

HOW TO  
08Leisure and  
Holidays

There are a range of leisure opportunities for disabled people and their carers in Croydon. Please note that any organisations listed are included for information only and listing does not mean recommendation.

This factsheet is part of **How To... A Guide for Carers in Croydon**. You can download the full series of factsheets from our website [www.carersinfo.org.uk](http://www.carersinfo.org.uk). You can also call us on 020 8649 9339, option 1, or visit the Carers Support Centre.



Carers  
Information  
Service

## Leisure

Disabled people and their carers have just as much right to relax and take a break as anyone else, and leisure and holiday providers should be as inclusive as possible. However, there are also specialist activities, holidays and clubs available to meet individual needs

All of the activities listed in the Leisure section of this factsheet are open to adults. Some are open to children as well, but for activities specifically aimed at children see our *Caring for a Child* factsheet.

Disability is a protected characteristic under the Equality Act 2010. This means that disabled people should not be discriminated against when provided services, including leisure services. Discrimination is when you are treated unfairly because of something related to your disability. This could be reduced mobility, need for extra toilet breaks, behavioural issues, difficulties using public transport, etc. Services are also required to make reasonable adjustments for disabled people. For more information, visit [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk).

Charges apply for most of the activities listed. Please contact the organisation directly for more information.



## Carers Information Service

020 8649 9339, option 1  
[info@carersinfo.org.uk](mailto:info@carersinfo.org.uk)  
[www.carersinfo.org.uk](http://www.carersinfo.org.uk)

The Carers Information Service provides information, advice and support for carers in Croydon who look after a friend, family member or neighbour who needs help due to illness, disability or old age. The Carers Information Service runs the Carers Support Centre in George Street, a drop-in centre for carers open Monday to Friday, 10am-4pm.

Services provided by the Carers Information Service include: enquiry service, drop-in advice at the Carers Support Centre, casework support, advice surgeries, Carer's Assessments, workshops, Carers Café, publications, special events, carers emergency card, carers membership, Radar keys, and Health and Wellbeing Service.

## Information



### AccessAble

01438 842 710

hello@accessable.co.uk

[www.accessable.co.uk](http://www.accessable.co.uk)

Lists the accessibility of leisure and entertainment venues around the UK, including pubs, restaurants, cinemas and shops. Formerly Disabled Go.

### DisabledGo

01438 842 710

enquiries@disabledgo.com

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

Lists the accessibility of leisure and entertainment venues around the UK, including pubs, restaurants, cinemas and shops.

### Leisure Link

020 8239 4393

andrew.slegg@croydon.gov.uk

Leisure Link publishes a newsletter and holds meetings to share information about leisure activities for people with a learning disability in Croydon.

## Discounts

Pensioners, disabled people and people on a low income may be able to get reductions on entrance fees for leisure activities and tourist attractions. These concessions are sometimes not advertised, so it is always worthwhile asking, and carrying proof of age, disability or entitlement to income-related benefits. Many attractions have a 'carer goes free' policy, but the disabled person may need to show proof of their disability, such as a letter confirming they receive a disability benefit. Carers who are members of the Carers Support Centre may be able to use their membership card as proof of their caring status.

### Access Card

020 8604 7263 (Croydon SEND Hotline)

[www.croydon.gov.uk/healthsocial/families/croydon-disability-register-and-access-card/access-card-application](http://www.croydon.gov.uk/healthsocial/families/croydon-disability-register-and-access-card/access-card-application)

A free discount card for children and young people on the Croydon disability register. Eligible families can register online. Visit [www.accesscard.org.uk](http://www.accesscard.org.uk) for a list of included venues.

### Checkout Croydon Card

020 8603 0050

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

Free loyalty card run by Croydon BID. Provides discounts from local businesses for residents and employees of Croydon.

### Cinema Exhibitor's Association Card

023 9224 8545

[www.ceacard.co.uk](http://www.ceacard.co.uk)

Enables people aged eight and over who are receiving Disability Living Allowance, Attendance Allowance, Personal Independence Payment, Armed Forces Independence Payment or who are registered blind, to get one free ticket for someone accompanying them to the cinema.

