



**contact** a family  
for families with disabled children



# Holidays, play and leisure

Information for families

UK

Incorporating **The Lady Hoare Trust**

## Introduction

Disabled children and young people consistently say that leisure and play, after school, in the holidays and at weekends, is the most important missing element in their lives. Parents strive to make opportunities for these but often find many unnecessary barriers, including a basic lack of information about what's available.

This guide provides some information about what play and leisure options may be available, where to find more information and suggests ways access for disabled children can be improved. It also has information about arranging holidays for disabled children and details of organisations which provide grants for these types of activities.

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## Your child's rights

Parents may find it helpful to know that disabled children and young people have certain rights relating to play and leisure.

### Local authority duties to disabled children

Services for disabled children are available under Section 2 of the Chronically Sick and Disabled Persons Act 1970 and under the Children Act 1989. These Acts apply to England and Wales only but there is similar legislation for Scotland and

Northern Ireland. Under the Chronically Sick and Disabled Persons Act services are provided to the individual disabled child and do not extend to other members of the family. Subject to criteria, services include: provision of leisure facilities (this could mean outings or a placement at a day centre) or education facilities (this could mean home-based education or funding for the personal care requirements of students so they can study); travel and other assistance, like travel to and from a day centre; holidays.

The Children Act sets out a range of support services which should be available. It forms the legal basis for residential respite care (short breaks). Other services listed in the Children Act include occupational, social, cultural

### Please note

Throughout this guide we use the term local authority or LA when referring to departments like social services, sometimes known as 'children with disabilities teams' or 'children's services'.

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or recreational activities; assistance to enable your child and family to have a holiday; travel assistance.

Also under the Children Act (1989) local authorities have a general duty to make a range of services available to help children in the area. Importantly, the Act allows social services to provide help which will benefit other family members, like siblings and other carers.



The Act recognises that children's need for good quality play opportunities change as they grow up but they need such opportunities throughout childhood to reach and maintain their optimum development and well being. The Act says that local authorities (LAs) shall provide services to minimise the effect of disabilities on the lives of disabled children and give them opportunities to lead as normal a life as possible. LAs must treat disabled children as children first and promote access for all children to the same range of services.

See our guide 'Disabled children's services in England and Wales' and 'Disabled children's services – Scotland'

to find out how to access leisure activities from your local authority. You will need to contact your local social services department and ask for an assessment of yours and your child's needs. Families in Northern Ireland can contact the helpline for further information.

In England, the Education and Inspections Act 2006 means local authorities in England need to take more responsibility to make fun and positive activities available for all young people.

The Government has made a commitment to improve play opportunities for disabled children and young people in England through the Play Strategy. It is a requirement that the play spaces developed by English local authorities with the £235 million of investment funding must be fully accessible and inclusive for all disabled children and young people. The funding will also be used for inclusion and equality training for play workers.

The Play Strategy also sets out how disabled children should now get more say in the development and design of play spaces in England. In April 2009 a new national play indicator was introduced, which is informed by a TellUs survey finding out the views of children in England about the play provision in their area.

The Welsh Assembly Government (WAG) also has a Play Strategy and has committed £1.25 million for each of the next three years to help local authorities provide play opportunities for disabled children.

In Northern Ireland, the Office of the First Minister and Deputy First Minister (OFMDFM) Children's Unit has issued a Play and Leisure policy statement which makes a commitment to take account of a range of vulnerable groups including disabled children in their plans to improve play and leisure.

The new Early Years Framework in Scotland emphasises the importance of play in improving children's quality of life, including the need to remove barriers to play as a priority. But the absence of new funding for this framework raises doubts as to how much change can be delivered.

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**The Children Act (1989)**

#### Short Breaks

The UK Government has made short break provision for families with a disabled child a priority. In England, the Aiming High for Disabled Children programme is running between 2008 and 2011 and sets aside specific money

for short breaks. This means all local authorities will have extra money for providing anything from a holiday, to day trips or activities in their local area for disabled children.

In Wales, short breaks are included as a key issue in the Welsh Assembly Government's 'We are on the Way. A Policy Agenda to Transform the lives of Disabled Children and Young People'. The Welsh Assembly have provided £1.54million a year between 2008 and 2011 for short breaks for disabled children.

In Northern Ireland, the Government has a target to provide 200 new or enhanced respite packages to benefit approximately 400 children with special needs by 31 March 2011.

The Scottish Government has pledged to prioritise improvements and greatly increase numbers of short breaks for all age groups by 2011 and local authorities have been given an additional £4million to fund the initiative. A National Carers Strategy is currently being developed by the Scottish Government.

If you are unsure what is happening in your area, contact your local social services department and ask what help is available.

Freephone helpline: **0808 808 3555**  
Web: **www.cafamily.org.uk**

## Protection against discrimination related to being disabled

The Disability Discrimination Act (DDA 1995) makes it unlawful for service providers to discriminate against disabled people by treating them less favourably than others. It also requires service providers to 'make reasonable adjustments' to policies, practices and procedures which might remove or alleviate any disadvantage a disabled person might experience when using their services. Part III of the Act came into force in October 2004 and means many service providers should have made permanent physical changes to their premises if these put disabled people at a disadvantage – this covers indoor and outdoor adventure playgrounds, leisure centres, play areas in public parks and playgrounds.

Also, the disability discrimination legislation has provisions:

- making it unlawful for operators of transport vehicles to discriminate against disabled people
- making sure that private clubs with 25 or more members cannot keep disabled people out, just because they have a disability
- ensuring that discrimination law covers all the activities of the public sector.

