



Carers guide to leisure in Wolverhampton

Omega Care for Life has produced this leaflet to highlight a range of leisure activities- locally and throughout the UK - with consideration for the needs of carers and the people they care for. We have indicated, where possible, if the listed activity offers concessions and special facilities to senior citizens, the disabled and anyone with specific needs.

We have included contact details for both not-profit organisations and commercial companies. Inclusion on this leaflet does not imply recommendation - this information is merely intended as a useful round-up of activities on offer. If you know of any information you feel should be added to the list, or you wish to provide any feedback on these listings, please let us know by calling 0845 259 3163 or email carers@omega.uk.net.

3H Fund

This charity assists disabled people in having memorable and fulfilling holidays, subsidising a range of group vacations for physically disabled people accompanied by volunteer carers. When funds are available, the organisation provides grants to families on low income with a physically or mentally disabled dependent to have a modest holiday in the UK. If you'd like to know more about this popular charity, log onto: www.3hfund.org.uk or telephone 01892 860 207.

Assisted Rail Travel Service

Check with the operator of your local station about the availability of getting personal assistance for the duration of your train journey. Arriva operate an Assisted Passenger Reservation Service on 0845 300 3005 or you can log onto www.arrivatrainswales.co.uk and enter 'assisted' into the search box on the homepage.

British Disabled Angling Association

The BDAA helps disabled people access the sport of fishing. They can help with information, equipment and training for both disabled persons and non-disabled persons. They can help in all areas. Membership is free or you can make a donation. For more information, call 01922 860 912 or go to www.bdaa.co.uk.

Carers UK

This registered charity aims to give a voice to the challenges faced by carers. Actively campaigning for improvements in the treatment of carers and the support available to them, this group provides information and advice to carers about their rights and how they can go about getting additional help. Further details at www.carersuk.org or call the Carers Line on 0808 808 7777.

Cinnamon Trust

This is The National Charity for the elderly and their pets and is the only group in the UK specialising in assistance for the challenges faced by elderly and terminally ill people and their beloved animals. A national network of over 10,000 community service volunteers provides practical help such as dog-walking for housebound owners and a fostering service for pets whose owners face a spell in hospital. The Trust can also provide long-term care for pets whose owners have died or moved to residential accommodation which will not accept pets. If you would like further information, or would be interested in volunteering, take a look at www.cinnamon.org.uk, or telephone 01736 757 900.

Cinema Exhibitor's Association card (CEA)

This is a national card entitling the holder to one free ticket for the person accompanying them to the cinema, provided the cardholder is in receipt of the disability living allowance, attendance allowance or registered as a blind person. The CEA card is valid for 1 year from date of issue; a processing fee of £5.50 is charged per card. Application forms are available from cinemas across the UK supporting the scheme. For more information: Tel: 0845 123 1292 or log onto www.ceacard.co.uk.

Participating cinemas in Wolverhampton:

Cineworld: Bentley Bridge Leisure Park, Wednesfield Way, WV11 1TZ Tel: 0871 200 8000 www.cineworld.co.uk

Directgov

For national information on all aspects of life as a carer, a good place to start is www.direct.gov.uk - simply enter 'carers' into the search box and click on the top result.

Disabled Holiday Info

At www.disabledholidayinfo.org.uk you will find a wealth of useful information for travellers with disabilities - whether they are wheelchair users or have other mobility issues. This charity website features listings on accessible holiday accommodation, attractions, activities, and transport for those with special considerations.

Disabled Person's Rail Card

This card costs £20 per year or £54 for three years and allows you to get a 1/3 off most rail fares throughout the UK. If you're travelling with an adult companion, then they are also entitled to the discount. For more information on concessions, visit www.disabledpersons-railcard.co.uk.

Disability Discrimination Act

The Disability Discrimination Act (1995) is a piece of legislation that promotes civil rights for disabled people and protects them from discrimination. The Act requires public bodies to promote equality of opportunity for the disabled, covering employment, education, access to facilities and services and other areas. Under the DDA, public bodies must make reasonable adjustments to accommodate the needs of those with special considerations. More information on the Act can be found at www.directgov.uk. Simply type DDA into the search box on the homepage.

General leisure information online

A number of websites offer comprehensive information on the wide range of leisure activities available in Wolverhampton, including: http://www.wolverhampton.gov.uk/leisure_culture and http://www.bbc.co.uk/news/england/birmingham_and_black_country/ - on this page, click on 'Things to do', far right.

Holiday Homes Trust

The Trust provides affordable family holidays at popular holiday sites, with specially adapted accommodation for all families with a special need. These holidays are available to families, carers or groups who have a member with a disability, physical, mental or age-related illness and to low income or single-parent families. Further information can be viewed at www.holidayhomestrust.org or call 0208 433 7290.

Park and Ride

Park & Ride in Wolverhampton operates from four sites that can be found at Priestfield Metro Stop, Tettenhall Pool, Science Park and Plascom Road and Corser Street car parks. All buses have special low floor access at the front and are ideal for people who are less mobile. Buses also have a ramp to enable access for wheelchair users. Call 01902 551155 or log onto www.wolverhampton.gov.uk and type 'park and ride' into the search box - simply click on the top result.

