

Fact Sheet No. 7



Holidays and Breaks

For Carers and the People
They Look After

The Carers Centre for Brighton & Hove
18 Bedford Place, Brighton BN1 2PT

Tel: 01273 746222

Fax: 01273 933688

info@thecarerscentre.org

www.thecarerscentre.org

Registered Charity No. 1015728
Registered Company No. 2758481

November 2018

Introduction

This Fact Sheet provides some information on holidays and breaks for carers and the people they look after. It is divided into sections according to the scope of the information.

It is worth going to local public libraries and/or making online searches for information on holidays for disabled people. Tourist Information Centres in most large towns should have advice about local hotels with wheelchair access and information on other services and facilities accessible to wheelchair users.

Carers may wish to take a holiday without the person they care for or the person may wish to take a holiday on his/her own. The person will need someone to help him/her or to provide him/her with care. Options may include:

- arranging for helpers or care staff through organisations that provide holidays (some examples of this are given under the section Holidays For Cared For People).
- employing a care assistant or nurse from a care or nursing agency (see Fact Sheet No.3 on Respite Care Services).

The Carers Hub is a focal point to help unpaid carers in Brighton and Hove get the information, advice and support that they need. This may also be useful to you in this respect.

Tel: 01273 977000

Email: info@carershub.co.uk

Website: carershub.co.uk

General Information

Alzheimer's Society

The Alzheimer's Society is the leading care and support charity for people with dementia, their families and carers. Fact sheets which can be downloaded from the website cover advice on travelling and going on holiday.

Website: www.alzheimers.org.uk

Address: 43-44 Crutched Friars, London EC3N 2AE

Tel: 0330 333 0804

Email: enquiries@alzheimers.org.uk

Contact

Contact is a charity providing support and advice for families with disabled children. Guides for parents which include advice on short breaks and holidays can be downloaded from the website or obtained by ringing or emailing the helpline (free of charge).

Website: contact.org.uk

Address: 209-211 City Road, London EC1V 1JN

Helpline: 0808 808 3555 (free)

Tel: 020 7608 8700

Email: helpline@contact.org.uk

MENCAP

MENCAP is a UK charity supporting people with a learning disability, their families and carers. It can offer advice and support for short breaks and respite.

Website: www.mencap.org.uk

Address: 123 Golden Lane, London, EC1Y 0RT

Tel: 0808 808 1111

Email: helpline@mencap.org.uk

MENCAP Brighton, Hove and District may provide grants towards holidays or short breaks for adults or children with learning disabilities living in the Brighton and Hove area. An application form can be downloaded from the website or requested by phone or email.

Website: brighton-mencap.org/grants

Tel: 01273 479620

Email: support@brighton-mencap.org

Possability People

Possability People offers a wide range of advice to disabled people in Brighton and Hove, their families and carers including about accessible holidays. There is a drop-in service, Mondays and Fridays 10am to 3pm.

Website: www.possabilitypeople.org.uk

Address: Montague House, Montague Place, Brighton BN2 1JE

Tel: 01273 894050

Email: advice@possabilitypeople.org.uk

Holidays and Breaks for Carers

Brighton and Hove City Council

.1 Mindfulness Based Cognitive Therapy (MBCT)

This eight week course for adult carers is funded by the City Council and the Brighton and Hove Clinical Commissioning Group. It focuses on dealing with a range of problems such as stress, depression and anxiety. Techniques are used to address what is happening in the mind and body.

.2 Carers Weekend Break

This weekend break which is for carers aged 18 and over looking after another adult, is organised by the Council once a year in partnership with Roffey Park. It is fully funded by the Council. It gives carers the chance to relax and unwind, meet other carers and try out different activities to help look after their health and wellbeing. A carer will need a current carer's assessment from the Council.

For more information on these activities contact the Council's Access Point (details below).

Website: www.brighton-hove.gov.uk

Tel: 01273 295555

Email: AccessPoint@brighton-hove.gov.uk

Carers Trust

The Trust is a charity providing information on support and services for carers. Information on holidays and respite breaks can be obtained from the website.

Website: www.carers.org

Address: 32-36 Loman Street, London SE1 0EH

Tel: 0300 772 9600

Email: info@carers.org

Parkinson's UK

This is a support and research charity. It produces a Carer's Guide, which includes information on taking a break and respite care. The Guide can be downloaded free from the website or a copy can be ordered free of charge (for contact details see below).