### Rights to be included in school activities

Special Educational Needs and Disability Act (2001) brought all education providers within the scope of the Disability Discrimination Act. This means that schools need to make 'reasonable adjustments' to policies, practices and procedures which would enable a disabled child

to participate in all aspects of school life. For example, schools must include disabled children on school trips, holidays, and any leisure opportunities unless excluding them can be justified (for example because of health and safety requirements).

In Scotland, the Education (Disability Strategies and Pupils' Educational Records) Scotland) Act 2002 requires all education authorities to have an accessibility strategy in place. They must set out what steps they are taking to improve access to the curriculum, the physical environment, information and communication for disabled pupils. If parents are thinking about a school for their child it might be helpful to ask for a copy of the strategy.

### Need advice about your rights?

If you feel that your child has been discriminated against when trying to use play and leisure facilities or at school then ring the Contact a Family helpline. They can also advise you on any other aspect of your rights and help, such as financial assistance to pay for activities or holidays.

## Play and leisure in your area

### Who to ask about services

From April 2008, in England and Wales, The Childcare Act 2006 means family information services can provide parents with disabled children details of services available locally. This includes information about play and leisure. Your school or children's centre should also have access to this information. Or call the Contact a Family helpline. If you want to know more about leisure



facilities and clubs in your area you could also contact a local parent support group. Some run their own activities and, if not, may know who does. The Contact a Family helpline can check if there is a group in your area. You can also ask your child's social worker or, if they don't have one, contact the local children with disabilities team. Alternatively, contact:

- your local library
- a local leisure or youth service for details of inclusive facilities or specialist sports clubs
- national umbrella organisations such as the National Association of Toy and Leisure Libraries and the National Association of Swimming Clubs for people with disabilities (see below);
- a national organisation, such as Phab or Special Olympics (see page 9).

### Play inclusion projects (PIP)

Many places around the country now have play inclusion projects (PIP) which are set up to promote and increase opportunities for disabled children. Your local family information service may produce something similar but should certainly have details of play and leisure activities along with information on other services. Your local parent support group may also have more details of such projects.

### Other contacts for information about play and leisure

There are many national bodies and organisations which provide information

Freephone helpline: **0808 808 3555**  
Web: **[www.cafamily.org.uk](http://www.cafamily.org.uk)**

about play and leisure opportunities for disabled children:

### **National Association of Toy and Leisure Libraries (Playmatters)**

1A Harwood Street London NW1 8DN  
Tel: 0207 428 2280  
Web: [www.natll.org.uk](http://www.natll.org.uk)

A national body for toy and leisure libraries in the UK. Contact the helpline for your nearest library. There are also national offices in Scotland and Wales.

### **National Association of Swimming Clubs for people with disabilities**

The Willows, Mayles Lane, Wickham, Hampshire PO17 5ND  
Tel: 01329 833 689  
Web: [www.nasch.org.uk](http://www.nasch.org.uk)

Encourage the development of swimming clubs and run regional and national swimming galas. Also offer training courses for helpers and an annual camp here people with disabilities can enjoy the outdoor life, swim in a heated

outdoor pool and take part in a full social programme.

### **The Scottish Out of School Care Network**

Level 2, 100 Wellington Street, Glasgow G2 6DH  
Tel: 0141 564 1284  
Web: [www.soscn.org](http://www.soscn.org)

Promote, support and develop quality out of school care in Scotland. Services can be a breakfast club which provides children with breakfast. Services operate from the end of the school day until 5.30 or 6.00pm.

### **Kids**

6 Aztec Row, Berners Row, London N1 0PW  
Tel: 020 7359 3635  
Web: [www.kids.org.uk](http://www.kids.org.uk)

KIDS offer direct and practical help and support to disabled children, young people aged 0-25 and their families across England through its network of regional offices.

### **Phab England**

Summit House, 50 Wandle Road, Croydon CR0 1DF  
Tel: 020 8667 9443  
Web: [www.phabengland.org.uk](http://www.phabengland.org.uk)

National charity dedicated to promoting the integration of people with and without physical disabilities. Organise clubs, holidays, annual summer programmes of activities, sailing, short breaks and adventure holidays.

### **FABB Scotland (Facilitating Access and Breaking Barriers)**

Norton Park, 57 Albion Road, Edinburgh EH7 5QY  
Tel: 0131 475 2313 (Mon-Thurs, 10am-4pm)  
Web: [www.fabb.org.uk](http://www.fabb.org.uk)

Empowers disabled people to actively engage in the social, leisure, educational and vocational activities of their choice.

## **Resources for parents**

### **Disabled Living Foundation**

Provides information on what type of play equipment is available to help with specific difficulties, and details about the useful features of some of the more popular toys.  
Web: [www.dlf.org.uk/content/services-parents](http://www.dlf.org.uk/content/services-parents)

The books below are available by searching on the internet (where you will find other suggestions also) or by contacting the publishers:

**Small Steps Forward – Using Games and Activities to Help Your Pre-School Child with Special Needs** by Sarah Newman, 2008, ISBN: 978-1-84310-693-7

**Stepping Out – Using Games and Activities to Help Your Child with Special Needs**, by Sarah Newman, 2003, ISBN: 978-1-84310-110-9

For children aged 3-11

**Can't play won't play – Simply Sizzling Ideas to get the Ball Rolling for Children with Dyspraxia** by Sharon Drew and Elizabeth Atter, 2008 ISBN: 978-1-84310-601-2

All available from Jessica Kingsley publishers  
Tel: 020 8994 6477  
Web: [www.jkp.com](http://www.jkp.com)

**Play for Children with Special Needs, 3-9**, 2nd edition by Christine Macintyre, published by Routledge, 2009 ISBN: 978-0415558839

How to understand the benefits of play and how to adapt different scenarios to support children who don't find it easy to play.

