



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 things like this.

Contents

Your child's rights	3
Play and leisure in your area	5
Disability sport	8
Days out	10
Information about holidays	12
Holidays or holiday accommodation	13
Wish granting	15
Equipment and mobility	16
Help to pay for leisure activities and holidays	16
Travel Insurance	18
Making play and leisure work for disabled children	19
Resources for professionals	22



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

The Children Act (1989) 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 (LA's) 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. LA's must treat disabled children as children first and promote access for all children to the same range of services.

This Act applies in England and Wales. There is similar legislation in Northern Ireland and Scotland.

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

Please note

Throughout this factsheet 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'.

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).

Information about services

From April 2008, in England and Wales, **The Childcare Act 2006** means local information services need to provide parents with disabled children details of services available locally. This should include information about play and leisure.

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.

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 Children Act (1989)



Play and leisure in your area

Who to ask

If you are a parent and want to know more about leisure facilities and clubs in your area you could 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. Contact a Family runs one of these in the London borough of Lewisham. They have recently published a directory of inclusive play and leisure services for children in Lewisham. Your local 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 about play and leisure opportunities for disabled children:

National Association of Toy and Leisure Libraries (Playmatters)

68 Churchway, London NW1 1LT
Tel: 020 7255 4600
Web: <http://www.natll.org.uk>

A national body for toy and leisure libraries in the UK. They can advise you on the nearest toy library.

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

National Association of Swimming Clubs for people with disabilities

The Willows, Mayles Lane, Wickham
Hampshire PO17 5ND
Tel: 01329 833 689
Web: <http://www.nasch.org.uk>

They encourage the development of swimming clubs and run regional and national swimming galas. Also offer training courses for helpers.

The Scottish Out of School Care Network

Level 2, 100 Wellington Street, Glasgow
G2 6DH
Tel: 0141 564 1284
Web: <http://www.soscn.org>

They promote, support and develop good quality, sustainable out of school care in Scotland.

Kids

6 Aztec Row, Berners Row,
London N1 0PW
Tel: 020 7359 3635
Web: <http://www.kids.org.uk>

Provide services through a network of regional branches for disabled children, young people and their families. These include education, play, leisure and training.

Kids National Development Division

6 Aztec Row, Berners Road,
London N1 0PW
Tel: 020 7359 3073
Text: 020 7359 3520
Web: <http://www.kids.org.uk/ndd/pip>

Promote inclusive play for disabled children through national training, consultancy and publications. They also run the Playwork Inclusion Project (PIP)



which aims to increase the numbers of disabled children in play and childcare settings. (Formerly part of Kidsactive and merged with Kids in 2003)

Children's Play Information Service

(CPIS) is a national information service on children's play based at the National Children's Bureau Library. The website has information on everything from play conferences and events to downloadable factsheets and student reading lists.
Web: <http://tinyurl.com/z32hm>

Play Wales

Baltic House, Mount Stuart Square, Cardiff
CF10 5FH
Tel: 029 2048 6050
Web: <http://www.playwales.org.uk>

Provide information and guidance on play in Wales.

Play England

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

Play England is a five-year project to promote strategies for free play and to create a lasting support structure for play providers in England.

Phab England

Summit House, 50 Wandle Road,
Croydon CR0 1DF
Tel: 020 8667 9443
Web: <http://www.phabengland.org.uk>

Phab is a national charity dedicated to promoting the integration of people with and without physical disabilities. They organise an annual summer programme of activities.

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

FABB Scotland (Facilitating Access and Breaking Barriers)

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

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

Play Scotland

Midlothian Innovation Centre,
Pentlandsfield, Roslin,
Midlothian EH25 9RE
Tel: 0131 440 9070
Web: <http://www.playscotland.org>

Play Scotland works to promote play opportunities in the community for all children and young people.



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: <http://www.scottishdisabilitysport.com>

Leading the development of sport and physical recreation for people with disabilities throughout Scotland

Disability Sport Wales

Welsh Institute of Sport, Sophia Gardens Cardiff CF11 9SW
Tel: 029 2066 5781
Web: <http://www.fdsww.org.uk>

Disability Sport Cymru is a joint initiative between the Federation of Disability Sport Wales (FDSW), the Sports Council for Wales and local authorities in Wales. The programme is aimed at developing quality based sporting and physical

activity opportunities for disabled people. They also have details of disability sport officers throughout Wales.

