Holidays, short breaks and travel guide
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Children and adults with rare chromosome disorders often have complex additional needs impacting on all aspects of their own and their family’s lives. They may require dedicated intensive care, therapies, items of equipment and services. All this makes it even more important that they and their carers have the opportunity to take a well-deserved holiday or short break either together or individually. Yet accommodating these complexities often makes these holidays and breaks more difficult to arrange. Carers of children and adults with a rare chromosome disorder often approach the team at Unique to ask for information and guidance on how they might organise a holiday or short break. Sometimes they are able to sort a holiday but cannot find a travel insurance company willing to cover their child’s special needs and medical issues. Having talked to lots of different parents and carers about what they need, we have decided to write this guide to illustrate the different types of specialist holidays and short breaks that are currently available and to signpost carers to potential sources of help, including funding and travel insurance. The guide is intended as a resource to help families find suitable holiday and short break opportunities, research that can be very time-consuming and hard work, particularly when you are caring for a disabled person.

We have included details of a selection of organisations providing holidays both in the UK and abroad. We are not able to recommend one holiday type over another, so when following any links we provide it is important for you to study the information given by each organisation carefully to make sure they provide the sort of service you are seeking. Some will accept self-referrals while others will require referrals from a professional involved in your relative’s care. Don’t be frightened to ask professionals for help. Many of Unique’s parent carers have been given invaluable assistance in organising wonderful holidays that have enabled them to holiday as a family or on their own and that have made all the difference to their capacity to continue in their caring roles.

This guide is a dynamic resource and the details included are correct at the time of publication. However, if you should you come across any new sources of holiday help that we haven’t included, please contact Unique to tell us about them. We are always pleased to receive new information that we can pass on to carers of children and adults with rare chromosome disorders.

We have written this guide as a starting point and included details of various holiday service providers you might want to consider applying to but it isn’t an exhaustive list. If you have internet access, begin with a thorough search, using terms like ‘holidays for disabled children or adults’ and you will be able to find a variety of different holiday providers. It’s amazing the amount of information you can access through simple searches on Google, Bing, Yahoo! and other search
engines. Other parents and carers are always a good source of information too so consider joining one of our Unique Facebook groups to connect with others and ask about holidays that they may have had. We often find they are a mine of information.... you just have to ask!

**Holidays in the UK**

Many families prefer to holiday in the UK or would not like to risk venturing abroad because of their children’s special needs and medical conditions, so here we have included a variety of organisations providing holidays closer to home. Don’t forget that, rather than taking your own equipment from home, you might be able to hire specialist equipment like hoists and cot sides in resort with the help of the holiday organisers. If the thought of a long journey with a child or adult in pads is daunting, then think about planning your route or your holiday so you can access specialist Changing Places toilets – see [http://www.changing-places.org](http://www.changing-places.org) for details of where to find these excellent changing facilities. Do you want to know about a potential destination and the facilities available before you make your final holiday venue decision? Why not ask Unique to put you in touch with families living in the area in which you are intending to holiday? With the comprehensive Unique database/registry listing many thousands of families affected by rare chromosome disorders, we may well know of someone you can talk to. There is nothing like the knowledge and experience of a local family to tap into for information about their area, including hospitals, doctors and pharmacists in case of emergencies when you get there. A well-planned holiday will take a lot of the stress out of preparation and going to new places with a vulnerable child.

Here are some holiday and short break suggestions in the UK to give you inspiration! It’s important to realise that this is not a list of all holiday providers; it is just intended to help you to make a start. The organisations listed are not in a particular order, they are organisations that we have learnt about through research, from other charities, through Unique member families caring for their children and from our own experiences. Inclusion here does not mean we are endorsing them. Please contact our Family Support Officer (see [www.rarechromo.org](http://www.rarechromo.org) for details) if you have any queries.
Activenture
www.londonyouth.org.uk/inspiring-young-people/activenture
Tel: 01342 828215  Email: activventure@hindleap.com
Activenture offers residential holidays for young people with disabilities in the 8-18 year-old age range while Activenture Plus is for those over 18 years old with disabilities. It uses the Hindleap Warren Outdoor Education Centre which is situated within 300 acres of woodland, part of the Ashdown Forest.

Avalon Breakaway Holidays
www.avalongroup.org.uk/supported-holidays  Tel: 01423 530053
Avalon Breakaway Avalon Freedom provides a wide range of supported holidays and accessible travel experiences for adults who need support to take a break

Avon Tyrrell Activity and Residential Centre in the New Forest
www.ukyouth.org  Tel: 01425 672347  Email: info@ukyouth.org
Avon Tyrrell provides full board, self-catering and day visit facilities for groups of up to 200. All ages and abilities welcome. It is a 65 acre site in the New Forest which is grade 1 listed. On-site activities include canoeing, archery, abseiling, climbing, rope courses, environmental studies, swimming, fishing, cycling, team building and personal development courses. By providing young people with disabilities or special needs additional instruction and support they aim to make sure that the young people are challenged in a supportive environment, with activities specifically adapted to suit their needs.

Badaguish Outdoor Centre
www.badaguish.org  Tel: 01479 861285  Email: info@badaguish.org
The Badaguish Centre aims to help people with a disability enjoy an outdoor holiday and it has access to a fully integrated range of community and tourist recreation facilities around Aviemore and the Cairngorms. Respite Care activity holidays and courses (24-hour care) for unaccompanied people with learning/multiple or physical disabilities. Also caters for small groups/family holidays of up to 10 people. Activity instructors are available.