### **Novelty Warehouse**

Web: [www.thenoveltywarehouse.com](http://www.thenoveltywarehouse.com)  
Stocks accessibly priced, tactile, interactive and stimulating multi-sensory resources,



special needs toys and extraordinary novelties for disabled children.

### The Letterbox Library

71-73 Allen Road, Stoke Newington,  
London N16 8RY  
Tel: 0207 503 4801  
Web: [www.letterboxlibrary.com](http://www.letterboxlibrary.com)

Has a catalogue of disability related books for children which are helpful in promoting understanding and explaining 'difference' for all ages from 0 to 12+.

## Disability sport

To get involved in disability sport contact one of the following organisations:

### Scottish Disability Sport

Caledonia House, South Gyle,  
Edinburgh EH12 9DQ  
Tel: 0131 317 1130  
Web: [www.scottishdisabilitysport.com](http://www.scottishdisabilitysport.com)

Leading the development of sport in Scotland for people of all ages and abilities with a physical, sensory or learning disability.



### Disability Sport Wales

Welsh Institute of Sport, Sophia Gardens  
Cardiff CF11 9SW  
Tel: 0845 846 0021  
Web: [www.fds.org.uk](http://www.fds.org.uk)

Develop sporting and physical activity opportunities for disabled people. Details of disability sport officers throughout Wales and a searchable database of clubs by sport and disability.

*"Always check the disability policy of venues you go to – lots of attractions let carers in for free."*

**Jane**

### English Federation of Disability Sport

Manchester Metropolitan University,  
Alsager Campus, Hassall Road, Alsager,  
Stoke-on-Trent ST7 2HL  
Tel: 0161 247 5294  
Web: [www.efds.net](http://www.efds.net)

Represents the sporting and physical activity interests of disabled people and organisations in England. Provides inclusion training for sports coaches. Information on finding the right sport for you, clubs, and examples of good practice.

### Disability Sport Northern Ireland

Adelaide House, Falcon Road,  
Belfast BT74 7EF  
Tel: 028 9038 7062  
Tel: 028 9038 7064  
Web: [www.dsni.co.uk](http://www.dsni.co.uk)



Organises events for children, runs participation projects and clubs, training for coaches, works to include disabled in mainstream sport activities.

### Special Olympics Great Britain

Corinthian House, 1st Floor, 6-8 Great Eastern Street, London EC2A 3NT  
Tel: 0207 247 8891  
Web: [www.specialolympicsgb.org](http://www.specialolympicsgb.org)

Major provider of sporting opportunities for people with a learning disability and provides equality of opportunity for all athletes, regardless of ability or degree of disability

## Days out

Many major attractions, organisations and schemes in the UK provide opportunities for days out. Many of them operate schemes where either a parent or other carer or disabled person gets in free. It's worth giving them a call as they can advise you about any accessibility issues

you may want to be sure about before the day, and any information you might need to bring to take advantage of any offers.

### The National Trust

PO Box 39, Warrington WA5 7WD  
Tel: 0844 800 1895  
Text: 0844 800 4410  
Web: [www.nationaltrust.org.uk](http://www.nationaltrust.org.uk)

Works to preserve and protect more than 300 historic places and gardens to visit in England, Wales and Northern Ireland. Most properties have a good degree of access and their admission policy admits a companion of a disabled visitor free of charge. Their 'Access for All' guide provides more information about the accessibility of their properties and can be obtained by ringing Tel: 01793 817 634.

Freephone helpline: **0808 808 3555**  
Web: [www.cafamily.org.uk](http://www.cafamily.org.uk)

"A good inclusive experience for any child, with any disability, largely depends on the attitude of the providers. No amount of training can take the place of the willingness to include all disabilities."

**'Everybody Here? Play and Leisure for Disabled Children and Young People.'**<sup>2</sup>

### Culture 24

Office 4, 28 Kensington Street,  
Brighton BN1 4AJ  
Tel: 01273 623 266  
Web: [www.culture24.org.uk](http://www.culture24.org.uk)

Online publisher of more than 3,800 museums, galleries and heritage sites. They also publish a children's site which gives details of family friendly museums and family days out.

### Safari and wildlife parks

Web: [www.safaripark.co.uk](http://www.safaripark.co.uk)

Web resource for safari and wildlife parks with contact details, opening times and admission information. Clickable links take you to each park's information where you'll find details on accessibility.

### Kidsout

Their Funds-4-Fun small grants scheme help with the provision of new toys and special play equipment, as well as fun days out, holidays and activities for individuals and families (see sources of finance on page 17 for contact details).

### Cinema Exhibitors' Association Card

The Card Network, Network House, St Ives Way, Sandycroft CH5 2QS  
Tel: 0845 123 1292  
Text: 0845 123 1297  
Web: [www.ceacard.co.uk](http://www.ceacard.co.uk)

National card that can be used to verify that the holder is entitled to one free ticket for a person accompanying them to the cinema. To apply for the card, you will need to meet one or more of the following criteria: be in receipt of DLA or Attendance Allowance, or be a registered blind person. The card is valid for one year from the date of issue and costs £5.50.

### 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](http://www.riding-for-disabled.org.uk)

Provide the opportunity for disabled people to ride and/or carriage-drive.

### Rough guide to accessible Britain

Tel: 0800 953 7070  
Web: [www.accessibleguide.co.uk](http://www.accessibleguide.co.uk)  
Available from Motability. Free to Blue Badge holders or £6.99 for non-Blue Badge holders. Has over 175 ideas for great days out across the UK.

