

Taking a short break or holiday

Taking a break or having a holiday is important for our wellbeing. Whether it's a short local break, a trip abroad or a longer holiday going further afield, a holiday can help you manage stress levels, improve your health and socialise with others.

The term short breaks is also used to describe 'respite care'. This is a where a short stay can be arranged to give carers a break from their caring responsibility. This could be having the person you care for stay in a supported accommodation, such as a care home to give you a short break at home while the person you care for is being well looked after.. A short break could also mean arranging support in the home of the person you care for, allowing you to take a break away somewhere.

Holidays or short breaks to suit your needs

There are organisations that can provide information and advice about going on a short break or holiday if you are older, disabled, have mobility problems, need specific facilities or have care needs.

[Age UK](#) has general travel information for older people.

[Altogether Travel](#) offers help with travel and holidays including offering care and support and travel companions

[Calvert Trust](#) provide outdoor activities, meaningful challenges and adventure holidays in the UK for people with disabilities and their families.

[Carefree](#) offer short breaks and respite to carers in hotels across the UK.

[Dementia Adventure](#) provide supported group holidays for people living with or caring for someone with dementia. They can arrange your travel, accommodation, activities and meals. You can choose a holiday that suits your needs, such as coastal break, walk in the mountains, or explore historic sites. There is a cost for this service but subsidised breaks are available.

[Disabled Access Holidays](#) offers a directory of disabled accessible accommodation.

[Disability North](#) offer information on providers for people with a disability and accessible leisure offers.

[Enable Holidays](#) offer a range of overseas package holidays with adapted accommodation and tailored for disabled people, their families and friends.

Revitalise is a national charity providing short breaks, respite care and other services for disabled people, visually impaired people and carers.

Holidays with Help provide holidays for people with disabilities and their carers and also specialist respite care breaks. Blackpool, Weston Supermare and Scarborough.

SAGA Holidays specialise in holidays for people aged 50 years old and over in the UK and abroad.

Smile Holidays is a specialist provider of all inclusive holidays for adults with learning disabilities. With a variety of destinations in England, Gran Canaria and Lanzarote. They offer a choice of excursions, attractions, entertainment and fun.

Tailored Leisure Co offers a range of support from online fitness, to Spa breaks to holiday homes and tailored package holidays.

Tourism for All website can help you plan accessible travel and accommodation. Helping you to arrange a holiday or short break to suit your needs. Find places to stay and things to do with facilities such as, hoists, accessible bathrooms, changing places, autism or wheelchair friendly and more. They also list accommodation providers who have been trained and provide places suitable for people with hidden disabilities. For example, quiet places, sensory rooms or ground floor access.,

Short breaks for carers or the person you care for

A carer is someone who looks after a family member, parent, friend, partner, child or neighbour who could not manage without their help. This includes children, young carers and adults who look after an adult. The person you care for may have a disability, a physical or mental illness, be frail, or have alcohol or drug-related problems.

You may need to take a break. To be able to have a break you may need someone else to be with the person you care for. To take a break you could arrange for a family member, neighbour or friend to be with the person you care for. Or you could use a support service such as:

- employ a Personal Care Assistant
- **use a homecare agency** to provide a sit in service or home care
- **arrange a short stay (respite care) in a residential care homes**
- **arrange a supported or accessible holiday or short break** using a specialised private service
- **day centres and services** can offer the person you care for the chance to socialise with other people. These services usually offer some care or support, a meal and transport to and from the venue.

There is a cost for these services listed above. The person you care for may be eligible for financial help from Newcastle City Council, to help pay for support.

Speak to Adult Social CarePoint at Newcastle City Council to find out if you are eligible for financial help. Even if you are not eligible they can give you advice. They may be able to arrange support for the person you care for, so that you can have a break.

[Read more about looking after someone](#) and the support available for carers in Newcastle.

Short breaks and day centres for people with learning disabilities or autism

[Castle Dene](#) offers short breaks for people with learning disabilities. There is a cost for this service.

