



**FAMILY  
HOLIDAY  
ASSOCIATION**

The charity that gives families a break

Need  
help with  
a break?



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# Everyone needs a break

A break away from home is important for everyone. A break gives us something exciting to look forward to and it allows us to unwind, make friends and experience new opportunities. Memories of time away with friends and family are usually the ones we treasure most. After a break away we return feeling refreshed and positive, and more able to cope with life's difficulties. Sometimes a break away from home helps to alleviate a range of problems, such as depression, stress-related illness and insomnia, which can benefit the whole family.

## Planning time away

### Going away for the first time

Thinking about your first break away as a family can feel overwhelming. It seems there are so many decisions to make, things to remember and so much money to save. But if you take some time to plan your break, it is not so daunting.

Remember to keep an 'open mind'. Holidays are special, but sometimes it takes a little effort to make them so. Your break may not turn out quite as you expected, but if you focus on the good things, it will be an enjoyable experience.

### Where to start?

It's essential to work out how much money you can afford to spend on your break. Saving regularly, even a small amount each week, is really important. Some people find it helpful to keep a holiday moneybox all year round. Saving for your break will give you a goal to work towards and something to look forward to.

After deciding how much you can spend on a break, sometimes the best place to start is a visit to a local travel agent. They can offer lots of advice and brochures on the types of breaks available for your budget. Try looking on the Internet too – there is a huge amount of information to help you find a suitable break and sometimes you'll find special offers. If you do not have Internet access, visit your local library where you can usually use the Internet for free.

### When to take your break?

Taking a break in peak season, usually in the summer and when schools are on holiday, can often be expensive. Why not consider taking a break in low season, when holidays are more affordable and facilities aren't as busy? The weather might not be as sunny, but you can usually still find plenty to do on rainy days. With a little planning, such as remembering to take some indoor games, a break in low season can be just as much fun.

### What sort of break?

Think about the type of break that would suit you and your family. If you are not used to organising day-trips or activities, you might think about a break where activities are included or where there are on-site facilities. But if you're seeking some quiet time or respite from caring responsibilities, a busy holiday park may not be suitable.

Do you want to do your own food shopping and cooking (self-catering), perhaps to keep costs down or because of special dietary needs? Or would you rather have some or all of your meals supplied?

Many holiday parks and companies offer good half board (usually breakfast and an evening meal) or full board (three meals a day) deals, but generally self-catering accommodation is cheaper. You can buy food from a local supermarket and cook using facilities in your accommodation. Remember that shops inside holiday parks tend to be more expensive than those off-site.

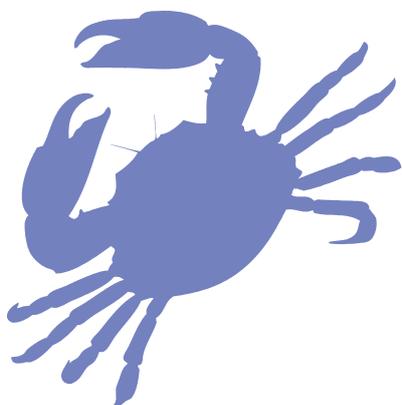
Hostels, such as youth hostels, often offer good self-catering accommodation. Bed and Breakfasts (B&Bs) can be cheap, friendly places to stay although you would probably not have self-catering facilities. Check with a travel agent or on the Internet for more information.

## Where to go?

Always think about how you will reach your destination. A week in Cornwall may sound wonderful, but if you live in Edinburgh, for example, it will take a long time to get there and travelling will be expensive. Remember that for many families travelling for longer two hours can be stressful.

When deciding where to go for a break, think about:

- When and how much time you will need to take off work and/or school?
- How will you travel? In your own car or by train, coach or plane?
- Is transport included in the holiday?
- If you are travelling on public transport or by plane, how will you reach the station or airport? Remember, you will have luggage to carry.
- How long will your journey take? This is especially important to consider if you have young children.
- If you are considering travelling abroad, don't forget that you will need passports and insurance.



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# Preparing for a holiday

## 'Things to do' list

- Arrange time off work. If going away with children, check to see if the date is in the school holidays. If it is not, you must seek permission from the school to take your children on your break.
- Make sure the holiday company can cater for any special needs, such as a highchair and cot, wheelchair access or special dietary requirements.
- If you are in self-catering accommodation, check what is provided. You may need to take some of your own items such as towels.
- If you are going abroad, check your passports are valid. Don't forget that children need their own passports.
- If you do not have a passport or it is out of date, you must apply for one – pick up the application form from your local Post Office. This process can take several weeks.
- Try to save money each week, even if it is just a small amount.
- Work out the total amount of money that you can spend on food, trips, treats and other expenses during your break. It may help to work out a daily allowance.
- Ensure you make arrangements to pay any bills, such as rent, that may be due while you are away. Don't forget to cancel any deliveries, such as papers or milk.
- Organise care for your pets if necessary.
- Make sure a family member or friend knows your holiday dates, location and how to reach you in case of an emergency.
- Arrange your travel insurance. Many companies are listed in the phone book or Yellow Pages or try the Internet or a travel agent.
- If you are travelling by public transport, think how you will get to and from the coach or train station with your luggage.
- If you are travelling by car, make sure you have detailed directions to your accommodation, not just the nearest town.
- Write a list of everything you need to pack – don't forget any medicines, suntan lotion and a basic first aid kit. A week or so before you go, 'test pack' to ensure you can fit everything in your bags and that you can carry them.
- Don't leave all your packing to the night before. Pack gradually over a couple of days, so nothing is forgotten in a last minute rush.
- Don't forget to take snacks, drinks and activities for any long journeys, especially if travelling with children.
- Pack a smaller separate bag with the things you will need on the journey, such as tickets, money, drinks and children's games.