English Federation of Disability Sport

Manchester Metropolitan University,
Alsager Campus, Hassall Road, Alsager,
Stoke on Trent ST7 2HL
Tel: 0161 247 5294
Text: 0161 247 5644
Web: <http://www.efds.net>

An umbrella organisation, representing the sporting and physical activity interests of disabled people and organisations in England.

"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.'*¹

Disability Sport Northern Ireland,

Unit 6, Ormeau Business Park, 8 Cromac Avenue, Belfast BT7 2JA
Tel: 028 9050 8255
Text: 028 9050 8254
Web: <http://www.dsni.co.uk>

Working to promote equality of opportunity for people with disabilities to take part in sport and recreation, and to help improve their standard of performance and enjoyment at the level of their choice.

Special Olympics Great Britain

National Development Office Ground Floor, 123 Golden Lane London EC1Y 0RT
Tel: 020 7696 5569
Web: <http://www.specialolympicsgb.org>

Is the 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.

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



Days out

Many of these organisations and schemes provide opportunities for days out and can advise you about any accessibility issues you may want to be sure about before the day.

The National Trust

PO Box 39, Warrington WA5 7WD
Tel: 0870 458 4000
Text: 0870 240 3207
Web: <http://www.nationaltrust.org.uk>

The National Trust 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 guide provides more information about the accessibility of their properties. Contact the Access for All Office on Tel: 01793 817 400

24 Hour Museum

PO Box 3470, Brighton BN1 1DA
Tel: 01273 623 266
Web: <http://www.24hourmuseum.org.uk>

The 24 Hour Museum has an online database of more than 3,800 museums, galleries and heritage sites. The children's section of the website has lots of ideas, games and listings.
Web: <http://www.show.me.uk>

Safari and wildlife parks

Web: <http://www.safaripark.co.uk>

A 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

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

Jane

individuals and families (see sources of finance on page 17 for contact details).

Legoland Windsor

Winkfield Road, Windsor, Berkshire SL4 4AY
Web: <http://www.legoland.co.uk>

Provide free entry for the parent or guardian of a child in receipt of Disability Living Allowance (DLA) or other proof of their child's disability. They also provide a 'shortcut' designed to assist guests who don't understand the concept of queuing, have difficulties with everyday social interaction or may become agitated or distressed having to wait for periods of time. The park is 95 per cent accessible for guests with disabilities and



a wheelchair can be used in the majority of queue lines.

Cinema Exhibitors' Association Card

The Card Network, The Technology Centre
Rossmore Business Park
Ellesmere Port, Cheshire. CH65 3EN
Tel: 0845 123 1292
Text: 0845 123 1297
Web: <http://www.ceacard.co.uk>

This is a 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 three years from the date of issue.

Riding for the Disabled

Lavinia Norfolk House, Avenue R,
Stoneleigh Park, Warwickshire CV8 2LY
Tel: 0845 658 1082
Web: <http://www.riding-for-disabled.org.uk>

Provide the opportunity for disabled people to ride and/or carriage-drive, to benefit their health and well-being.

Freephone helpline: **0808 808 3555**
Web: **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.'

Information about 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.

Tourism for all UK

The Hawkins Suite, Enham Place
Enham Alamein, Andover SP11 6JS
Tel: 0845 124 9971
Text: 0845 124 9976
Web: <http://www.tourismforall.info>

Provide information to people with disabilities and older people in relation to accessible accommodation and other tourism services. In 2004 Tourism for All brought together Tourism for All, Holiday Care and IndividuAll.

RADAR (Royal Association for Disability and Rehabilitation)

12 City Forum, 250 City Road, London EC1V 8AF
Tel: 020 7250 3222
Text: 020 7250 4119
Web: <http://www.radar.org.uk>

A national organisation run by, and working for disabled people. They compile 'Holidays in Britain and Ireland' price £13.50 incl p&p.

National Autistic Society

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

Provide an information sheet on holidays for people with autism and related disorders. Is available as a download from their website.

Disabled Holiday Directory

6 Seaview Crescent, Goodwick SA64 0AZ
Tel: 01348 875 592
Web: <http://www.disabledholidaydirectory.co.uk>

Internet based directory for wheelchair accessible holidays.

Enable Scotland

6th Floor, Buchanan Street,
Glasgow G1 3HL
Tel: 0141 226 4541 (Mon-Fri, 1pm-4pm)
Web: <http://www.enable.org.uk>

Support children, young people and adults with learning disabilities. They produce a booklet on holidays in the UK and abroad with information about funding.



