

HOW TO 08

Leisure and Holidays

There are a range of leisure opportunities for disabled people and their carers in Croydon. Please note that any organisations listed are included for information only and listing does not mean recommendation.

*This factsheet is part of **How To... A Guide for Carers in Croydon**. You can download the full series of factsheets from our website www.carersinfo.org.uk. You can also call us on 020 8649 9339, option 1, or visit the Carers Support Centre.*



**Carers
Information
Service**

Leisure

Disabled people and their carers have just as much right to relax and take a break as anyone else, and leisure and holiday providers should be as inclusive as possible. However, there are also specialist activities, holidays and clubs available to meet individual needs

All of the activities listed in the Leisure section of this factsheet are open to adults. Some are open to children as well, but for activities specifically aimed at children see our *Caring for a Child* factsheet.

Disability is a protected characteristic under the Equality Act 2010. This means that disabled people should not be discriminated against when provided services, including leisure services. Discrimination is when you are treated unfairly because of something related to your disability. This could be reduced mobility, need for extra toilet breaks, behavioural issues, difficulties using public transport, etc. Services are also required to make reasonable adjustments for disabled people. For more information, visit www.citizensadvice.org.uk.

Charges apply for most of the activities listed. Please contact the organisation directly for more information.

Carers' Information Service

020 8649 9339, option 1
info@carersinfo.org.uk
www.carersinfo.org.uk

The Carers' Information Service provides information, advice, training and support for carers in Croydon looking after someone who needs help due to illness, disability or old age. The Carers' Information Service runs the Carers Support Centre in George Street, a drop-in advice and support centre open Monday to Friday, 10am - 4pm.

Services provided by the Carers' Information Service include: enquiry service; drop-in advice at the Carers Support Centre; casework support; advice surgeries; training and workshops; Carers Café; publications; special events; carers emergency card; carers membership discounts; Radar keys; and health, wellbeing and social activities including massage, singing and dancing.



Information



DisabledGo

01438 842 710

enquiries@disabledgo.com

www.disabledgo.com

Lists the accessibility of leisure and entertainment venues around the UK, including pubs, restaurants, cinemas and shops.

Leisure Link

020 8239 4393

andrew.slegg@croydon.gov.uk

Leisure Link publishes a newsletter and holds meetings to share information about leisure activities for people with a learning disability in Croydon.

Sport and Physical Activity Team

020 8726 6900

spa@croydon.gov.uk

www.croydon.gov.uk

Promotes physical activity in the London Borough of Croydon. Produces *Get Up and Go!* magazine, which lists local leisure events and activities.

Discounts

Pensioners, disabled people and those on a low-income may be able to get reductions on entrance fees for leisure activities and tourist attractions. These concessions are sometimes not advertised, so it is always worthwhile asking, and carrying proof of age, disability or entitlement to income-related benefits. Many attractions have a 'carer goes free' policy, but the disabled person may need to show proof of their disability, such as a letter confirming they receive a disability benefit. Carers who are members of the Carers Support Centre may be able to use their membership card as proof of their caring status.

Carers Support Centre

Membership Card

020 8649 9339, option 1

info@carersinfo.org.uk

www.carersinfo.org.uk

Carers who live in Croydon can become members of the Carers Support Centre and will receive a free membership card with access to discounts at a range of local venues and businesses in Croydon.

Cinema Exhibitor's Association Card

01244 526 016

www.ceacard.co.uk

Enables people aged eight years and over, who are receiving Disability Living Allowance, Attendance Allowance, Personal Independence Payment, Armed Forces Independence Payment or who are registered blind, to get one free ticket for someone accompanying them to the cinema.

Disabled Persons Railcard

0345 605 0525

disability@atoc.org

www.disabledpersons-railcard.co.uk

The Disabled Persons Railcard is available to disabled adults and children. It allows the cardholder and an adult companion to save a third on standard and first class rail fares throughout Great Britain for a year or three years. Cards cost £20 for a year or £54 for three years. Applications can be made online or by post.

Activities

Age UK Croydon

020 8683 7100

www.ageukcroydon.org.uk

Offers a range of social and keep fit activities including drama, dancing, Zumba and arts and crafts, alongside regular events such as quiz nights, dances and seasonal celebrations for people aged 50 plus. Men's Project encourages men over 50 to be more active within their community.