## Personal packing check list

- Booking confirmation and any important holiday documents
- Money and wallet
- Train/bus/plane tickets
- Passports if going abroad
- Clothes and shoes suitable for the destination (will it be hot, cold, both?)
- Swimming costumes, sun cream and sun hat
- Towels, unless provided by the accommodation
- Toiletries
- Food, drinks and activities for the journey
- Any medication that might be needed
- Basic first aid kit

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# Financial help with breaks away

## The Family Holiday Association

The charity was established in 1975 to award grants to families in need of a break, but who are not able to afford one.

Families must be referred to the Family Holiday Association by a 'referring agent' who knows the applicants' circumstances, such as a doctor, teacher, Citizens Advice Bureau worker or social worker.

The Family Holiday Association may be able to help families that meet the following criteria:

- are on a low income
- have at least one child between the ages of three and 18 at the time of the break
- have not had a break away in the last four years.

The charity aims to help an increasing number of families have breaks each year. However, it has many families on its waiting list, and not all families meet the Family Holiday Association's criteria. The following lists contain brief details and contact information of other organisations that may be able to help families or individuals have a break away.

## Organisations that can help with breaks

### Low cost holidays

**Youth Hostel Association** offers special deals to subsidise the cost of activity weeks for children in the school holidays. Write to: Do it 4 Real, YHA (England & Wales) Ltd, Trevelyan House, Dimple Road, Matlock, Derbyshire DE4 3YH, telephone 01629 592 530 or visit [www.doit4real.co.uk](http://www.doit4real.co.uk) or [www.yha.org.uk](http://www.yha.org.uk).

**Scout Holiday Homes Trust** provides low cost holidays at popular holiday sites with specially adapted accommodation for people with special needs. No scouting connection is necessary. Contact: Scout Holiday Homes Trust, Gilwell Park, Bury Road, Chingford, London E4 7QW, telephone 020 8433 7100, email [scout.holiday.homes@scout.org.uk](mailto:scout.holiday.homes@scout.org.uk) or visit [www.holidayhomestrust.org.uk](http://www.holidayhomestrust.org.uk).

**Mellor Country House** offers low cost, self-catering holiday accommodation for low income families. Write to: Mellor Country House, 299 Longhurst Lane, Mellor, Cheshire SK6 5PP, telephone 0161 427 1893, email [mellorcountryhou@btconnect.com](mailto:mellorcountryhou@btconnect.com) or visit [www.mellorcountryhouse.co.uk](http://www.mellorcountryhouse.co.uk).

**Disney Direct** offers a range of discounted breaks at Disneyland. Visit [www.disneylandparisdirect.com](http://www.disneylandparisdirect.com) or telephone 0845 367 5111.

### Holidays for one parent families

**Gingerbread** has local branches across the country that sometimes arrange breaks or days out for members. To find a local group, telephone 0808 802 0925 or visit [www.gingerbread.org.uk](http://www.gingerbread.org.uk).

**Care for the Family** runs Christian activity breaks, particularly for single parent families and those who have suffered a close bereavement. The service is not exclusively for people of a Christian faith. Write to: Care for the Family, Freepost CF4636, Cardiff CF15 7GZ, telephone 029 2081 0800 or visit [www.care-for-the-family.org.uk/holidays](http://www.care-for-the-family.org.uk/holidays).

**HELP (Holiday Endeavour for Lone Parents)** provides access to discounted breaks in the UK for lone parents and their children. Contact: HELP, 25 Brook Street, Hemswell, Gainsborough, DN21 5UJ, telephone 01427 668717, email [janice@help.fslife.co.uk](mailto:janice@help.fslife.co.uk) or visit [www.helphols.co.uk](http://www.helphols.co.uk).



**MANGO** arranges group breaks in the UK and abroad in a wide range of accommodation for single parent families. Write to: MANGO, 3 The Glebe, Albrighton, Shropshire WV7 3EF, telephone 01902 373410, email [info@mangokids.co.uk](mailto:info@mangokids.co.uk) or visit [www.mangokids.co.uk](http://www.mangokids.co.uk).

**Single Parent Travel Club** is a self-help group. Members organise days out, short breaks and holidays in the UK and abroad for single parents and those with sole parenting responsibilities (eg. grandparents, foster carers, etc). Lifetime membership costs £20. For more information and to join, visit [www.sptc.org.uk](http://www.sptc.org.uk).

### Holiday support for women

**Family Action** provides grants towards the cost of recuperative holidays for women who live in Greater London. Families must be referred by a welfare agent. Contact: Grants Service, Family Action 501-505 Kingsland Road, London E8 4AU, telephone 020 7241 7459 or visit [www.family-action.org.uk](http://www.family-action.org.uk).

