



Holidays and recreational opportunities

Holidays

When the council carries out an assessment it should take into account your need for time off and – where appropriate – arrange respite care for the person that you are looking after. If you are planning a holiday, make sure these arrangements are in place before you book as there is quite a high demand for respite places and services at certain times of the year.

If you want to go on holiday with the person that you care for, you may find it difficult finding anything suitable. Information about accessible accommodation can be obtained from **Tourism for All** (formerly Holiday Care) and from the Royal Association for Disability and Rehabilitation (RADAR) which publishes a comprehensive guide: 'Holidays in Britain and Ireland'. There is also a useful website – '**Caravanable**' – where you can find details of caravan and camping sites (as well as some beaches) that are wheelchair accessible.

Specialist holiday and short break providers

Noddfa Centre Conwy Old Road, Penmaenmawr, North Wales LL34 6YF ☎
01492 623473 📧 info@noddfa.org.uk web link: www.noddfa.org.uk
Short breaks, training days and other relaxing activities for carers.

The Kiloran Trust 157 Blythe Road, Hammersmith, London, W14 0HL ☎ 020
7602 7404 📧 kiltrust@aol.com.com web site: www.kilorantrust.org.uk
Respite breaks for carers.

The Scout Holiday Homes Trust Gilwell Park, Chingford, London E4 7QW
☎0208 433 7290 web link: www.scouts.org.uk/holidayhomes

Low cost self-catering seaside holiday accommodation in the UK for families with special needs.

Vitalise Shap Road Industrial Estate, Shap Road, Kendal, Cumbria LA9 6NZ ☎
0845 345 1970 📧 info@vitalise.org.uk web link: www.vitalise.org.uk
Short breaks for disabled people and carers.

In addition, there are a number of commercial companies and charitable bodies that provide specialist holidays for people with disabilities. For more information, contact Tourism for All UK on: 08451 249971 or visit the website:

www.tourismforall.org.uk .

Day trips

Local carer support groups often organise days out, theatre trips and even weekends away, usually at minimal cost. However if you intend travelling alone or with the person that you care for, there is plenty to see and do within a relatively short distance of home.

You may be interested in visiting one of the hundreds of historic properties and gardens that are now in public ownership. Both the **National Trust** and **English Heritage** publish very good access guides and both have a policy of admitting the companions of disabled visitors free of charge. The National Trust has an 'Admit One' card that the person you are looking after may apply for and English Heritage can provide a standard letter that will save you having to 'request' free admission every time you visit one of their properties.

For more information about getting to and from places of interest, please refer to the 'transport and mobility' section of this directory.

Financial help

A small number of charitable bodies, such as the **3H Fund** and the **Family Holiday Association**, provide subsidised holidays or grants towards the cost of holidays that you arrange yourself. There is also help available through Wigan Council's 'Time for Carers' Grant.

Entertainment and leisure

Sports and physical activity

There are several very good sports and leisure centres in the borough:

- Ashton Leisure Centre
- Hindley Leisure Centre and Hindley pool
- Howe Bridge Sports Centre
- Robin Park Arena and Sports Centre
- Leigh Indoor Sports Centre
- Tyldesley Pool

To book an activity at one of these centres, you will need to have a 'Lifestyle' card which costs just £1.50 per year. The card entitles you to a reduction in the cost of many activities and there may be additional discounts that you can get if you are a carer, disabled or in receipt of certain benefits.

Libraries

Wigan Leisure and Culture Trust manages 16 libraries, 3 mobile libraries and a housebound library service. The housebound service is available to people who have difficulty visiting the library because of a temporary, or permanent, disability and their carers.

If you, or the person that you look after is visually impaired, there is also a 'talking book service'.

Wigan Leisure and Culture Trust The Library Service, South Lancashire
Industrial Estate, Redgate Road, Bryn WN4 8DT ☎ Wigan.Library@wlct.org web
link: www.wlct.org

Clubs and societies

Joining a club or society may provide a break from caring and help reduce feelings of isolation. The library's information service can tell you more about the groups that exist locally and how to contact them. Some of those set up to support carers and people with specific illnesses and disabilities, are listed at the back of this directory.

Leigh Information Service ☎ 01942 404557 ☎ Leigh.Library@wlct.org

Wigan Information Service ☎ 01942 827619 📧 Wigan.Library@wlct.org

Cinema

If the person that you look after is in receipt of Disability Living Allowance, Attendance Allowance or is registered blind they can apply for a Cinema Exhibitors' Association (CEA) card. There is an initial processing fee of £5.50 but the card is valid for three years and it allows a carer to be admitted to the cinema free of charge (as long as they are accompanying the card holder).