Bendrigg Trust
www.bendrigg.org.uk  Tel: 01539 723766  Email: office@bendrigg.org.uk
The Bendrigg Trust is a residential activity centre located in beautiful countryside between the Lake District and Yorkshire Dales. It runs holidays and residential courses specifically for people with special needs. Set in 15 acres of grounds, the main accommodation unit has been extensively refurbished to extend the facilities available for people with more severe disabilities. Groups and individuals come to the Centre for a week or weekend, from schools and colleges for children with special needs, homes, hostels, clubs, hospitals, community groups and disability organisations. Programmes are tailor-made
for each group and a wide variety of activities can be incorporated. These may include climbing, abseiling, canoeing, caving, sailing and orienteering. Bendrigg is open throughout the year and a team of qualified and experienced tutors are employed to deliver the activities.

■ Bond hotels

[www.bondhotel.co.uk](http://www.bondhotel.co.uk)  Tel: 01253 341218  Email: sales@bondhotel.co.uk

The Bond Hotels are specialist hotels in Blackpool and St. Anne’s that cater for people with special needs. They have 65 and 27 bedrooms, respectively, most of which are fully accessible. Specialist equipment like hoists, raiser beds and cot sides are all provided free of charge. Various holiday packages are available to suit individuals’ budgets. All meals are homemade and freshly prepared. There is a live cabaret show every night. Bond Accessible Coaches can arrange transport for your holiday. Their aim at The Bond Hotels is to provide enjoyable hassle free holidays with quality, comfort and service.

■ BREAK

[www.break-charity.org](http://www.break-charity.org)  Tel: 01263 822161  Email: office@break-charity.org

BREAK provides supported holidays and respite care provision in Norfolk for people with learning disabilities and other special needs including those with high level care needs and challenging behaviour. Children and adults with autism spectrum disorders are welcome. A varied holiday programme includes outings and full 24-hour care provided by experienced staff. Special diets can be catered for. Group holidays also arranged with or without accompanying staff. BREAK also has self-catering chalets in Devon for families with special needs. Providing a low cost holiday, these chalets are suitable for people with disabilities and their carers.

■ The Breverton Hotel

[www.thebreverton.co.uk](http://www.thebreverton.co.uk)  Tel: 01253 726179  Mobile: 07977 129872  Email: thebreverton@sky.com

The Breverton Hotel is a small family run establishment which is two streets from the beach in a quiet residential area of St. Annes on Sea in Lancashire. It has disabled facilities, downstairs rooms, off road parking, large safe walled back garden and no smoking. Special diets are catered for. The large Edwardian town house is a happy house, often filled with music and laughter. Staff are always on hand to help and invite you to ring and discuss your needs. Every child matters and their aim is to make your holiday as happy as possible.

■ Calvert Trust Exmoor

[www.calvert-trust.org.uk](http://www.calvert-trust.org.uk)  Tel: 01598 763221  Email direct via the website

At Calvert Trust Exmoor the aim is to experience excitement, challenge and fun. Activities have been designed specifically for those with a disability to enjoy with
their friends and family. Set in North Devon, they have both indoor and outdoor climbing walls for visitors to climb and abseil. There is also sailing, canoeing, kayaking, horse riding, carriage driving, archery and zip wire. Specialist equipment and highly qualified instructors make all activities accessible for all ages and all abilities. In the evening guests use the hydrotherapy pool and Jacuzzi and there is a new sensory room with state of the art equipment. Accommodation is accessible, food is home cooked and all activities are on site. Calvert Trust focuses on what you can do rather than what you cannot.

Calvert Trust Kielder
www.calvert-trust.org.uk  Tel: 01434 250232
Email: enquiries@calvert-kielder.com
Set in the Kielder Forest and close to Kielder Water, the Centre was purpose built to accommodate people of all ages with a wide range of disabilities, their families and friends. Guests can take part in activities which include: sailing, canoeing, climbing, abseiling, archery and swimming. Instruction and equipment are provided. Ten self-catering chalets are also available. In addition the Calvert Trust is registered for respite care offering care to individuals over 18 years of age.

Calvert Trust Lake District
www.calvert-trust.org.uk  Tel: 01768 772255
The Lake District Calvert Trust is a residential outdoor centre with over 35 years’ experience delivering challenging outdoor adventure holidays for people with disabilities. The centre, on the shores of Bassenthwaite Lake, offers a warm welcome with accessible accommodation and exciting breaks for schools, groups, families and individuals with their friends and carers.

Chrysalis Holidays
www.chrysalisholidays.co.uk  Tel: 01925 220179  Email direct via the website
Chrysalis Holidays provide a wide variety of holidays to suit a variety of needs which are aimed to be fun, safe and educational. Most are small groups based on a theme, such as adventure, crafts, farming, music etc. and are run from their guest house situated on the north coast of Anglesey, on the coast path with spectacular views over Breel Bay. Other holidays take place in a variety of other venues catering for differing needs and interests. Everyone is assessed beforehand usually by a home visit within 20 mile radius.