### Disabled Persons Railcard

0345 605 0525

disability@atoc.org

[www.disabledpersons-railcard.co.uk](http://www.disabledpersons-railcard.co.uk)

The Disabled Persons Railcard is available to disabled adults and children. It allows the cardholder and an adult companion to save a third on standard and first class rail fares throughout Great Britain for a year or three years. Cards cost £20 for a year or £54 for three years. Applications can be made online or by post.



## Activities

### Age UK Croydon

020 8683 7100

[www.ageuk.org.uk/croydon](http://www.ageuk.org.uk/croydon)

Offers a range of social and keep fit activities including balance and movement, bingo, creative arts, dancing, tea and chat, and Zumba. Also offers a range of special events and seasonal celebrations. Sessions are open to people aged 50 and over.

### Alzheimer's Society Croydon

020 8653 2818

croydon@alzheimers.org.uk

[www.alzheimers.org.uk](http://www.alzheimers.org.uk)

Provides information, advice and support for people diagnosed with dementia and their carers. Services include:

- Dementia advisers and dementia support workers.
- Dementia Cafés for people with dementia and their carers.
- Singing for the Brain (music and singing therapy sessions).
- Support groups for people with early stage dementia and monthly carers support groups.

### Anti-Gravity Trampoline and Gymnastics

01883 620 971

james@ag-tc.co.uk

[www.ag-tc.co.uk](http://www.ag-tc.co.uk)

Special needs trampolining classes in Caterham for disabled children and adults, with any disability and their siblings. Classes held on Monday, Wednesday and Saturday.

### Association of Pastoral Care in Mental Health (APCMH)

020 8654 4010

admin@croydon-apcmh.co.uk

[www.apcmhcroydon.co.uk](http://www.apcmhcroydon.co.uk)

Drop-in sessions, creative workshops and social activities for people with a mental health problem.

### Club Soda

020 8253 1034

info@clubsoda.co.uk

[www.clubsoda.org.uk](http://www.clubsoda.org.uk)

Events and club nights run by and for people with a learning disability.

### Contact the Elderly

0800 716 543

[www.contact-the-elderly.org.uk](http://www.contact-the-elderly.org.uk)

Runs schemes in Croydon for elderly people to meet one Sunday afternoon a month for tea, talk and companionship in a volunteer's home.

### Croydon Accessible Transport (CAT)

020 8665 0861

[www.croydonaccessibletransport.org.uk](http://www.croydonaccessibletransport.org.uk)

Explorers' Club offers regular trips to the coast and places of interest for older and disabled people. Carers are welcome, but will be expected to pay full price.

### Croydon Adult Learning and Training (CALAT)

[www.calat.ac.uk](http://www.calat.ac.uk)

Wide range of adult education classes including courses for adults with a learning disability. Fees apply but financial support is available for learners on a low income.

### Croydon Contacts

020 8645 9448

[croydoncontacts@gmail.com](mailto:croydoncontacts@gmail.com)

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

Provides supported leisure activities for disabled adults, including a drama club, cinema trips, day trips, bowling and a Sunday lunch club.

### Croydon Leisure Centres

[www.croydon.gov.uk/leisure/sports/spsc](http://www.croydon.gov.uk/leisure/sports/spsc)

All of Croydon's leisure centres should be accessible, but contact your local centre directly to discuss your accessibility needs. There are a range of accessible activities on offer such as trampolining, exclusive gym sessions, boccia, table tennis and seated aerobics. Not all activities are offered at all centres so call for details.

- New Addington (01689 842 553).
- Purley (020 8668 7251).
- South Norwood (020 8662 9464).
- Thornton Heath (020 8689 5300).
- Waddon (020 8760 0657).

### Croydon Libraries

020 3700 1030

[www.croydon.gov.uk/leisure/libraries](http://www.croydon.gov.uk/leisure/libraries)

Home library service delivers books (including large print, Braille and talking books) every five weeks to Croydon residents of all ages who are unable to visit their local library due to disability and/or illness.

### Croydon Neighbourhood Care (CNCA)

020 8662 1000

[info@cnca.org.uk](mailto:info@cnca.org.uk)

[www.cnca.org.uk](http://www.cnca.org.uk)

Network of volunteer-run neighbourhood care groups across Croydon. Groups offer support to Croydon residents aged over 65. Services differ from group to group, but examples include befriending, occasional gardening, DIY, shopping, lunch clubs and transport.