## Holidays

Everyone needs a change of scene from time to time. You may find some of the organisations listed below useful for ideas and information on the different holidays to choose from. There are many organisations which provide holidays and holiday accommodation for families and disabled children. Listed below is a range covering activity and group holidays, reduced cost breaks and purpose built centres.



### Tourism for all UK

C/o Vitalise, Shap Road Industrial Estate, Shap Road, Kendal, Cumbria LA9 6NZ  
Tel: 0845 124 9971  
Text: 0845 124 9976  
Web: [www.tourismforall.info](http://www.tourismforall.info)

Provide information to people with disabilities about accessible accommodation and other tourism services.

### RADAR (Royal Association for Disability and Rehabilitation)

12 City Forum, 250 City Road, London EC1V 8AF  
Tel: 020 7250 3222  
Web: [www.radar.org.uk](http://www.radar.org.uk)

A national organisation run by, and working for disabled people. They compile 'Open Britain' a guide of accessible places to stay in UK, how to get there and what to see and do once you're there, priced £9.99.

### Holidays for all

Tel: 08451 249973  
Web: [www.holidaysforall.org](http://www.holidaysforall.org)

Offer leisure activities and accommodation throughout the UK and abroad for people with sensory and physical impairments, their friends and families. They also have a holiday Directory, including details of other holiday provider organisations.

### National Autistic Society

393 City Road, London EC1V 1NG  
Tel: 0845 070 4004 (Mon-Fri, 10am-4pm)  
Web: [www.autism.org.uk](http://www.autism.org.uk)

Provide an information sheet called 'Holidays: autism friendly venues' which is available as a download from their website. Also produce a guide called 'Holidays: preparation and practicalities' which families might find useful.

Freephone helpline: **0808 808 3555**  
Web: **[www.cafamily.org.uk](http://www.cafamily.org.uk)**

### Disabled Holiday Directory

6 Seaview Crescent, Goodwick SA64 0AZ  
Tel: 01348 875 592  
Web: [www.disabledholidaydirectory.co.uk](http://www.disabledholidaydirectory.co.uk)

Internet based directory for wheelchair accessible holidays.

### Enable Scotland

2nd Floor, 146 Argyle Street,  
Glasgow G2 8BL  
Tel: 0141 226 4541 (Mon-Fri, 1pm-4pm)  
Web: [www.enable.org.uk](http://www.enable.org.uk)

Support children, young people and adults with learning disabilities. Produce a UK holiday list which can be downloaded from their website.

### 3H Fund (Holidays for Disabled People. Respite for Carers)

B2 Speldhurst Business Park,  
Langton Road, Speldhurst,  
Tunbridge Wells TN3 0AQ  
Tel: 01892 860207  
Web: [www.3hfund.org](http://www.3hfund.org)



Organise group holidays that are subsidised, inclusive of accommodation and transport, for physically disabled people over 13 years. When funds are available, provide grants to families on low incomes with a disabled family member to have a modest UK holiday break.

### Badaguish Outdoor Centre

Aviemore PH22 1QU  
Tel: 01479 861 285  
Web: [www.badaguish.org](http://www.badaguish.org)

Provide a wide choice of outdoor activities to suit all levels of ability. Has an activity holiday unit and 24 hour respite care is available.

### Break

1 Montague Road, Sheringham  
NR26 8WN  
Tel: 01263 822 161  
Web: [www.break-charity.org](http://www.break-charity.org)

Supported holidays, short breaks and day care support for people with learning disabilities including self catering holiday chalets and homes for children.

### Calvert Trust

Calvert Trust – Kielder, Kielder Water,  
Hexham NE48 1BS  
Tel: 01434 250 232

Calvert Trust – Keswick Little, Crossthwaite,  
Keswick CA12 4QD  
Tel/Text: 01768 772 255

Calvert Trust – Exmoor Wistlandpound,  
Kentisbury, Barnstaple EX31 4SJ  
Tel: 01598 763221  
Web: [www.calvert-trust.org.uk](http://www.calvert-trust.org.uk)

Accessible outdoor activity breaks and courses for people with disabilities together with their family and friends. They have three sites which can be viewed at their website, or contact the individual centre.

### Livability (Previously John Grooms Charity)

50 Scrutton Street, London EC2A 4XQ  
Tel: 0207 452 2000  
Web: [www.livability.org.uk](http://www.livability.org.uk)

Provide opportunities for disabled people to go on holiday with friends and families by providing accessible locations at affordable rates around the UK.

### HELP (Holiday Endeavour for Lone Parents)

P.O. Box 244 Gainsborough DN21 9AQ  
Tel: 01427 668 717  
Web: [www.helphols.co.uk](http://www.helphols.co.uk)

Provides reduced cost holidays for any lone parent and their children. Membership £5 per year.

### National Holiday Fund for Sick and Disabled Children

PO Box 318, Great Yarmouth  
Tel: 01493 731 235  
Web: [www.nhfcharity.co.uk](http://www.nhfcharity.co.uk)

Provide holidays to Florida for chronically or terminally ill children, and temporarily or permanently physically disabled children, aged 8 -18 years. Does not provide grants. Application forms are available on their website.

### Scout Holiday Homes Trust

Gilwell Park, Chingford, London E4 7QW  
Tel: 020 8433 7290  
Web: [www.scoutbase.org.uk/hq/holhomes](http://www.scoutbase.org.uk/hq/holhomes)

Provide inexpensive self-catering holidays at a variety of holiday camps around the UK for any families with a disabled member. They do not have to be a scout or guide to benefit.

### Stackpole Trust Centre

The Old Home Farm, Stackpole,  
Pembroke SA71 5DQ  
Tel: 01646 661 464

Provide self-catering accommodation for weekend breaks. Limited accessible accommodation is available.