Daisy Chain Project
www.kensingtonfoundation.com  Tel: 01253 761444
Email kentrust1@hotmail.com
This is a respite holiday programme at Kensington Court in Blackpool for families caring for a sick or disabled child or for families coping with limited
means in difficult circumstances. Where appropriate they can also offer the use of one of their apartments to families who have lost a child and feel the need for a break, either alone or with other family members. **Referrals come from Hospices, Hospitals, Social Workers and other Agencies and are welcome from anywhere in the UK.**

- **Diana's Supported Holidays**  
  [www.dsh.org.uk](http://www.dsh.org.uk)  
  Tel: 0844 800 9373  
  Email: [enquiries@dsh.org.uk](mailto:enquiries@dsh.org.uk)

Diana’s Supported Holidays create specialist holiday packages for people with a learning disability needing support. All flights, accommodation, activities, trips and excursions are included in a pre-planned package holiday accompanied by professional support staff. A full range of different types of holiday in the UK and around the world are offered with quality accommodation and facilities and to suit all tastes and interests. Once they have established individuals' needs and the support they require they will confirm your holiday and make all the necessary arrangements.

- **Happy Holidays**  
  [www.happyholidaysuk.co.uk](http://www.happyholidaysuk.co.uk)  
  Tel: 0151 208 3087  
  Email: [office@happyholidaysuk.co.uk](mailto:office@happyholidaysuk.co.uk)

Happy Holidays provide fully Supported Holidays in the UK for Adults with a learning disability and/or physical difficulty who needs support.
The Harriet Davis Trust has three fully equipped holiday houses for families with physically disabled children all in Tenby in Pembrokeshire. A fourth house has been specially adapted and equipped to cater for families with children with autism and other learning difficulties. The house sleeps 6 and is in Narberth.

H.E.L.P.
www.helphols.co.uk  Tel: 01427 668717  Email: janice@help.fslife.co.uk
H.E.L.P. (Holiday Endeavour for Lone Parents) is a registered charity arranging low cost holidays for lone parent families, single access parents, prisoners’ wives and forces wives whose husbands are abroad. Their holidays are at Pontins and Haven. They also own static caravans at Haven Primrose Valley, Filey

Helsey House Cottages
www.helseycottages.co.uk  Tel: 01754 872927
Email: info@HelseyCottages.co.uk
Helsey House Cottages are two self catering holiday cottages on the North East Lincolnshire coast. As parents of two boys with an autism spectrum disorder (ASD) and approved foster carers, Mark and Elizabeth Elvidge know how difficult it can be for special needs families to have a relaxing holiday. The cottages are situated in the private grounds of their home. Each cottage is fully equipped for self catering. They have a self propelled wheelchair, a shower wheelchair, toilet seat riser and an Oxford midi 150 mobile hoist available for guests’ use – make sure to indicate at the time of booking if these are required.

Jordansbrook Holidays
http://jordansbrookholidays.vpweb.co.uk  Tel: 01452 531854
Email: melissatw1@blueyonder.co.uk
Jordansbrook Holidays provide luxury family caravan holidays for all families but especially for those with special needs. The Jordan’s Brook Caravan is a large and equipped holiday caravan on the extensive Haven holiday park at Sandy Bay, Devon Cliffs, in Exmouth. The Spring Centre Caravan is a luxury, large and equipped holiday caravan on the extensive Haven/British Holidays holiday park at Burnham On Sea in Somerset. Both caravans will sleep a family of up to 8 members each and have quiet locations in the park. They have decking ramp and balcony up to both doors, with a lockable gate for safety.

The Kepplewray Project
www.kepplewray.org.uk  Tel: 01229 716936  Email: web1@kepplewray.org.uk
Kepplewray is a registered charity which operates a fully accessible and inclusive outdoor activity centre in Broughton-in-Furness, Cumbria offering adventure, challenge and relaxation for groups of disabled and non-disabled people. They are licensed to provide a range of activities including: climbing, canoeing, archery, environmental studies etc or you can hire the Centre solely for accommodation. Schools, youth groups, families, special needs groups, church and businesses are all welcome. Kepplewray challenges exclusion and is founded on a commitment to bring disabled and non-disabled people together as equal partners.

- **Kingfisher Barn**
  
  [www.kingfisherbarn.com](http://www.kingfisherbarn.com)  
  Tel: 01235 537538  
  Email: info@kingfisherbarn.com  
  Kingfisher Barn is situated in Abingdon and surrounded by fields and close to the town centre. It has 6 self catering cottages sleeping from 2-10 people in each unit. Four are wheelchair accessible with hoist facility in the bedrooms and bathrooms. A heated, indoor swimming pool with hoist is available to use, free of charge. There are also 10 bed and breakfast rooms. The accommodation has been rated 4 star and is beautifully furnished. Hoists, slings, cot sides, commodes and shower chairs are available, free of charge.

- **Low Mill Outdoor Centre**
  
  [www.lowmill.com](http://www.lowmill.com)  
  Tel: 01969 650432  
  Email: info@lowmill.com  
  Low Mill Outdoor Centre is a residential centre situated in the heart of the Yorkshire Dales National Park offering groups of all ages and abilities activity based courses with experienced, fully qualified staff. Activities include: canoeing, climbing, caving, gorge-walking, archery, hill walking, orienteering and navigation. The Centre caters for groups of up to 40 people and is wheelchair friendly with access to all facilities. It is open 48 weeks of the year.