### Croydon Stroke Support Group

01444 458 075 / 07952 565 285

[esther.hickman7@gmail.com](mailto:esther.hickman7@gmail.com)

[www.croydonstrokesupport.co.uk](http://www.croydonstrokesupport.co.uk)

Information, advice, social and craft activities, entertainment and exercise for people who have had a stroke and their carers. People with Parkinson's are also welcome.

### Croydon Mencap

020 8684 5890

[www.croydonmencap.org.uk](http://www.croydonmencap.org.uk)

Information, advice and support for people with a learning disability and their carers. Runs a social club and discos for people with a learning disability and their carers.

### Croydon Walking for Health Scheme

07796 930 295

[walks@croydon.gov.uk](mailto:walks@croydon.gov.uk)

[www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)

A free weekly programme of outdoor walks in Croydon. Walks are accredited by Walking for Health and rated by level of difficulty.

### The Diamond Centre for Disabled Riders

020 8643 7764

[www.diamondcentre.org.uk](http://www.diamondcentre.org.uk)

Therapeutic horse-riding for disabled children and adults.

### Disability Youth Project

07990 790 183

[paul.funnell@croydon.gov.uk](mailto:paul.funnell@croydon.gov.uk)

Range of youth clubs and after-school clubs in the Croydon area for children and young people with a disability or special educational needs.

### Disability Youth Project

07990 790 183

[paul.funnell@croydon.gov.uk](mailto:paul.funnell@croydon.gov.uk)

Range of youth clubs and after-school clubs in the Croydon area for children and young people with a disability or special educational needs.

### Enterprise Swimming

07512 080 572

[enterprise1959@outlook.com](mailto:enterprise1959@outlook.com)

Provides recreational swimming activities for disabled people on Friday evenings at Purley Leisure Centre. Carers can also attend to support the disabled swimmer. Membership costs £10 for a year.

### Imagine Mental Health Croydon

020 8253 7078

[croydon@imaginementalhealth.org.uk](mailto:croydon@imaginementalhealth.org.uk)

[www.imagineindependence.org.uk/london](http://www.imagineindependence.org.uk/london)

Services for Croydon residents experiencing mental health problems, including befriending, mentoring and user-led groups.

### Magpie Dance

020 8290 6633

[info@maggiedance.org.uk](mailto:info@maggiedance.org.uk)

[www.maggiedance.org.uk](http://www.maggiedance.org.uk)

Weekly adult dance classes and regular Youth Group (age 16-25) and Junior Group (age 8-15) sessions for people with a learning disability. Sessions are based in Bromley and Beckenham.



### **Mind in Croydon**

020 8253 8205/6 (Active Minds)

020 8688 1210 (Social  
Networking Service)

admin@mindincroydon.org.uk

[www.mindincroydon.org.uk](http://www.mindincroydon.org.uk)

Active Minds supports people with a mental health problem to take part in leisure, sports and social activities. Requires a referral from a health or social care professional. The Social Networking Service supports people who are experiencing or recovering from a mental health problem to engage in activities in the community. Referrals must be made via the Community Mental Health Team.

### **South East Cancer Help Centre**

020 8668 0974

[www.sechc.org.uk](http://www.sechc.org.uk)

Information, counselling, complementary therapies and activity groups for people with cancer and their carers.

### **Turkish Youth and Community Association**

020 8665 0425 or 07764 273 293

nilay\_tyca@hotmail.com

Range of services for people from the Turkish-speaking community, including social activities.

### **Wheels for Wellbeing**

020 7346 8482

info@wheelsforwellbeing.org.uk

[www.wheelsforwellbeing.org.uk](http://www.wheelsforwellbeing.org.uk)

Cycling opportunities for disabled children (aged three and over) and adults. Bases in South Norwood, Lewisham and Herne Hill.

### **Willow Foundation**

01707 259 777

[www.willowfoundation.org.uk](http://www.willowfoundation.org.uk)

Special days out for seriously ill 16-40 year olds who have a life-threatening condition, including people in the advanced stages of a progressive degenerative condition.

### **Your Local Cinema**

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

Details of local screenings of films with subtitles or audio description.

