



Advice
and
Information
on
Disability

Richmond AID Factsheet

Holidays

Holidays are something that most people look forward to whether at home in the UK or abroad. For people with disabilities, holidays can be more of a challenge and require an additional level of planning to make sure that our additional needs can be met so we can get maximum pleasure out of our holiday.

You need to make a checklist of what is important to you to make sure that the holiday is suitable. This will depend on your disability. For example, do you need to have oxygen for your journey: can you carry this with you and if you are flying, is there a charge for this? Or do you need to know the height of the baths/beds in the accommodation you will be staying in? Is there accessible transport nearby or how close is the disabled parking? If you have a hearing, speech or sight impairment then you will have safety and access needs, and should check these can be met.

If you are flying, there are disability requirements that European airlines have to meet. You need to be discussing these at the time of making your enquiry about flight booking including disabled assistance at the airport and onto the plane – don't forget to check access for the arrival airport also.

Coaches can present more of a challenge to people with certain physical disabilities including steps up and fairly small toilets. Again, check the details before booking.

If you are travelling by train in the UK, the company you start your journey with should be making the arrangements for disability assistance for the whole journey if you use more than one train company for the journey. You need to book this sufficiently in advance, especially if you have specific seating needs. Some train companies can take mobility scooters but others can't.

If you are travelling outside of the UK by train, there is no equivalent disability assistance in law as there is with airlines. Eurostar will provide

assistance for their portion of the journey but Europe wide disability legislation does not yet appear to be in place for assistance with onward European train journeys. However, with persistence it can be achieved.

You will need to think of your own personal needs for travelling and plan accordingly. For example, taking adequate supplies of your essential medication and a current prescription with you as evidence of this and keeping this in your hand baggage.

If you have access to the internet, have a look at the website of an organisation which is for your disability eg Arthritis Care, Scope, RNIB, RNID to see what holiday information and tips they have. If you don't have internet access, then these organisations will often have helplines (including textphones) so you can call them and talk through your disability holiday needs. Write down what it is that will be important to you to meet your everyday disability needs to make your holiday achievable and pleasurable to help these discussions.

Plan it right and you should be able to make sure everything is in place to have a positive holiday experience.

For the EU, make sure you have a valid European Health Insurance card as well as travel insurance.

Most organisations and charities for specific conditions will have advice about overseas travel.

For more information on any of the issues explored in this fact sheet, you can contact an Advisor at Richmond AID on 020 8831 6070.

General Information

Directgov

The government website Directgov has lots of advice and information for disabled travellers in the UK and abroad.

Web: www.direct.gov.uk/en/disabledpeople/travelholidaysandbreaks

Direct Enquiries at the Nationwide Access Register

Web: www.directenquiries.com.

Address: Direct Enquiries Ltd., Amber House, Market Street

Bracknell, Berkshire, RG12 1JB

Tel. 01344 360101

Disabled Holiday Directory Web: www.disabledholidaydirectory.co.uk
Tel: 01348 875 592

Disabled Living Web: www.disabledliving.co.uk
This Manchester disability organisation has a useful Holiday Information Pack to download.
Address: Disabled Living, Redbank House, 4 St Chad's Street, Cheetham, Manchester M8 8QA.
Tel: 0161 214 5959

Enjoy England Web: www.enjoyengland.com
The official website for breaks and days out in England.
Has details of the National Accessible Scheme which registers accessible venues.
Visit Britain address: Thames Tower, Blacks Road, London, W6 9EL
Tel: 020 8846 9000

The Rough Guide to Accessible Britain
Web: www.accessibleguide.co.uk
This publication is free to Blue Badge holders and costs £6.99 for others
Address: Motability Operations Ltd. City Gate House, 22 Southwark Bridge Road, London SE1 9HB. Tel: 0800 953 7070

Organisations and charities giving advice and information

3H Fund Web: www.3hfund.org.uk
Provides subsidised group holidays for physically disabled people.
Address: Unit 2B, Speldhurst Business Park, Langdon Road, Tunbridge Wells, Kent, TN1 2RA. Tel: 01892 860207

