

Holiday Factsheet

The following holiday facilities are appropriate for children and/or adults with autistic spectrum disorders. Some holiday centres are designed to enable families with a child on the autistic spectrum to go away together. There are also many opportunities for young people with a to go on activity-based holidays. The four sections of this information sheet are

1. Organised or activity holidays
2. Holiday accommodation
3. Information services
4. Grants for holidays

ORGANISED OR ACTIVITY HOLIDAYS

Action Centres UK

Pioneer Centre
Cleobury Mortimer
Kidderminster
Shropshire DY14 8JG
Tel: 01299 271 217
Email: enquiries@pioneercentre.org.uk
www.actioncentres.co.uk/pioneer-centre/

Pioneer Centre is an adventure centre working with special needs and medical organisations providing holiday and conference accommodation & facilities. As well as on-site instructed activities there are many places of interest to visit locally. We welcome groups of between 12 and 300 people all in en-suite rooms.

Avon Tyrrell Outdoor Activity Centre

Bransgore
Hampshire BH23 8EE
Tel: 01425 672 347
Email: info@ukyouth.org.uk
Web: www.avontyrrell.org.uk

Avon Tyrrell Outdoor Activity Centre, situated in the New Forest, is the national activity centre of the youth work charity UK Youth. It provides residential and day visit facilities and activities for all groups of people. You can use the centre for outdoor learning, holidays, training courses and to

take part in all kinds of adventurous and environmental activities. They offer a variety of accommodation, from full board in Grade 1 listed Avon Tyrrell House, to self-catering in log cabins. Between March and October the grounds are also open for camping, using seven small sites scattered across the 65 acre estate.

Badaguish Outdoor Centre

Aviemore
Inverness-shire
PH22 1QU
Tel: 01479 861 285
Email: info@badaguish.org
www.badaguish.org

Badaguish is the place where you can explore and develop new and exciting skills in safety, amidst the superb forest and mountain scenery of the Cairngorms National Park. It has a fully staffed programme and purpose built Activity Holiday Unit which people with disabilities can visit unaccompanied (24 hour respite care) Registered with the Care Commission Scotland to provide residential care for people with disabilities Operates with nationally accepted Care and Safety Guidelines.

Barnabas Adventure Centres

Carroty Wood
Higham Lane,



Tonbridge
Kent TN11 9QX
Tel: 01732 366 766
Email: enquiries@barnabas.org.uk
www.barnabas.org.uk

Barnabas Adventure Centres is a Christian-based charity whose mission is to invest in the lives of young people through the provision of their 4 UK outdoor adventure centres.

The centres are in rural locations in Kent (two centres), Northamptonshire and the Scottish Borders, and offer self-contained accommodation generally with the option of catering or self-catering.

Bendrigg Lodge

Old Hutton
Kendal
Cumbria LA8 0NR
Tel: 01539 723 766
Fax: 01539 722 446
Email: office@bendrigg.org.uk
Web: www.bendrigg.org.uk

This is a residential activity centre specialising in courses for disabled and disadvantaged people. Groups enjoy a wide range of indoor and outdoor activities and courses are tailor-made to suit particular needs and to ensure that the programmes fulfil the aims and objectives of the visiting groups.

The Bruce Trust

Danese Rudd
The Administrator
The Bruce Trust
PO Box 21
Hungerford, Berkshire. RG17 9YY
Tel: 01672 515498
Email: enquiries@brucestrust.org.uk
Web: <http://www.brucestrust.org.uk/>

Provides holidays for disabled people on its four specially designed purpose-built, wide beam canal boats. Two are 12 berths, one ten berth and one six berth. They are used by families with special needs or groups of people with disabilities.

Calvert Trust Adventure Centres

Calvert Trust's 3 outdoor activity centres offer activities designed specifically for those with disability to enjoy with their friends and family.

They have a huge range of activities to try (including be climbing, abseiling, sailing, kayaking, canoeing, doing archery, zipping down the zipwire, orienteering or even horse riding and carriage driving) and specialist equipment and highly qualified instructors make all activities accessible for all.

Calvert Trust Lake District

Little Crosthwaite
Keswick
Cumbria
CA12 4QD
Tel: 01767 772 255

The accommodation is fully accessible and based in a converted Cumbrian farmhouse below Skiddaw. Comfortable twin or family rooms with en suite facilities are available.

Calvert Trust Exmoor

Wistlandpound
Kentisbury
Barnstaple
North Devon EX31 4SJ
Tel: 01598 763 221

All the accommodation is purpose built and set around the pretty courtyard. They offer fully catered rooms and apartments and self-catered apartments.