### Vitalise

Short Breaks Booking Team, Shap Road  
Industrial Estate, Shap Road, Kendal,  
Cumbria LA9 6NZ  
Tel: 0845 345 1970  
Web: [www.vitalise.org.uk](http://www.vitalise.org.uk)

Provides short breaks for disabled people and carers at accessible centres in the UK.

Freephone helpline: **0808 808 3555**  
Web: [www.cafamily.org.uk](http://www.cafamily.org.uk)

## Wish granting charities

These charities offer special treats or holidays for children who are very ill or are living with severe disabilities. They cover the whole of the UK but have different eligibility criteria so you will need to check with them directly for further information.



### Make a Wish Foundation UK

329-331 London Road, Camberley  
GU15 3HQ  
Tel: 01276 405 060  
Web: [www.make-a-wish.org.uk](http://www.make-a-wish.org.uk)

Grants wishes of children aged 3-17 fighting life-threatening illnesses.

### Starlight Children's Foundation

Macmillan House, Room PRW1 PO Box

4267, Goring, Reading RG8 0WY  
Tel: 020 7262 2881  
Web: [www.starlight.org.uk](http://www.starlight.org.uk)

Grants the wishes of seriously and terminally ill children aged 4-18.

### National Holiday Fund for Sick & Disabled Children (see page 15)

### Dreams Come True Charity

Knockhundred House, Knockhundred Row, Midhurst GU29 9DQ  
Tel: 01730 815000  
Web: [www.dctc.org.uk](http://www.dctc.org.uk)

Fulfills 'dreams' for children and young adults, 2-21 years of age who are living with a serious or terminal condition.

### Happy Days Children's Charity

Clody House, 90-100 Collingdon Street, Luton LU1 1RX  
Tel: 01582 755 999  
Web: [www.happydayscharity.org](http://www.happydayscharity.org)

Fund and organise holidays, days out and theatre trips throughout the UK for disadvantaged young people (aged 3-17) with learning difficulties, physical or mental disabilities and with acute, chronic or life limiting illnesses.

### When You Wish Upon a Star

Futurist House, Valley Road, Basford, Nottingham NG5 1JE  
Tel: 0115 979 1720  
Web: [www.whenyowishuponastar.org.uk](http://www.whenyowishuponastar.org.uk)

Aims to fulfill wishes for any child (aged 2-16 years) who has a life threatening or terminal illness.

## Equipment and mobility

For help in choosing the right equipment or for information about getting around, see the following organisations:

### British Red Cross

44 Moorfields, London EC2Y 9AL  
Tel: 0844 871 1111  
Web: [www.redcross.org.uk](http://www.redcross.org.uk)

Has a network of centres which can lend aids and equipment, including wheelchairs. Details of the nearest centre are available from your local branch of the British Red Cross (see telephone directory or their website for details).

### Disabled Living Foundation

380-384 Harrow Road, London W9 2HU  
Helpline: 0845 130 9177  
Web: [www.dlf.org.uk](http://www.dlf.org.uk)

Publish information on all types of disability equipment including advice on choosing children's mobility equipment, toys, games and daily living equipment for children.

### RADAR (see page 13)

Has a National Key Scheme (NKS) offering independent access to 7,000 locked public toilets around the UK. NKS key price £3.50. The accompanying NKS guide priced at £6.99.

### Door to Door

Web: [www.dptac.gov.uk/door-to-door](http://www.dptac.gov.uk/door-to-door)

A transport and travel website for disabled and less mobile people.

"Let us and our children choose what is right for us! Don't make assumptions or put us into boxes. Provide a range of experiences to meet a range of abilities."

*'Hello! Are you Listening'²*

## Help to pay for leisure activities

### Direct Payments

If you are unable to find appropriate leisure activities you may wish to consider using direct payments to purchase some help for your child to attend a local club or playscheme. Local

authorities can give payments instead of services, to allow disabled people and carers to buy in the services they have been assessed as needing. Direct payments are intended to promote the independence of parents and their disabled children who would like to manage their own social care needs.

If a child is under 16 years of age direct payments will usually be made to their parent. When a child becomes 16 they

Freephone helpline: **0808 808 3555**  
Web: [www.cafamily.org.uk](http://www.cafamily.org.uk)

“Holidays are great now. With Direct Payments we take a support worker along; my son has a wonderful time and mum gets a break as well!”

Jane

can receive payments in their own right to allow them to buy in the services they have been assessed as needing.

You are entitled to a direct payment to meet your child’s assessed need in Northern Ireland, Wales, Scotland and England.

### How much are Direct Payments?

The amount you receive should be enough to allow you to meet all costs, including tax and national insurance, as well as the fee for a police check. Social services will usually deduct an amount from the payments equivalent to what you would have been charged if they had arranged the services. Or they may make the payments in full and ask you to reimburse them any assessed charge. Any payments you receive must be used to pay for services to meet the assessed needs.

### Help to pay for holidays

Families with disabled children may be entitled to help from the local social

services department. Some authorities may provide grants towards holiday costs, others may offer holidays at places of their own choice. Some local authorities insist on means-testing and, even when grants are available, they are usually small. Many charitable organisations will help towards holiday costs. Some are listed below, and Tourism for all UK (see page 13) publishes ‘A guide to financial help towards the cost of a holiday or respite care.’ price £3.50.

### A guide to grants for individuals in need

Details of a wide range of funds and other support available for the relief of individual poverty and hardship.

Price £50.00

Web: [www.dsc.org.uk](http://www.dsc.org.uk)

Your local library or CAB may have a copy of this. Or call the Contact a Family helpline, who have a list of charitable trusts and can search for charities you can approach.

