

HOLIDAY INFORMATION

This factsheet has been compiled to provide you, and your family or carer(s), with some useful contacts to help you arrange a well-deserved break. Some organisations will make all your arrangements including travel and assistance; others will just take bookings for their own accommodation. Whatever your needs are there will be some help out there! **No recommendation is intended by being included on this list; it is in alphabetical order.** Please remember that, although our factsheet is correct at the time of printing, details change very quickly.

See the CHSS factsheets 'Air travel for people affected by chest, heart and stroke illness' and 'Sympathetic insurance companies' for more useful information.

Travel services

Accessible Travel & Leisure

Avionics House, Kingsway Business Park, Naas Lane Quedgeley, Gloucester GL2 2SN
 Tel: 01452 729 739
 Fax: 01452 729 853
 E-mail: info@accessibletravel.co.uk
 Website: www.accessibletravel.co.uk

Accessible Travel & Leisure is dedicated to making it possible for you to access and enjoy the holidays you've always dreamed of. They aim to take care of all your holiday arrangements and special requirements – from door to door.

ATS Travel

1 Tank Lane, Purfleet, Essex RM19 1TA
 Tel: 01708 860 514 or 0781 020 2429 (24hr)
 Fax: 0800 098 8157
 E-mail: aatstravel@aol.com
 Website: www.assistedholidays.com

The Assistance Travel Service (ATS) Ltd provides tailor made holidays to meet your personal needs. They can arrange door to door service, worldwide adapted transfers and their own personal local agents. Personal care can be arranged at a number of destinations. Accommodation includes adapted hotels, self catering holiday bungalows and villas (all with wheel-in showers) and respite care centres. They can also arrange insurance.

Disclaimer: Inclusion in this factsheet, is not a guarantee or recommendation by Chest, Heart & Stroke Scotland. It has been compiled for your information only. CHSS takes no responsibility for the consequences of error, loss or damage suffered by users of any information published in this document.

HEAD OFFICE

65 North Castle Street, Edinburgh EH2 3LT
 Tel: 0131 225 6963 Fax: 0131 220 6313 Advice Line: 0845 077 6000
 E-mail: admin@chss.org.uk Website: www.chss.org.uk
 Scottish Charity No. SCO18761

Can be Done Ltd

11 Woodcock Hill, Harrow HA3 0XP
Tel: 0208 907 2400
E-mail: holidays@canbedone.co.uk
Website: www.canbedone.co.uk

Can Be Done Ltd arranges accessible holidays and itineraries for disabled people in the UK and abroad.

The Chalfont Line

4 Providence Road, West Drayton,
Middlesex UB7 8HJ
Tel: 01895 459 540
Fax: 01895 459 549
E-mail: holidays@chalfont-line.co.uk
Website: www.chalfont-line.co.uk

The Chalfont Line organise escorted and accessible holidays around the world. They also offer an additional personal assistance package.

Saga Holidays

Saga Holidays Ltd, The Saga Building, Enbrook Park, Folkestone Kent CT20 3SE
Tel: 0800 096 0089 to request a brochure
E-mail: reservations@saga.co.uk
Website: www.sagaholidays.co.uk

Saga offers holidays for those over 50 in the UK, overseas, special interest and group holidays and cruises. Accommodation is not necessarily suitable for disabled travellers, so it is advisable to check before booking. It is helpful to know what kind of holiday you are interested in before phoning.

Supported Holidays

Casa Paraiso, Camino de la Exotica No 22, Nerja, 29780, Malaga Spain
Tel (from UK): 0844 734 7479
Website: www.supportedholidays.co.uk

Supported Holidays provide holidays for people with disabilities in the the South of Spain. All packages, including personal care, are designed around what you need and want.



Booking direct

Access Travel (LANCS) Ltd

6 The Hillock, Astley, Lancashire M29 7GW

Tel: 01942 888 844

Fax: 01942 891 811

E-mail: webenq@access-travel.co.uk

Website: www.access-travel.co.uk

Specialises in overseas travel and holidays (including flights only) for wheelchair users. Accommodation is selected for accessibility and roll-in showers are available in many properties.

The Calvert Trust

Calvert Trust Kielder, Kielder Water, Hexham, Northumberland NE48 1BS

Tel: 01434 250 232

Fax: 01434 250 015

Calvert Trust Lake District, Little Crosthwaite, Keswick, Cumbria CA12 4QD

Tel: 01768 772 255

Fax: 01768 771 920

Calvert Trust Exmoor, Wistlandpound, Kentisbury, Barnstable, Devon EX31 4SJ

Tel: 01598 763 221

Fax: 01598 763 063

Website: www.calvert-trust.org.uk

The Calvert Trust has three purpose built centres for people with all types of disability. Variety of outdoor adventure activities available - under instruction if required. Individuals, groups and families welcome. Respite packages also available. Contact sites directly.