Alzheimer's Society Croydon

020 8653 2818

www.alzheimers.org.uk

Provides information, advice and support for people diagnosed with dementia and their carers. Forget-Me-Not Café meets twice a month for people with dementia and their carers. Jasmine Café is also for people with dementia and their carers but has a specific BME focus. Also offers music and singing therapy sessions called Singing for the Brain.

Anti-Gravity Trampolining and Gymnastics

01883 620 971

james@ag-tc.co.uk

www.ag-tc.co.uk

Special needs trampolining classes in Caterham disabled children aged four and over and their siblings. Classes held on Monday, Wednesday and Saturday.

Association of Pastoral Care in Mental Health

020 8654 4010

admin@croydon-apcmh.co.uk

www.croydon-apcmh.co.uk

Drop-in sessions, creative workshops and social activities for people with a mental health problem.

Club Soda

020 8253 1034

info@clubsoda.co.uk

www.clubsoda.org.uk

Events and club nights run by and for people with a learning disability.



Contact the Elderly

0800 716 543

www.contact-the-elderly.org.uk

Runs three schemes in Croydon for elderly people to meet one Sunday afternoon a month for tea, talk and companionship in a volunteer's home.

Croydon Accessible Transport

020 8665 0861

www.croydonaccessibletransport.org.uk

Explorers' Club offers regular trips to the coast and places of interest for older and disabled people. Carers are welcome, but will be expected to pay full price.

Croydon Adult Learning and Training (CALAT)

020 8726 7777

www.calat.ac.uk

Wide range of adult education classes including courses for adults with a learning disability. Fees apply but financial support is available for learners on a low-income.

Croydon Contacts

020 8645 9448

croydoncontacts@gmail.com

www.croydoncontacts.com

Provides supported leisure activities for disabled adults, including a drama club, cinema trips, day trips, bowling and a Sunday lunch club.

Croydon Leisure Centres

www.fusion-lifestyle.com

All of Croydon's leisure centres are accessible, with accessible toilets, changing areas, lockers and parking. Contact your local centre directly for more information. There are a range of accessible activities on offer such as trampolining, exclusive gym sessions, bocchia, table tennis and seated aerobics. Not all activities are offered at all centres so call for details.

- New Addington (01689 842 553).
- Purley (020 8668 7251).
- South Norwood (020 8662 9464).
- Thornton Heath (020 8689 5300).
- Waddon (020 8760 0657).

Croydon Libraries

020 3700 1030

croydon.homelibrary@carillionservices.co.uk

www.croydonlibraries.com

Home library service delivers books (including large print, Braille and talking books) every five weeks to Croydon residents of all ages who are unable to visit their local library due to disability and/or illness.

Croydon Neighbourhood Care

020 8662 1000

www.cnca.org.uk

Network of neighbourhood care groups across Croydon. Groups are independent and volunteer run, offering a variety of services to meet the needs of people in their area who are isolated, vulnerable or disabled. Services provided differ from group to group, but examples include befriending, shopping, lunch clubs and transport.

Croydon Stroke Support Group

01444 458 075 / 07952 565 285

www.croydonstrokesupport.co.uk

Information, advice, social and craft activities, entertainment and exercise for people who have had a stroke and their carers. People with Parkinson's are also welcome.

Croydon Mencap

020 8684 5890

www.croydonmencap.org.uk

Information, advice and support for people with a learning disability and their carers. Runs a social club and discos for people with a learning disability and their carers.

The Diamond Centre for Disabled Riders

020 8643 7764

www.diamondcentre.org.uk

Therapeutic horse-riding for disabled children and adults.

Disability Sports Club

07787 555 338

dssc@tandridgetrust.co.uk

www.tandridgetrust.co.uk

De Stafford Sports Centre in Caterham offers the Disability Sports Club giving disabled people aged 16 and over the opportunity to try indoor sports with professional coaching. Croydon residents are welcome.

Disability Youth Project

07990 790 183

paul.funnell@croydon.gov.uk

Range of youth clubs and after-school clubs in the Croydon area for children and young people with a disability or special educational needs.

Golden Age Community Group

07940 909 918

croydonseniorvolunteersforum@gmail.com

Social activities and outings for people aged 60 and over.

Help for Carers Croydon

020 8663 5664

carerssupport@helpforcarers.org.uk

www.helpforcarers.org.uk/croydon

Coffee clubs, pub club, cinema club and one-off events and lunches for carers who are registered or would like to register with them.

Imagine Mental Health Croydon

020 8253 7078

croydon@imaginementalhealth.org.uk

www.imagineindependence.org.uk/london

Services for Croydon residents experiencing mental health problems, including user-led groups for social opportunities and activities and a befriending and mentoring service.