### Family Fund

Unit 4, Alpha Court, Monk Cross Drive, York YO32 9WN

Tel: 0845 130 4542

Web: [www.familyfund.org.uk](http://www.familyfund.org.uk)

May be able to help towards holiday costs when there is a child who is severely disabled aged 0-17. The Family Fund will consider a grant application where a family’s total income from all sources, including net income and benefits, is below £25,000 in England and £27,000 in Northern Ireland, Scotland and Wales.

Grants are a contribution towards family holidays with or without the child. The Family Fund is able to provide holiday grants in a number of different ways. These include:

- Thomas Cook option – vouchers can be given towards a holiday booked via the Thomas Cook travel agency – this can be towards flights, ferries, train and coach travel and numerous holidays in the UK or abroad
- Haven Holiday – families may choose a holiday in one of the 35 holiday parks around which have a range of entertainment on offer
- outings – for families who may not be able to take a holiday due to their child’s disability or health condition a cash grant may be given for days out
- self planned holiday – if the holiday a family is planning falls outside of the Haven and Thomas options, then the family will need to provide details of their individual plans and the Fund will then look at whether a contribution can be made towards this.

The Fund may be able to help with other grants to help children and young people access play and leisure activities. Here are some requests that the Fund has been able to help with in the past:

- trampoline
- playstations and games
- TV and DVD players
- greenhouse
- sensory toys and equipment
- karate uniforms
- singing lessons.

### Kidsout

14 Church Square, Leighton Buzzard, Bedfordshire LU7 1AE

Tel: 01525 385252

Web: [www.kidsout.org.uk/what/funds](http://www.kidsout.org.uk/what/funds)

Helps disadvantaged children and young people – irrespective of background or circumstance – up to the age of 18, throughout the UK. Their Funds-4-Fun small grants scheme help with the provision of new toys and special play equipment, as well as fun days out, holidays and activities for individuals and families.

### Other financial help

Contact a Family can advise on all aspects of the benefits and tax credits system to make sure you are claiming all you are



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entitled to. Our advisers can also look for charitable grants you may be able to apply for. For more information about direct payments and other financial help which may be available, ring the Contact a Family helpline.

## Travel Insurance

Companies offering travel insurance for people with disabilities. Please note that although these companies can issue quotations for cover they are not allowed to issue policies more than three months prior to travel. Contact a Family cannot recommend any particular insurance company and urge you to satisfy yourself that any particular policy meets your needs and offers adequate cover.

### Freespirit

PJ Hayman & Co. Ltd, Stansted House, Rowland's Castle PO9 6DX  
Tel: 0845 230 5000  
Web: [www.free-spirit.com](http://www.free-spirit.com)

### Travelbilty

Peregrine House, Falconry Court, Bakers Lane, Epping CM16 5DQ  
Tel: 0845 338 1638  
Web: [www.travelbilty.co.uk](http://www.travelbilty.co.uk)

### Directgov

Directgov brings together a wide range of public service information and services online. Search for their 'Travel, holidays and breaks' section which has information on travel insurance as well as other practical information around taking a holiday, Web: [www.direct.gov.uk](http://www.direct.gov.uk)

## Making play and leisure work for disabled children

Campaigning for better leisure services There is more awareness than ever among government departments, local authorities and play providers about including disabled children. Lots of organisations are lobbying for more resources for play and leisure services and to ensure that local plans for play facilities include disabled children. Individual parents may have an opportunity to sit on local planning groups and press for better services. Or local parents' groups can ask to meet with professionals and press for change. You may wish to contact some of the following campaigning organisations:

### Every Disabled Child Matters (EDCM)

c/o Council for Disabled Children  
National Children's Bureau, 8 Wakley Street, London EC1V 7QE  
Tel: 020 7843 6448  
Web: [www.edcm.org.uk](http://www.edcm.org.uk)

EDCM is a campaigning organisation to get rights and justice for every disabled child.



### Disabled Children Matter Wales (DCMW)

c/o Contact a Family Wales,  
33-35 Cathedral Rd, Cardiff CF11 9HB  
Tel: 02920 396629  
Web: [www.dcmw.org.uk](http://www.dcmw.org.uk)

The DCMW campaign is all about disabled children and young people coming together with their families and friends to make sure that the Welsh Assembly Government makes disabled children and young people a priority over the next three years.

### For Scotlands Disabled Children (fSDC)

fSDC liaison Project  
C/o Contact a Family, The SPACE,  
11 Harewood Road, Edinburgh EH16 4NT  
Tel: 0131 659 2938  
Web: [www.fsd.org.uk](http://www.fsd.org.uk)

Established in 2007 to secure rights and justice for disabled children in Scotland.

### Children with Disabilities Strategic Alliance (CDSA)

C/o Children in Northern Ireland  
Unit 9, 40 Montgomery  
Road, Belfast BT6 9HL  
Tel: 028 9040 9418  
Web: [www.ci-ni.org.uk](http://www.ci-ni.org.uk)

The CDSA brings together organisations from the children's sector and the disability sector. CDSA wants to ensure that policy impacting on the lives of children with disabilities is informed by their needs and circumstances.

### Playday

8 Wakley Street, London EC1V 7QE  
Tel: 020 7843 6300  
Web: [www.playday.org.uk](http://www.playday.org.uk)  
Playday is a national campaign where thousands of children and young people get out and play at locally organised events.

**KIDS** (see page 8 for contact details)  
Want to transform attitudes so that all children have the chance to be included in the play and learning of everyday life.

### Play England/Scotland/Wales

(see page 24 for contact details) has information on the latest developments in children's play.