### **1596 Club**

020 8256 1596

[www.whitgiftcare.co.uk](http://www.whitgiftcare.co.uk)

Day service for older people run by The Whitgift Foundation. Offers a range of activities, lunch and transport to and from the venue, including at weekends. Cost is currently £30 per day.



## **Holidays**

Disabled people and their carers may sometimes face additional barriers when going on holiday. To take the stress out of going away, this section lists a number of organisations who may be able to help you find the right holiday. All of the holidays listed in this section of the factsheet are open to adults. Some are open to children as well, but for holidays specifically aimed at children see our *Caring for a Child* factsheet.

The National Accessible Scheme (NAS) rates the accessibility of tourist accommodation across Britain. It may be worthwhile checking whether your planned accommodation meets the NAS criteria: [www.visitengland.com](http://www.visitengland.com).



# Accessible holiday guides and directories

## Ceiling Hoist Users Club

01604 805 839  
admin@chuc.org.uk  
[www.chuc.org.uk](http://www.chuc.org.uk)  
Information on accommodation with ceiling hoists.

## DisabledHolidays.com

01457 833 444  
[www.disabledholidays.com](http://www.disabledholidays.com)  
Travel agent for worldwide holidays for disabled people.

## Disabled Holidays Guide

[www.disabilityholidaysguide.com](http://www.disabilityholidaysguide.com)  
Holiday directory for disabled people.

## Good Access Guide

01502 806 706  
[www.goodaccessguide.co.uk](http://www.goodaccessguide.co.uk)  
Information on holidays, travel, leisure and accommodation for disabled people.

## Hft Holiday Information Guide

0808 801 0448  
familycarersupport@hft.org.uk  
[www.hft.org.uk/holidayinformationguide](http://www.hft.org.uk/holidayinformationguide)  
Produces an annual holiday information guide for people with a learning disability and their families and carers. The guide is free to download online.

## Open Britain

0845 124 9971  
info@tourismforall.org.uk  
[www.openbritain.net](http://www.openbritain.net)  
Information on accessible places to stay, eat, drink and shop in the UK.

## PitchUp

[www.pitchup.com/campsites/-/disabled-facilities](http://www.pitchup.com/campsites/-/disabled-facilities)  
List of accessible campsites with disabled facilities.



# Accessible holiday providers

## Accessible Travel and Leisure

01452 729 739  
[www.accessibletravel.co.uk](http://www.accessibletravel.co.uk)  
Tour operator for disabled people.

## Calvert Trust

01598 763 221 (Exmoor)  
01434 250 232 (Kielder)  
01768 772 255 (Lake District)  
[www.calvert-trust.org.uk](http://www.calvert-trust.org.uk)  
Provide accessible outdoor adventure holidays and activities in Exmoor, Kielder and the Lake District.

## Dementia Adventure

01245 237 548  
[www.dementiaadventure.co.uk](http://www.dementiaadventure.co.uk)  
Supported group holidays for people with dementia and their carers.

## Disabled Access Holidays

0800 622 6000  
[www.disabledaccessholidays.com](http://www.disabledaccessholidays.com)  
Holiday provider for accessible holidays for disabled people, including wheelchair users.

## Enable Holidays

0871 222 4939  
[www.enableholidays.com](http://www.enableholidays.com)  
Specialist holiday provider for disabled people.

## Holidays for All

0845 124 9971  
[www.holidaysforall.org](http://www.holidaysforall.org)  
Group of holiday providers offering accessible holidays in the UK and abroad for disabled people, with or without their carers.

## Revitalise

0303 303 0145  
[www.revitalise.org.uk](http://www.revitalise.org.uk)  
A national charity providing short breaks and holidays (respite care) for disabled adults and carers at three UK centres, including specific breaks for people with dementia. Personal care is available. Breaks are provided at a subsidised rate and support can be provided to find additional funding.

## Seable

020 7749 4866  
[www.seable.co.uk](http://www.seable.co.uk)  
Specialist holidays for disabled people and people who are blind or visually impaired.

## Torch Holidays

01858 438 260  
info@torchtrust.org  
[www.torchtrust.org](http://www.torchtrust.org)  
Specialist Christian holidays for people with a visual impairment.