**Women's Holiday Centre** offers low cost breaks for women and their children in a safe and friendly environment, which can be paid on a sliding scale depending on income. Write to: Women's Holiday Centre, The Old Vicarage, Horton-in-Ribblesdale, Settle, North Yorkshire BD24 0HD, telephone 01729 860 207 or visit [www.hortonwhc.org.uk](http://www.hortonwhc.org.uk).

**Frederick Andrew Convalescence Trust (FACT)** provides women with financial assistance during times of convalescence, by offering grants of up to £1000. Grants are for women only. Contact: FACT, c/o Andrew & Co, Clerk to the Trustees, St Swithins Court, 1 Flavian Road, Nettlehom Road, Lincoln LN2 1HB, email [info@FACTonline.co.uk](mailto:info@FACTonline.co.uk) or visit [www.factoronline.co.uk](http://www.factoronline.co.uk).

**Victoria Convalescent Trust** awards grants for convalescence and periods of recuperative and respite care for those who do not have the financial resources to fund this and have been unable to obtain assistance from the statutory services. Applications for grants are accepted only from referring agencies such as health, education and social services. Contact: The Grants Co-ordinator, Victoria Convalescent Trust, 11 Cavendish Avenue, Woodford Green, Essex IG8 9DA, telephone 020 8502 9339.

### Holiday grants for children only

**CCHF All About Kids** provides residential activity and respite breaks in the school holidays and at weekends for children aged 7-11 years old. Write to CCHF All About Kids, Stafford House 91 Keymer Road, Hassocks, West Sussex BN6 8QJ or visit [www.cCHF-allaboutkids.com](http://www.cCHF-allaboutkids.com).

**Country Holidays for Inner City Kids (CHICKS)** provides activity respite breaks for children aged 8-11 and 12-15. Contact: CHICKS, Moorland Retreat, Bonnaford, Brentor, Tavistock, Devon PL19 0LX, telephone 01822 811020 or visit [www.chicks.org.uk](http://www.chicks.org.uk).

**Kids Out** helps disadvantaged children and young people up to the age of 18, throughout the UK. Write to: Kids Out, 14 Church Square, Leighton Buzzard, Bedfordshire LU7 1AE, telephone 01525 385 252, email [kidsout@kidsout.org.uk](mailto:kidsout@kidsout.org.uk) or visit [www.kidsout.org.uk](http://www.kidsout.org.uk).

**Happy Days Children's Charity** organises breaks, days out and theatre trips throughout the UK for disadvantaged young people with special needs. Contact: Happy Days Children's Charity, Clody House, 90-100 Collingdon Street, Luton, Bedfordshire LU1 1RX, telephone 01582 755999, email [enquiries@happydayscharity.org](mailto:enquiries@happydayscharity.org) or visit [www.happydayscharity.org](http://www.happydayscharity.org).

**Diabetes UK Support Holidays** are for children with diabetes aged 7-17 years old. Trips are low cost and a bursary can be offered to those unable to afford the travel expenses to the site. Contact: Diabetes UK Support Holidays, Macleod House, 10 Parkway, London NW1 7AA or telephone 020 7424 1000 and ask for the Care Events Team.

**The Newman Holiday Trust** provides summer holidays for children with special needs. Activities include theme park and cinema trips, creative workshops, swimming, horse riding, bouncy castles, organised visits from the fire brigade and Armed Forces, magic and talent shows, discos and many more. Contact: The Newman Holiday Trust, Lowbrook Barn, Lancaster Road, Lancaster, Lancashire, LA2 6AL, telephone 0121 713 1077 or visit [www.newmantrust.org](http://www.newmantrust.org)

## Holiday funds for seriously ill or disabled children

**Family Fund** is a government funded organisation helping low income families caring for a seriously ill or disabled child under the age of 18. It offers a range of grants including help with breaks. Contact: Family Fund, Unit 4, Alpha Court, Monks Cross Drive, Huntington, York YO32 9WN, telephone 08449 744 099, email [info@familyfund.org.uk](mailto:info@familyfund.org.uk) or visit [www.familyfund.org.uk](http://www.familyfund.org.uk).

**National Holiday Fund** provides breaks at selected worldwide venues for chronically or terminally ill children and those with physical disabilities, aged 8-18 years. Contact: NHF, PO Box 318, Great Yarmouth NR29 4WT, telephone 01493 731 235, email [nhfoffice@aol.com](mailto:nhfoffice@aol.com) or visit [www.nhfcharity.co.uk](http://www.nhfcharity.co.uk).

**Dream Makers Children's Charity** is a voluntary organisation that provides breaks for children that are seriously and terminally ill. Contact: Dream Makers, 37 Malborough Road, Castle Bromwich, Birmingham B36 0EH, telephone 0121 711 8982 or visit [www.dreammakerschildrenscharity.com](http://www.dreammakerschildrenscharity.com).

**Starlight Children's Foundation** offers grants to seriously and terminally ill children aged 4-18 years old. Contact: Starlight Children's Foundation, Room PRW1, PO Box 4267, Goring, Reading RG8 0AP, telephone 020 7262 2881, email [PRW1@starlight.org.uk](mailto:PRW1@starlight.org.uk) or visit [www.starlight.org.uk](http://www.starlight.org.uk).

