

HOLIDAY INFORMATION

This factsheet has been compiled to provide people with disabilities and their families or carers with some useful contacts to help them 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 which is in alphabetical order.** Please remember that although our factsheet is correct at the time of printing, details change very quickly. You might also find useful the CHSS Factsheets 'Air travel for people affected by chest, heart and stroke illness' and 'Sympathetic Insurance Companies'.

Travel services

Accessible Travel & Leisure

Avionics House, 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

Travel service for wheelchair users, slow walkers and mature travellers, their families and friends. The service is tailor-made for those who want to travel abroad, including cruises and city breaks.

ATS Travel

1 Tank Lane, Purfleet, Essex RM19 1TA

Tel: 01708 863 198

Fax: 01708 860 514

E-mail: aatstravel@aol.com

Website: www.assistedholidays.com

The Assistance Travel Service Ltd provides a door-to-door service from home through airports, prearranges seating and arranges for special items to be taken on your flight (including oxygen). This service will also make all the arrangements at your destination. ATS agents inspect all accommodation. The company has several tours in UK and abroad and can also arrange insurance.

Disclaimer: Inclusion in this factsheet, is not a guarantee or recommendation by Chest, Heart and 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

Avant Garde Travel

76 Victoria Road, Surbiton, Surrey KT6 4NS

Tel: 0208 399 3933

Fax: 0208 399 4439

E-mail: info@avantgardetravel.com

Website: www.avantgardetravel.com

Tailor made holidays for the less able traveller providing choices and freedom.

Can Be Done Ltd

11 Woodcock Hill, Harrow HA3 0XP

Tel: 0208 907 2400

Fax: 0208 909 1854

E-mail: holidays@canbedone.co.uk

Website: www.canbedone.co.uk

Can Be Done Ltd puts together 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 organises group and individual holidays around the world. They also provide accessible transport for private hire, patient transport and school and Day- centre transport.

Saga Holidays

The Saga Building, Middleburg Square, Folkestone, Kent CT20 1AZ

Tel: 01303 771 111

E-mail enquiries through the website

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.

Travel Options

46 Trongate, Glasgow G1 5ES

Tel: 0141 559 5500

E-mail: info@travel-optionsltd.co.uk

Website: www.traveloptionstrongate.com

Offers a full range of holiday opportunities plus additional specialised support for disabled travellers.

Booking accommodation direct

Access Travel (LANCS) Ltd

6 The Hillock, Astley, Lancashire M29 7GW

Tel: 01942 888 844

Fax: 01942 891 811

E-mail: info@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

Kielder, Kielder Water, Hexham, Northumberland NE48 1BS

Tel: 01434 250 232

Fax: 01434 250 015

E-mail: enquiries@calvert-kielder.com

Keswick: Little Crosthwaite, Keswick, Cumbria CA12 4QD

Minicom/Tel: 01768 772 254

Fax: 01768 771 920

E-mail: enquiries.calvert.keswick@dial.pipex.com

Exmoor: Wistlandpound, Kentisbury, Barnstable, Devon EX31 4SJ

Minicom/Tel: 01598 763 221

Fax: 01598 763 063

E-mail: exmoor@calvert-trust.org.uk

Website: www.calvert-trust.org.uk/exmoor

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

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

FACTSHEET

Grooms Holidays

PO Box 36, Cowbridge, Vale of Glamorgan CF71 7TN

Tel: 0845 658 4478

Fax: 01446 775 060

E-mail: holidays@johngrooms.org.uk

Website: www.groomsholidays.org.uk

Grooms 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 Balingall Drive, Glenrothes, Fife KY6 3QD

Website: nickiriancare.com

Offers professional private respite in homely surroundings in Glenrothes.

Contact through website.

Tourism for All

The Hawkins Suite, Enham Place, Enham Alamein, Andover SP11 6JS

Tel: 0845 124 9974 admin

Fax: 0845 124 9972

Information: 0845 124 9971

Minicom: 0845 124 9976

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

Reservations Team, Industrial Estate, Shap Road, Kendal, Cumbria LA9 6NZ

Tel: 0845 345 1970

Fax: 01539 735 567

E-mail: info@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 and a holiday home in Shetland.

DIAL UK

St Catherine's, Tickhill Road, Doncaste, 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 service on a range of topics including mobility and transport and holidays.

RADAR

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

Tel: 0207 250 3222

Fax: 0207 250 0212

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

'The AA – Disabled Travellers Guide'

AA Disability Helpline: 0800 262 050

Website: www.theaa.com

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

'Holidays in Britain and Ireland – A guide for disabled people'

RADAR

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

Tel: 0207 250 3222

Fax: 0207 250 0212

Minicom: 0207 250 4119

E-mail: radar@radar.org.uk

Website: www.radar.org.uk

Produced by the Royal Association for Disability and Rehabilitation.

Costs £13.50 Also available to buy on-line from their shop at website address.

Useful On-line Resources and Services

www.disabilitynow.org.uk

On-line holiday accommodation and much more. Also produce disability related magazine to subscribers 0845 120 7001.

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 Spanish Costas, Mallorca, Lanzarote and Algarve.

www.independentliving.org/vacswap

Accessible vacation home exchange website.

www.caravanable.co.uk

Accessible caravanning.

www.holidaysforall.org.uk

Provides access to a group of specialised tour companies on line.

www.directenquiries.com

Nationwide access directory for public buildings, businesses as well as leisure and recreation destinations.

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 and Stroke Scotland Advice Line
Monday - Friday 9.30am - 12.30 and 1.30pm - 4.00pm

0845 077 6000