Magpie Dance

020 8290 6633

info@magpiedance.org.uk

www.magpiedance.org.uk

Weekly adult dance classes and regular Youth Group (age 16-25) and Youth Group Junior (age 11-16) sessions for people with a learning disability. Based in Bromley at the Churchill Theatre.



Mind in Croydon

020 8253 8205/6 (Active Minds)

020 8688 1210 (Social
Networking Service)

admin@mindincroydon.org.uk

www.mindincroydon.org.uk

Active Minds supports people with a mental health problem to take part in leisure, sports and social activities. Requires a referral from a health or social care professional. The Social Networking Service supports people who are experiencing or recovering from a mental health problem to engage in activities in the community. Referrals must be made via the Community Mental Health Team.

Multiple Sclerosis (MS)

Society Croydon Branch

01883 347 424 (local branch)

0808 800 8000 (national helpline)

secmscroydon@gmail.com

[www.mssociety.org.uk/near-me/](http://www.mssociety.org.uk/near-me/branches/croydon-branch)

[branches/croydon-branch](http://www.mssociety.org.uk/near-me/branches/croydon-branch)

Information, support and social events for people with MS and their carers.

South East Cancer Help Centre

020 8668 0974

www.sechc.org.uk

Information, counselling, complementary therapies and activity groups for people with cancer and their carers.

Turkish Youth and

Community Association

020 8665 0425 or 07764 273 293

nilay_tyca@hotmail.com

www.turkishyouthandcommunityassociation.com

Range of services for people from the Turkish-speaking community, including a carers' support group, social activities and outings.

Wheels for Wellbeing

020 7346 8482

info@wheelsforwellbeing.org.uk

www.wheelsforwellbeing.org.uk

Cycling opportunities for disabled children (aged three and over) and adults. Bases in South Norwood, Lewisham and Herne Hill. £5 per person per session (plus one friend/carers cycles for free).

Whitgift House Lunch Club

020 8760 0472

www.whitgiftcare.co.uk

Lunch club open to all retired Croydon residents. Available Monday to Friday (except bank holidays) at Whitgift House. Two course meal costs £3 plus tea and coffee for an additional 30p. Must be booked by phone at least 24 hours in advance.

Willow Foundation

01707 259 777

www.willowfoundation.org.uk

Special days out for seriously ill 16-40 year olds who have a life-threatening condition or advanced stages of a progressive life-threatening condition.

Your Local Cinema

www.yourlocalcinema.com

Details of local screenings of films with subtitles or audio description.

1596 Club

020 8256 1596

www.whitgiftcare.co.uk

Day service for older people run by The Whitgift Foundation. Offers a range of activities, lunch and transport to and from the venue. Cost is £20 per day.



Holidays

Disabled people and their carers may sometimes face additional barriers when going on holiday. To take the stress out of going away, this section lists a number of organisations who may be able to help you find the right holiday. All of the holidays listed in this section of the factsheet are open to adults. Some are open to children as well, but for holidays specifically aimed at children see our *Caring for a Child* factsheet.

The National Accessible Scheme (NAS) rates the accessibility of tourist accommodation across Britain. It may be worthwhile checking whether your planned accommodation meets the NAS criteria: www.visitengland.com.



Accessible holiday guides and directories

Ceiling Hoist Users Club

01604 805 839
admin@chuc.org.uk
www.chuc.org.uk
Information on accommodation with ceiling hoists.

Disabled Holidays 4u

info@disabledholidays4u.com
www.disabledholidays4u.com
Worldwide holidays for disabled people and accessible tourism directory.

DisabledHolidays.com

01457 833 444
www.disabledholidays.com
Travel agent for worldwide holidays for disabled people.

Disabled Holidays Guide

www.disabilityholidaysguide.com
Holiday directory for disabled people.

Good Access Guide

01502 806 706
www.goodaccessguide.co.uk
Information on holidays, travel, leisure and accommodation for disabled people.

Hft Holiday Information Guide

0808 801 0448
familycarersupport@hft.org.uk
www.hft.org.uk/holidayinformationguide
Produces an annual holiday information guide for people with a learning disability and their families and carers. The guide is free to download online.

Open Britain

0845 124 9971
info@tourismforall.org.uk
www.openbritain.net
Information on accessible places to stay, eat, drink and shop in the UK.

PitchUp

www.pitchup.com/campsites/-/disabled-facilities
Provides list of accessible campsites with disabled facilities.