**Make-A-Wish** makes awards to children and young people with life-threatening illnesses. Contact: Make-A-Wish Foundation UK, 329-331 London Road, Camberley, Surrey GU15 3HQ, telephone 01276 405060, email [info@make-a-wish.org.uk](mailto:info@make-a-wish.org.uk) or visit [www.make-a-wish.org.uk](http://www.make-a-wish.org.uk).

**When You Wish Upon a Star** is a national organisation set up for seriously ill children between the ages of 2 and 16. Contact: When You Wish Upon A Star (Head Office), Futurist House, Valley Road, Basford, Nottingham NG5 1JE, telephone 0115 979 1720 or visit [www.whenyouwishuponastar.org.uk](http://www.whenyouwishuponastar.org.uk).

**Destination Florida** organises breaks to Florida for children between the ages of 7 and 17 who may have missed out on leisure activities due to illness. Contact: Destination Florida, Clarendon Business Centre, 38 Clarendon Road, Eccles, Manchester M30 9ES, telephone 0161 789 7788, email [destinationflori@aol.com](mailto:destinationflori@aol.com).

**Trefoil House** provides grants for breaks for young people under the age 18 with special needs or disability. Contact: Trefoil House, East Lodge, Gogarmuir Road, Edinburgh EH12 9BZ, telephone 0131 339 3148, email [info@trefoil.org.uk](mailto:info@trefoil.org.uk) or visit [www.trefoil.org.uk](http://www.trefoil.org.uk).

**Birchington Convalescent Benefit Fund** provides modest grants to allow underprivileged children to have a 'change of air' whilst they are recovering from illness or suffering from a long-term illness. Grants are rarely given for expensive or overseas holidays. Contact: Birchington Convalescent Benefit Fund, Dean Wace House, 16 Rosslyn Road, Watford, Herts WD18 0NY, telephone 01923 235 111, email [enquiries@churchsociety.org](mailto:enquiries@churchsociety.org) or visit [www.churchsociety.org](http://www.churchsociety.org).

**KIDS** deliver a holiday grant scheme on behalf of local authorities, enabling families of severely disabled children to have a short break. Contact: Aiming High for Disabled Children, Holiday Grant Scheme, KIDS Yorkshire and The Humber, Cranswick House, 182 Chanterlands Avenue, Hull HU5 4DJ, telephone 01482 467543, email [daisy.rawson@kids.org.uk](mailto:daisy.rawson@kids.org.uk) or visit [www.kids.org.uk](http://www.kids.org.uk).

**The Henry Smith Charity** offers grants towards holidays or outings within the UK for groups of children aged 13 and under who are from areas of high deprivation, experiencing disadvantage, or those who have a disability. Please note that grants are not available for individuals. Contact: The Henry Smith Charity, 6th Floor, 65 Leadenhall Street, London EC3A 2AD, telephone 020 7264 4970, email [jh@henrysmithcharity.org.uk](mailto:jh@henrysmithcharity.org.uk) or visit [www.henrysmithcharity.org.uk](http://www.henrysmithcharity.org.uk).

**Heswall Disabled Children's Holiday Fund** hosts a completely free week-long summer camp each August for up to 30 boys, aged 8 to 15 years, who have physical disabilities and are from the North West of England. The charity also provides financial assistance to the families of children with disabilities and other disabled groups for whom our camp is not suitable. Contact: Chris Dignall at [boys@hdchf.org.uk](mailto:boys@hdchf.org.uk) or visit [www.hdchf.org.uk](http://www.hdchf.org.uk).

**The Children's Hope Foundation** aims to improve the lives of children and young people affected by illness, disability or poverty by providing funding for anything (with a few exceptions) that will benefit the child such as medical equipment, computers, holidays and days out. Caravan holidays or short breaks for up to eight people are also now offered in Camber Sands, East Sussex. Applications must be received before 31st January. Contact: The Children's Hope Foundation, Head Office, 15 Palmer Place, London N7 8DH, telephone 020 7700 6855, email [info@childrenshopefoundation.org.uk](mailto:info@childrenshopefoundation.org.uk) or visit [www.childrenshopefoundation.org.uk](http://www.childrenshopefoundation.org.uk).

**The Youth Cancer Trust** provides free, fun activity based holidays for young people (aged 14 to 30) suffering with cancer or any malignant disease, from anywhere in the UK and the Irish Republic, or who are patients of any UK hospital. Holidays may also be granted for people in remission for up to five years or for those living with the effects of having had cancer as a teenager. Contact: The Youth Cancer Trust, Tracy Ann House, 5 Studland Road, Alum Chine, Bournemouth BH4 8HZ, telephone 01202 763 591, email [admin@yct.org.uk](mailto:admin@yct.org.uk) or visit [www.youthcancertrust.org](http://www.youthcancertrust.org).

