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Holidays

Before You Book Your Holiday

1. Do not plan on travelling alone unless you are completely confident that you will not need any sort of assistance from anyone whilst you are on holiday.
2. Consider the time of year you intend to travel. The summer period will have better weather but this is offset by increased costs.
3. Work out a spending budget and try to stick to it. Don't forget that you may need to include travel costs and certainly spending money. If you are going self-catering, you also need to allow for the purchase of food items.
4. Decide on the type of holiday you want. Will it be in the UK or abroad; seaside or in the country?
5. Decide on the accommodation. Full, half or bed & breakfast in a hotel or self-catering?
6. Find out as much as possible about the area that you wish to visit.
7. Plan ahead and book early.

Booking the Holiday

1. Be completely honest in stating your disability and its effects.
2. Point out the facilities you are looking for at your destination. If you have special needs (use a wheelchair etc.) ensure the travel agent or accommodation contact knows this in advance. If you require a special diet give full details of this.
3. Point out the places en route where you will need help. Even if you are travelling with a companion, there may be times during the journey when extra assistance is necessary.
4. Make sure that you have adequate holiday insurance cover. Make absolutely sure you are completely covered by the insurance you take out - asking your travel agent or tour operator, to check direct with the insurance company.

Confirm whether or not you will need a medical certificate. (If you are travelling to your holiday destination by air, the airline concerned may insist you have a medical certificate of fitness for air travel, completed by your doctor. The airline reservations department or the tour operator organising your holiday will be able to let your travel agent know whether or not a medical certificate will be necessary)

Before You Go

1. Make a final check on arrangements.
2. Make a check-list of any extra equipment you will need to take with you. (Check with your travel agent or tour operator whether any of your disability related equipment or aids will be classed as “excess baggage”. If so you may have to pay extra for its carriage).
3. Be sure you take a more than sufficient supply of all medicines which may be needed during your holiday. It is also wise to take a

written prescription for the medications you use (with dosage amounts clearly stated) in case of any emergency. If you need a trained nurse to give you injections whilst you are on holiday, you must make special arrangements for this beforehand. Dialysis can be arranged in some countries, but will incur a cost.

Holiday Insurance Cover

It is essential to take out an adequate holiday insurance policy. In many countries the cost of medical treatment in the event of illness or accident has to be met in full. Even in some of the countries with which Britain has reciprocal arrangements for health care, part of the costs of treatment may have to be paid.

Insurance may also be required to cover the cost of property that is lost or damaged while on holiday or to recoup money if the holiday has to be cancelled or to provide some compensation for delays. Holiday insurance is generally associated with overseas travel but it is also available and should be considered for holidays in Britain.

Before opting to take out the insurance offered by a tour operator or travel agent, check that it does not exclude people with “any pre-existing medical condition” either generally, or that is relevant to you. Insurance cover is not available for people who are travelling against the advice of their doctor. If the travel agent cannot fully answer your questions, contact the Insurance Company itself.

The NHS – European Health Insurance Card

If you are a UK resident, you are entitled to medical treatment that becomes necessary, at reduced cost or sometimes free, when temporarily visiting a European Union (EU) country, Iceland, Liechtenstein, Norway or Switzerland. Only treatment provided under the state scheme is covered. However, to obtain treatment you will need to take a European Health Insurance Card (EHIC) with you.

Please note: Not all UK residents are covered in Denmark, Iceland, Liechtenstein, Norway or Switzerland.

Further details are available on the ***EHIC Website***: www.ehic.org.uk

To apply for an EHIC by telephone, call 0845 606 2030. Alternatively, to apply online, visit [www.ehic.gov.uk /travellers](http://www.ehic.gov.uk/travellers). www.ehic.org.uk
Application forms are also available from the Post Office for postal applications. Non-EEA nationals resident in the UK must apply by post as there is a requirement to provide further documentation with their applications.

The following companies specialise in holiday insurance for travellers who have a disability.

TravelAbility UK Ltd

Address: 138 Whitley Road

Whitley Bay

Tyne and Wear

NE26 2NA

Telephone: 0191 4471150

Website: <http://www.travelabilityukltd.co.uk>

Email: travelabilityuk@hotmail.com

Fish Insurance

Address: 12 Sceptre Court,

Sceptre Way,

Bamber Bridge,

Preston,

PR5 6AW

Telephone (Travel Insurance with Medical Conditions): 0333 331 3770

Website: <http://www.fishinsurance.co.uk>

Email: admin@fishinsurance.co.uk

Taking Your Car Abroad

If you intend to tour abroad using your own car, ensure that it is properly serviced and maintained well before you travel. It is a good idea to take with you spare bulbs, fuses etc. Some countries insist on this. If you will be driving on the right hand side of the road, you need to fix “headlight deflection lenses” over your headlights to divert the glare from oncoming traffic. These simply stick on to the headlight glass and are available from most car accessory shops.

Check with a motoring association (AA or RAC) as to the legal motoring requirements, speed limits etc. for the country (countries) that you will be travelling in. Don't forget to check with your motor insurance company that you are adequately covered for foreign travel in your car. A “green card” may be advised.

The new blue disabled parking badge is recognised in all the EEC countries, so do not forget to take it with you, but it is worth checking with the local police, in the country you are travelling, as to the local concessionary regulations, which vary considerably from country to country.

Other Advice

In the event of an emergency while you are abroad, help may be available from British Consular Officers. The Foreign & Commonwealth Office urges people to take sensible precautions before and whilst travelling and have published two leaflets, “Checklist for Travellers” and “Consular Assistance Abroad”.

These may be available through your travel agent, or the ***Travel Section, Foreign & Commonwealth Office:***

Telephone: 0845 850 2829.

Website: www.fco.gov.uk/travel

Travel Advice and agents

[The companies listed below are just a selection from a large number of companies providing “specialised” holidays and are not necessarily a recommendation by HAD.org.uk.

Tourism for All UK

(Not a travel agent but a good provider of holiday information and advice).

Address: 7A Pixel Mill, 44 Appleby Road, Kendal, Cumbria, LA9 6ES

Telephone: 0845 124 9971

Fax: 01539 735567

Email: info@tourismforall.org.uk

Website: www.tourismforall.org.uk

Can Be Done

Address: Equity House, 128-136 High Street, Edgware, HA8 7EL

Telephone: 020 8907 2400

Email: holidays@canbedone.co.uk

Website: <http://www.canbedone.co.uk>

Revitalise

Creating revitalising holidays for disabled people and carers.

Bookings Team

Address: 212 Business Design Centre,
52 Upper Street, London, N1 0QH

Telephone: 0303 303 0145

Fax: 0207 354 8786

Email: bookings@revitalise.org.uk

Website: <https://revitalise.org.uk>

If the above organisations are unable to fulfil your requirements, or if you want further information and advice about booking a holiday, please contact the HAD.org.uk Information Service, who's contact details can be found on the first page of this factsheet.

This fact sheet is one of a series, providing information and advice on a number of topics.

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