Website: www.parkinsons.org.uk

Address: 215 Vauxhall Bridge Road, London SW1V 1EJ

Helpline 0808 800 0303

Email: hello@parkinsons.org.uk

Seaton and District Hospital League of Friends

The League of Friends offers a respite haven to carers from all over the UK who are in need of a short holiday. The bungalow in Seaton is available for carers to use for up to a week's retreat at discounted rates which vary depending on season. Enquiries to the League of Friends as follows:

Website: www.seatonlof.btck.co.uk

Address: Valley View, Seaton EX12 2UU

Contact: Shirley Robinson

Tel: 01297 553960

Email: sr.shlof@gmail.com

The Kiloran Trust

The Kiloran Trust is a charity providing respite breaks to full time carers in their three storey terraced house in West London. The breaks are currently subsidised and the reasonable costs include an ensuite bedroom and all meals. For those on a low income the Trust may be able to help find funding to cover the costs.

Website: www.kilorantrust.org.uk

Address: 157 Blythe Road, London, W14 OHL
Tel: 020 7602 7404
Email: kiltrust@aol.com

Holidays and Breaks for Carers and the People They Look After

Bond Hotel

The Bond Hotel, Blackpool specialises in accessible holidays for people with disabilities and special needs. It is situated just off Blackpool's South Shore Promenade. Rooms offer wheelchair access and wet floor showers in the en suite rooms. A wide range of specialist equipment is also available free of charge.
Website www.bondhotel.co.uk
Address: Bond Hotel, 120 Bond Street, Blackpool FY4 1HG
Tel: 01253 341218
Email: sales@bondhotel.co.uk

Carers UK

This charity helps people who look after older, disabled or seriously ill family members or friends. A Fact Sheet entitled "Taking a Break", which provides information on holidays/breaks for carers and those they look after, can be downloaded free from the website or ordered – contact details below.
Website: www.carersuk.org
Address: 20 Great Dover Street, London SE1 4LX
Tel: 020 7378 4999
Email: info@carersuk.org

Disabled Access Holidays

Disabled Access Holidays specialise in arranging holidays for the disabled at home and abroad. Services include recommending accessible accommodation in wheelchair friendly resorts, arranging transfers and booking mobility equipment.
Website: www.disabledaccessholidays.com
Address: Disabled Access Holidays, 84 Berkeley Street, Charing Cross, Glasgow G3 7DS
Tel: 0800 622 6000
Email: info@disabledaccessholidays.com

Ellwood Cottages

The cottages, which are in Dorset, are outstanding converted barns providing single storey self catering holiday accommodation for disabled people, their families, friends and carers. The cottages are wheelchair accessible. A range of suitable leisure facilities is available.
Website: www.ellwoodcottages.co.uk
Address: Ellwood Cottages, Woolland, Blandford Forum, Dorset DT11 0ES
Tel: 01258 818196
Email: admin@ellwoodcottages.co.uk

Enable Holidays

Enable Holidays offer a carefully selected range of overseas holidays for disabled people, their families and friends. The company holds detailed accessibility information about each holiday property.
Website: www.enableholidays.com
Address: 108/109B, The Big Peg, 120 Vyse Street, Birmingham B18 6ND
Tel: 0871 222 4939
Email: info@enableholidays.com

Holidays with Help

This charity provides respite care breaks for disabled people and their carers in suitable holiday accommodation. Support by experienced helpers can be provided.
Website: www.holidayswithhelp.org.uk
Address: 31 Kilnhurst Road, Todmorden, Yorkshire OL14 6AX
Tel: 01706 815251
Email: holidayswithhelp@gmail.com

Homelands Trust

The Trust has four accessible luxury self-catering lodges in Fife, Scotland to meet the needs of disabled people and their carers. They are designed for short breaks. Specialist support equipment is available. A

range of facilities and activities are provided at a drop-in centre run by the Trust nearby.
Website: www.homelands-fife.co.uk
Address: Paxton Centre, 14a Links Road, Lundin Links, Fife KY8 6AT.
Tel: 01333 329039
Email: info@homelands-fife.co.uk

Mersea Island Festival

The Festival in Essex comprises two camping holidays in August with the aim of bringing together young people with or without a physical or learning disability. The holidays include a wide variety of challenging and stimulating activities. The whole site is on one level and is generally wheelchair accessible. Young people needing assistance should be accompanied by helpers/carers.

Website: www.merseafestival.org.uk
Address: Essex Outdoors Mersea, Rewsalls Lane, East Mersea, Colchester, Essex CO5 8SX
Tel: 01206 383226
Email: info@merseafestival.org.uk

Revitalise

Revitalise is a charity providing holidays and short breaks (respite care) for disabled people and their carers. Care based on individual needs is provided at accessible centres in Southport, Chigwell and Southampton. Services include 24 hour on call nursing, personal care and volunteer support.

