

Below is a list of organisations that provide holidays and short breaks for children and adults with a disability or illness, their carers and family.

Organisation: 3H Fund (Help the Handicapped Holiday Fund)

Details: 3H Fund is a charity that makes it possible for disabled people, children and adults, to have memorable and fulfilling holidays. Thanks to valued and continuous contributions from grant giving trusts, the business community and individuals, they are able to subsidise a range of group holidays for physically disabled people accompanied by volunteer carers.

Phone: 01892 860 219 / 01892 860 207

URL: <http://www.3hfund.org.uk>

Organisation: The Carers' Support Centre

Details: A charity providing low-cost holidays for carers. 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 luxury caravans in Torbay and the Cotswolds.

Phone: 0117 965 2365

URL: <http://www.carersholidays.org.uk>

Organisation: BREAK

Details: Provides subsidised holidays and short breaks for children, adults and families with special care needs, and respite care for children without their carers.

Phone: 01263 822 161

URL: <http://www.break-charity.org>

Organisation: Saga Respite for Carers Trust

Details: The aim of Saga Respite for Carers Trust is to reward people who care selflessly for their loved ones by giving them a well-earned holiday, while ensuring continuity of care. Nominations are open to all UK residents with a permanent UK address. Beneficiaries will receive a holiday for two.

URL: <http://www.saga.co.uk/care/carers-trust>

Organisation: Coal Industry Social Welfare Organisation

Details: Offering discounted holidays and short breaks to mineworkers, former mineworkers and their wives/widows who are in need of a recuperative break as a result of an illness or operation. Eligibility for admission is based on the number of years service within the coal industry. Not for profit reduced rates are offered.

Phone: 01443 485233

URL: <http://ciswo.org/index.php/convalence>

Organisation: Family Fund

Details: Provides grants for the additional needs of severely disabled children and young people, which can include holidays. Telephone or visit the website for an application pack. Applications should be made by the parent or carer of the disabled child.

Phone: 0844 9744 099

URL: <http://www.familyfund.org.uk>

Organisation: Happy Days

Details: Funds and organises holidays, residential trips, days out and theatre trips for disadvantaged young people with special needs. Grants can also be provided for family holidays. Children must be aged 3 to 17. Their definition of special needs includes physical disabilities, learning disabilities, ill health and children who have been involved in accidents or who have witnessed domestic abuse.

Phone: 01582 755 999

URL: <http://www.happydayscharity.org>

Organisation: Scouts Holiday Homes Trust

Details: Affordable, self-catering holidays in caravans and chalets, mainly in southern England, for families with a disabled member. No Scout connection necessary.

Phone: 0845 300 1818 / 0208 433 7290

URL: <http://www.scoutbase.org.uk/hq/holhomes>

Organisation: Disability Holidays Guide

Details: Specifically created to bring a choice of holiday opportunities to those living with special needs and mobility difficulties. Find a selection of specialist tour operators offering tailor made and escorted holidays for wheelchair users. Arrange suitable travel insurance, hire accessible transport and order from a range of mobility aids and equipment.

Phone: 0845 2269 109

URL: <http://www.disabilityholidaysguide>

Organisation: The Rough Guide to Accessible Britain

Details: Ideas for days out reviewed by disabled visitors. Includes information on accessibility and available services. The guide is free if you hold a Blue Badge or a Disabled Persons Railcard.

Phone: 0800 953 7070

URL: <http://www.accessibleguide.co.uk>

Organisation: Tourism for All UK

Details: Provides information to people with disabilities and older people in relation to accessible accommodation and other tourism services

Phone: 0845 124 9971 / 08451 249 973

URL: <http://www.tourismforall.org.uk>

Organisation: I need a holiday too – Accessible holidays in France

Details: Carl and Jacqui Alban welcome you to I Need A Holiday Too, the company that offers wheelchair accessible and supported holidays to disabled people.

Phone: 0800 949 6801 / 0033 (0)2 96 91 55 97

URL: <http://www.ineedaholidaytoo.com>