Calvert Trust Kielder

Kielder Water
Hexham
Northumberland NE48 1BS
Tel: 01434 250 232

The Centre offers three types of stay: activity breaks at the Main Centre, respite care with activities at the Main Centre and self catered Scandinavian Lodges in the Kielder forest.

Camp Mohawk

Crazies Hill
Wargrave
Berkshire RG10 8PU
Tel: 0118 940 4045
Fax: 0118 940 2986
www.campmohawk.org.uk
www.campmohawkuk.blogspot.com

A seasonal summer day centre which offers a variety of facilities and projects suitable for children and young people on the autistic spectrum, and those with a variety of special needs. It offers a swimming pool with beach side approaches, wooden adventure play equipment, picnic areas, ball pool and indoor lounge and dining area for wet weather periods sensory rooms, a sensory garden, a range of workshop rooms and an animal farm. There is a membership scheme for support groups and families. Please note that siblings are welcome.

East Dene Centre

Bonchurch
Isle of Wight
PO38 1RQ
Tel: 01983 852374
E-mail: eastdene.iw@btconnect.com
<http://www.allnatt.co.uk/freedom.asp>

A nineteenth century mansion overlooking the sea, this centre offers families living with autism

One of a series of factsheets produced by autism London
Autism London, AS10 Rose Cottage, Aberdeen Centre, 22/24 Highbury Grove, London N5 2EA
Tel. 020 7704 1928 Helpline 0845 603 7954 www.autismlondon.org.uk/
*autism London is a company limited by guarantee,
Registered in England no. 2669072
Registered charity no. 1009720*

and related behaviours a supported holiday together. An optional programme of predominantly outdoor activities is provided and the whole family can participate. The Inclusion Zone provides a safe play area with a variety of play equipment, and a DVD player is also available.

Happy Kids Holidays (also offer holidays for adults)

<http://happykidsholidays.com/happyadults.html>
emma@happykidsholidays.com

A non profit making association aimed at supporting families and individuals with Autistic Spectrum Disorders who want to come on holiday to France. They have a selection of properties throughout France. Happy Kids Holidays can create tailored holidays for adults with ASD; please e-mail them for further details.

HCPT - The Pilgrimage Trust

Oakfield Park
32 Bilton Road
Rugby
Warks CV22 7HQ

Tel: 01788 564 646
Minicom: 01788 564642
hq@hcpt.org.uk
www.hcpt.org.uk

Each Easter HCPT takes to Lourdes almost 2000 children aged 7 to 18 from the UK, Ireland and increasingly from other countries. The children have a wide range of physical and mental disabilities, or are physically and emotionally deprived or neglected and the pilgrimage gives the opportunity to experience a stimulating group holiday. The children are cared for by voluntary helpers, including doctors, nurses and chaplains.

Young adults can participate through the Hosanna

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House Trust. Hosanna House, the Trust's residential centre just outside Lourdes in Bartres, takes nearly 2,000 pilgrims in groups of 40 to 50, many of whom have disabilities or special needs. These guests stay for a week between Easter and November

London Youth (Activenture)

Two centres, one in Sussex and one in Buckinghamshire

D Churchill, Head of Activenture
Hindleap Warren
Wych Cross
Nr East Grinstead
East Sussex
RH18 5JH
Tel: 01342 828215

Woodrow High House
Cherry Lane
Woodrow
Amersham
Bucks HP7 0QG

www.londonyouth.org.uk/activenture/index.html

Week long activity / outdoor pursuits, holiday and respite scheme for all young people 8 -18 years old with disabilities and special needs. The centres can accommodate 20-30 disabled and special needs guests each week. During the week 5/6 guests are accompanied by 5/6 helpers/buddies that work with all within their group. Their duties, depending on the needs of the guests, will include helping with all general day-to-day care. Experienced and trained adults and a registered nurse supervise all our helpers. Additional adults are on duty throughout the night checking on each child hourly.

Low Mill Outdoor Centre

Station Road
Askrigg
Leyburn
North Yorkshire DL8 3HZ
Tel: 01969 650 432
Email: info@lowmill.com
Web: www.lowmill.com

An all inclusive residential and day outdoor education experiences with group activity courses for all sectors of the community including schools, colleges, youth groups and families. The Centre has been adapted to accommodate those with special needs and disabilities and the centre's staff are used to working with a wide variety of groups of people with disabilities and special needs. Courses usually run Monday to Friday or Friday to Sunday.