## TravelEyes

0113 887 4275  
[www.traveleyes-international.com](http://www.traveleyes-international.com)  
Specialist international holiday provider for travellers who are blind or visually impaired.

# Holidays for children

For a list of holiday providers for children, see our *Caring for a Child* factsheet.

# Travelling abroad

This section of the guide refers to European Union (EU) legislation, which still applies in the UK at time of publication. For information on Brexit and your travel rights, visit [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk) or contact your local Citizens Advice.

It's particularly important to be aware of your rights when travelling abroad if you have a disability or a health condition. Check [www.gov.uk/guidance/foreign-travel-for-disabled-people](http://www.gov.uk/guidance/foreign-travel-for-disabled-people) before you travel.

## Travel insurance

Travel insurance companies cannot deny you travel insurance on the basis of disability. However, if you have a pre-existing medical condition or disability, they can charge you more if they can show you are more likely to make a claim. It is important to disclose any pre-existing conditions when you apply, as failing to do so may render your policy invalid if you do need to make a claim.

Some travel insurance agencies specialise in policies for people with pre-existing medical conditions. These agencies may also be able to insure disability or mobility equipment, and provide cover for situations such as an airline being unable to carry an individual due to a change of plane to one that is not accessible.

You can find a number of travel insurance comparison websites online. Alternatively, you can ask a travel insurance broker to find the best deal for you. The British Insurance Brokers' Association has a list of regulated insurance brokers: [www.biba.org.uk/find-insurance](http://www.biba.org.uk/find-insurance) or call 0370 950 1790.



## Travelling with an assistance dog

If travelling abroad with a pet, including an assistance dog, you can enter or return to the UK without quarantine if you follow EU rules. The same rules apply in all EU countries. You will need a pet passport for your pet to travel within the EU, which you can apply for from certain vets. Visit [www.gov.uk/take-pet-abroad](http://www.gov.uk/take-pet-abroad) for more information.

## Flying



Within the European Union (EU), airlines and tour operators may not refuse to carry passengers, or to take bookings, on the basis of reduced mobility. A reservation or boarding can only be refused for justified safety reasons, or if the boarding or transport of the disabled person is physically impossible due to the size of the aircraft or the width of its doors. If you are refused a reservation, a suitable alternative must be offered, and if boarding is refused, reimbursement or re-routing must be offered at no extra cost.

In addition to these rights, a person with a sensory, physical or learning disability which affects their mobility (or an older person, or someone with a temporary injury such as a broken leg) has the right to:

- Help at arrival, including terminal entrances and car parks.
- Help with check-in.
- Help with moving through the airport, including to the toilets.

You must let the airline know assistance is needed at least 48

hours in advance. If you do not give this much notice, the airline only has to do what they reasonably can to assist you onto your flight. If you are travelling with a battery-powered wheelchair or mobility aid, let the airline, travel agent or tour operator know as soon as possible.

If you request assistance due to disability or a medical condition, the airline may ask if you are 'fit to fly'. This will usually involve filling in a form about your condition. Disabled people who will need help during the flight with tasks such as feeding, taking medication or using the toilet must travel with a carer. The airline will try to sit the disabled person and carer together, but will need 48 hours' notice.

Disabled people can travel with up to two items of mobility equipment free of charge. This is in addition to your baggage allowance. Airlines also have to carry assistance dogs free of charge. Assistance dogs are allowed to travel in the aircraft cabin with their owner on approved routes and carriers registered to carry assistance dogs. For more information visit [www.equalityhumanrights.com](http://www.equalityhumanrights.com).

## Useful contacts

### Civil Aviation Authority

[www.caa.co.uk](http://www.caa.co.uk)

If you have a disability and you are unhappy with the assistance provided by the airline, you should complain directly to the airline. If you are unhappy with their response, you can complain to the Civil Aviation Authority.

### Disabled Travel Advice

[www.disabledtraveladvice.co.uk](http://www.disabledtraveladvice.co.uk)

Information and advice on travelling, days out and holidays for disabled people.

### Equality Advisory Support Service

0808 800 0082

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

Advises and assists individuals on issues relating to equality and human rights.