[Welford Centre](#) is a day centre for adults complex needs. To use this service you must be referred by a Health or Social Care professional.

Read more in our [services for people with learning disabilities or autism article](#).

Shared Lives Newcastle

[Shared Lives Newcastle](#) supports adults with a learning disability or autistic people to live independently with a Shared Lives Carer. They are matched with a carer who shares their home with the person. This means they can be part of their family or community life. Shared lives carers can support people to go on short breaks or trips.

Things to think about when booking a holiday or short break

There can be a number of things to think about to help it to run smoothly. You may need to think about arranging extra support and check that you can access the facilities you need, if you have a disability or are caring for someone on the trip. The following checklist should help you with this.

Using a travel agent make sure that any travel agent you use is a member of [ABTA](#), the Travel Association who represent UK travel agents and tour operators. Travel agents who are members display an ABTA symbol in their windows so that you can easily recognise whether they are a member.

Hiring a car if you are planning to hire a car in the UK or abroad, check with the car hire company that you can get insurance cover first. Many companies have restrictions on age and you may find that you can't get the insurance cover that you want. Visit [Age UK](#) for more information.

Passports make sure you have a valid passport for the duration of your stay (see below)

Electronic System for Travel Application (ESTA) gives you permission to travel to the US without a Visa.

Visa: Check if you need one on the GOV.UK website

Travel insurance: you don't have to buy your insurance from the travel company that you book your holiday with. Shop around to make sure that you have the type of insurance that fits your needs and covers all of the activities that you intend to do on your holiday. Buy [travel insurance](#) with healthcare cover for your condition. Your EHIC or GHIC will cover medically necessary treatment.

Many companies offer annual travel insurance cover, which might work out cheaper for you, depending on the number of holidays you take each year. If you are travelling in the UK, you may already be covered under your existing home contents insurance.

Organising your own package: putting your own 'package holiday' together is increasingly popular now. A package holiday is a pre-arranged combination of at least two of the following three elements: transport, accommodation, and other tourist services.

If you are organising your own package and are making bookings over the Internet, you should ensure that you keep a record of all of the relevant booking reference numbers and confirmations that you receive.

Travelling in a group if you are travelling as part of a group, don't rely on one person to make all of the arrangements in case they fall ill during the planning stages, or are unable to go on the holiday.

Going away for a long time: If you're planning a long stay holiday, check with your local social security office whether any benefits you receive will be affected.

First Aid kit: Remember to take all your medication and pack it according to the guidance for that country. Things like insect repellent for mosquitos and midges, sun cream, as well as tweezers for splinters or ticks, plasters and antihistamine cream are all useful. You can read more about [what to keep in a first aid kit on the NHS website](#).

Travelling alone: Single traveller supplements may apply which means you pay an extra charge. Many hotels price their rooms as double or family rooms and don't reduce their rates if they are used by a single person. However some hotels, bed and breakfasts, cruises and other accommodation may have discounts for travelling on your own.

Accessibility support

[Airport Assistance](#) is available to help you travel around the airport if you have a disability or mobility issues.

[National Rail Service Enquiries](#) offers **[Passenger Assist](#)** to help older and disabled passengers travelling on the rail network. You can request help before you travel on their website, the Passenger Assist App, or by contacting them. When you contact the train company you're starting your journey with, they can: arrange assistance. help you on and off trains, reserve wheelchair spaces and seats, provide you with detailed rail information.

[AccessAble](#) can help you to plan your trips to places like shops, pubs, restaurants, cinemas, theatres, railway stations, hotels, colleges, universities, hospitals and more. They visit and review the accessibility of places in Newcastle. Use their directory of venues to find wheelchair friendly venues, read more about facilities and disabled access available. Such as:

- photos of the facilities
- entrance to the building
- accessible toilets or changing places
- how easy it is to move around the venue

- lifts
- transport and parking
- dementia friendly
- quiet or safe space
- sign language

[EuansGuide.com](https://www.euansguide.com) is a disabled access review website where disabled people, their families, friends and carers can find and share the accessibility of venues around the UK and beyond. The website shares thousands of experiences, helping you to plan activities, days out, short breaks and holidays that suit your needs.