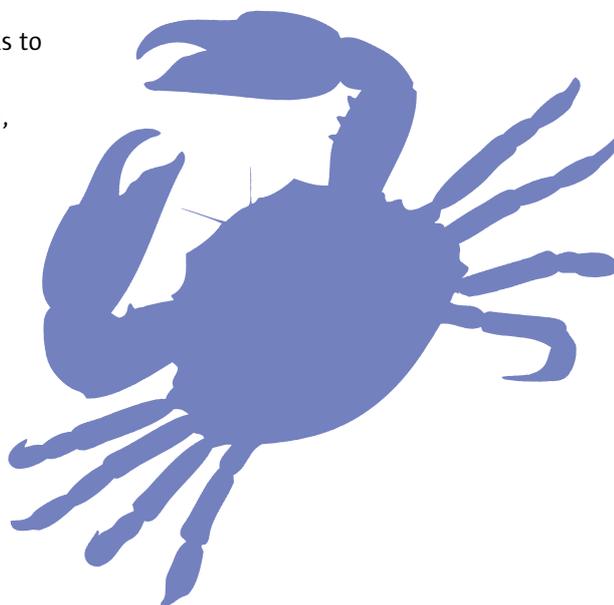
## Holidays for children and adults with special needs

**Break** offers supported breaks, short breaks, self catering holiday chalets and respite care for people with learning disabilities. Contact: Break, Davison House, 1 Montague Road, Sheringham, Norfolk NR26 8WN, telephone 01263 822161, email [office@break-charity.org](mailto:office@break-charity.org) or visit [www.break-charity.org](http://www.break-charity.org).

**The British Kidney Patient Association** offers grants for short breaks and holidays for couples, children and families affected by kidney disease, which can be put towards the cost of a personally organised holiday or used for a holiday that is planned via a specialist travel company. Contact: The British Kidney Patient Association, 3 The Windmills, St Mary's Close, Turk Street, Alton GU34 1EF, telephone 01420 541424, email [info@britishkidney-pa.co.uk](mailto:info@britishkidney-pa.co.uk) or visit [www.britishkidney-pa.co.uk/holidays](http://www.britishkidney-pa.co.uk/holidays).

**Deafblind UK** offers specialist services, including low cost caravan breaks to those with deafblindness. Contact: Deafblind UK, National Centre for Deafblindness, John and Lucille van Geest Place, Cygnet Road, Hampton, Peterborough PE7 8FD, telephone 01733 358100, email [info@deafblind.org.uk](mailto:info@deafblind.org.uk) or visit [www.deafblind.org.uk](http://www.deafblind.org.uk).

**National Blind Children's Society** offers grants to provide relief, support and opportunities for blind and partially sighted children. Grants cover a range of purposes, including holidays and recreational pursuits. Contact: telephone 01278 764765, email [enquiries@nbcs.org.uk](mailto:enquiries@nbcs.org.uk) or visit [www.nbcs.org.uk](http://www.nbcs.org.uk).



**The League of the Helping Hand** provides one-off grants for breaks that are recuperative following an illness/stay in hospital, or a carer's break. Contact: The Secretary, LHH, PO Box 342, Burgess Hill RH15 5AQ, telephone 01444 236099 9.30am-1.30pm Monday to Thursday, email [secretary@lhh.org.uk](mailto:secretary@lhh.org.uk) or visit [www.lhh.org.uk](http://www.lhh.org.uk).

**The Middlesex Association for the Blind** facilitates the Meek Legacy Holiday Grant Scheme, providing up to £125 towards a holiday for individuals with a visual impairment or up to £250 towards an affiliated clubs' group outing. Contact: Middlesex Association for the Blind, Suite 18, Freetrade House, Lowther Road, Stanmore HA7 1EP, telephone 020 8423 5141, email [info@aftb.org.uk](mailto:info@aftb.org.uk) or visit [www.aftb.org.uk](http://www.aftb.org.uk).

**Queen Elizabeth's Foundation** awards grants to enable disabled people to have a break at a specialist centre or nursing home of their choice. Contact: Queen Elizabeth's Foundation, Leatherhead Court, Woodlands Road, Leatherhead, Surrey KT22 0BN, telephone 01372 841100, email [info@qef.org.uk](mailto:info@qef.org.uk) or visit [www.qef.org.uk](http://www.qef.org.uk).

**3H Fund (Help the Handicapped Holiday Fund)** organises group breaks for physically disabled people over 13 years old with volunteers and trained nurses to provide support. Depending upon incoming funds, 3H Fund also has a grant programme to assist disabled people and their families to organise a modest breaks for themselves in the UK. Contact: 3H Fund, B2, Speldhurst Business Park, Langton Road, Speldhurst, Tunbridge Wells, Kent TN3 0AQ, telephone, 01892 860207, email [info@3hfund.org.uk](mailto:info@3hfund.org.uk) or visit [www.3hfund.org.uk](http://www.3hfund.org.uk).

#### Assistance for breaks for older people

**National Benevolent Fund for the Aged** provides free breaks for low income pensioners (groups and individuals welcome) who have not had break away in the last three years. Contact: National Benevolent Fund for the Aged, 32 Buckingham Palace Road, London SW1W 0RE, telephone 020 7828 0200, email [info@nbfa.org.uk](mailto:info@nbfa.org.uk) or visit [www.nbfa.org.uk](http://www.nbfa.org.uk).

