

Fact Sheet No. 7



Holidays and Breaks

For Carers and the People
They Look After

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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 cities and large towns should have information on local accommodation with wheelchair access and other services and facilities accessible to wheelchair users.

Carers may wish to take a holiday without the person they care for. The person will then need someone to provide him/her with care. Using registered home care providers may be an option. Some of these provide live-in services. Alternatively, arranging a short break in a residential home may be appropriate. Further information in this regard can be found in our Fact Sheet No 3 - Respite Care Services.

If the person cared for wishes to take a holiday on his/her own it may be possible to arrange for helpers or care staff through the organisations that provide the holidays. Some examples of this are given under the section Holidays For Cared For People.

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 be useful to you in respect of holidays and breaks.

Tel: 01273 977000

Email: info@carershub.co.uk

Website: www.carershub.co.uk

Coronavirus

Some of the services covered in this Fact Sheet may still be affected by Covid-19 at the present time. Information on support for unpaid carers in this respect can be found at www.brighton-hove.gov.uk/coronavirus-covid-19/support-unpaid-carers

General Information

Alzheimer's Society

The Alzheimer's Society is the leading care and support charity for people with dementia, their families and carers. A fact sheet which can be downloaded from the website covers advice on going on holiday.

Website: www.alzheimers.org.uk

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

Tel: 0330 333 0804

Dementia Connect Support Line: 0333 150 3456

Email: enquiries@alzheimers.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 can 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

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.

Website: www.possabilitypeople.org.uk

Address: Montague House, Montague Place, Brighton BN2 1JE
Tel: 01273 894040
Email: hello@possabilitypeople.org.uk

Holidays and Breaks for Carers

Brighton and Hove City Council

.1 Mindfulness Course

This eight week course for adult carers (two hours a week) is funded by the City Council and the Brighton and Hove Clinical Commissioning Group. It teaches skills and techniques to better manage low mood, anxiety and stress.

.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.

For more information on these activities contact the Carers Hub – for details see the Introduction to this Fact Sheet (Page 2).

Carefree

This charity recognises that a full-time caring role can be challenging and that time away with a partner or friend can work wonders. Unpaid carers can look at available hotel options for breaks on the website and submit a request for a specific hotel on specific dates. The hotels donate 1-2 night breaks for the carer and a companion (adult or child) with no cost for the accommodation.

Website: www.carefreespace.org

Address: The Finsbury Business Centre, 40 Bowling Green Lane, London EC1R 0NE

Tel: 02031 372578

Email: hello@carefreespace.org

Carers Trust

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

Website: www.carers.org

Address: 10 Regent Place, Rugby CV21 2PN

Tel: 0300 772 9600

Email: info@carers.org

Parkinson's UK

This charity supports people with Parkinson's and their carers. 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.

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.co.uk

Address: Valley View, Seaton EX12 2UU

Tel: 01297 553960

Email: sr.shlof@gmail.com

3H Foundation

See entry under Holidays and Breaks for Carers and the People They Look After (page 5).

The Kiloran Trust

The Kiloran Trust is a charity providing respite breaks to unpaid 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.

Address: 157 Blythe Road, London, W14 OHL

Tel: 020 7602 7404

Email: kiltrust@aol.com

The Respite Association

This charity offers complete respite breaks to long term carers at two locations in Cornwall and North Wales. The breaks are for the carer and one other person (but not the person cared for). There is no charge for the breaks but the carer must be on a limited income and could not afford the break without the support. The application form is on the website.

Website: www.respiteassociation.org

Address: Highfield Barn, Lewdown, Okehampton, Devon EX20 4DS

Tel: 01566 471022

Email: holidays@respiteassociation.org

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 and their carers. It is situated just off Blackpool's South Shore Promenade. Rooms have wheelchair access and wet floor showers in the en suite. 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: reservations@bondhotel.co.uk

Carers UK

This charity gives advice and support to 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

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. Specialist equipment and a range of suitable leisure facilities including a heated splash pool are 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 accessible 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. Assistance from trained and experienced helpers is 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 nine accessible luxury self-catering holiday 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.

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 children, young people and adults 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. 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 respite holidays and short breaks 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: Stroke Association House, 240 City Road, London EC1V 2PR.

Tel: 0303 303 0145

Email: bookings@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 information on travel and transport.

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 Foundation

The Foundation's grants programme assists families on a low income, who have a disabled family member, to organise their own UK holiday. Carers can also apply for a grant for a break away from their caring role. In addition, the Foundation organises subsidised group holidays for disabled children and adults with the support of holiday leaders and volunteer helpers.

Website: www.the3hfoundation.org.uk

Address: Unit B2, Speldhurst Business Park, Langton Road, Speldhurst, Tunbridge Wells, Kent TN3 0AQ

Tel: 01892 860207

Email: info@the3hfoundation.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 and has an online travel planner. An e-newsletter is available on request.

Website: www.tourismforall.org.uk

Address: PO Box 318, Wirral CH32 9GG

Tel: 0845 124 9971
Email: info@tourismforall.org.uk

Holidays For Cared For People

Limitless Travel

This company provides accessible holidays in the UK and abroad for disabled people with comprehensive care and support included.

Website: www.limitlesstravel.org

Address: Scott House, Custard Factory, Gibb Street, Birmingham B9 4AA

Tel: 0800 711 7232

Email: 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 holiday events covering inclusive living experiences for disabled and non-disabled people. Activities take place at an outdoor centre in the Lake District. Phab also has a wheelchair accessible and well-equipped holiday home in a holiday park in Weymouth which is suitable for family needs.

Website: www.phab.org.uk

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

Tel: 020 8667 9443

Email: info@phab.org.uk

3H Foundation

See entry under Holidays and Breaks for Carers and the People They Look After (page 5).

Your Direction

This company specialises in supported holidays for adults with learning disabilities and additional support needs throughout the UK and abroad. It provides personal care and support through qualified and practising 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 and advice on possible financial assistance. 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, 3H Foundation.

The following may also be useful:

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. Applications for grants should be made through a health or social care worker or a specified professional organisation using the online application form.

Website: victoriaconvalescenttrust.org.uk

Address: 5th Floor, 14-16 Dowgate Hill, London EC4R 2SU.

Tel: 07768 742940

Email: vic.c.trust@gmail.com