

An Introduction to “Time Off” – Play, Leisure and Recreation

Introduction

Section 2 of the Chronically Sick and Disabled Persons Act (1970), the Children Act (1989) and the Disability Act (1995) means the government recognises that everyone should have good access to play and leisure facilities, and it is the duty of the Local Authority to provide access for everyone.

Where to find information

The following places and websites should be able to provide some suggestions for leisure facilities and activities:

Local library

Local swimming pool

Local disability groups, such as Phab (<https://www.phab.org.uk>)

Contact (www.contact.org.uk/local-offer)

In England, your Local Authority website will have listings of the leisure services they have available.

For more information for Northern Ireland, please see the following link:

www.familysupportni.gov.uk

For more information for Scotland, please see Contact Scotland (<https://contact.org.uk/scotland>)

Financing leisure activities

If you are in receipt of personal budgets or direct payments, you can use this money for leisure services.

Lots of organisations offer discounted or free access to leisure services for those with a disability.

Please find below a list of charities, who offer special activities or holidays for those with disabilities, or for those who are very ill:

Make a Wish (www.make-a-wish.org.uk)

Dreams Come True (www.dreamscometrue.uk.com)

When you Wish Upon a Star (www.whenyowishuponastar.org.uk)

Disability sports

Please find below some useful organisations giving access to those with additional needs to a range of sports:

English Federation of Disability Sport – has information on a range of disability sports and venues (www.efds.co.uk)

Disability SnowSport UK (www.disabilitysnowsport.org.uk)

Wheel Power (www.wheelpower.org.uk)

Aerobility (www.aerobility.com)

Freedom in the Air (www.freedomintheair.org)

Special Olympics GB (www.specialolympicsgb.org.uk)

Disability Sport Wales (www.disabilitysportwales.com)

Scottish Disability Sport (www.scottishdisabilitysport.com)

Disability Sport Northern Ireland (www.dsni.co.uk)

For information about attending sporting clubs and stadiums with a disability, please see the following link: www.levelplayingfield.org.uk

Days out

Most venues have information about the accessibility of their venue on their website, but we always advise to call before a trip, to ensure all the accessibility information on their website is correct and as expected. Lots of venues will permit one carer to be admitted free with a person with a disability.

For more information on accessible days out, please refer to the following Metabolic Support UK toolkits:

Accessible Travel Destinations in the UK

Accessible Public Transport

Another useful resource is Max Cards. They are provided by Local Authorities and selected charities across the UK. Max Cards are discount cards for foster families and families of children with additional needs. Families can use their Max Card at venues across the UK to get free or discounted admission for a variety of leisure services. See their website to check your eligibility for their services: www.mymaxcard.co.uk

Another good website for information about accessible days out is “Day Out with the Kids” (www.dayoutwiththekids.co.uk).

Short breaks/holidays

For more information about holidays and short breaks, please see Metabolic Support UK’s Social Care toolkit: “An Introduction to Respite Care”