Enable Holidays

26 The Green, Kings Norton, Birmingham B38 8SD

Tel: 0871 222 4939

Fax: 0871 222 5753

Email: info@enableholidays.com

Website: www.enableholidays.com

Specialist tour operator for wheelchair users, people with limited mobility, their families and friends.

Livability Holidays

Livability, 50 Scrutton Street, London EC2A 4XQ

Tel: 020 7452 2000

Fax: 020 7452 2001

Email: info@livability.org.uk

Website: www.livability.org.uk

Livability Holidays are committed to providing disabled people, their friends and families with suitable accommodation. Send for the free holiday brochure for hotels and self catering accommodation throughout England and Wales.

Nickirian Care

The Bungalow, 8 Ballingall Drive, Glenrothes, Fife KY6 3QD

Tel: 01592 564483 Mob: 07786267123

Email: enquiries@nickiriancare.com

Website: www.nickiriancare.com

Offers professional private respite in homely surroundings in Glenrothes.

Tourism for All UK

c/o Vitalise, Shap Road Industrial Estate, Shap Road, Kendal Cumbria LA9 6NZ

Tel: 0845 124 9971

Fax: 01539 735567

E-mail: info@tourismforall.org.uk

Website: www.tourismforall.org.uk

Tourism for All provides extensive information on holidays in the UK and abroad for people with physical, sensory and learning disabilities and their families. They also provide information on places for respite care in the whole of the U.K.

Vitalise

Short Break Bookings Team, Shap Road Industrial Estate, Shap Road, Kendal, Cumbria LA9 6NZ

Tel: 0845 345 1970

Fax: 01539 735 567

E-mail: bookings@vitalise.org.uk

Website: www.vitalise.org.uk

Vitalise is a national disability charity providing short breaks (respite care) and other services for disabled people, visually impaired people and their carers. They offer accessible centres, hotels and self catering choices. Send for their brochure.

Other holiday information

British Red Cross Society (Scotland)

4 Nasmyth Place, Hillington, Glasgow G52 4PR

Tel: 0141 891 4000

Fax: 0141 891 4099

E-mail: agallagher@redcross.org.uk

Website: www.redcross.org.uk

The British Red Cross can provide equipment and wheelchairs to hire by arrangement with the local branch in the area you will be visiting. They also run special facilities for disabled people based in Irvine and Inverness.

Capability Scotland

Advice Service Capability Scotland, 11 Ellersly Road, Edinburgh EH12 6HY

Tel: 0131 313 5510

Textphone: 0131 346 2529

Fax: 0131 346 1681

Email: ascsc@capability-scotland.org.uk

Website: www.capability-scotland.org.uk

Capability Scotland provide advice and information on a range of disability issues and produce a factsheet with selected information on accessible holidays.

DIAL UK

St Catherine's, Tickhill Road, Doncaster, South Yorkshire DN4 8QN

Tel: 01302 310 123

Textphone: 01302 310 123 Please use voice announcer

Fax: 01302 310 404

E-mail: informationenquiries@dialuk.org.uk

Website: www.dialuk.org.uk

DIAL UK provides a disability information and advice service on a range of topics including mobility and transport and holidays.

RADAR

12 City Forum, 250 City Road, London EC1V 8AF

Tel: 020 7250 3222

Fax: 020 7250 0212

Minicom: 020 7250 4119

E-mail: radar@radar.org.uk

Website: www.radar.org.uk

RADAR the Royal Association for Disability and Rehabilitation is made up of a network of members including individuals and organisations involved with all aspects of disability. RADAR is itself an organisation of disabled people. It is now possible to shop on-line for accessible toilet keys and information packs.