[North East and Cumbria Hubs Mobility Advice Service](#) offer free advice to people who are unable to drive or have been advised not to.

Travelling abroad

Check the [Gov.UK website](https://www.gov.uk) for information about your destination country. It's the only place with accurate and up to date information. For instance, covering issues such as vaccines and documents required.

[The Foreign and Commonwealth Office](#) recommend taking the contact details of the nearest British Consulate (sometimes called UK Embassy) with you, as they could prove invaluable in times of trouble.

[TravelHealthPro](#) website provides health information for travellers and details health risks of travelling to all destinations.

Health advice

Ask your GP about any immunisations that you may need to have at least three months before travelling abroad. Vaccinations can be expensive as not all of them are free on the NHS and several courses of vaccine may be needed.

[NHS Fit for travel](#) website lists the recommended vaccinations you should get for each country. You can also find out more by visiting the [NHS.UK](https://www.nhs.uk).

Health insurance for travel in Europe

If you are travelling in Europe or some Commonwealth countries, you may still use your [European Health Insurance Card \(EHIC\) if it is in date](#). Alternatively a [Global Health Insurance Card \(GHIC\)](#) free of charge which lets you get medically necessary state healthcare in Europe at a reduced cost or sometimes for free.

Buy [travel insurance](#) with healthcare cover for your condition. Your EHIC or GHIC will cover medically necessary treatment.

Passports

If you are planning to travel abroad you are required to have a valid UK [passport](#). Well in advance of travelling, check that your passport is valid and in good condition.

Travelling abroad with pets

The Pet Travel Scheme (PETS) allows cats, dogs and ferrets to travel with their owners to some countries and to re-enter the UK without having to go into quarantine.

For more information, contact your vet or visit [Gov.uk](#)

Days out

[The Rough Guide to Accessible Britain](#) a guide to accessible days out in Britain.

[Things to do in Newcastle](#) is our article with more ideas for fun activities to try in Newcastle

[Day trips and visits](#) read more about where you can travel to on public transport or for free with a concessionary travel pass

Pets

[Barking Mad Dog Care](#) provides a dog sitting or dog boarding service as an alternative to kennels. Barking Mad provide Home-from-Home holidays for your dog.

