


This factsheet has been put together 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 of your arrangements for you including travel and assistance; others will just take bookings for their own accommodation. Whatever your needs are there is help out there! **The travel services listed are arranged in alphabetical order. CHSS does not provide specific recommendations and other services are available.** Please note that, although this factsheet is correct at the time of printing, details of organisations listed in the factsheet may have changed since publication.

 See the CHSS factsheets *Air travel* and *Travel and motor insurance* for further useful information.



## Travel Services

### Access Travel

Tel: 07973 114365

Email: [office@access-travel.co.uk](mailto:office@access-travel.co.uk)

Website: [www.access-travel.co.uk](http://www.access-travel.co.uk)

*Specialises in overseas travel and holidays for wheelchair users and others with restricted mobility. Accommodation has been inspected or recommended by wheelchair users and offers a good level of access.*

### Altogether Travel

Tel: 01236 222006

Website: [www.altogethertravel.co.uk](http://www.altogethertravel.co.uk)

*Travel services for older people, families and individuals with learning, physical or sensory disabilities.*

### **Can be Done Ltd**

Tel: 020 8907 2400

Email: [holidays@canbedone.co.uk](mailto:holidays@canbedone.co.uk)

Website: [www.canbedone.co.uk](http://www.canbedone.co.uk)

*Can Be Done Ltd arranges accessible UK and overseas holidays and itineraries for disabled travellers.*

### **DisabledHolidays.com**

Tel: 0161 804 9898

Email: via website

Website: [www.disabledholidays.com](http://www.disabledholidays.com)

*Specialist travel agency with a large choice of accessible holidays in the UK and abroad.*

### **Enable Holidays**

Tel: 0871 222 4939

Email: [info@enableholidays.com](mailto:info@enableholidays.com)

Website: [www.enableholidays.com](http://www.enableholidays.com)

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

### **Saga Holidays**

Tel UK holidays: 0808 274 0272

Tel European holidays: 0808 223 2694

Tel Long haul holidays: 0808 250 2710

Website: [www.saga.co.uk/holidays](http://www.saga.co.uk/holidays)

*Saga offers UK, overseas, special interest and group holidays and cruises for those over 50 in the UK. Accommodation is not guaranteed to be suitable for disabled travellers and it is advisable to check before booking. Brochures can be downloaded or requested online.*

## **The Calvert Trust**

Calvert Trust Kielder, Northumberland

Tel: 01434 250 232

The Lake District Calvert Trust, Cumbria

Tel: 01768 772 255

Calvert Trust Exmoor, Wistlandpound, Devon

Tel: 01598 763 221

Website: [www.calvert-trust.org.uk](http://www.calvert-trust.org.uk)

*The Calvert Trust has three purpose-built centres for people with all types of disability. A variety of outdoor adventure activities are available – under instruction if required. Individuals, groups and families are welcome. Respite packages also available. Sites should be contacted directly. Brochures can be requested online.*

## **Tourism For All UK**

Tel: 0845 124 9971

Email: [info@tourismforall.org.uk](mailto:info@tourismforall.org.uk)

Website: [www.tourismforall.org.uk](http://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 across the UK.*

## **Equipment Hire**

### **British Red Cross Society (Scotland)**

Tel: 0344 871 11 11 (UK main switchboard)

Email: [contactus@redcross.org.uk](mailto:contactus@redcross.org.uk)

Website: [www.redcross.org.uk](http://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. Local contact details are available online.*

## **Respite Services**

### **Leuchie House**

Tel: 01620 892864

Email: [enquiries@leuchiehouse.org.uk](mailto:enquiries@leuchiehouse.org.uk)

Website: [www.leuchiehouse.org.uk](http://www.leuchiehouse.org.uk)

*Offers respite breaks in East Lothian for people with long-term physical conditions.*

## **Revitalise**

Tel: 0303 303 0145

Website: [www.revitalise.org.uk](http://www.revitalise.org.uk)

*Revitalise is a national disability charity providing respite care and other services for disabled people, visually impaired people and their carers. They offer accessible centres, hotels and self-catering choices. Phone for their brochure or book on-line.*

## **Shared Care Scotland**

Tel: 01383 622 462

Email: [office@sharedcarescotland.com](mailto:office@sharedcarescotland.com)

Website: [www.sharedcarescotland.org.uk](http://www.sharedcarescotland.org.uk)

*Shared Care has an online directory of respite services throughout Scotland. They also have information about holiday provision, befriending schemes and sitting services.*

## **Useful Online Resources**

### **Direct Enquiries**

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

[www.directenquiries.com](http://www.directenquiries.com)

### **Holidays for All**

*Provides details of a number of specialised holiday and tour companies.*

[www.holidaysforall.org](http://www.holidaysforall.org)

### **Open Britain**

*Provides comprehensive information about accessible places to stay, visit, eat and drink, and activities and events, in the UK.*

[www.openbritain.net](http://www.openbritain.net)

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**Chest  
Heart &  
Stroke  
Scotland**



If you would like to speak to one of our nurses in confidence,  
please call the Chest Heart & Stroke Scotland Advice Line:

**0808 801 0899**

free to call from landlines and mobiles.