The Cinema Exhibitors' Association Ltd CEACARD PO Box 199, Deeside CH5 9BW ☎0845 1231292 📧 info@ceacard.co.uk web link: www.ceacard.co.uk

Sporting events

Carers can get free admission to some sporting events. These include Wigan Athletic football and Wigan Warriors rugby league matches where the person being accompanied is either in receipt of the highest rate of the mobility component of Disability Living Allowance or requires constant supervision. Similar concessions apply to carers attending Leigh Centurions matches, although, in this case the person being accompanied must be wheelchair disabled.

DW Stadium Loire Drive, Robin Park, Wigan WN5 0UH ☎0871 6633552 (ticket office) 📧 disabledcoordinator@jibstadium.co.uk web link: www.jibstadium.co.uk

Leigh Centurions Sporting Club Leigh, Leigh Sports Village Stadium, Sale Way, Leigh, Lancashire ☎01942 487887 web link: www.leighrl.co.uk

Information about stadium access and facilities for disabled people can be obtained from the **Rugby League Disabled Supporters Association** or its football equivalent, the **National Association of Disabled Supporters (NADS)**. Many clubs also have a dedicated disability liaison officer.

Concessions are not generally available to carers attending matches on their own. However, if you are registered as a carer with Wigan Council you can apply - under the council's 'Extra Time' scheme - for free tickets to watch some Wigan Athletic and Leigh Centurions home matches. To find out more contact the Carers Support Team on: 01942 705967.

Practicalities

Taking time off from your caring role is often difficult and may give rise to feelings of guilt. However as part of the assessment process, the council should take into consideration your wish to pursue leisure activities and may put in place services to enable you to do this.

You could also get some help towards the cost. Wigan Council's 'Time for Me' Grant can be applied towards the cost of a holiday, day out, gym membership or club subscription. Anything, in fact, that provides you with a break from caring.

3H Fund

**Unit B2
Speldhurst Business Park
Langton Road
Speldhurst
Tunbridge Wells
Kent
TN3 0AQ**

Telephone: **01892 860207** (09:00 to 15:00 Mon – Fri)

Email: info@3hfund.org.uk

Web: www.3hfund.org.uk

Service details: 3H Fund provides subsidised group holidays for people with a physical disability, enabling their carers to take a break. When funding is available the charity also operates a grants programme: families on a low income with a physical or mentally disabled dependant can apply for help towards the cost of a modest UK holiday.

Caravanable

Email: info@caravanable.co.uk

Web: www.caravanable.co.uk

Service details: The Caravanable website provides information about caravan sites in the UK which have the minimum standard for disabled people of a bathroom which is accessible to wheelchair users including access, shower, toilet and basin.

English Heritage

English Heritage
Customer Service Dept
Po Box 569
Swindon
SN2 2YP

Telephone: **0870 333 1181** (Mon to Fri 08:30 – 17:30; Sat 09:00 – 17:00)

Textphone: **0800 015 0516**

Email: customers@english-heritage.org.uk

Web: www.english-heritage.org.uk

Service details: English Heritage is the government's lead organisation for the care and conservation of England's historic environment. It manages some four hundred properties from tiny archeological sites to imposing castles and historic houses.

A detailed access guide to many of the larger properties can be obtained from the English Heritage website: www.english-heritage.org.uk or by contacting the Customer Service Department on 0870 333 1181.

The companions and carers of visitors with a disability are admitted free of charge to all English Heritage properties. Staff at these sites will not ask for any documentary proof of disability, however, any disabled visitor who would like a standard letter confirming that their companion should be admitted free of charge can be sent one, on request, by customer services.

Charges / membership fees: Contact English Heritage.

The Family Holiday Association

**16 Mortimer Street
London
W1T 3JL**

Telephone: **020 7436 3304** (10:30 to 12:30 and 14:00 to 16:00 Mon – Fri)

Email: info@FamilyHolidayAssociation.org.uk

Web: www.FamilyHolidayAssociation.org.uk

Service details: The Family Holiday Association provides holidays (and occasionally direct grants) to low income families who have not been on holiday in the past four years and have at least one child aged between 3 and 18.

Referral method: Applications to the FHA must be made by a social worker, GP or other welfare agent.

The Kiloran Trust

**157 Blythe Road
Hammersmith
London
W14 0HL**

Public Transport

Telephone: **020 7602 7404** (09:30 to 16:30 Mon – Fri)

Email: kiltrust@aol.com

Web: www.kilorantrust.org.uk

Who is the service for: **Full time carers**

Service details: The Kiloran Trust maintains a beautiful house and garden in west London where carers can enjoy a well earned break.

Facilities include:

- **Own room with ensuite bathroom;**
- **Three meals: breakfast, lunch and dinner;**
- **Care support as and when needed;**
- **Travel advice.**

Charges / membership fees: £50 night for 1, £85 for couple, £25 for 15 and under.