Freephone helpline: **0808 808 3555**  
Web: [www.cafamily.org.uk](http://www.cafamily.org.uk)

## What disabled young people say about leisure

The Every Disabled Child Matters (EDCM) campaign 'If I could change one thing' asked disabled children and young people: 'If you could change one thing for disabled children, young people, and their families, what would it be?' Their 'Disabled children's manifestation for change' also highlights what the children and young people want:

Top things disabled children and young people wanted to change are:

- to have more fun things to do
- to change negative attitudes to disability – disabled children and young people are more likely to be bullied at school and in their communities
- to make it everyone's right to get a good education. They want to feel welcomed by schools, included in all aspects of school life and supported to learn and make friendships
- to do things on their own – like all children and young people. A lack of proper support means they often have to rely on their parents or other adults.

The top things they said would allow them to get involved in activities are:

- better attitudes to disabled young people from staff and other young people

- play and youth activities that are welcoming and easier to access
- accessible and affordable transport.

See what else they said at [www.ncb.org.uk/edcm/if\\_i\\_could\\_change\\_childrens.pdf](http://www.ncb.org.uk/edcm/if_i_could_change_childrens.pdf)

EDCMs response 'Going Places – Ensuring the play and youth strategies deliver for disabled children and young people' asked the children and young people 'What would more fun things to do and places to go look like for you?'

Find out at [www.ncb.org.uk/edcm/going\\_places\\_briefing.pdf](http://www.ncb.org.uk/edcm/going_places_briefing.pdf)

Research by the Joseph Rowntree Foundation<sup>1</sup> found that leisure was very important to disabled young people, particularly when they had more time for leisure because of limited opportunities in education and employment.

### Young people said:

- their education experiences had a major impact on their opportunities for friendships and leisure activities outside school
- they valued the opportunity to be involved in mainstream activities, but also wanted to meet other young disabled people to share experiences
- their lives were blighted by loneliness, isolation and exclusion.

The research also found that:

- professionals saw inclusive leisure as a way for disabled young people to learn life skills, increase independence and/or increase self-esteem. Young people saw inclusive leisure as a way to have fun and meet friends
- lack of appropriate support (like transport, personal assistance and support to facilitate and/or interpret communication) was a key barrier for young disabled people wanting to access inclusive leisure
- disabled young people were often excluded but, beyond this, their interests and concerns were no different to those of their non disabled peers.

## What parents of disabled young people say about leisure

Contact a Family conducted a survey, Everybody Here?<sup>2</sup> which found that parents felt bowling alleys had the most inclusive facilities, with playgrounds and parks being the least inclusive. The survey also contains a list of attractions from across the UK that

families with disabled children enjoyed visiting, as well as examples of good practice. Parents also had the following suggestions for leisure providers:

- publish information about local accessible facilities and activities
- allocate some specific sessions to cater for disabled children
- portray positive images of disabled children in your publicity
- use bright colours, textures and sounds to help children with sensory impairments
- buy items to increase the range of activities for disabled children, for example wheelchair-friendly roundabouts
- put a changing table in accessible toilets, suitable for older children who wear nappies or pads
- provide large unisex cubicles in swimming pools to also accommodate a carer
- install wheelchair accessible gates instead of stiles and kissing gates on marked country walks
- fund volunteer 'buddy schemes' to help young people use and get the most out of leisure facilities
- provide leisure passes which give concessions to disabled children and accompanying carers.

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Web: **[www.cafamily.org.uk](http://www.cafamily.org.uk)**

## Resources for professionals

Kids run the Playwork Inclusion Project and Inclusive Playground Project. They are also working with Play England to include disabled children in mainstream play provision. You can find good practice briefings, inclusion assessment tools and much more on their website. They also offer training.

Briefings include:

- Nothing Special – Including young disabled people in youth and leisure services
- I have a right to play out too! – Celebrating outdoor play for disabled children
- Making the links – Playful short breaks for disabled children
- Inclusive Design for Play
- Equalities and Inclusion in Play and Childcare.

All KIDS briefings are now available to download for free from [www.kids.org.uk/publications](http://www.kids.org.uk/publications)

Kids also run a telephone advice line:  
Tel: 020 7359 3073

### Children's Play Information Service (CPIS)

National Children's Bureau  
8 Wakley Street, London EC1V 7QE  
Tel: 0207 843 6303  
Web: <http://www.ncb.org.uk/cpis>

(CPIS) is a national information service on children's play. Their reference library covers most aspects of children's

play, including theory, research, policy and practice. Visitors are welcome by appointment, including groups of students and their tutors. CPIS also provides a free enquiry service to anyone with a professional or academic interest in children's play.

### Play England

Children's Play Council, 8 Wakley Street  
London EC1V 7QE  
Tel: 020 7843 6300  
Web: [www.playengland.org.uk](http://www.playengland.org.uk)

Play England delivers the Play Strategy and provides local authorities with expertise, planning advice and guidance. It aims for all children and young people in England to have regular access and opportunity for free, inclusive, local play provision and play space. Find examples of play in practice around the country for all types of play provision.

### Play Wales

Baltic House, Mount Stuart Square, Cardiff  
CF10 5FH  
Tel: 029 2048 6050  
Web: [www.playwales.org.uk](http://www.playwales.org.uk)

Provide information and guidance on play provision, policy and training for play workers in Wales.

### Play Scotland

Midlothian Innovation Centre,  
Pentlandsfield, Roslin,  
Midlothian EH25 9RE  
Tel: 0131 440 9070  
Web: [www.playscotland.org](http://www.playscotland.org)

Play Scotland works to promote play opportunities in the community for

all children and young people. Has information, good practice examples, and training for playworkers.

