

HOLIDAY INFORMATION FOR PEOPLE AFFECTED BY CHEST, HEART & STROKE ILLNESS

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, which 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' and 'Insurance information for people affected by chest, heart and stroke illness' for further useful information.

TRAVEL SERVICES

Access Travel

Tel: 01942 888 844

Email: office@access-travel.co.uk

Website: www.access-travel.co.uk

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

Accessible Travel & Leisure

Tel: 01452 729 739

Email: info@accessibletravel.co.uk

Website: www.accessibletravel.co.uk

Accessible Travel & Leisure is a specialist tour operator providing accessible holidays for disabled people and less mobile holidaymakers.

Can be Done Ltd

Tel: 020 8907 2400

Email: 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.



FACTSHEET

CHEST HEART & STROKE SCOTLAND

Rosebery House • 9 Haymarket Terrace • Edinburgh EH12 5EZ

Tel: 0131 225 6963 • Fax: 0131 220 6313 • Advice Line Nurses: 0808 801 0899

Email: advice@chss.org.uk • Website: www.chss.org.uk

Scottish Charity No. SC018761

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NOVEMBER 2016

**DisabledHolidays.com**

Tel: 01457 833444

Website: 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

Website: www.enableholidays.com

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

Livability

Tel: 020 7452 2000

Email: info@livability.org.uk

Website: www.livability.org.uk

Livability is a national Christian disability charity committed to providing disabled people, their friends and families with accessible holidays in England and Wales.

Saga Holidays

Tel UK holidays: 0800 096 0085

Tel European holidays: 0800 096 0074

Tel Long haul holidays: 0800 096 0078

Website: www.saga.co.uk/holidays

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. Brochures can be downloaded or requested online.

The Calvert Trust

Calvert Trust Kielder, Kielder Water & Forest Park, Hexham, Northumberland NE48 1BS

Tel: 01434 250 232

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

Tel: 01768 772 255

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

Tel: 01598 763 221

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. Request brochures on-line.



Tourism For All UK

Tel: 0845 124 9971

Email: 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 UK.

EQUIPMENT HIRE

British Red Cross Society (Scotland)

Tel: 0344 871 11 11 (UK main switchboard)

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. Local contact details are available online.

RESPITE SERVICES

Leuchie House

Tel: 01620 892864

Email: enquiries@leuchiehouse.org.uk

Website: www.leuchiehouse.org.uk

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

Revitalise

Tel: 0303 303 0145

Email: bookings@revitalise.org.uk

Website: www.revitalise.org.uk

Revitalise 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. Phone for their brochure or book on-line.

**Shared Care Scotland**

Unit 2, Dunfermline Business Centre, Izatt Avenue, Dunfermline, Fife KY11 3BZ

Tel: 01383 622 462

Email: office@sharedcarescotland.com

Website: 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 AND SERVICES

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

Holidays for All

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

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

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.

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

0808 801 0899

free to call from landlines and mobiles.