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**HOLIDAY GUIDE**

# Booking a holiday, tips and links

We know going on holiday for many people and families with TSC can be a daunting process. But as we see summer on the horizon, we've compiled this list of great places to help you start to research your holiday options. We've made all of this information available as a download on our website, or you can contact your TSC Advisor for help.

**Home Farm Trust** produces an Annual Holiday Guide. The 2016 edition is now available to download for free or you can order a hard copy for £1.26. This practical guide includes tour operators, places to stay, meeting specialist health needs, special interest holidays, gaining insurance and information on benefits and help available for holidays in the UK and abroad.

**Website:** [www.hft.org.uk/holidayinformationguide](http://www.hft.org.uk/holidayinformationguide)



**Disabled Go** is a UK organisation providing detailed information on access/wheelchair access to venues, locations and events across the UK.



**Welcome to Yorkshire** is a great website to check out what's on, what to do and where to stay throughout the year. Welcome to Yorkshire link in closely with Disabled Go.

**Website:** [disabledgo.com/yorkshire.com](http://disabledgo.com/yorkshire.com)

**Contact a Family** have a great download guide on Holidays, Play & Leisure. It provides information about what play and leisure options may be available, ideas for day trips, mobility equipment, disability sport and indoor play resources. It also has information about arranging holidays for disabled children and details of organisations which provide financial assistance.

**Website:** [cafamily.org.uk/media/682496/holidays\\_play\\_and\\_leisure.pdf](http://cafamily.org.uk/media/682496/holidays_play_and_leisure.pdf)



**The Thomas Centre** in Louth Lincolnshire is a holiday park for children, adults and their families/carers who have autism and epilepsy related conditions.

**Website:** [thomascentre.co.uk](http://thomascentre.co.uk)



**Cerebra** has a holiday home in Pembrokeshire for children 16 and under for carers and family who have genetic conditions and neurodevelopmental issues including autism, epilepsy and learning disabilities.

**Website:** [w3.cerebra.org.uk/help-and-information/holiday-home](http://w3.cerebra.org.uk/help-and-information/holiday-home)



Forever looking for a loo when you travel? For travel in the UK, the **National Key Scheme** gives details of 9000 accessible toilets for people with disabilities. Not all toilets are kept locked, but these are great guides for those that are!

**Website:** [nks.directenquiries.com.crm.disabilityrightsuk.org/sites/default/files/pictures/RadarKey\\_Flyer.pdf](http://nks.directenquiries.com.crm.disabilityrightsuk.org/sites/default/files/pictures/RadarKey_Flyer.pdf)



**Happy Kids Holidays** helps families to holiday in France. Registered with the French authorities, all accommodation owners have a basic understanding of Autism and Asperger Syndrome and are committed to providing a relaxed, non-judgmental and supportive environment.

**Website:** [happykidsholidays.com](http://happykidsholidays.com)



**The National Autistic Society (NAS)** has a directory of autism friendly holiday venues in the UK and abroad, tips on holiday planning, preparation and practicalities.

**Website:** [autism.org.uk/About/Family-life/Holidays-trips/preparation](http://autism.org.uk/About/Family-life/Holidays-trips/preparation)



**Disabled Holiday Information** gives travellers with all disabilities and mobility issues, not just wheelchair users, appropriate information on accessible holiday accommodation, attractions, activities and trails.

**Website:** [disabledholidayinfo.org.uk](http://disabledholidayinfo.org.uk)



**Access Holidays** This gorgeous old farmhouse is wheelchair friendly and situated in the heart of the Dordogne, France.

**Website:** [www.accessholidays.com](http://www.accessholidays.com)



**The Ty Glyn Davis Trust** is a holiday centre and gardens in Ceredigion, Wales, for people and their families with special needs.  
**Website:** [tyglyn-davistrust.co.uk](http://tyglyn-davistrust.co.uk)



**Sykes Cottages** have wheelchair friendly cottages for the disabled with a handy search engine to find the best one for you. They have some properties designed for people with disabilities, wet rooms, ground floor accommodation and ramps.  
**Website:** [sykescottages.co.uk](http://sykescottages.co.uk)



**The Calvert Trust** challenge disability through outdoor adventure, The Trust provides activity holidays for disabled people and their families in self-catering cottages, or respite for children and adults with special needs. They have centres in 3 different locations across the UK; Exmoor, Kielder and the Lake District.  
**Website:** [calvert-trust.org.uk](http://calvert-trust.org.uk)



**The Harriet Davis Trust** has four self-catering seaside holiday houses in Tenby, Pembrokeshire, for families with disabled children at an economical price.  
**Website:** [www.harriet-davis-trust.org.uk](http://www.harriet-davis-trust.org.uk)



**Accessible Countryside for Everyone** provides information and promotes accessibility to leisure and sport in England and Wales, primarily for those with mobility issues.  
**Website:** [accessiblecountryside.org.uk](http://accessiblecountryside.org.uk)

**Wales** is fast becoming a centre for outdoor activities and adventure sports. Accessible West Wales has a great list of activities and accessible walks and beaches.

**Website:** [www.visitwales.com/explore/accessible-wales/accessible-west-wales](http://www.visitwales.com/explore/accessible-wales/accessible-west-wales)  
**Website:** [www.disabledholidays.com](http://www.disabledholidays.com)

## Funding Available

**Family Fund** may be able to help towards holiday costs for families with a child who is severely disabled (aged under 16 years). Grants vary in size.  
**Website:** [familyfund.org.uk](http://familyfund.org.uk)

**Disability Grants** is a website designed to signpost people to national and local funders and grant makers for holidays and other areas of need.  
**Website:** [disability-grants.org](http://disability-grants.org)

## Travel Insurance

**Cerebra** provides a list of travel insurance companies that will cover children with pre-existing conditions.  
**Website:** [w3.cerebra.org.uk/practical-help/travel-insurance-covering-children-with-disabilities](http://w3.cerebra.org.uk/practical-help/travel-insurance-covering-children-with-disabilities)  
Listing these companies does not imply that Cerebra recommend any of them, only that they know they are there. Please make sure you check that they are suitable for your needs.

**Genetic Alliance** has produced an excellent guide to travel insurance.  
**Website:** [www.geneticalliance.org.uk/insurance.htm](http://www.geneticalliance.org.uk/insurance.htm)  
**Download:** [www.geneticalliance.org.uk/docs/a-holiday-risk.pdf](http://www.geneticalliance.org.uk/docs/a-holiday-risk.pdf)



When travelling in Europe, you and your family need a **European Health Insurance Card (EHIC)**. These cards should be free of charge but they go out of date, so if you already have one it is worth checking that it will still be valid when you travel.  
**Website:** [www.gov.uk/european-health-insurance-card](http://www.gov.uk/european-health-insurance-card)





**Remember we've got our TSC Advisors who can help with all your travel plans.**

# Your TSA Contacts



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## Get Involved



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

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## Communications





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## Get Support

Our TSC Advisers work across the UK. Although all Advisers work part-time, we will answer your query as quickly as we are able.



**Lynn Shields** covers Scotland.



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Please note our address for postal donations or enquires is:

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