**Rampage Retired Holiday Project (Rampage) Ltd** runs a scheme for pensioners managed by pensioners, offering affordable and disabled friendly breaks to residents of the London Borough of Hammersmith & Fulham, aged 60 and over, especially those on low income. Places are sometimes available to out-of-borough residents. Write to: Retired Holiday Project (Rampage) Ltd, Pallingswick House, 241 King Street, Hammersmith, London W6 9LP or telephone 020 3417 6369

#### Regional grants for breaks

**Chronicle Cinderella Home Fund** helps with the cost of breaks in the UK for disadvantaged children who are resident in the inner cities of Manchester & Salford, under the age of 21. Contact: The Secretary, The Chronicle Cinderella Home Fund, The Charity Service Limited, 3rd Floor, 64 Bridge Street Manchester M15 4AX or telephone 0303 999 1212 and choose option 2.

**Cumbria County Council** awards grants for breaks to disabled adults to help them pay for the additional costs of their breaks, which result from their disability. You must be resident in Cumbria. Contact: Adult and Cultural Services Headquarters, Cumbria County Council, 15 Portland Square, Carlisle CA1 1QQ, telephone 01228 606060, email [information@cumbriacc.gov.uk](mailto:information@cumbriacc.gov.uk) or visit [www.cumbria.gov.uk/adultsocialcare/services/holiday.asp](http://www.cumbria.gov.uk/adultsocialcare/services/holiday.asp).



**The Kensington Foundation** is a Blackpool-based charity aiming to promote the relief of homelessness, poverty, deprivation and distress and currently funds the 'The Daisy Chain Project', offering holiday accommodation for respite breaks. Contact: The Daisy Chain Project, Kensington Foundation Resource Centre, The Lodge, 216 Whitegate Drive, Blackpool, Lancashire FY3 9JL, telephone 01253 761444, email [kentrust1@hotmail.com](mailto:kentrust1@hotmail.com) or visit [www.kensingtonfoundation.com](http://www.kensingtonfoundation.com).

**Kingston Centre for Independent Living (KCIL)** administers a fund on behalf of the Royal Borough of Kingston (RBK) that enables disabled people who are resident in the borough to take break. Contact: KCIL, River Reach, 31-35 High Street, Kingston, Surrey KT1 1LF, telephone 020 8546 9603 or visit [www.kingston.gov.uk/factsheet\\_holidays\\_and\\_holiday\\_grants.pdf](http://www.kingston.gov.uk/factsheet_holidays_and_holiday_grants.pdf).

**Sandwell Metropolitan Borough Council** offers grants for breaks for disabled individuals or those caring for a disabled person, living in the Sandwell area. Contact: Holidays and Short Breaks Grant Scheme, Adult and Community Services, Sandwell Metropolitan Borough Council, Lombard Street West, West Bromwich B70 8EB, telephone 0121 569 5449 or visit [www.laws.sandwell.gov.uk/ccm/navigation/health-and-social-care/financial-help/holiday-grants](http://www.laws.sandwell.gov.uk/ccm/navigation/health-and-social-care/financial-help/holiday-grants).

**South Somerset District Council** offers funding support to community-led play provision across South Somerset. Contact: Young People's Officer, South Somerset District Council, Brympton Way, Yeovil BA20 2HT, telephone 01935 462414 or email [play.youth@southsomerset.gov.uk](mailto:play.youth@southsomerset.gov.uk).

**Walsall Council** provides carer's grants for individuals residing in the Walsall area who are providing a significant level of unpaid care to a relative or friend. Contact: The Princess Royal Trust Walsall Carers' Centre, The Crossing at St. Paul's, Darwall Street, Walsall WS1 1DA, telephone 01922 636663 or visit [www.walsall.gov.uk/holiday\\_grant-2.pdf](http://www.walsall.gov.uk/holiday_grant-2.pdf).

NB Family Holiday Association strongly recommends checking for services available in your local area through, for instance, your local council's website, as funding may be available for residents.

## Days out

**Netmums.com** offers a guide to 'Fun on a budget', including a list of 101 things to do for free as well as local events and activities. Visit [www.netmums.com/local-to-you/places-to-go/family-days-out/fun-on-a-budget](http://www.netmums.com/local-to-you/places-to-go/family-days-out/fun-on-a-budget).

**Directory of Free Stuff** has a comprehensive list of various free activities and days out across the UK. Visit [www.dofreestuff.com/index.html](http://www.dofreestuff.com/index.html).

**Time Out** has an up-to-date guide of free events and days out in Edinburgh, London and Manchester. Visit [www.timeout.com](http://www.timeout.com), go to the city of your choice and search 'Free'.

**The National Trust** aims to help people enjoy their national heritage, and works to preserve and protect more than 300 historic places and gardens to visit across the UK. Most properties have a good degree of access and admit a companion of a disabled visitor free of charge. Contact: The National Trust, PO Box 39, Warrington WA5 7WD, telephone 0870 458 4000 or visit [www.nationaltrust.org.uk](http://www.nationaltrust.org.uk).

**Riding for the Disabled** provides opportunities for disabled people to ride and/or carriage-drive to benefit their health and well-being. Contact: Riding for the Disabled, Lavinia Norfolk House, Avenue R, Stoneleigh Park, Warwickshire CV8 2LY or telephone 0845 658 7082.