Accessible holiday providers

Accessible Travel and Leisure

01452 729 739
www.accessibletravel.co.uk
Tour operator for disabled people.

Calvert Trust

01598 763 221 (Exmoor)
01434 250 232 (Kielder)
01768 772 255 (Lake District)
www.calvert-trust.org.uk
Provide accessible outdoor adventure holidays and activities in Exmoor, Kielder and the Lake District.

Disabled Access Holidays

0800 622 6000
www.disabledaccessholidays.com
Holiday provider for accessible holidays for disabled people, including wheelchair users.

Enable Holidays

0871 222 4939
www.enableholidays.com
Specialist holiday provider for disabled people.

Holidays for All

0845 124 9971
www.holidaysforall.org
Group of holiday providers offering accessible holidays in the UK and abroad for disabled people, with or without their carers.

Revitalise

0303 303 0145
bookings@revitalise.org.uk
www.revitalise.org.uk
A national charity providing short breaks and holidays (respite care) for disabled adults and carers at three UK centres, including specific breaks for people with dementia. Personal care is available. Breaks are provided at a subsidised rate and support can be provided to find additional funding.

Seable

020 7749 4866
www.seable.co.uk
Specialist holidays for disabled people and people who are blind or visually impaired.

Torch Holidays

01858 438 260
info@torchtrust.org
www.torchtrust.org
Specialist Christian holidays for people with a visual impairment.

TravelEyes

0113 887 4275
www.traveleyes-international.com
Specialist international holiday provider for travellers who are blind or visually impaired.

Holidays for children

There are a range of holiday providers for disabled children or children with special educational needs. For a longer list of holiday providers for children, see our *Caring for a Child* factsheet.

Travelling abroad

This section of the guide refers to European Union (EU) legislation. Following the result of the June 2016 Referendum, the UK will leave the EU. However, EU legislation still applies at the time of publication. For further information on Brexit and your rights, visit www.citizensadvice.org.uk or contact your local Citizens Advice.

It's particularly important to be aware of your rights when travelling abroad if you have a disability or a health condition. Check www.gov.uk/guidance/foreign-travel-for-disabled-people before you travel.



DEPARTURES

Travel insurance

Travel insurance companies cannot deny you travel insurance on the basis of disability. However, if you have a pre-existing medical condition or disability, they can charge you more if they can show you are more likely to make a claim. It is important to disclose any pre-existing conditions when you apply, as failing to do so may render your policy invalid if you do need to make a claim.

Some travel insurance agencies specialise in policies for people with pre-existing medical conditions. These agencies may also be able to insure disability or mobility equipment, and provide cover for situations such as an airline being unable to carry an individual due to a change of plane to one that is not accessible.

You can find a number of travel insurance comparison websites online. Alternatively, you can ask a travel insurance broker to find the best deal for you. The British Insurance Brokers' Association has a list of regulated insurance brokers: www.biba.org.uk/find-insurance or call 0370 950 1790.



Travelling with an assistance dog

If travelling abroad with a pet, including an assistance dog, you can enter or return to the UK without quarantine if you follow EU rules. The same rules apply in all EU countries. You will need a pet passport for your pet to travel within the EU, which you can apply for from certain vets. Visit www.gov.uk/take-pet-abroad for more information.

Flying



Within the European Union (EU), airlines and tour operators may not refuse to carry passengers, or to take bookings, on the basis of reduced mobility. A reservation or boarding can only be refused for justified safety reasons, or if the boarding or transport of the disabled person is physically impossible due to the size of the aircraft or the width of its doors. If you are refused a reservation, a suitable alternative must be offered, and if boarding is refused, reimbursement or re-routing must be offered - without extra cost to you.

In addition to these rights, a person with a sensory, physical or learning disability which affects their mobility (or an older person, or someone with a temporary injury such as a broken leg) has the right to:

- Help at arrival, including terminal entrances and car parks.
- Help with check-in.
- Help with moving through the airport, including to the toilets.

You must let the airline know assistance is needed at least 48

hours in advance. If you do not give this much notice, the airline only has to do what they reasonably can to assist you onto your flight. If you are travelling with a battery-powered wheelchair or mobility aid, let the airline, travel agent or tour operator know as soon as possible.

If you request assistance due to disability or a medical condition, the airline may ask if you are 'fit to fly'. This will usually involve filling in a form about your condition. Disabled people who will need help during the flight with tasks such as feeding, taking medication or using the toilet must travel with a carer. The airline will try to sit the disabled person and carer together, but will need 48 hours' notice.