Monkton Wyld Court

Charmouth
Bridport
Dorset DT6 6DQ
Tel: 01297 560 342
Email: monktonwyldcourt@btinternet.com
Web: www.monktonwyldcourt.org

A residential education centre in Dorset (mainly environmental education) run by a small team of staff and volunteers. Large Victorian house and grounds. Families with children with ASD are welcome to contact Monkton Wyld Court to discuss their requirements and enquire about availability. They can offer family rooms on a B&B/full board basis and also run family activity weeks in the summer. Please see their website for programme information and booking details.

Queen Elizabeth II Silver Jubilee Activities Centre

Manor Farm Country Park
Pylands Lane



Burlesdon
Hampshire SO31 1BH
Tel & Fax: 02380 404 844
E-mail: qe2centre@aol.com
www.qe2activitycentre.co.uk

Offers specialist outdoor activities for people of all ages with special needs - activities for people with ASD account for about 20% of the Centre's use - and the Centre works extensively with Hampshire Autistic Society. Visitors must be accompanied. Self-catering frame cabins are available and can accommodate up to eight people. Families or groups are welcome.

The Red Ridge Centre

Cefn Coch
Welshpool
Powys SY21 0AZ
Tel: 01938 810 821

Offers outdoor pursuits to persons with learning or communication difficulties, including autism. Programmes offered are from single days to seven nights, and are for individuals and supported individuals as well as groups.

The Riding for the Disabled Association

Norfolk House,
1a Tournament Court,
Edgehill Drive,
Warwick
CV34 6LG
Tel: 0845 658 1082
Web: www.riding-for-disabled.org.uk

The holidays, which are only available for RDA members, take place all over the country between May and September. Some offer the opportunity to look after a pony for a week, others offer riding or driving in conjunction with visits to places of interest and other outdoor pursuits.

Through the Roof (Disabled Christian Fellowship)

PO Box 353
Epsom KT18 5WS
Phone: 01372 749955
Email: info@throughtheroof.org
www.throughtheroof.org

Through the Roof, a Christian disability charity, organises an annual holiday near Horsham in Sussex for up to 9 families with autistic children (age range 4-16). They provide a comprehensive, structured yet flexible programme of activities for the whole family, including siblings. Outings include trips to a swimming pool, parks, seaside etc; there are 'praise parties' and some Bible-based teaching, crafts, sport, adventure trail, and puppet show. Nothing is compulsory and so everyone can choose whatever is appropriate to them. They also provide trained volunteers who supply one-to-one respite care for each autistic child, giving parents an opportunity to relax with others from similar situations.

These short 4-day holidays are held at the Dalesdown Christian Centre (www.dalesdown.org.uk), usually around Easter time. There is a waiting list so applications should be made as soon as possible to secure a place. For more information about this holiday email Margaret@throughtheroof.org.

Vitalise Churchdown

Lanlivery
Bodmin
Cornwall PL30 5BT
Tel: 01208 872 148
www.vitalise.org.uk

Vitalise is a national charity providing short breaks (respite care) and other services for disabled people, visually impaired people, and carers.

Vitalise Churchtown is an accessible adventure activity centre. The adventure breaks are ideal for



individuals with carers, groups, schools and colleges. There is a range of shared and single accommodation, including some en suite, available. Accommodation is offered on a full board basis, with packed lunches included on both Centre and offsite days. Self-catering facilities are available in the accessible lodges. Prices for accompanying caring staff are reduced from the standard tariff.

HOLIDAY ACCOMMODATION

Happy Kids Holidays

<http://happykidsholidays.com/index.html>
emma@happykidsholidays.com

A non profit making association aimed at supporting families and individuals with Autistic Spectrum Disorders who want to come on holiday to France. The owners of all the properties or gites they feature have at least a basic understanding of ASD, autism and Asperger Syndrome and are committed to trying to ensure your family has the best, most relaxing holiday possible, in surroundings that are suitable to your needs, and in a non-judgemental and supportive atmosphere.

The organisation can help with preparation for and support during the holiday. They can also create tailored holidays for adults with ASD.

They have a selection of properties throughout France.

The Harbourside Hotel

16-17 Larkstone Terrace
Ifracombe
Devon EX34 9NU
Tel: 01271 862 231
ann@harbourside-hotel.co.uk

The hotel is fully compliant with Disability

One of a series of factsheets produced by autism London
Autism London, AS10 Rose Cottage, Aberdeen Centre, 22/24 Highbury Grove, London N5 2EA
Tel. 020 7704 1928 Helpline 0845 603 7954 www.autismlondon.org.uk/
autism London is a company limited by guarantee,
Registered in England no. 2669072
Registered charity no. 1009720

Discrimination Act and is fully licensed. It takes guests aged 16 and over.

