbria LA9 6ES

Tel: 0845 124 9971 [info@tourismforall.org.uk](mailto:info@tourismforall.org.uk) [www.tourismforall.org.uk](http://www.tourismforall.org.uk)

### **A Guide to Grants for Individuals in Need 2020/2021**

(17th Ed, Mar 2020. Directory of Social Change ISBN 978 178482 062 6)

Available in public libraries. There is also a reference copy at The Brain Charity library. This publication details sources of help and funding for individuals. It is arranged by general charities, charities under specific conditions, occupational charities, service charities and religious charities. There is also a geographical listing of local charities.

## Organisations

### **Turn2Us**

Turn2Us is a free website for finding grant providers. It has a grant search facility which provides the details of a large range of grant giving charities. Includes on-line search of the Guide to Grants for Individuals in Need.

[www.turn2us.org.uk](http://www.turn2us.org.uk)

### **Citizens Advice Bureau**

It is sometimes possible to get a grant from local charities or disability groups. Citizens Advice Bureau can provide details of local charities. See local telephone directory for the nearest branch or their website.

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

## Other local charities that can provide help:

### **Lions Club International**

Lions Clubs International British Isles & Ireland, 257 Alcester Road South, Kings Heath, Birmingham B14 6DT

Tel: 0121 441 4544 [enquiries@lionsclubs.co.uk](mailto:enquiries@lionsclubs.co.uk) [www.lionsclubs.co.uk](http://www.lionsclubs.co.uk)



# Funding for Holidays

## National Association of Round Table

Round Table, Marchesi House, 4 Embassy Drive, Calthorpe Road, Edgbaston, Birmingham, B15 1TP

Tel: 0121 456 4567 [www.roundtable.co.uk](http://www.roundtable.co.uk)

## Rotary Club International

Rotary International in Great Britain & Ireland, Kinwarton Road, Alcester, Warwickshire, B49 6PB

Tel: 01789 765 411 [www.ribi.org](http://www.ribi.org)

## The 3H Fund

The 3H Fund provides grants to families on low income that include someone with a physical or learning disability so that they can have a modest UK holiday break when funds are available.

3H Fund, (Helping Hands for Holidays), B2 Speldhurst Business Park, Langton Road, Speldhurst, Tunbridge Wells, Kent TN3 0AQ

Tel: 01892 860207 [info@3hfund.org.uk](mailto:info@3hfund.org.uk) [www.3hfund.org.uk](http://www.3hfund.org.uk)

## Help for families and children

Support groups for different conditions can sometimes help with sources of funding. Contact our information centre for details of specific support groups. Funds are also available based on past or present occupations, professions, Trade Union membership and service within the Armed Forces. See the above 'guide to grants for individuals in need' for details and contacts.

## Contact-a-family

Contact-a-Family can provide information on sources of funding. They also have a holidays, play and leisure fact sheet.

Contact a Family, 209-211 City Road, London EC1V 1JN

Tel: 0808 808 3555 [www.cafamily.org.uk](http://www.cafamily.org.uk)

# Funding for Holidays

## Family Fund

For low income families with disabled children under 17yrs.  
4 Alpha Court, Monks Cross Drive, York, YO32 9WN  
Tel: 01904 550055 [www.familyfund.org.uk](http://www.familyfund.org.uk)

## The Family Holiday Association

The Family Holiday Association is the only national charity dedicated to providing British seaside breaks and day trips for families struggling with some of the toughest challenges life can bring.

Family Holiday Association, 3 Gainsford Street, London, SE1 2NE  
Tel: 020 3117 0650 [info@FamilyHolidayAssociation.org.uk](mailto:info@FamilyHolidayAssociation.org.uk)  
[www.familyholidayassociation.org.uk](http://www.familyholidayassociation.org.uk)



# Booklist

## **Britain's Accessible Places to Stay**

Published by VisitBritain. ISBN 0709581467 Concise Blue Badge UK Road Atlas 2009 2nd rev ed. published by PIE Guide. ISBN 978-0955171185 Road Atlas which incorporates useful information for Blue Badge holders including accessible car parks, petrol stations, shopmobility locations, toilet and an accessible accommodation guide. [www.thepieguide.com](http://www.thepieguide.com)

## **Holidays in the British Isles: A Guide for Disabled People 2013**

Published by Disability Rights UK ISBN 978-1903335628

## **Rough Guide To Accessible Britain 2016**

7th ed. Published by Rough Guides 978-0241342145; available to view for free on their website:

[www.motability.co.uk/rough\\_guide\\_to\\_accessible\\_britain.pdf](http://www.motability.co.uk/rough_guide_to_accessible_britain.pdf)

## **Rough Guide To Accessible Britain**

Family Days Out View free online at:

[www.accessibleguide.co.uk/familydaysout](http://www.accessibleguide.co.uk/familydaysout)

## **HFT**

HFT is a national charity, providing local support services for people with learning disabilities throughout England. They produce an annual Holiday Information Guide. Available to download at [www.hft.org.uk/holidayinformationguide](http://www.hft.org.uk/holidayinformationguide) or if you would like a copy of the guide sent by post, please send an A4 stamped addressed envelope with £1.40 worth of stamps on it to the address: Holiday information guide 2018 HFT, Family Carer Support Service, Whitefriars, Lewins Mead, Bristol, BS1 2NT  
Tel: 0808 801 0448 [familycarersupport@hft.org.uk](mailto:familycarersupport@hft.org.uk)



**The  
Brain  
Charity**

The Brain Charity offers emotional support, practical help and social activities to anyone with a neurological condition and to their family, friends and carers. We support people with neurological conditions to live longer, healthier more active lives.  
[info@thebraincharity.org.uk](mailto:info@thebraincharity.org.uk) 0151 298 2999

The Brain Charity is a registered charity (No: 1114999) and a company limited by Guarantee in England and Wales (No: 5741930)