### GOV.UK

[www.gov.uk/guidance/foreign-travel-for-disabled-people](http://www.gov.uk/guidance/foreign-travel-for-disabled-people)

Information and advice on holidays and travelling by road, rail, air or sea for disabled people.

### Passport Advice Line

0300 222 0000

[www.gov.uk/passport-advice-line](http://www.gov.uk/passport-advice-line)

Advice and information for people whose disability may affect their ability to apply for a passport.

### Tourism for All

0845 124 9971

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

[www.tourismforall.org.uk](http://www.tourismforall.org.uk)

Information and advice on all aspects of accessible travel, leisure and holidays in the UK and overseas.



## Using your blue badge abroad

The Blue Badge scheme is not recognised in all countries, but it is recognised throughout the European Union (EU). When used in the EU, the Blue Badge allows the holder to make use of the same parking concessions allowed for the country's own disabled citizens. For more information on using the Blue Badge abroad visit [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk).

## Medical care

If you need emergency medical care abroad, the UK has agreements with some countries which entitle travellers to receive free or low-cost emergency care. Be aware that agreements do not mean that travel insurance is not needed.

Within the European Economic Area and Switzerland, the European Health Insurance Card (EHIC) entitles you to state healthcare for free or at a reduced cost. It covers any treatment necessary to allow you to continue your stay until your planned return (including treatment for pre-existing medical conditions). Visit [www.nhs.uk/using-the-nhs/Healthcareabroad](http://www.nhs.uk/using-the-nhs/Healthcareabroad) for more information.

If you are travelling outside the European Economic Area and Switzerland, the NHS provides a country by country guide to paying for medical care as a UK citizen: [www.nhs.uk](http://www.nhs.uk).

### European Health Insurance Card (EHIC)

0300 330 1350  
[www.ehic.org.uk](http://www.ehic.org.uk)

Within the European Economic Area and Switzerland, the European Health Insurance Card (EHIC) entitles you to state healthcare with certain restrictions for free or at a reduced cost. Contact directly for full terms and conditions.

## Medication

If taking medication abroad, try to pack more than you need to allow for delays and emergencies. If travelling by air, try to carry your medication in your hand luggage, as there is less chance of it being lost during the journey, and liquid medication may freeze if carried in the hold. Essential liquid medicines of over 100ml can be carried in hand luggage with pre-approval from the airline or airport, alongside supporting documentation such as a letter from a doctor or a copy of the prescription.

Always keep medication in the original packaging, preferably still with the pharmacy label visible. It may help to ask the prescribing doctor to write a letter stating the health condition/s and the medication that has been prescribed, so that you can prove there is a legitimate reason for carrying your medication.

Make sure that you check that the medication you are travelling with is legal in the country you are visiting. The Foreign and Commonwealth Office can give details of foreign embassies in the UK (020 7008 1500, [www.gov.uk](http://www.gov.uk)).

## Equipment

It is important to ensure any disability equipment taken on holiday is appropriately insured (see previous page). It may be possible to hire equipment at the holiday destination. Three equipment hire companies that operate across a range of countries are:

- Mobility Abroad  
[www.mobilityabroad.com](http://www.mobilityabroad.com).
- Mobility at Sea  
[www.mobilityatsea.co.uk](http://www.mobilityatsea.co.uk).
- Mobility Equipment Hire Direct  
[www.mobilityequipmenthiredirect.com](http://www.mobilityequipmenthiredirect.com).

Purchasing or hiring equipment specifically to take on holiday is also an option. For details of local suppliers of disability equipment, see our *Practical Help* factsheet.

## Alternative care

If you are planning a holiday without the person you care for, it might be necessary to arrange alternative care. This could be in the form of care workers coming into the home, a respite stay in a residential home or an accessible holiday. If you need to arrange respite, contact Croydon Adult Social Care (020 8726 6500) to request an assessment and possible funding or practical help with arranging alternative care. If you prefer to arrange alternative care yourself, there are a range of home care providers and care homes offering respite care in Croydon. For more information, see our *Getting Support from Social Care* factsheet.