Referral method: Care Support Groups, Social Workers.

National Association of Disabled Supporters

Po Box 2909
Reading
RG1 9LD

Telephone: **0845 230 6237** (No specific times – all queries will be responded to as soon as possible)

Email: info@nads.org.uk

Web: www.nads.org.uk

Who is the service for: **Disabled fans for a variety of sports.**

Service details: The National Association of Disabled Supporters (NADS) was established in 1998 and is the national registered charity representing disabled supporters of all sports together with their carers and advocates.

Our key objectives are to promote an inclusive agenda, raise disability awareness through sport and ensure an equality of experience for all fans.

We represent all disabled supporters with Trustees and co-optees of all disability sitting on the Board. Whatever your disability, we understand your issues and are here to help.

NADS represents the views, issues and concerns of disabled football supporters to football and governmental authorities and provides independent advice on disability issues as they affect the football cricket and rugby communities. NADS also heads up the disabled branch of England fans. More than 30,000 disabled fans regularly attend football matches in England alone with many now choosing to travel to games abroad.

Aims of NADS:

**To be a voice for supporters of all disability groups;
To campaign for equality of supporter experience;
To enrich lives of disabled people through football;
To raise disability awareness.**

Charges / membership fees: **Fees vary depending on whether you are a club, disabled supporters association or individual. Fees are kept to a minimum. Please contact NADS direct for more info.**

The National Trust

**PO Box 39
Warrington
WA5 7WD**

Telephone: **0844 800 1895** (Mon to Fri 09:00 – 17:30; Weekends / Public Holidays 09:00 – 16:00)

Textphone: **0844 800 4410**

Email: enquiries@thenationaltrust.org.uk

Web: www.thenationaltrust.org.uk

Service details: The National Trust is a charity and is completely independent of government.

We protect and open to the public over 300 historic houses and gardens and 49 industrial monuments and mills. We also look after forests, woods, fens, beaches, farmland, downs, moorland, islands, archaeological remains, castles, nature reserves, villages for ever, for everyone.

Access:

The National Trust's 'Access Guide' contains detailed information about accessibility at pay-for-entry properties. Most properties have a good degree of access and many provide manual wheelchairs for loan. Self drive and volunteer driven powered mobility vehicles are available at some larger gardens and properties.

Our admission policy admits the necessary companion of a disabled visitor free of charge. This is on request and while the normal charge applies to the disabled visitor. An 'admit' one card can be issued in this instance. Please contact our Access for all office on 01793 817400 or email accessforall@nationaltrust.org.uk for further details.

Charges / membership fees: Contact the National Trust.

Rugby League Disabled Supporters Association

142 Owlet Road
Shipley
West Yorkshire
BD18 2EN

Telephone: **01274 587330** (Gill Johnson)

Email: gjohnson0@hotmail.com

Who is the service for: **All disabled Rugby League supporters.**

Service details: The RLDSA provides information and support to all disabled Rugby League fans to enable them to enjoy the game to its full extent. We have information and advice about how best to book tickets and what facilities can be expected at Rugby League stadia throughout the country.

This service is provided by disabled Rugby League supporters for disabled Rugby League supporters.

Charges / membership: **There is no charge for membership.**

Referral method: **Contact Gill Johnson (Chairperson) for details of a local representative.**

Home visiting service

Outreach facilities

Tourism for All

**C/O Vitalise
Shap Road Industrial Estate
Kendal
Cumbria
LA9 6NZ**

Telephone: 0845 1249971 (09:00 to 17:00 Mon – Fri)

Email: info@tourismforall.org.uk

Web: www.tourismforall.org.uk

Who is the service for: **Tourism for All is a service primarily for older people, people with disabilities and carers.**

Service details: Tourism for All UK is the voice for accessible tourism. We are a national charity dedicated to making tourism welcoming to all.

Tourism is important to our lives, giving us something to look forward to, time to enjoy our families, a chance of adventure, or perhaps some time to ourselves, to recover, and acquire memories of happy times. In the past, some of us have encountered barriers to our participation in tourism- those with disabilities, older people, carers of young people or disabled or older relatives- Tourism for All works to overcome these.

Carrie- Ann Fleming runs Tourism for All's information service. Travel is one of her favorite things. As a wheelchair user herself she understands what it is to experience difficulties in finding suitable facilities and services.

'It wasn't until I started working for TFA that I realised travel can be made easier'

TFA's new guide book, Easy Access Britain, features over 800 accessible places to stay, colour location maps, regional information and ideas for days out make it an indispensable traveller's guide.

For more information on Tourism for All or to order a copy of Easy Access Britain, go to www.tourismforall.org.uk, email info@tourismforall.org.uk or call 0845 124 9971.