Break Web: www.break-charity.org.
Supports children, adults and families with special care needs, including supported holidays.
Address: Davison House, 1 Montague Road, Sheringham, Norfolk, NR26 8WN. Tel: 01263 822 161

Caravan Sitefinder Web: www.caravansitefinder.co.uk
Information about caravan-based holidays, including specific information for disabled people.
Address: 22 Glenorchy Terrace, Edinburgh, EH9 2DH
Tel: 020 8267 5696

Disaway Trust Web: www.disaway.co.uk

Organises group holidays with physically disabled people.

Handicapped Aid Trust

Gives grants towards the cost of holidays.

Address: The Old Bakery, Green Street, Lytham, Lancs. FY8 5LG.

Tel: 01253 796 441

Holidays for All Web: www.holidaysforall.org.uk

A group of disability organisations working together to promote accessible holidays.

Tel: 08451 249 973

Livability Holidays (John Grooms & The Shaftesbury Society)

Web: www.livability.org.uk

Provides accessible holiday locations at affordable rates.

Address: 50 Scruton Street, London EC2A 4XQ

Tel: 020 7452 2000

Phab England Web: www.phabengland.org.uk

Charity promoting links between people with and without physical disabilities, including holidays.

Address: Summit House, 50 Wandle Road, Croydon CR0 1DF

Tel: 020 8667 9443

Tourism for All Web: www.tourismforall.org.uk

Charity providing information on accessible accommodation.

Address: C/o Vitalise, Shap Road Industrial Estate, Kendal LA9 6NZ

Tel: 0845 124 9971

Vitalise Web: www.vitalise.org.uk

National charity providing short breaks and respite care for visually impaired and other disabled people.

Address: Short Break Enquiries & Bookings, Short Breaks Booking Team, Vitalise, Shap Road Industrial Estate, Kendal LA9 6NZ

Tel: 0845 345 1970

General enquiries tel. 0845 345 1972

Travel Agencies Specialising in Holidays for Disabled People

Accessatlast Web: www.accessatlast.com

Address: 18 Hazel Grove, Tarleton, Preston, Lancs. PR4 6DQ

Tel: 01772 814555

Accessible Travel & Leisure Web: www.accessibletravel.co.uk

(In partnership with The Stroke Association)

Address: Naas Lane, Quedgeley, Gloucester GL2 2SN

Tel: 01452 729 739

Assistance Travel Service Web: www.assistedholidays.com

Address: 1 Park lane, Purfleet, Essex RM19 1TA

Tel: 07810 202 429

CanBeDone Web: www.canbedone.co.uk

Provides wheelchair-accessible holidays.

Address: Can Be Done Ltd, 11 Woodcock Hill, Harrow, HA3 0XP

Tel: 020 8907 2400

Chalfont Line Web: www.chalfont-line.co.uk

Address: Chalfont Line Ltd., 4 Providence Road, West Drayton UB78HJ

Tel: 01895 459 540

Escorted holidays for the slow walker or wheelchair user.

Enable Holidays Web: www.enableholidays.com

Holidays for people with limited mobility.

Address: 26 The Green, King's Norton, Birmingham B38 8SD

Tel: 0871 222 4939

Traveleyes Web: www.traveleyes.co.uk

Provides independent world travel for blind people

Address: PO Box 511, Leeds LS5 3JT

Tel: 0870 922 0221

Travel Matters Web: www.travelmattersuk.com

Linked with Surrey Oaklands NHS Trust.

Organises holidays for people with learning disabilities/ physical difficulties.

Address: 55a Manson Road, Redhill, RH1 2EU

Tel: 01737 789 997

Advice/ holidays from charities supporting specific disabilities

Action for Blind People Web: www.actionforblindpeople.org.uk

Has a brochure called "Great Escapes" with hotels and self-catering holidays in the U.K.