## Holiday tips

1. Bring the instructions, spare parts and batteries for any mobility or disability equipment you are taking with you.
2. Check your accommodation will meet your mobility needs. For example, will you need access to a lift? If so, will it accommodate a wheelchair or scooter?
3. Translate key phrases related to your disability into the appropriate language, in case you have to seek medical help abroad.
4. If you need to keep your medication cold, find out if your accommodation has access to a fridge.
5. If you have specific dietary needs, make sure your accommodation knows about them.
6. Check how near your accommodation is to health services such as pharmacies and hospitals. If you are not familiar with the language of your holiday destination, check if there is an English-speaking doctor available.
7. Check the accessibility of your accommodation. Will you be able to access the entire building? For example, are there ramps, step-free access and wide doorways throughout? And most important of all...
8. Get written confirmation of what your accommodation has promised in terms of disabled facilities.

# Financial help and cheaper holidays

## 3H Fund

01892 860 207

[www.3hfund.org.uk](http://www.3hfund.org.uk)

Subsidised group holidays for physically disabled people. Volunteer carers provide all necessary support during the holiday. Also provides grants to help disabled people on a low income and their carers have a UK holiday.

## The ACT Foundation

01753 753 900

[info@theactfoundation.co.uk](mailto:info@theactfoundation.co.uk)

[www.theactfoundation.co.uk](http://www.theactfoundation.co.uk)

Grants to individuals with a learning disability, a physical disability or who are older to help towards the costs of short-term respite breaks at a registered respite centre. Also provides grants for equipment under certain conditions for children aged four and over and adults with any disability.

## Disability Aid Trust

0800 028 0647

[secretary@disabilityaidtrust.org.uk](mailto:secretary@disabilityaidtrust.org.uk)

[www.disabilityaidtrust.org.uk](http://www.disabilityaidtrust.org.uk)

Grants towards the cost of helpers to assist disabled adults (aged 17 and over) on holiday.

## Florence Nightingale Aid in Sickness Trust

020 7998 8817

[ann.griffiths@fnaist.org.uk](mailto:ann.griffiths@fnaist.org.uk)

[www.fnaist.org.uk](http://www.fnaist.org.uk)

Grants to pay for medical items or services that improve quality of life, such as convalescent care. Applications must be made by a health or care professional.

## Holiday Homes Trust

020 8433 7290/1

[scout.holiday.homes@scouts.org.uk](mailto:scout.holiday.homes@scouts.org.uk)

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

Affordable holidays in accessible caravans at UK sites for families who are disadvantaged, whether through disability, income or circumstance.

## Margaret Champney Rest & Holiday Fund

01394 388 746

[info@ogilviecharities.org.uk](mailto:info@ogilviecharities.org.uk)

[www.ogilviecharities.org.uk](http://www.ogilviecharities.org.uk)

Grants for carers to take a holiday while the disabled person stays in alternative care. Applications must be made via a health or social care professional.

## Margaret's Fund

[www.margaretsfund.co.uk](http://www.margaretsfund.co.uk)

Grants for women with a long-term health condition who are in financial need to pay for convalescent holidays. Applications must be made via a social care professional.

## Me and Dee Charity

01332 297 011

[holidays@meanddee.co.uk](mailto:holidays@meanddee.co.uk)

[www.meanddee.co.uk](http://www.meanddee.co.uk)

Arranges caravan holidays in Mablethorpe, Lincolnshire by the coast for people with a life-limiting or life-threatening condition and their families. Also open to serving and ex-serving military who have sustained serious injury and Post-Traumatic Stress Disorder (PTSD).

## The Respite Association

01775 820 176

[help@respiteassociation.org](mailto:help@respiteassociation.org)

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

Funding for respite for carers living on a low income. Also offers free breaks for carers at caravans in Skegness and near Blackpool.

## Victoria Convalescent Trust

020 8502 9339

[vic.c.trust@gmail.com](mailto:vic.c.trust@gmail.com)

Grants for convalescent and respite care for people on a low-income.

Preference is given to people living in Surrey and the London Borough of Croydon. Professional referrals only.

# HOW TO 08

## Leisure and Holidays

Every effort has been made to ensure the contents of this factsheet are correct, but the Carers Information Service cannot accept responsibility for information that is inaccurate or for the quality of the services listed. All the *How To... A Guide for Carers in Croydon* factsheets are available at [www.carersinfo.org.uk](http://www.carersinfo.org.uk) to download, where they will be regularly updated.

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Information  
Service

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