

Holidays and Days Out

Tourism For All - <http://www.tourismforall.org.uk>

Tourism for all is a national charity set up to make tourism accessible to all. There is information about travel in the UK and overseas.

Cerebra - http://www.cerebra.org.uk/parent_support/holiday_home/holiday_home.htm

Cerebra have a holiday home that is available free of charge to the families of children with neurological conditions (Down syndrome is included). Apply early and remember to supply references.

Contact a Family - <http://www.cafamily.org.uk/holidays.pdf>

Contact a Family have produces a fact sheet that has information about accessible holidays and help with costs.

Harriet Davis Seaside Holiday Trust - <http://www.harriet-davis-trust.brecon.co.uk/index.htm>

The Trust provides four self-catering holiday houses in Pembrokeshire, UK for families with disabled children. Three houses are in the Tenby area and are fully adapted and equipped for physically disabled children and the fourth, in Narberth, has been adapted for children with autism and other learning difficulties.

Radar Keys

A Radar key will get you access to disabled toilets across the country. They are available from your local council or this website for a small charge. <http://www.radar.org.uk/radarwebsite/tabid/41/default.aspx>

Places to Visit

Many attractions will offer discounted entry to disabled people, free entry to carers and possibly a no queue system on proof of disability. The following websites contain lost of details about places to visit.

<http://special-needs-kids.co.uk/leisure.htm>

<http://www.kidsdaysout.co.uk/>

Cinemas

You can apply for a Cinema Exhibitor Association (CEA) card, which allows the carer in for free when they are with the disabled person. To qualify for this card you would need to be in receipt of Disability Living Allowance and there is a small processing fee on application to be paid but this cost is normally recouped after just one use of the card.

Application forms can be collected from all participating cinemas. Most cinemas are members of the association and you can find which ones participate in your area by using the following link. **The Cinema Exhibitors' Association Card**

Sports

Ask you local Sport's Centre if they offer concessions to people with disabilities. Many allow free entry for a carer.