HOLIDAY INFORMATION
FOR PEOPLE AFFECTED BY CHEST, HEART & STROKE ILLNESS

This factsheet has been compiled to provide you, and your family or carer(s), with some useful contacts to help you arrange a well-deserved break. Some organisations will make all your arrangements including travel and assistance; others will just take bookings for their own accommodation. Whatever your needs are there will be some help out there!

No recommendation is intended by being included on this list, which is in alphabetical order. Please remember that, although our factsheet is correct at the time of printing, details change very quickly.

See the CHSS factsheets ‘Air travel’ and ‘Insurance information for people affected by chest, heart and stroke illness’ for further useful information.

TRAVEL SERVICES

Access Travel
Tel: 01942 888 844
Email: office@access-travel.co.uk
Website: www.access-travel.co.uk

Specialises in overseas travel and holidays for wheelchair users. Accommodation is selected for accessibility and roll-in showers are available in many properties.

Accessible Travel & Leisure
Tel: 01452 729 739
Email: info@accessibletravel.co.uk
Website: www.accessibletravel.co.uk

Accessible Travel & Leisure is a specialist tour operator providing accessible holidays for disabled people and less mobile holidaymakers.

Can be Done Ltd
Tel: 020 8907 2400
Email: holidays@canbedone.co.uk
Website: www.canbedone.co.uk

Can Be Done Ltd arranges accessible holidays and itineraries for disabled people in the UK and abroad.
**DisabledHolidays.com**  
Tel: 01457 833444  
Website: www.disabledholidays.com  
Specialist travel agency with a large choice of accessible holidays in the UK and abroad.

**Enable Holidays**  
Tel: 0871 222 4939  
Email: info@enableholidays.com  
Website: www.enableholidays.com  
Specialist tour operator for wheelchair users, people with limited mobility, their families and friends.

**Livability**  
Tel: 020 7452 2000  
Email: info@livability.org.uk  
Website: www.livability.org.uk  
Livability is a national Christian disability charity committed to providing disabled people, their friends and families with accessible holidays in England and Wales.

**Saga Holidays**  
Tel UK holidays: 0800 096 0085  
Tel European holidays: 0800 096 0074  
Tel Long haul holidays: 0800 096 0078  
Website: www.saga.co.uk/holidays  
Saga offers holidays for those over 50 in the UK, overseas, special interest and group holidays and cruises. Accommodation is not necessarily suitable for disabled travellers, so it is advisable to check before booking. Brochures can be downloaded or requested online.
The Calvert Trust
Calvert Trust Kielder, Kielder Water & Forest Park, Hexham, Northumberland NE48 1BS
Tel: 01434 250 232
The Lake District Calvert Trust, Little Crosthwaite, Keswick, Cumbria CA12 4QD
Tel: 01768 772 255
Calvert Trust Exmoor, Wistlandpound, Kentisbury, Barnstable, Devon EX31 4SJ
Tel: 01598 763 221
Website: www.calvert-trust.org.uk
The Calvert Trust has three purpose-built centres for people with all types of disability. Variety of outdoor adventure activities available – under instruction if required. Individuals, groups and families welcome. Respite packages also available.
Contact sites directly. Request brochures on-line.

Tourism For All UK
Tel: 0845 124 9971
Email: info@tourismforall.org.uk
Website: www.tourismforall.org.uk
Tourism For All provides extensive information on holidays in the UK and abroad for people with physical, sensory and learning disabilities and their families. They also provide information on places for respite care in the whole of the UK.

EQUIPMENT HIRE

British Red Cross Society (Scotland)
Tel: 0344 871 11 11 (UK main switchboard)
Website: www.redcross.org.uk
The British Red Cross can provide equipment and wheelchairs to hire by arrangement with the local branch in the area you will be visiting. Local contact details are available online.

RESPITE SERVICES

Leuchie House
Tel: 01620 892864
Email: enquiries@leuchiehouse.org.uk
Website: www.leuchiehouse.org.uk
Offers respite breaks in East Lothian for people with long-term physical conditions.
If you would like to speak to one of our nurses in confidence, please call the Chest Heart & Stroke Scotland Advice Line nurses

0808 801 0899
free to call from landlines and mobiles.