Address: 5th Floor, Orbit House, Albert Street, Eccles, Manchester M30 0BL

Free helpline: 0800 915 4666 Email: info@actionforblindpeople.org.uk

Arthritis Care Web: www.arthritiscare.org.uk

Address: Arthritis Care, 18 Stephenson Way, London NW1 2HD

If you would like an information pack about Arthritis Care and the services they offer, ring the 24-hour information line.

Tel: 0845 600 6868

Hearing Concern Web: www.hearingconcernlink.org

Address: Resource Centre 356 Holloway Road, London N7 6PA

Tel: 020 7700 8177 (Also textphone)

For holidays with communication support, contact:

Philip Barron, 4 Anselm Close, Croydon CR0 5LY

Tel: 020 8680 2229

Multiple Sclerosis Society Web: www.mssociety.org.uk

MS National Centre, 372 Edgware Road, London, NW2 6ND

Tel: 020 8438 0700

Has a brochure of holiday homes owned by the society.

Parkinson's Disease Society Web: www.parkinsons.org.uk

Has information sheets.

PDS National Office, 215 Vauxhall Bridge Road, London SW1V 1EJ

Tel: 020 7931 8080

Helpline: 0808 800 0303

RNIB Web: www.rnib.org.uk

Royal National Institute of Blind People,

Address: 105 Judd Street, London, WC1H 9NE

Tel: 020 7388 1266

Helpline: 0845 766 9999

RNID Web: www.rnid.org.uk

Address: 19-23 Featherstone Street, London EC1Y 8SL

Tel: 0808 808 0123 Textphone: 0808 808 9000

Travel Insurance

Companies specialising in insurance for people with medical conditions or disabilities:

Age Concern	Tel: 0845 600 3348	www.ageconcern.org.uk
Diabetes UK	Tel: 0800 731 7431	www.diabetes.org.uk
Fish & Co	Tel: 0500 432 141	www.fishinsurance.co.uk
Free Spirit	Tel: 0845 230 5000	www.free-spirit.com
Scope	Tel: 0808 800 3333	www.scope.org.uk
Staysure	Tel: 0870 046 4560	www.staysure.co.uk
Venturesure	Tel: 0845 230 3521	www.venturesure.co.uk

Accessible Holiday Venues in the U.K.

Beamsley Project Web: www.beamsleyproject.org.uk

Self-catering accommodation in the Yorkshire Dales.

Address: The Beamsley Project, Harrogate Road, Beamsley, Skipton
BD23 6JA

Tel: 01756 710255

Park House

Country House for disabled people.

Address: Sandringham, King's Lynn, Norfolk PE35 6EH

Tel: 01485 543000

Strathwillan House Web: www.strathwillan.enuu.net

"A guest house suitable for all, including those with disabilities of all kinds", Isle of Arran.

Address: Strathwillan House, Brodick, Isle of Arran, Scotland KA27 8BQ

Tel: 01770 302331

Ty Glyn Davis Trust Web: www.tyglyndavistrust.co.uk

Fully accessible self-catering holidays in West Wales for children and young people with special needs.

Contact Louise Hutchines, Centre Organiser, Ty Glyn Davis Trust,
Hafod, Llanarth, Ceredigion, Wales SA47 0QB

Tel: 01545 580708

General Advice

The Foreign and Commonwealth Office has a useful travel checklist for travel abroad.

Web: www.fco.gov.uk/en/travelling-and-living-overseas

NHS Health Advice for Travellers

Web: www.nhs.uk

EHIC Web: www.nhs.uk/NHSEngland/Healthcareabroad

Richmond AID does not endorse, promote or support any product, company, organisation or service listed above. Although we work hard to ensure our details are correct and updated regularly, we cannot guarantee these details are accurate. If you notice any mistakes or omissions please contact us on 020 8831 6070 or at info@richmondaid.org.uk.

If you need any further information you can contact Richmond AID on:

Advice Line:	020 8831 6070
Minicom:	020 8831 6078
E-mail:	advice@richmondaid.org.uk
Website:	www.richmondaid.org.uk
Address:	Disability Action & Advice Centre, 4 Waldegrave Road, Teddington, TW11 8HT