Last updated: February 6, 2025

Useful Organisations

Disability North

Email: reception@disabilitynorth.org.uk

Website: www.disabilitynorth.org.uk

Telephone: 0191 2840480

Address: The Dene Centre, NE3 1PH

Foreign and Commonwealth Office's Travel Advice Unit

Email: fcocorrespondence@fco.gov.uk

Website: www.gov.uk/government/organisations/foreign-commonwealth-office

Telephone: 020 7008 1500

Address: King Charles Street, SW1A 2AH

Post Office Customer Care

Website: <https://www.postoffice.co.uk/help>

Telephone: 020 7008 1500

Address: FREEPOST Post Office Customer Care, BS1 9HY

HM Passport Office

Website: <https://www.gov.uk/find-regional-passport-office>

Telephone: 020 7008 1500

Address: Durham Passport Office, DH1 1SL

ABTA – The Travel Association

Email: abta@abta.co.uk

Website: www.abta.com

Telephone: 020 7008 1500

Address: 30 Park Street, SE1 9EQ

SAGA Holidays

Email: reservations@saga.co.uk

Website: <https://travel.saga.co.uk/>

Telephone: 0800 096 7242

Address: The SAGA Building, CT20 3SE

Disability Rights UK

Email: enquiries@disabilityrightsuk.org

Website: www.disabilityrightsuk.org

Telephone: 0330 995 0400

Address: Plexal, 14 East Bay Lane , E20 3BS

Enable Holidays

Email: enquiries@enableholidays.com

Website: www.enableholidays.com

Telephone: 0871 222 4939

Address: 108/109B The Big Peg , B18 6ND

Holidays with Help

Email: holidayswithhelp@gmail.com

Website: www.holidayswithhelp.org.uk

Telephone: 01706 815251

Address: 31 Kilnhurst Road, OL14 6AX

Smile Holidays Limited

Email: enquiries@smilehols.com

Website: www.smilehols.com

Telephone: 01273 597 995

Address: Churchills, BN42 4GH

Revitalise

Email: info@revitalise.org.uk

Website: www.revitalise.org.uk

Telephone: 0303 303 0145

Age UK England

Email: contact@ageuk.org.uk

Website: www.ageuk.org.uk

Telephone: 0800 678 1602

Address: Age UK, EC3N 2LB

Calvert Trust Kielder

Email: enquiries@calvert-kielder.com

Website: <https://www.calvertkielder.org.uk/>

Telephone: 01434 250 232

Address: Kielder Water & Forest Park, NE48 1BS

NHS

Website: www.nhs.uk

Telephone: 01434 250 232

European Health Insurance Card (EHIC)

Website: <http://www.nhs.uk/NHSEngland/Healthcareabroad/EHIC/Pages/about-the-ehic.aspx>

Telephone: 0300 3301350

Travel Health Pro

Email: uclh.travelhealthpro@nhs.net

Website: <http://travelhealthpro.org.uk/>

Telephone: 020 3447 5943

Address: National Travel Health Network and Centre, UCLH NHS Foundation Trust, NW1 2PG

LaterLife

Email: laterlifeenquiries@laterlife.com

Website: <http://www.laterlife.com>

Telephone: 020 3447 5943

Barking Mad – Newcastle and Tyne Valley Branch

Email: claire.hastie@barkingmad.uk.com

Website: <https://www.barkingmad.uk.com/franchisees/newcastle-tyne-valley/>

Telephone: 0191 414 7264

Address: Riding Dene, NE43 7DG

Disabled Access Holidays

Email: info@disabledaccessholidays.com

Website: <http://www.disabledaccessholidays.com>

Telephone: 0191 414 7264

Address: 10 North Grange Rd, G61 3AE

Newcastle International Airport

Email: enquiries@newcastleinternational.co.uk

Website: <https://www.newcastleairport.com/passenger-assistance/>

Telephone: 0871 882 1121

Address: Newcastle International Airport, NE13 8BZ

Tailored Leisure Co

Email: tailored.leisure@gmail.com

Telephone: 07861 247 658

Address: Whitburn,

North East and Cumbria Hubs Mobility Advice Service

Email: TransportHub@cntw.nhs.uk

Website: www.cntw.nhs.uk/nedm

Telephone: 07816 129 405

Address: Walkergate Park Hospital, NE6 4 UD

Euans Guide

Website: <https://www.euansguide.com/>

Telephone: 07816 129 405

Dementia Adventure

Email: info@dementiaadventure.co.uk

Website: <https://dementiaadventure.org/>

Telephone: 01245 237548

Address: Dementia Adventure Unit 11 Old Park Farm , CM3 1LN

Tourism for all

Website: www.tourismforall.co.uk

Telephone: 01245 237548

Shared Lives Newcastle

Email: SharedLives@newcastle.gov.uk

Website: www.newcastle.gov.uk/sharedlives

Telephone: 0191 211 5378

Related Articles

[Pets and animals](#)

[Theatres](#)

[Cinemas](#)

[Museums and attractions](#)

[Arts in Newcastle](#)

[Parks, gardens, forests and woodlands](#)

[Things to do in Newcastle](#)

[Volunteering](#)

[Hobbies](#)

[Fitness Activities](#)

[Lifelong Learning](#)

[Libraries, Reading and Audio Books](#)

[Finding friends and Befriending services](#)

[Leisure Centres in Newcastle](#)

[Food and Friends](#)