**Legoland Windsor** can be visited for a day out or break, and provides free entry for the parent or guardian of children with disabilities. It offers specially designed systems to enable access for visitors with special needs. Contact: Legoland Windsor, Winkfield Road, Windsor, Berkshire SL4 4AY or visit [www.legoland.co.uk](http://www.legoland.co.uk).

**24 Hour Museum** has an online database of more than 3,800 museums, galleries and heritage sites. The children's section of the website has lots of idea, games and listings. Contact: 24 Hour Museum, PO Box 3470, Brighton BN1 1DA or visit [www.24hourmuseum.org.uk](http://www.24hourmuseum.org.uk).

**SafariPark.co.uk** has contact details, opening times and admission information about safari and wildlife parks, many of which have discounts for groups, senior citizens or individuals with disabilities and their carers. Visit [www.safaripark.co.uk](http://www.safaripark.co.uk) for more information.

**Willow Foundation** is a charity that provides psychological and emotional support for seriously ill 16 to 40 year olds through the provision of special day experiences. Every special day aims to provide beneficiaries and their loved ones with a break from the realities of their diagnosis and treatment. Contact: Willow Foundation, Willow House, 18 Salisbury Square, Hatfield, Hertfordshire AL9 5BE, telephone 01707 259777, email [info@willowfoundation.org.uk](mailto:info@willowfoundation.org.uk) or visit [www.willowfoundation.org.uk](http://www.willowfoundation.org.uk)

### Grants for group breaks

**The Family Holiday Association** provides grants for group breaks and day trips. See page 7 for the qualifying criteria. For more information and an application pack, email [grantofficer@FamilyHolidayAssociation.org.uk](mailto:grantofficer@FamilyHolidayAssociation.org.uk).

**The Children's Foundation** provides regional 'small grants' for community projects in the North East, including group breaks. Contact: The Children's Foundation, PO Box 2YB, Sir James Spence Institute of Child Health, Victoria Wing, Royal Victoria Infirmary, Queen Victoria Road, Newcastle upon Tyne NE99 2YB, telephone 0191 282 0000, email [childrens.foundation@nuth.nhs.uk](mailto:childrens.foundation@nuth.nhs.uk) or visit [www.thechildrensfoundation.co.uk](http://www.thechildrensfoundation.co.uk).

### Other funds for breaks

**The Margaret Champney Rest and Holiday Fund** assists carers with a break away from the person to whom care is normally provided. In exceptional circumstances, assistance may be provided where the carer and cared for wish to go on a break together, if they are for instance married or partners or an adult or child caring for an aged parent or vice versa. Applications must be in writing from a social worker or similar staff, although initial contact by telephone is recommended. Contact: The General Manager, Ogilvie Charities, The Gate House, 9 Burkitt Road, Woodbridge, Suffolk IP12 4JJ, telephone 01394 388746, email [ogilviecharities@btconnect.com](mailto:ogilviecharities@btconnect.com) or visit [www.theogilvietrust.org.uk](http://www.theogilvietrust.org.uk).

**The Sand Rose Project** offers free one or two week breaks in Cornwall for families to help rebuild their lives after bereavement. Contact: Sand Rose Project, PO Box 70, Hayle TR27 5WY, telephone 0845 6076357, email [info@sandrose.org.uk](mailto:info@sandrose.org.uk) or visit [www.sandrose.org.uk](http://www.sandrose.org.uk).



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## Resources for holiday advice

**Holiday Truths** offers free downloadable factsheets with advice about holiday safety and expectations from tour operators and offers free advice to members (membership is also free) about tourists' rights and travel law. For more details visit [www.holidaytruths.co.uk](http://www.holidaytruths.co.uk)

**British Epilepsy Association** offers advice about international travel, sports and leisure activities and travel insurance for people with epilepsy. Contact British Epilepsy Association, New Anstey House, Gate Way Drive, Yeadon, Leeds LS19 7XY, telephone 0113 210 8800, email [helpline@epilepsy.org.uk](mailto:helpline@epilepsy.org.uk) or visit [www.epilepsy.org.uk](http://www.epilepsy.org.uk)

**Disabled Holiday Directory** offers comprehensive information about holiday accommodation, equipment and advice for people with disabilities by people with disabilities. For further information contact: Disabled Holiday Directory, 6 Seaview Crescent, Goodwick SA64 0AZ, telephone 01348 875592 or visit [www.disabledholidaydirectory.co.uk](http://www.disabledholidaydirectory.co.uk)

**Disability Holidays Guide** is an internet-based resource, providing information on a range of holiday destinations and leisure activities for people with special travelling and/or accommodation needs, as well as details on travel insurance. Contact: telephone 0845 2269 109, email [admin@disabilityholidaysguide.com](mailto:admin@disabilityholidaysguide.com) or visit [www.disabilityholidaysguide.com](http://www.disabilityholidaysguide.com).