- **The Lyneal Trust**
  
  [www.lyneal-trust.org.uk](http://www.lyneal-trust.org.uk)  
  Tel: 01743 252728  
  Email: pushkar.trivedi@shropshire.gov.uk  
  The Lyneal Trust offers groups and individuals the use of a canal side cottage and chalets. There is sleeping accommodation (in two detached bungalows next to the cottage) for up to fourteen people at Lyneal Wharf on the Llangollen Canal near Ellesmere in Shropshire. In addition groups can use either the Shropshire Lass, a 70ft, 8 berth narrow boat, or the Shropshire Lad, a 45ft canal boat suitable for day trips, with no sleeping accommodation but a big open deck up front. It is licensed for 12 people. The Shropshire Lass, Lad and Lyneal Cottage can be hired separately or in combinations together by anyone who considers they have a disability, and their family and friends. Hire charges are very competitive. Bookings normally run from Saturday to Friday from the second week of March to the end of October.
Mountain House Holidays
www.mountain-house.co.uk Tel: 01433 639368
Email: info@mountain-house.co.uk
Mountain House Holidays offer a choice of exciting activities or a gentle wander through beautiful countryside from their bases in the Peak District and foothills of the Sierra Nevada mountains in Southern Spain. The focus is on small group, tailor made holidays and they are always ready to accommodate special needs. Holidays available to supported people with carers and people who do not need carers.

Nancy Oldfield Trust
www.nancyoldfield.org.uk Tel: 01692 630572
Email: info@nancyoldfield.org.uk
The Nancy Oldfield Trust offers water activities including sailing, canoeing, fishing, motor boating and bird watching to anyone with a disability or who is disadvantaged. They have a disabled-friendly bungalow which sleeps ten people and they welcome day visitors too. The Trust runs three covered motor boats with toilets, cookers and lifts as well as six sailing boats and two open motor boats. Canoes available are rafted doubles, canadians and kayaks. They operate mostly on Barton Broad where they have a floating pontoon with shelter, a toilet and cooking facilities.

Option Holidays
www.optionsholidays.co.uk Tel: 01285 740491
Email: office@optionsholidays.co.uk
Option Holidays offers a wide range of traditional-style holidays for people with learning disabilities. It provides support and holidays are all inclusive except for drinks. It offers canal holidays, cottage holidays, UK hotel holidays and foreign holidays. Each day is packed with a choice of activities depending on age and ability. Venues include Devon, Bournemouth, mid Wales, the Cotswolds, Portugal, Spain, France, Canada and Florida. They are also open to suggestions of new venues to help you find your ideal holiday.

Papillon Holidays
www.papillonholidays.co.uk Tel: 07749 598423, 07747 882671
Email: Papillonholidays@aol.com
Papillon Holidays is a not for profit organisation offering supported holidays in group settings throughout the U.K as well as Spain and France to adults with support needs. Their staff team has experience of providing social care and holidays to people with learning disabilities since 1996. They offer a range of themed holidays where their holidaymakers can get involved with the fun or relax watching the rest of the group partake in the activities. They offer a comprehensive 24 hour support and care package to their holidaymakers. Their holidays are designed to promote independence whilst offering all the support.
the holidaymaker needs. Their holidays are all inclusive with two or three holidaymakers to one staff ratio for personal care. Those needing one to one support would pay a supplement. Included in the price of the holiday is transport to and from your holiday from a holidaymaker's home within 15 miles of Manchester. Breakfast, lunch, dinner, supper and excursion are also included.

The Petty Pool Trust
www.pettypool.org.uk   Tel: 01606 889097
Email: claire.pettypool@btconnect.com
The Petty Pool Trust is an outdoor centre that runs residential experiences for young people with learning disabilities. They can take up to 28 people at a time from Monday to Friday and can provide a tailor made programme or alternatively you can run your own course. During the course of your stay you can take part in activities such as Climbing and Abseiling, Zip Wire, Crate Stacks, Canoeing, Jacobs Ladder and the Leap of Faith. Alternatively you can choose to take in the beauty of the Surrounding 40 acres of woodland and take part in Nature Walks (day or night), Stream Walks, Den building, Orienteering, Blindfold Trail and Pond Dipping. The centre is set within 40 acres of woodland in Northwich in the heart of Cheshire.

The Pioneer Centre
www.actioncentres.co.uk   Tel: 01299 271217
Email: enquiries@pioneercentre.org.uk
The Pioneer Centre is an all year-round development in Cleobury Mortimer, Shropshire. All accommodation is en-suite and under one roof and includes large dining room, private drying rooms and boot stores, lounges, day rooms, meeting rooms and sports hall. The Pioneer Centre offers holidays, activity residentials, conferences, personal development courses, retreats and team building. Schools, special needs units, colleges, charities, community groups, local authorities, churches and companies have discovered the benefits offered by the 25 acre, Canadian themed site with a fully qualified and trained instructor team. Groups of 18 to 300 are welcome, with full board including table service. There is also a full range of on-site instructed activities including High Ropes Course, two climbing/abseiling towers, low ropes course, Heated Outdoor Pool and a wide variety of unsupervised activities too.

Share Holiday Village
www.sharevillage.org   Tel: 028 677 22122 Email via the website
Established in 1981, Share Holiday Village is the largest activity centre in Ireland, welcoming over 10,000 visitors annually. Share works for the inclusion of disabled and non disabled people by providing opportunities for all to participate in a wide range of educational, recreational and creative arts programmes. Located on a 35 acre site on the tranquil shores of Upper Lough
Erne in County Fermanagh, Share’s services and facilities are available on both a residential and daily basis. Programmes can be tailored to suit individual groups’ needs and abilities.