Holidays or holiday accommodation

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.

3H Fund (Help the Handicapped Holiday Fund)

147a Camden Road
Tunbridge Wells TN11 2RA
Tel: 01892 547 474
Web: <http://www.3hfund.org>

Organise group holidays that are subsidised, inclusive of accommodation and transport, for physically disabled people over 11 years. When funds are available, they provide grants to families on low incomes with a disabled child to have a modest UK holiday break.

Badaguish Outdoor Centre

Aviemore PH22 1QU
Tel: 01479 861 285
Web: <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: <http://www.break-charity.org>

Break's services include supported holidays, short breaks and day care support for people with learning disabilities including self catering holiday chalets and homes for children.

Calvert Trust

Purpose built centres offering a wide range of sports and recreational activities. Has full board or self-catering accommodation.

- **Calvert Trust - Kielder** Kielder Water, Hexham NE48 1BS
Tel: 01434 250 232
Web: <http://www.calvert-trust.org.uk/kielder>
- **Calvert Trust - Keswick** Little Crossthwaite, Keswick, CA12 4QD
Tel/Text: 01768 772 255
Web: <http://www.calvert-trust.org.uk/keswick>
- **Calvert Trust - Exmoor** Wistlandpound, Kentisbury, Barnstaple EX31 4SJ
Tel: 01598 763221
Web: <http://www.calvert-trust.org.uk/exmoor>

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

Grooms Holidays

PO Box 36, Cowbridge CF71 7GB
Tel: 0845 658 4478
Web: <http://www.groomsholidays.org.uk>

Part of John Grooms national charity. 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: <http://www.helphols.co.uk>

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



National Holiday Fund for Sick and Disabled Children

PO Box 44, Belvedere DA17 6WT
Tel: 01341 280 486
Web: <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.

Scout Holiday Homes Trust

Gilwell Park, Chingford, London E4 7QW
Tel: 020 8433 7290
Web: <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/guide to benefit.

Stackpole Trust Centre

The Old Home Farm, Stackpole, Pembroke SA71 5DQ
Tel: 01646 661 425

Provide self-catering, active holidays for families or groups which include people with severe disabilities.

Vitalise

12 City Forum, 250 City Road, London EC1V 8AF
Tel: 0845 345 1972
Web: <http://www.vitalise.org.uk>

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

Wish granting

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: <http://www.make-a-wish.org.uk>

Granting wishes of children aged 3-18 living with life-threatening illnesses.

Starlight Children's Foundation Macmillan House

Paddington Station, London W2 1HD
Tel: 020 7262 2881
Web: <http://www.starlight.org.uk>

Grants the wishes of critically, chronically and terminally ill children aged 4-18.

National Holiday Fund for Sick & Disabled Children

(see page 14)

Dreams Come True Charity

Knockhundred House, Knockhundred Row Midhurst GU29 9DQ
Tel: 0800 018 6013
Web: <http://www.dctc.org.uk>

Fulfill '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: <http://www.happydayscharity.org>

They 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: <http://www.whenyouwishuponastar.org.uk>

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

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

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: 0870 170 7000

Web: <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

Text: 020 7432 8009

Web: <http://www.dlf.org.uk>

Publish information on all types of disability equipment and mobility products including choosing children's play equipment and suppliers of children's equipment.

RADAR

(see page 12)

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 price £10.25

"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'?

Door to Door

Web: <http://www.dptac.gov.uk/door-to-door>

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

Help to pay for leisure activities and holidays

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 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 12) publishes 'A guide to financial help towards the cost of a holiday, respite care or convalescence' price £2.50.

A guide to grants for individuals in need 2006/07

Details of a wide range of funds and other support available for the relief of

individual poverty and hardship. Price £34.95

Web: <http://tinyurl.com/3antg7>

Your local library or CAB may have a copy of this, and the helpline can search for charities you can approach.

Family Fund

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

Tel: 0845 130 4542

Web: <http://www.familyfund.org.uk>

May be able to help towards holiday costs when there is a child who is severely disabled (aged 15 and under). Grants vary in size and can be used towards family holidays with or without the child.



Freephone helpline: **0808 808 3555**
Web: **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

Family Holiday Association

Web: <http://www.fhaonline.org.uk>

Provides grants for families in real need of a break for one week's holiday of their choice. The family must be referred to the Association by social services, a health professional or local voluntary organisation. At least one of the children must be over the age of three.