### Playboard

59-65 York Street, Belfast BT15 1AA  
Tel: 028 9080 3380  
[www.playboard.org](http://www.playboard.org)

Promotes children's play in Northern Ireland and run a number of projects which include disabled children.

### Inclusive Play and Disability

A briefing on including disabled children in play provision by Play Wales, April 2007. See page 7 for contact details.

### Access for disabled people

Sport England. 2002. ISBN: 1860781497  
Web: [www.sportengland.org/disabled.pdf](http://www.sportengland.org/disabled.pdf)

### Accessible schools: Planning to increase access to schools for disabled pupils DfES (now DCSF), 2002.

This document contains guidance for LAs and schools on the duty to plan to increase the accessibility of schools to disabled pupils (the planning duty).  
Web: [tinyurl.com/24a2gx](http://tinyurl.com/24a2gx)

### All together: How to create inclusive services for disabled children and their families

2nd edition. National Children's Bureau, 2004  
Web: [tinyurl.com/28f5ll](http://tinyurl.com/28f5ll)

Promotes the ideals of inclusion in the care and education of young disabled children.

### Asian children play: Increasing access to play provision for Asian children

Haki Kapasi, Play Train, 2000,  
ISBN: 978-0951901342  
Web: [tinyurl.com/2cexzq](http://tinyurl.com/2cexzq)

Research was carried out nationally into barriers in accessing play provision for Asian children.

### Examples of good practice around the country

Most of the organisations listed under 'Resources for professionals' above have examples of good practice around developing inclusive play and leisure activities for disabled children.

The National Play Strategy contains examples of good practice, design for play and outdoor play. See [www.dcsf.gov.uk/play](http://www.dcsf.gov.uk/play)

### Merseyside Disability Sports Directory

Merseyside Sports Partnership  
Tel: 0151 231 5239  
Web: [tinyurl.com/2em8um](http://tinyurl.com/2em8um)

The 2007 Disability Sports Directory contains a wide variety of accessible clubs for disabled children.

### Leicester City Council – Concessions

This council provides a leisure pass which entitles carers on benefits (including Carer's Allowance) up to 50 per cent off activities provided by leisure centres. It also entitles them

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to concessions from other facilities including some cinemas and restaurants. Available from local libraries and leisure centres in Leicester City.

### Rochdale Parents Forum

The forum met with leisure service managers about the poor changing facilities in toilets at two swimming pools in Rochdale. As a result two new changing tables were installed at both pools along with new disabled changing areas with central lockers

## References

<sup>1</sup> *Hello! Are you Listening* by Pippa Murray, published by Joseph Rowntree Foundation, 2002. ISBN 1 84263 074 1  
Web: [openlibrary.org/b/OL11900477M/Hello!\\_Are\\_You\\_Listening](http://openlibrary.org/b/OL11900477M/Hello!_Are_You_Listening)

<sup>2</sup> *Everybody Here? Play and Leisure for Disabled Children and Young People*, Contact a Family, 2002  
Web: [www.cafamily.org.uk/pdfs/leisure.pdf](http://www.cafamily.org.uk/pdfs/leisure.pdf)

<sup>3</sup> 'Come on In!' Developing Inclusive Play and Leisure Services  
*Action For Children and Contact a Family West Midlands, 2003*  
Web: [www.cafamily.org.uk/westmids/comeonin.pdf](http://www.cafamily.org.uk/westmids/comeonin.pdf)

"We need to have access to different out of school activities for the children (art, dancing, clubs, gymnastics, trampolining, music) where the staff understand the child's difficulty and give them a chance to explore and develop their potential."

**'Come on In!' Developing Inclusive Play and Leisure Services.**<sup>3</sup>



### Social networking

Contact a Family is on Facebook and Twitter. Join us at:

#### Facebook

[www.facebook.com/contactafamily](http://www.facebook.com/contactafamily)

#### Twitter

[www.twitter.com/contactafamily](http://www.twitter.com/contactafamily)

### Podcasts

You can download podcasts from our website at [www.cafamily.org.uk/news/podcasts.html](http://www.cafamily.org.uk/news/podcasts.html)

iTunes users can listen to our podcasts at [bit.ly/96EVT](http://bit.ly/96EVT)

### Videos

You can watch videos on our YouTube channel at [www.youtube.com/cafamily](http://www.youtube.com/cafamily)

Compiled by Clare Kassa and Karin Beeler

Design and layout by Desiree Blair

Freephone helpline: **0808 808 3555**  
Web: **[www.cafamily.org.uk](http://www.cafamily.org.uk)**

## Contact a Family

Free helpline for parents and families

**0808 808 3555**

Textphone

**0808 808 3556**

Open Monday–Friday

Access to over 170 languages

**[www.cafamily.org.uk](http://www.cafamily.org.uk)**  
**[www.makingcontact.org](http://www.makingcontact.org)**

Contact a Family Head Office:

**209-211 City Road, London EC1V 1JN**

Tel **020 7608 8700**

Fax **020 7608 8701**

Email **[info@cafamily.org.uk](mailto:info@cafamily.org.uk)**

Web **[www.cafamily.org.uk](http://www.cafamily.org.uk)**



Language Line  
services

## Other information booklets available

This guide is one of a series produced for parents and groups concerned with the care of disabled children. A full list of Contact a Family publications is available on request or can be downloaded from our website [www.cafamily.org.uk](http://www.cafamily.org.uk)

- Fathers (UK)
- Understanding your child's behaviour (UK)
- Grandparents (UK)
- Siblings (UK)
- Special educational needs (UK)
- The tax credits guide (UK)
- Living without a diagnosis (UK)
- Working (UK)
- The NHS and caring for a disabled child (England)
- Disabled children's services in England and Wales (England & Wales)

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