- **Smile Holidays**  
  [www.smilehols.com](http://www.smilehols.com)  
  Tel: 01273 597995  
  Email: [enquiries@smilehols.com](mailto:enquiries@smilehols.com)  

Smile Holidays, based in Sussex, is a specialist provider of all inclusive holidays for people with learning disabilities. With a variety of destinations in England, Wales and France, each location has been chosen to offer a choice of excursions, attractions, entertainment and fun! Smile Holidays’ complete holiday package philosophy aims to ensure that transport, accommodation, support and care are planned and provided on a person centred basis. The holidays are designed to offer clients real life opportunities, skill building, choice and social participation with the support of the caring and experienced Smile team.

- **South Torfrey Farm**  
  [www.southtorfreyfarm.com](http://www.southtorfreyfarm.com)  
  Tel: 01726 833126 or 07855 348795  
  Message via the website  

Unlike the other four cottages at South Torfrey Farm at Fowey, Honeypin is on a single level, and has been converted throughout with accessibility in mind. The pool is partly above ground allowing entry from a seated position, and hand rails around the pool side are provided for guests who need a little extra support when leaving the water. A hydraulic seat lift for assisted access in and out of the pool is on hand if required, doubling as a shower chair for use around the pool and shower area. With an independent carer any of the cottages are suitable to rent for able-bodied guests with special needs.

- **The Thomas Centre**  
  [www.thethomascentre.co.uk](http://www.thethomascentre.co.uk)  
  Tel: 01507 363463  
  Email: [enquiries@thethomascentre.co.uk](mailto:enquiries@thethomascentre.co.uk)  

The Thomas Centre is a new contemporary barn development, which provides safe, secure, non-judgemental, luxury self-catering holiday accommodation for families with children and adults affected by autism, Aspergers, ADHD or other complex needs such as epilepsy, cerebral palsy, Tourettes or other challenging behaviours. Set in 25 acres of private grounds near Louth in Lincolnshire, between the Wolds and the Coast, the accommodation includes 3 houses and 3 bungalows built to M2 disabled regulations. Facilities on site include a private indoor heated swimming pool, woodland, a community room, outdoor playing fields and an indoor play barn with a pool table, skittle alley and more. The family-run centre offers a stress free holiday for the whole family.
Trevanion House
www.trevanion.co.uk    Tel: 01208 814903    Email: enquiry@trevanion.co.uk
Trevanion House offers holiday opportunities for adults with learning disabilities - on their own, with their family or in small groups. Hotel facilities include rooms - all with full en-suite facilities and TV - for up to 21 guests plus dining room, lounges and large gardens. It is situated on the edge of Wadebridge in Cornwall, midway between Bodmin Moor and the coast at Padstow. Educational programmes and respite care are also available. There is a full escorted group holiday programme, determined by individual interests. Trevanion House offers a complete package including all meals, hotel mini-bus transport and appropriate care support. It is a registered Care Home for short-term stays.

The Ty Glyn Davis Trust
www.tyglyndavistrust.co.uk    Tel: 0845 0944364    Message via website
The Ty Glyn Davis Trust is a holiday venue providing self catering holiday accommodation, which is fully accessible for groups, organisations and families whose members have special needs. The Centre sleeps up to 16 people and is fully accessible to wheelchair users. It is open throughout the year for long or short stays and is situated in the small village of Ciliau Aeron, just three miles from the picturesque harbour town of Aberaeron in Ceredigion in Wales.
The Bruce Trust
www.brucetrust.org.uk   Tel: 01264 356451   Email: enquiries@brucetrust.org.uk
The Bruce Trust is a registered charity providing specially-designed, purpose-built, wide-beam canal boats, for hire for self-catering, self-steer holidays by disabled, disadvantaged or elderly people along with their family, friends or carers.

DART
www.glosdart.co.uk   Tel: 07778 842 358   Email: glosdart@cix.co.uk
The Disabled Afloat Riverboats Trust (DART) provides boating holidays for people with physical, visual, aural or learning disabilities together with their carers, families and friends.

Woodlarks- Camping for the Disabled
www.woodlarks.org.uk   Tel: 01252 716279   Email: woodlarks103@btinternet.com
Woodlarks offer fun, relaxing, friendly, and even adventurous camping holidays for disabled people, cared for by dedicated volunteer helpers.

Yellow Submarine
www.yellowsubmarine.org.uk   Tel: 01865 236119   Email: caroline@yellowsubmarine.org.uk
Yellow Submarine organise residential holidays and day activities for young people and adults with a learning disability. They are a charity with a particular desire to provide respite for families caring for young people and adults with special needs, Down syndrome, autism or any other learning difficulty. They fundraise to subsidise the price of all their activities and have extra grants for family carers. For adults they run learning disability holidays just about every month of the year.

Access Travel
www.access-travel.co.uk   Tel: 01942 888844/ 01942 891811   Email: office@access-travel.co.uk
Holidays to Europe and Florida for wheelchair users and people with learning disabilities

The Disabled Holiday Directory
www.disabledholidaydirectory.co.uk   Tel: 0800 9930796   Email: enquiries@disabledholidaydirectory.co.uk
The Disabled Holiday Directory is a specialist travel agency committed to providing holidays that exceed the needs and wishes of their disabled customers. The directory claims to have the largest choice of accessible holidays in the UK and abroad.
Open Britain
www.openbritain.net  Tel: 0845 1249971  Email: info@tourismforall.org.uk
Open Britain offers comprehensive information about accessible places to stay, visit, eat and drink, and activities and events, in the UK.

Breakaway and Breakaway Active Holidays
www.breakawayhols.co.uk  Tel: 01245 260330
Email: enquiries@breakawayhols.co.uk
Breakaway holidays are for adults with a range of learning disabilities who enjoy getting away, meeting new friends or travelling with a group of people they already know. High standards of transport, accommodation and food. They can also provide door to door pick up.