Shared Care Scotland

Unit 7, Dunfermline Business Centre, Izatt Avenue, Dunfermline, Fife KY11 3BZ

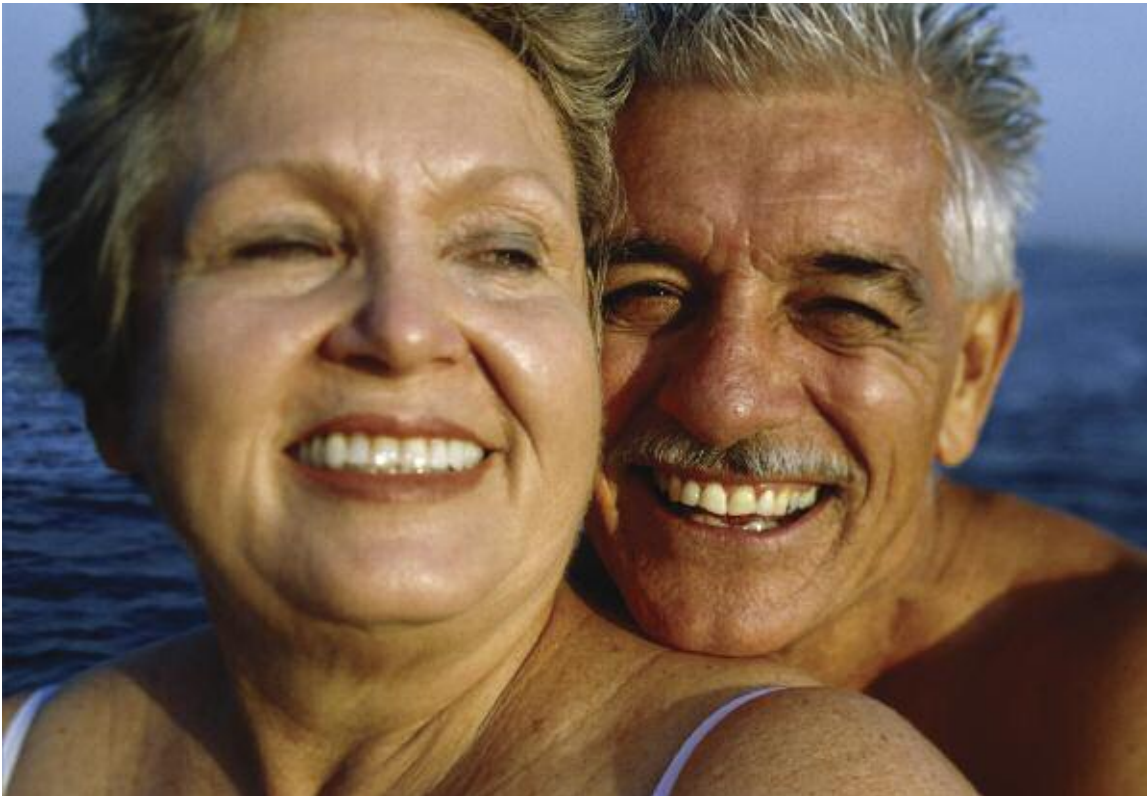
Tel: 01383 622 462

Fax: 01383 622 813

E-mail: office@sharedcarescotland.com

Website: www.sharedcarescotland.com

Shared Care has a database of respite services throughout Scotland. They also have information about holiday provision, befriending schemes and sitting services.



Guidebooks and DVDs

‘The AA – Disabled Travellers Guide’

AA Disability Helpline: 0800 262 050

Website: www.theaa.com

Available free by phoning the AA Disability Helpline. A comprehensive guide to all forms of travel in the UK and Europe. Also covers topics of interest to older travellers / drivers.

‘Where to Stay’

RADAR

12 City Forum, 250 City Road, London EC1V 8AF

Tel: 020 7250 3222

Fax: 020 7250 0212

Minicom: 020 7250 4119

E-mail: radar@radar.org.uk

Website: www.radar.org.uk

RADAR’s accessible guide to holidays in Britain and Ireland.

Available to buy online from the RADAR shop.

‘Holiday for All Scotland’ and ‘Holidays for All Abroad’

Easy to use, fully searchable annual CDs packed with hundreds of records on accessible accommodation, holiday providers catering for disabled people, groups and activity holidays, travel and helpful holiday organisations. Produced by:

UPDATE

Hays Community Business Centre, 4 Hay Avenue, Edinburgh EH16 4AQ

Tel: 0131 669 1600

Email: info@update.org.uk

Website: www.update.org.uk

Useful Online Resources and Services

www.disabilitynow.org.uk

Disability Now's Holiday accommodation section lists accessible hotels, cottages and B&Bs in the UK and abroad.

www.dptac.gov.uk/door-to-door

Transport and travel website for disabled and less mobile people.

www.mobilityabroad.com

Offers a range of mobility / disability equipment for hire in Costa del Sol, Costa Blanca, Mallorca, Lanzarote, Spain, Cyprus, Ireland, Florida and The Algarve of Portugal.

www.independentliving.org/vacawap.html

Accessible vacation home exchange website (you need to register with site).

www.caravanable.co.uk

Accessible caravan sites and information.

www.holidaysforall.org.uk

Provides access to a group of specialised holiday / tour companies online.

www.directenquiries.com

Nationwide disabled access directory provides information about accessible hotels in the UK. Also provides accessible city guides for several UK cities.

www.goodaccessscotland.co.uk

Online resource has leisure section with contact details for accessible accommodation.

If you would like to speak to one of our nurses in confidence,
please call the Chest, Heart & Stroke Scotland Advice Line
Monday – Friday 9.30am - 12.30 and 1.30pm - 4.00pm

0845 077 6000