Pearson's Holiday Fund

PO Box 3017, South Croydon CR2 9PN

Tel: 020 8657 3053

Web: <http://www.pearsonsholidayfund.org>

Supplies funds for disadvantaged children from 4 -16 years of age for holidays in the UK only. Applications should be made through a social worker, doctor, health visitor or teacher.

Kidsout

14 Church Square, Leighton Buzzard
Bedfordshire LU7 1AE

Tel: 01525 385252

Web: <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 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: <http://www.free-spirit.com>

Travelbilty

Peregrine House, Falconry Court, Bakers
Lane, Epping CM16 5DQ

Tel: 0845 338 1638

Web: <http://www.travelbilty.co.uk>

Directgov brings together a wide range of public service information and services online. Their 'Travel, holidays and breaks' section has information on travel insurance as well as other practical information around taking a holiday.
Web: <http://tinyurl.com/2jwyb7>

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

e-mail: info@edcm.org.uk

Web: <http://www.edcm.org.uk>

EDCM is a campaigning organisation to

get rights and justice for every disabled child.

Playday (address same as above)

Tel: 020 7843 6300

e-mail: playday@ncb.org.uk

Web: <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 6 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 7 for contact details) has information on the latest developments in children's play.

See resources for professionals' page at the end of this factsheet for guides around including disabled children in play and leisure services.

There is more awareness than ever among government departments, local authorities and play providers about including disabled children.

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

Examples of good practice around the country

Merseyside Disability Sports Directory

The 2007 Disability Sports Directory contains a wide variety of accessible clubs for disabled children. More information from: Merseyside Sports Partnership
Tel: 0151 231 5239
Web: <http://tinyurl.com/2em8um>

Leicester City Council – Concessions³

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

Rochdale Parents Forum³

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.

What disabled young people say about leisure

Research by the Joseph Rowntree Foundation² 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?³ 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.

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

Resources for professionals

Inclusive Play and Disability

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

It doesn't just happen - Inclusive management for inclusive play.

Philip Douch 2006, 2nd edition
Provides guidance on creating and improving policies and practice. £12 (statutory/commercial) £7 (voluntary/individual), See page 6 for contact details of Kids National Development Division.

Choosing children's play equipment

Disabled Living Foundation, 2005
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: <http://tinyurl.com/4vltw>

All of us: An inclusion checklist for settings

Kids, 2004
A checklist - supporting the inclusion of disabled children and young people in play, childcare and leisure services.
Web: <http://tinyurl.com/3azmbm>

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

2nd edition. National Children's Bureau, 2004
Web: <http://tinyurl.com/28f5ll>
Promotes the ideals of inclusion in the care and education of young disabled children.

Access for disabled people

Sport England. 2002.
ISBN: 1860781497
Web: <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: <http://tinyurl.com/24a2gx>

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

Haki Kapasi, Play Train, 2000.
ISBN-13: 978-0951901342
Web: <http://tinyurl.com/2cexzq>
Research was carried out nationally into barriers in accessing play provision for Asian children.

References

¹ *Come on In! Developing Inclusive Play and Leisure Services*, Action for Leisure and Contact a Family West Midlands, 2003.
Web: <http://www.cafamily.org.uk/reports.html>

² *Hello! Are you Listening*. Pippa Murray. York Publishing Services and Joseph Rowntree Foundation, 2002.
ISBN 1 84263 074 1
Web: <http://tinyurl.com/2upyfp>

³ *Everybody Here? Play and Leisure for Disabled Children and Young People*. Contact a Family. 2002.
Web: <http://tinyurl.com/2jsqxn>

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

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0808 808 3556

Open Mon–Fri, 10am–4pm;

Mon, 5.30–7.30pm

Access to over 100 languages

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Other information booklets available

This factsheet 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

- Concerned about your child? (UK)
- Fathers (UK)
- Understanding your child's behaviour (UK)
- Grandparents (UK)
- Siblings (UK)
- Special educational needs (England)
- 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)

Although great care has been taken in the compilation and preparation of this guide to ensure accuracy, Contact a Family cannot take any responsibility for any errors or omissions.

Insert for Holidays Play and Leisure Guide – Page 17

The Family Fund is a grant giving organisation that can help families caring for a disabled child. In Wales an application can be accepted up to the 18th birthday of a young person, providing the application is received before the young person's 18th birthday.

In England and Northern Ireland the application must be received before the 17th birthday and 16 in Scotland. Eligible families must have a gross income of no more than £23,000 pa and savings of £18,000 or less.