Holidays worldwide
Perhaps you are feeling brave and would like to venture further afield with your child with a rare chromosome disorder. Here are a few holiday and short break suggestions outside the UK to give you inspiration! It’s important to realise that this by no means a list of all holiday providers; it is just intended to help you to make a start. The organisations listed are not in a particular order, they are organisations that we have learnt about through research, from other charities, through Unique member families caring for their children and from our own experiences. Inclusion here does not mean we are endorsing them. Please contact our Family Support Officer (see www.rarechromo.org for details) if you have any queries.

Carefree Holidays
www.carefreespain.com  Tel: +34 96 843 70 10, +34 66 127 51 09
Email: info@carefreespain.com
Las Golondrinas is a family run guesthouse on the outskirts of a typical Spanish village in Murcia. Owners Pat Bartlam, who is a qualified English nurse and her husband John, have been offering holidays for disabled guests, their friends and families since 1995. They offer a range of disability equipment. The pool is solar heated and there is a large garden area for playing. Self catering accommodation is also available.

Casa Del Lago
www.casa-del-lago-holidays.com  Tel: +34 95 249 52 34, +34 60 544 65 01
Email: enquiries@casa-del-lago-holidays.com
Casa del Lago is an apartment situated in El Chorro, about 1 hour from Malaga. Jacci Sheehy, the owner, is a qualified learning disabilities nurse. The apartment is fully adapted and equipped to a very high standard to accommodate guests with disabilities. Jacci and husband Rob are happy to
welcome guests who may have learning difficulties, challenging behaviour, autistic spectrum disorders, mental health issues or medical needs. Adult accompanying and babysitting services are available, as well as full/supplementary care packages, and self catering to full board. Independent travellers are welcomed.

Disabled Access Holidays
www.disabledaccessholidays.com  Tel: 0800 6226000 or 0141 2489400
Email: info@disabledaccessholidays.com
Disabled Access Holidays provides holidays all around the world. Its mission ranges from organising mobility equipment, guaranteed accessible room booking, arranging adapted taxi transfers, to booking flights with airport assistance. Their aim is to take the stress out of organising holidays for disabled people.

HCPT - The Pilgrimage Trust
www.hcpt.org.uk  Tel: 01788 564646  Email: hq@hcpt.org.uk
Each year at Easter, HCPT The Pilgrimage Trust takes thousands of children aged 7-18 with disabilities or special needs on a pilgrimage holiday to Lourdes in France. From April to October the Trust also organises pilgrimage holidays for people of all ages with disabilities and families with terminally ill children at Hosanna House, a specially equipped house in the mountains outside Lourdes.

Le Fosso
www.lefosso.com  Tel: +33 (0) 296 28 47 97  Email: lefosso@neuf.fr
Le Fosso provides fully accessible accommodation in Brittany to families and small groups for holidays and residential stays. There are no restrictions on age and disability. Both self-catering and catering options are available. Open since 1990, the aim is to provide a nurturing environment in which everyone can feel confident. It is fully accredited on health and safety and disability.

Finca Supported Holidays
www.fincasupportedholidays.co.uk  Tel: 01257 422667
Finca provide fully inclusive support holidays all year round for individuals who have learning disabilities, disabled people, their families, friends, groups and organisations.

Dialysis Holidays
www.dialysisholidays.co.uk; Tel: 0844 8002624  Email via the website
Haemodialysis holiday specialists who arrange and coordinate cruises and holidays to suit the holidaymaker.
Established in 2007, Mosaic Leisure is a private company offering quality all year round supported holidays for guests of all ages with autism, asperger’s syndrome, learning difficulties, mental illness, sensory impairments, disabled people, respite care and the elderly. Their holidays include resorts throughout the UK and world-wide destinations.

Can Be Done

Since 1985 Can Be Done Holidays have been offering not only a wide range of exciting holidays for all, but have specialised in original and pioneering wheelchair accessible holidays to a widening choice of destinations. They now have over 30 countries and many more destinations.

Other sources of information

Here we have included additional sources of information that might inspire you or make your holiday planning that little bit easier.

Amateur Swimming Association

Ideally, people with disabilities should be getting the same opportunities as non-disabled swimmers as part of a mainstream swimming club. But there are also disability swimming clubs that specialise in training swimmers with disabilities. The choice is yours. If you are serious about your swimming and want to compete then you’ll need to be part of a mainstream club. Disability swimming clubs are for recreational swimming only. Check the website for more details.

Changing Places Toilets

Standard disabled toilets do not meet the needs of all people with a disability – or their carers. People with profound and multiple learning disabilities, as well as other serious impairments such as spinal injuries, muscular dystrophy, multiple sclerosis or an acquired brain injury, often need extra facilities to allow them to use the toilets comfortably. Changing Places toilets are different to standard disabled toilets with extra features and more space to meet these needs. Each Changing Places toilet provides: the right equipment, including a height adjustable adult-sized changing bench and a tracking hoist system, or mobile hoist if this is not possible; enough space, including adequate space in the changing area for the disabled person and up to two carers, a centrally placed toilet with room either side for the carers, a screen or curtain to allow the disabled person and carer some privacy; a safe and clean environment,
including wide tear off paper roll to cover the bench, a large waste bin for disposable pads and a non-slip floor.