Website: www.revitalise.org.uk
Address: 212 Business Design Centre, 52 Upper Street, London N1 0QH
Tel: 0303 303 0145
Email: info@revitalise.org.uk

Spinal Injuries Association

The SIA is the leading national charity for spinal cord injured people, supporting those who are affected including families and friends. The website contains fact sheets concerning travel and holidays which can be downloaded by members. Membership is free and can be done online.

Website: www.spinal.co.uk
Address: SIA House, 2 Trueman Place, Oldbrook, Milton Keynes, MK6 2HH
Helpline: 0800 980 0501 (free)
Tel: 01908 604191
Email: sia@spinal.co.uk

3H Fund

The 3H Fund organises subsidised group holidays for physically disabled children and adults with the support of volunteer helpers. Carers get a valuable period of respite at the same time.

Website: www.3hfund.org.uk
Address: Unit B2, Speldhurst Business Park, Langton Road, Speldhurst, Tunbridge Wells, Kent TN3 0AQ
Tel: 01892 860207
Email: info@3hfund.org.uk

Tourism for All

This charity is the UK voice for accessible travel and tourism for disabled people in the UK. It provides holiday and travel information for disabled people and their carers. Membership is available, which includes a personalised advice service, travel discounts, newsletters, e-news etc.

Website: www.tourismforall.org.uk
Address: Pixel Mill, 44 Appleby Road, Kendal, Cumbria, LA9 6ES
Tel: 0845 124 9971
Email: info@tourismforall.org.uk

Holidays For Cared For People

Limitless Travel

This company provides holidays in the UK and abroad for disabled people with comprehensive care. Care packages comprise basic assistance, extra care and one-to-one care.

Website: www.limitlesstravel.org
Address: iCentrum, Holt Street, Birmingham B7 4BP
Tel: 0800 069 8060
holidays@limitlesstravel.org

Phab

Phab is a charity with an aim to promote and encourage people with and without disabilities to make more of life together. The charity provides a programme of residential events covering inclusive living experiences for disabled and disadvantaged children and young people. Activities take place at centres in the New Forest and the Lake District. Phab also has two accessible and well-equipped holiday homes in Weymouth.

Website: www.phab.org.uk

Address: Summit House, 50 Wandle Rd, Croydon, Surrey, CRO 1DF

Tel: 020 8667 9443

Email: info@phab.org.uk

Trevanion House Holidays

Trevanion House Holidays provide supported holidays for adults with learning disabilities. The holidays cater for the needs of individuals in a country hotel in Cornwall. The company offers group trips to access local attractions. The company also provides personal care for guests requiring assistance and support.

Website: www.trevanion.co.uk

Address: Trevanion Road, Wadebridge, Cornwall PL27 7PA

Tel: 01208 814903

Email: enquiry@trevanion.co.uk

Your Direction

This company specialises in supporting disabled people to get the most out of their holiday experiences in the UK and abroad. It provides personal care and support through qualified and practicing staff.

Website: www.yourdirection.co.uk

Address: 14 Dalemeadow Road, Knotty Ash, Liverpool L14 5PJ.

Tel: 0151 203 5758

Email: enquiries@yourdirection.co.uk

Funding

Any charity helping with a holiday may be able to give you information, advice and assistance on possible ways of paying for your holiday. Information in respect of some organisations that may be able to help with funding is included in the earlier sections of the Fact Sheet e.g. MENCAP, The Kiloran Trust.

Brighton and Hove City Council

The Council may be able to help carers get a break from their caring role. Any request will involve an assessment of the person cared for. Contact should be made with the Council's Access Point – see below.

Website: www.brighton-hove.gov.uk

Tel: 01273 295555

Email: accesspoint@brighton-hove.gov.uk

Disability Grants

This website provides a lot of useful information and advice on holiday grants for disabled children and adults and their carers.

Website: www.disability-grants.org

Email: contact@disability-grants.org

Victoria Convalescent Trust

The Victoria Convalescent Trust makes grants to fund short breaks for people, including carers, who need convalescence, recuperative care or respite care and who do not have the resources to fund themselves and have been unable to obtain sufficient assistance from the statutory services. Applications for grants should be made by a health or social care worker or a specified professional organisation using the online application form.

Website: victoriaconvalescenttrust.org.uk

Address: 11 Cavendish Avenue, Woodford Green, Essex IG8 9DA

Tel: 020 8502 9339

Email: vic.c.trust@gmail.com