**Tourism for All UK (formerly Holiday Care)** provides holiday and travel information for disabled people and their carers. In particular they can help with information on accessible accommodation, accessible visitor attractions, accessible transport, activity holidays for people with disabilities, holidays for children with disabilities, respite care establishments, sources of holiday funding and accessible overseas destinations. Contact Tourism for All UK, c/o Vitalise, Shap Road Industrial Estate, Kendal, Cumbria LA9 6NZ, telephone 0845 124 9971 for information or 0845 124 973 for reservations, email [info@tourismforall.org.uk](mailto:info@tourismforall.org.uk) or visit [www.tourismforall.org.uk](http://www.tourismforall.org.uk)

**Royal National Institute of Blind People (RNIB)** provides an information service that can advise on many different aspects of travel and holidays advice. National Leisure Services offer free factsheets on holiday ideas, advice on taking a holiday and general advice and support on its website. The National Leisure Services team also provides advice on a range of leisure activities including sport, tourism, wellbeing, visual and performing arts activities. Contact RNIB National Leisure Services, Royal National Institute of Blind People, 105 Judd Street, London WC1H 9NE, telephone 020 7388 1266, email [helpline@rnib.org.uk](mailto:helpline@rnib.org.uk) or visit [www.rnib.org.uk](http://www.rnib.org.uk).

**RADAR** has published a holiday guide detailing places to stay in the UK and Ireland and information on advice services, voluntary and commercial organisations and transport for people with wide a range of disabilities. This can be purchased from their website. For further information contact RADAR, 12 City Forum, 250 City Road, London EC1V 8AF, telephone 020 7250 3222, email [radar@radar.org.uk](mailto:radar@radar.org.uk) or visit [www.radar.org.uk](http://www.radar.org.uk)

**Tripscope** offers advice on how to solve mobility problems on holidays by providing information on planning of journeys by people with disabilities. For further information please contact Tripscope, The Vassall Centre, Gill Avenue, Fishponds, Bristol BS16 2QQ, telephone 0845 758 5641, email [enquiries@tripscope.org.uk](mailto:enquiries@tripscope.org.uk) or visit [www.tripscope.org.uk](http://www.tripscope.org.uk)

**Disabled Living** offers a pack containing useful information on accessible holiday and leisure opportunities. Contact Disabled Living, Burrows House, 10 Priestley Road, Wardley Industrial Estate, Worsley, Manchester M28 2LY telephone 0161 839 8383, email [info@disabledliving.co.uk](mailto:info@disabledliving.co.uk) or visit [www.disabledliving.co.uk](http://www.disabledliving.co.uk)

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## Holiday tips from families

‘If someone in your family has a disability make sure you ask about disabled facilities and access before you book the holiday.’

[The Brown Family, Hertfordshire](#)

‘Don’t take too much stuff. Think about how you’re going to carry it all!’

[The Khan Family, Warwick](#)

‘It can be lonely for single parents, take a friend or someone who can help you out with childcare.’

[The Williams Family, Islington](#)

‘If things aren’t quite what you expect on your holiday, change them and make the best of your time away. The best thing is seeing the smiles on the children’s faces.’

[The Ologorun Family, Aberdeen](#)

‘Take a camera if you can so you can look back on all the best bits of the holiday and show family and friends when you get home.’

[Ann Levick, Family Support Worker, Rotherham](#)

‘Pack a few carrier bags to keep dirty clothes separate from clean ones on the return journey as it can cut down on washing when you get home.’

[Carol Wright, Community Nursery Nurse, Wandsworth](#)

‘Instead of presents at Christmas or birthdays, ask your family or friends for spending money for your holiday.’

[Saida Ali, Health Visitor, Belfast](#)

‘Check out the possible destinations and holiday deals on the Internet at your local library for free if you don’t have a computer at home.’

[Michelle Slater, Outreach Worker, Harlow](#)

‘Find out if there is a local supermarket near where you are staying. These shops can be cheaper than those inside holiday parks.’

[Shanique Campbell, Teacher, Croydon](#)

‘When travelling with young children, take water, wet wipes, nappies and snacks that can be easily reached in your bags.’

[Ann-Marie Sweetland, Outreach Worker, Broxbourne](#)

‘Save for your holiday all year round with a small amount each week.’

[Hilly Dawson, Parent Supporter Worker, Edinburgh](#)

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# The Family Holiday Association

is a UK-wide charity that has been helping disadvantaged families have a break from the stresses of everyday life for over 36 years.

Government data show that about 2.2 million families in the UK cannot afford an annual break away from home. Each year the Family Holiday Association helps approximately 1,600 families take a much needed break.

As well as helping low income families have a break away, the Family Holiday Association works to promote social tourism, which is the inclusion of people living on a low income in holiday and leisure activities. Visit [www.BreaksForAll.org.uk](http://www.BreaksForAll.org.uk) for more information.

If you have any comments or suggestions about this booklet, please send them to: [grantofficer@FamilyHolidayAssociation.org.uk](mailto:grantofficer@FamilyHolidayAssociation.org.uk).

## Disclaimer

While the Family Holiday Association has made every attempt to ensure the accuracy and reliability of the information in this booklet, it should not be relied upon as a substitute for formal advice from the originating bodies mentioned. The information provided is accurate at the time of print and copies have been forwarded to each referenced organisation and company to maintain the highest possible level of accuracy.

The Family Holiday Association is not responsible for any loss, however arising, from the use of, or reliance on this information. If you have any information, feedback, questions, comments or suggestions regarding the content of any Family Holiday Association publication, send them to [grantofficer@FamilyHolidayAssociation.org.uk](mailto:grantofficer@FamilyHolidayAssociation.org.uk).



The charity that gives families a break

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