- **The Riding For The Disabled Association**
  
  www.rda.org.uk    Tel: 0845 658 1082    Email: info@rda.org.uk
  
  The aim of the RDA [The Riding For The Disabled Association] is to provide disabled people with the opportunity to ride and/or to carriage drive to benefit their health and well-being. The RDA has many groups throughout the country, some of which have special experience in teaching children with autism to ride. Each county or region has a representative who can give you details of Groups in your area. RDA holidays are available for members of RDA groups.

- **Travelling By Rail**
  
  www.disabledpersons-railcard.co.uk
  
  Tel: 0845 605 0525 (7am to 10pm, Monday to Sunday) or minicom/textphone 0845 601 0132 (for customers with hearing impairments)
  
  Email: disability@atoc.org
  
  If you have a disability that makes travelling by train difficult you might qualify for the Disabled Persons Railcard. The Disabled Persons Railcard allows you to get 1/3 off most rail fares throughout Great Britain. If you’re travelling with an adult companion they also can get 1/3 off their rail fare - so you can save money for your friends too! It costs £20 for a one-year Railcard or £54 for a three-year Railcard. The website includes a table detailing who would qualify.

- **Virgin Holidays & Virgin Atlantic Special Assistance**
  
  www.virginholidays.co.uk/info/important/disabled_customers/customer_care/
  
  Virgin Holidays Special Assistance Team: 0844 5573998 Monday-Friday 9.00am-5.30pm    Email: special.assistance@virginholidays.com
  
  Virgin Atlantic Special Assistance Department: 0844 4124455
  
  Virgin Holidays is a leading tour operator specialising in holidays for its disabled customers, their families and friends. They have an experienced and dedicated team of knowledgeable staff to help you find, plan and arrange your holiday to meet your individual needs.

- **Disability Holidays Guide**
  
  www.disabilityholidaysguide.com
  
  The Disability Holidays Guide has been specifically created to bring a choice of holiday opportunities to those living with special needs and mobility difficulties.

- **Walks with Wheelchairs**
  
  www.walkswithwheelchairs.com
  
  Walks With Wheelchairs is the only UK website totally dedicated to providing free information on routes that are suitable for those who use a wheelchair.
Financial help & grants for holidays
Living in a family challenged by a rare chromosome disorder, and the additional financial demands and limited income this might bring, sometimes means that being able to pay for a much-needed holiday is not easy or is downright impossible. There are sources of help though and many of our families have managed to enjoy lovely holidays and short breaks, thanks to the financial help of a variety of organisations. Here are just a few to get you started. If you need any more information, please contact our Family Support Officer – contact details available from our website at www.rarechromo.org

- **3H Helping Hands for Holidays**
  [www.3hfund.org.uk](http://www.3hfund.org.uk)  
  Tel: 01892 860207  
  Email: info@3hfund.org.uk
  3H Helping Hands for Holidays helps disabled children and adults, as well as carers, to enjoy a much needed holiday. 3H is a charity which was founded over 35 years ago to enable those less fortunate to have a memorable and fulfilling holiday. With the valued help of grant-giving trusts, businesses and individuals, they are able to subsidise a range of holidays to enable over 600 people each year to get away.

- **The Adamson Trust**
  [http://theadamsontrust.co.uk](http://theadamsontrust.co.uk)  
  Contact via the website or write to The Administrator, The Adamson Trust, P.O Box 26334, Crieff, Perthshire, PH7 9AB
  The Adamson Trust is able to give financial help with the cost of holidays or respite breaks for young people aged 17 and under with a physical, mental or emotional disability. There must be evidence of a disability from a medical or social services professional to support the application.

- **Daytrippers**
  [www.daytrippers.org.uk](http://www.daytrippers.org.uk)  
  Tel: 020 77580030  
  Email: enquiries@daytrippers.co.uk
  Daytrippers was founded in 2003 to help children with disabilities, life limiting or terminal illnesses enjoy amazing daytrip experiences that might otherwise not be available to them.

- **Family Fund**
  [www.familyfund.org.uk](http://www.familyfund.org.uk)  
  Tel: 08449 744099  
  Email: info@familyfund.org.uk
  The Family Fund helps low income families raising disabled and seriously ill children by providing grants for essential items to help parents and carers with their day-to-day lives. They give grants for holidays. The Fund is a registered charity, helping around 50,000 families in the UK with £30.5 million in grants a year. They give grants for severely disabled young people up to age 18 in England, Northern Ireland, Scotland and Wales.
Family Holiday Association
www.fhaonline.org.uk  Tel: 020 31170650
Email: grantofficer@FamilyHolidayAssociation.org.uk
The Family Holiday Association is a charity that provides short breaks in the UK for children and their families. These are families that face daily hardship made worse by illness, bereavement or disability. As a small charity they cannot liaise directly with or make any payments to families. Referring agents (see website for list of professionals who would qualify as agents) must be the point of contact for any queries regarding a family’s application and any payments made by the charity in respect of an application should be processed by the organisation that referred the family.

The Farrell Trust
www.farrelltrust.org.uk  Email: ftcharity@yahoo.co.uk
The Farrell Trust exists to assist disabled people to have a much needed day trip, holiday/short break/ or respite care that they otherwise wouldn’t have.....to be able to afford to visit a relative that they haven’t seen for years, access essential respite care, or simply have a holiday break of a few days or longer with the family and friends. The Farrell Trust accepts applications from individual disabled people or an advocate, friend or carer of families with a member who has a disability.