Harriet Davis Seaside Holiday Trust for Disabled Children

Tindle House
Warren Street
Tenby
Pembrokeshire SA70 7JY
Tel. 01834 845197
helen@harriet-davis-trust.freesevice.co.uk
www.harriet-davis-trust.brecon.co.uk/

The Trust owns a house in Narberth, Pembrokeshire, that has been adapted for self-catering holidays for families who have children with ASD. The house accommodates six people plus a baby.

INFORMATION SERVICES

The following offer advice and publications concerning holidays and travel for people with special needs and disabilities.

Manchester Airport has produced a guide for travellers with ASD. The free printed guide, called 'Airport Awareness', uses airport images to show what to expect on a journey through Manchester Airport, starting from arriving to checking-in to going through security and returning home. It is available from the information desks in all three terminals and can also be downloaded from www.manchesterairport.co.uk/manweb.nsf/Content/AirportAccessibilityAirTravel

Air Transport Users Council

5th Floor
CAA House
45-59 Kingsway
London WC2B 6TE
Tel: 020 7240 6061

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This is the UK's consumer watchdog for the aviation industry.

Handihols

12 Ormonde Road
Rochford
Essex SS4 1QW
Contact: Rhona Thring
Tel: 01702 548257

Handihols is a holiday scheme where disabled people from different areas within the U.K. exchange homes or hospitality for periods of a few days to a week or more. If your house is adapted every effort will be made to ensure that the house that you are exchanging with, or visiting, is equally well equipped, although this cannot be guaranteed. There is a £3 annual registration fee plus a £3 introduction on charge to cover out of pocket expenses.

Tourism for All

c/o Vitalise
Shap Road Industrial Estate
Shap Road
Kendal
Cumbria LA9 6NZ

Information Tel: 0845 124 9971
Minicom: 0845 124 9976
E-mail: info@tourismforall.org.uk
www.tourismforall.org.uk

The UK voice for accessible tourism.

RADAR (Royal Association for Disability and Rehabilitation)

12 City Forum,
250 City Road,
London EC1V 8AF
Tel: 020 7250 3222
Email: radar@radar.org.uk
Web: www.radar.org.uk

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Compiles holiday guides and fact sheets for holidays within the UK and abroad.

Shared Care Network

Units 63-66 Easton Business Centre
Felix Road
Bristol BS5 0HE
Tel. 0117 941 5361
Minicom 0117 941 5364
Email: enquiries@sharedcarenetwork.org.uk
www.sharedcarenetwork.org.uk

An umbrella organisation that have a listed directory of family based short break services.

GRANTS FOR HOLIDAYS

The following offer details on grants available for holidays, or themselves give grants to individuals.

Handicapped Aid Trust

The Old Bakery
Green Street
Lytham
Lancashire
FY8 5LG
Tel: 01253 796 441
Email: info@handicappedaidtrust.org.uk
www.handicappedaidtrust.org.uk

The Handicapped Aid Trust welcomes applications from those who would like to take a break but cannot afford to pay the extra expenses of essential helpers. Applicants must be at least 17 years of age to qualify and the application must be supported by a bona fide organisation, doctor or social worker, willing to verify that the applicant meet the scheme's requirements.

Tourism for All

Contact details as shown earlier.

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Publish "A Guide to Financial Help Towards the Cost of a Holiday or Respite Break " (£3.50 for non-members)

The Mercer's Company

Mercer's Hall
Ironmonger Lane
London EC2V 8HE
Tel: 020 7726 4991
E-mail: mail@mercercs.co.uk
www.mercercs.co.uk

The Company specify that they are interested in supporting work in the autism field in London and areas of deprivation in the south east, with particular focus on a number of topics including family support and respite care. Applications to the fund can be made on line.

Scout Holiday Homes Trust

Gilwell Park
Chingford
London E4 7QW
Tel: 020 8433 7290/ 7291
E-mail: holiday.homes.trust@scout.org.uk
E-mail: lynda.peters@scout.org.uk,

<http://scouts.org.uk/cms.php?pageid=1912>

The Scouting Association provides affordable family holidays at popular holiday sites, with specially adapted accommodation in caravans or chalets for all families with a special need. These holidays are available to families, carers or groups who have a member with a disability, physical or mental or age related illness and to low-income or single-parent families. No Scouting connection is required.

Trefoil House

East Lodge
Gogarmuir Road
Edinburgh EH12 9BZ
Tel: 0131 339 3148
Email: info@trefoil.org.uk
Web: www.trefoil.org.uk

Trefoil House's Holiday and Personal Development Grant Fund provides enabling grants for people with special needs or disability where a need exists that cannot be provided for by statutory provision, that is: by law, through the National Health Service, or by local authorities.