Disabled people can travel with up to two items of mobility equipment free of charge - this is in addition to your baggage allowance. Airlines also have to carry assistance dogs free of charge. Assistance dogs are allowed to travel in the aircraft cabin with their owner on approved routes and carriers registered to carry assistance dogs. For more information visit www.equalityhumanrights.com.

Useful contacts

Civil Aviation Authority

020 7453 6888

passengercomplaints@caa.co.uk

If you have a disability and you are unhappy with the assistance provided by the airline, you should complain directly to the airline. If you are unhappy with their response, you can complain to the Civil Aviation Authority.

Disabled Travel Advice

www.disabledtraveladvice.co.uk

Information and advice on travelling, days out and holidays for disabled people.

Equality Advisory Support Service

0808 800 0082

www.equalityadvisoryservice.com

Advises and assists individuals on issues relating to equality and human rights.

Flying with Disability

www.flying-with-disability.org

Advice and information for disabled people who are planning to travel by air.

GOV.UK

www.gov.uk/guidance/foreign-travel-for-disabled-people

Information and advice on holidays and travelling by road, rail, air or sea for disabled people.

Passport Advice Line

0300 222 0000

www.gov.uk/passport-advice-line

Advice and information for people whose disability may affect their ability to apply for a passport.

Tourism for All

0845 124 9971

info@tourismforall.org.uk

www.tourismforall.org.uk

Information and advice on all aspects of accessible travel, leisure and holidays in the UK and overseas.



Using your blue badge abroad

The Blue Badge scheme is not recognised in all countries, but it is recognised throughout the European Union (EU). When used in the EU, the Blue Badge allows the holder to make use of the same parking concessions allowed for the country's own disabled citizens. For more information on using the Blue Badge abroad visit www.citizensadvice.org.uk.

Medical care

If you need emergency medical care abroad, the UK has agreements with some countries which entitle travellers to receive free or low-cost emergency care. Be aware that agreements do not mean that travel insurance is not needed.

Within the European Economic Area and Switzerland, the European Health Insurance Card (EHIC) entitles you to state healthcare for free or at a reduced cost. It covers any treatment necessary to allow you to continue your stay until your planned return (including treatment for pre-existing medical conditions). Visit www.nhs.uk/nhsengland/Healthcareabroad for more information.

If you are travelling outside the European Economic Area and Switzerland, the NHS provides a country by country guide to paying for medical care as a UK citizen: www.nhs.uk.

European Health Insurance Card (EHIC)

0300 330 1350
www.ehic.org.uk

Within the European Economic Area and Switzerland, the European Health Insurance Card (EHIC) entitles you to state healthcare with certain restrictions for free or at a reduced cost. Contact directly for full terms and conditions.

Medication

If taking medication abroad, try to pack for more than you need to allow for delays and emergencies. If travelling by air, try to carry your medication in your hand luggage, as there is less chance of it being lost during the journey, and liquid medication may freeze if carried in the hold. Essential liquid medicines of over 100ml can be carried in hand luggage with pre-approval from the airline or airport, alongside supporting documentation such as a letter from a doctor or a copy of the prescription.

Always keep medication in the original packaging, preferably still with the pharmacy label visible. It may help to ask the prescribing doctor to write a letter stating the health condition/s and the medication that has been prescribed, so that you can prove there is a legitimate reason for carrying your medication.

Make sure that you check that the medication you are travelling with is legal in the country you are visiting. The Foreign and Commonwealth Office can give details of foreign embassies in the UK (020 7008 1500, www.gov.uk).

Equipment

It is important to ensure any disability equipment taken on holiday is appropriately insured (see previous page). It may be possible to hire equipment at the holiday destination. Three equipment hire companies that operate across a range of countries are:

- Mobility Abroad
www.mobilityabroad.com.
- Mobility at Sea
www.mobilityatsea.co.uk.
- Mobility Equipment Hire Direct
www.mobilityequipmenthiredirect.com.

Purchasing or hiring equipment specifically to take on holiday is also an option - for details of local suppliers of disability equipment, see our *Practical Help* factsheet.

Alternative care

If you are planning a holiday without the person you care for, it might be necessary to arrange alternative care. This could be in the form of care workers coming into the home, a respite stay in a residential home or an accessible holiday. In this situation, contact Croydon Social Care (020 8726 6500) to request an assessment and possible funding or practical help with arranging alternative care. If you prefer to arrange alternative care yourself, there are a range of home care providers and care homes offering respite care in Croydon. For more information, see our *Getting Support from Social Care* factsheet.