KidsOut
www.kidsout.org.uk  Tel: 01525 385252  Email: info@kidsout.org.uk
KidsOuts’ ‘The Day Out’ programme is delivered nationally in conjunction with Rotary International in Great Britain and Ireland (RIBI) and provides disadvantaged children with an experience that brings both fun and happiness into their lives. The Day Out could be as simple as visiting the seaside, zoo or theme park but for the children who attend this is often a once in a lifetime experience.

The Newman Trust
www.newmantrust.org
The Newman Trust provides holidays for over 120 disabled children aged 5-16 each Summer.

Jumbulance
www.jumbulance.org.uk  Tel: 01582 831444  Email: info@jumbulance.org.uk
The Jumbulance Trust exists to make it possible for severely disabled and unwell adults, children and dependent elderly people to travel on holidays and day outings which for most would be well nigh impossible by air, rail, standard coach or any other means.
Organisations helping carers have a holiday

- Saga respite for carers trust
  [www.saga.co.uk/saga-charitable-foundation/saga-respite-for-carers-trust.aspx](http://www.saga.co.uk/saga-charitable-foundation/saga-respite-for-carers-trust.aspx)
  Tel: 01303 774421  Email: carerstrust@saga.co.uk
  In the UK today there are more than six million people looking after a family member, partner or friend, often isolated and unsupported. The Saga Respite for Carers Trust was launched to help carers aged 50 and over by providing a much needed holiday for the carer and a friend.

- The Ogilvie Trust
  [http://theogilvietrust.org.uk](http://theogilvietrust.org.uk)
  Tel: 01394 388746
  Email: info@ogilviecharities.org.uk
  Grants are made to support respite holidays for carers. The primary aim is to give a complete break to a carer while the person cared for is receiving respite care. In exceptional circumstances we may assist where the carer and cared for wish to holiday together, provided they are husband and wife or partners, or an adult child caring for an aged parent or vice versa. Applications must be made via a third party with no self-referral.

- Carers Holidays
  [www.carersholidays.org.uk](http://www.carersholidays.org.uk)
  Tel: 0117 965 2365 or message via their website
  These holidays are designed for carers and their families to have an affordable break. They are for carers, either alone or with the person they care for. They offer disabled accessible accommodation in our caravans in Torbay and the Cotswolds.
Travel insurance

- European Health Insurance Card (EHIC)
  [www.dh.gov.uk/travellers](http://www.dh.gov.uk/travellers) 0300 3301350
  If you’re going abroad on holiday or a business trip, you can apply for a free European Health Insurance Card (EHIC), which may give you access to reduced-cost medical treatment.

  It is often very difficult to find travel insurance cover when there is a pre-existing medical condition in the family or a rare chromosome disorder not widely recognised or understood. We are not allowed to recommend sources of travel insurance ourselves but we have listed various options that might be able to help for you to follow up yourselves.

- Insurancewith
  Tel:  0845 2 307 159  Mon-Fri 8am-8pm Sat 9am-5pm

- Motability Travel Insurance
  [www.aceonlineinsurance.co.uk/motability](http://www.aceonlineinsurance.co.uk/motability)
  Tel:  0800 5199957 Monday-Friday 9.00am to 7.00pm Saturday 9.00am to 4.00pm

- Good to Go
  [www.goodtogoinsurance.com](http://www.goodtogoinsurance.com)
  Tel:  0844 334 0160
  Monday to Friday - 9am to 8pm; Saturday - 9am to 4pm Sunday - 10am to 4pm

- Orbis Plus
  [www.orbisplus.co.uk/travel.html](http://www.orbisplus.co.uk/travel.html)
  Tel:  0845 338 1638

- Holidaysafe
  [www.holidaysafe.co.uk](http://www.holidaysafe.co.uk)
  Tel:  0845 658 0570

- Free Spirit Travel Insurance
  Tel:  0845 230 5000
  Monday to Friday 8am - 6pm, closed Bank Holidays

- Freedom Insurance Services Ltd
  [www.freedominsure.co.uk](http://www.freedominsure.co.uk)
  Tel:  01223 446914
  Monday to Friday 8.30am - 5.30pm Saturday 9.00am - 5.00pm Closed Bank Holidays

- World First Travel Insurance
  [www.world-first.co.uk/home](http://www.world-first.co.uk/home)
  Tel:  0845 90 80 161
  Monday to Friday 09:00 to 17:30 Saturdays 09:00 to 16:00
Summary
In this guide we have responded to feedback from our members who tell us that finding suitable holidays to accommodate their special needs is very difficult and often very expensive (beyond their means) and that searching for information about potential sources of help takes lots of time - time that is very precious when you are caring for a disabled person.

We have described some of the sources of help that are out there and talked about the things you might need to think about when planning your holiday. Unique staff are always available if you wish to discuss things first and although we don’t provide advice, our team includes carers of disabled children themselves so will understand your needs as a carer. The guide accompanies two others, one relating to bikes, trikes and sensory toys and the other to grants and funding.

Finally, don’t be too shy or too proud to ask for help from the organisations we have listed. That’s their reason for being - they want to help disabled children, adults and their carers to live more fulfilling and less stressful lives.

Happy Holidays!
Support and Information

Rare Chromosome Disorder Support Group,
PO Box 2189, Caterham, Surrey CR3 5GN, UK
Tel/Fax: +44(0)1883 330766
info@rarechromo.org I www.rarechromo.org

Unique is a charity without government funding, existing entirely on donations and grants. If you are able to support our work in any way, however small, please make a donation via our website at
www.rarechromo.org/html/MakingADonation.asp
Please help us to help you!

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