Holiday tips

1. Bring the instructions, spare parts and batteries for any mobility or disability equipment you are taking with you.
2. Check your accommodation will meet your mobility needs. For example, will you need access to a lift? If so, will it accommodate a wheelchair or scooter?
3. Translate key phrases related to your disability into the appropriate language, in case you have to seek medical help abroad.
4. If you need to keep your medication cold, find out if your accommodation has access to a fridge.
5. If you have specific dietary needs, make sure your accommodation knows about them.
6. Check how near your accommodation is to health services such as pharmacies and hospitals. If you are not familiar with the language of your holiday destination, check if there is an English-speaking doctor available.
7. Check the accessibility of your accommodation. Will you be able to access the entire building? For example, are there ramps, step-free access and wide doorways throughout? And most important of all...
8. Get written confirmation of what your accommodation has promised in terms of disabled facilities.

Financial help and low cost holidays

3H Fund

01892 860 207

www.3hfund.org.uk

Subsidised group holidays for physically disabled people. Volunteer carers provide all necessary support during the holiday. Also provides grants to help disabled people on a low-income and their carers have a UK holiday.

The ACT Foundation

01753 753 900

info@theactfoundation.co.uk

www.theactfoundation.co.uk

Grants to individuals with a learning disability, a physical disability or who are older to help towards the costs of short-term respite breaks at a registered respite centre. Also provides grants for equipment under certain conditions.

Carers Holidays

0117 965 2365

www.carersholidays.org.uk

Carers who join as members can access discounts on holidays in the UK, with or without the person they care for.

Disability Aid Trust

0800 028 0647

secretary@disabilityaidtrust.org.uk

www.disabilityaidtrust.org.uk

Grants towards the cost of helpers to assist disabled adults (aged 17 and over) on holiday.

Florence Nightingale Aid in Sickness Trust

020 7998 8817

ann.griffiths@fnaist.org.uk

www.fnaist.org.uk

Grants to pay for medical items or services that improve quality of life, such as convalescent care.

Applications must be made by a health or care professional.

Holiday Homes Trust

020 8433 7290/1

scout.holiday.homes@scouts.org.uk

www.holidayhomestrust.org

Affordable holidays in accessible caravans at UK sites for families who are disadvantaged, whether through disability, income or circumstance.

Margaret Champney Rest & Holiday Fund

01394 388 746

info@ogilviecharities.org.uk

www.ogilviecharities.org.uk

Grants for carers to take a holiday while the disabled person stays in alternative care. Applications must be made via a health or social care professional.

Margaret's Fund

www.margaretsfund.co.uk

Grants for women experiencing ill-health who are in financial need to pay for convalescent holidays.

Applications must be made via a social care professional.

The Maria Hanson Foundation

01332 297011

holidays@mariahansonfoundation.org.uk

www.mariahansonfoundation.org.uk

Arranges caravan holidays in Mablethorpe, Lincolnshire by the coast for people with a life-limiting or life-threatening condition and their families. Also open to serving and former members of the armed forces who have sustained serious injury and Post-Traumatic Stress Disorder (PTSD). Applications must be made online.

The Respite Association

01775 820 176

help@respiteassociation.org

www.respiteassociation.org

Funding for respite for carers living on a low-income. Also offers free breaks for carers at caravans in Skegness and near Blackpool.

Saga Respite for Carers Trust

01303 774 069

www.saga.co.uk/care

Free holidays for carers aged over 50 and a friend. Carers must have been caring for someone for more than a year and have not taken a significant holiday away from their caring responsibilities in that time. Respite for the cared for person during the holiday can be funded but must be arranged by the carer.

Victoria Convalescent Trust

020 8502 9339

vic.c.trust@gmail.com

Grants for convalescent and respite care for people on a low-income. Preference is given to people living in Surrey and the London Borough of Croydon. Professional referrals only.

HOW TO 08

Leisure and Holidays

Every effort has been made to ensure the contents of this factsheet are correct, but the Carers' Information Service cannot accept responsibility for information that is inaccurate or for the quality of the services listed. All the *How To... A Guide for Carers in Croydon* factsheets are available at www.carersinfo.org.uk to download, where they will be regularly updated.

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**Carers
Information
Service**

Part of The Whitgift Foundation
Registered charity 312612



THE
WHITGIFT
FOUNDATION

CROYDON
www.croydon.gov.uk