Princess Royal Trust for Carers

This website (www.carers.org) can be used to access a range of information about holidays and other care-related topics. On the homepage, select 'Taking a holiday' from the 'Getting help' tab to view links to providers of specialist holidays. For more information about the trust or to find a Carers Centre near you call 0844 800 4361 or email info@carers.org.

RADAR

The Royal Association for Disability and Rehabilitation produces an annual guidebook full of information on accessibility and facilities of holiday accommodation for guests with special needs in Britain and Ireland. Visit www.radar-shop.org.uk or telephone 020 7250 3222.

The Ramblers

The Ramblers is Britain's biggest walking charity, working to support everyone who walks - or wants to walk - throughout the UK. The Ramblers offers over 28,000 led walks each year, from short relaxing strolls to more challenging hikes. A membership fee is required, concessionary rates are available. Membership revenue is channelled into protecting footpaths and securing access for walkers to Britain's coast and countryside. Further information at www.ramblers.org.uk or call 020 7339 8500.

Respite care

Carers sometime feel guilty about wanting a break but having time to yourself doesn't mean that you don't care - regular breaks can help you to carry on. It is important to involve the person you are caring for in decisions about respite care but remember - your needs are important too! Please contact the Wolverhampton Carer Support Team for assessment and support or contact Omega for more information and let us know whether your needs are being addressed. The United Kingdom Homecare Association (www.ukhca.co.uk) represents over 1,900 home care providers in the UK, and you can call their helpline on 020 8661 8188.

Royal Air Forces Association

RAFA (www.rafa.org.uk) is a membership organisation providing assistance, advice and care to serving and former members of the Royal Air Force and their families. RAFA offers respite and welfare breaks at its care home locations in Lytham St Anne's, Weston-Super-Mare and Rothbury, near Newcastle upon Tyne; visit www.homesfromhome.org.uk or call 0116 266 5224.

Senior Person's Rail Card

This costs £28 per year or £65 for three years and allows you a 1/3 off standard and first class fares throughout the UK. You need to be over 60 to qualify. For more information, visit www.senior-railcard.co.uk. Details can also be found at local train stations.

Wolverhampton Wanderers Football Club

The stadium is fully accessible to disabled persons. For more information go to: www.wolves.co.uk; Waterloo Road, Wolverhampton, WV1 4QR at Molineux Stadium

The Grand Theatre

The Grand Theatre is fully accessible to disabled persons and a range of concessions are on offer to children under 16, full time students, senior citizens and the unemployed. For more information call 01902 57 33 20 or log onto www.grandtheatre.info/. The theatre is situated at Lichfield Street, Wolverhampton, WV1 1DE.

Tourism for All

This is a registered charity providing holiday and travel information for older people, those with disabilities and anyone with special access needs. Their website at www.tourismforall.org.uk will help you to find where you can go, stay or visit, and what facilities you can expect to find there. On the homepage, click 'Offers' for the latest discounts on leisure and accommodation. Tourism for All can also offer advice to any business or public body looking for ways to make their premises more accessible to everyone. For further information, visit the website or call 0845 124 9971.

Beauty and Holistic Salon

City of Wolverhampton College beauty and holistic salons are run by students under the expert supervision of fully-trained staff. Providing a professional service they offer a comprehensive range of treatments. For more information or to book an appointment call 01902 821344 or go to www.wolvcoll.ac.uk/beauty.

TV Licences

A range of concessions are available on TV licenses, depending on your circumstances: If you are aged over 74, you can apply for a short term TV license, which will cover you until you reach 75, at which point you are entitled to a free over-75 TV licence. If you are blind or severely sight impaired, you can apply for a 50% concession on the cost of your TV license. If you live in residential care, you may qualify for a TV license that costs £7.50 per year. For more information, go to www.tvlicensing.co.uk or call 0844 800 6790.

Vitalise

Vitalise is a national charity providing essential respite breaks for disabled people and carers, with 24 hour nursing care on-call and personal support. Vitalise runs three accessible UK centres in Essex, Southport and Southampton. The Centres offer a wide range of daily activities and excursions, with evening entertainment laid on. Volunteers complement the work of the centres' nursing staff by providing guests with companionship and support. Carers are welcome to accompany those they support. Call 0303 303 0145 or visit www.vitalise.org.uk.

Walking the Way to Health

Natural England's Walking for Health (WfH) is a national body designed to encourage its participants to enjoy their local natural spaces and improve their health and wellbeing by taking part in regular short walks in their communities. They are the largest organisation of this kind in the UK, supporting over 590 local health walk schemes. Walking for Health is open to everyone and further information can be found on www.whi.org.uk. On the website, you can browse walks available in your area or enter your postcode to find the closest route to your address. You can also submit an online form requesting promotion of your own walks on the site. For more information the national team can be contacted on 020 7339 8541.

Your Primary Care Trust

If you're planning a holiday or short break, you may be able to get financial help from your local authority to pay for it. Many local authorities can help with the cost of short-term breaks or holidays for carers. You may be going on holiday with the person you care for, or by yourself. You may require a 'live-in' carer to take care of the person you look after while you are away. Whatever your circumstances, it is always worth contacting your local authority to find out what support is available for carers holidays. Residents of the Wolverhampton City Council district can log onto www.wolverhampton.gov.uk and type 'carers assessment' into the search box - click on the top hit - for more information on how you can apply for financial assistance and support, or telephone Carer Support Team on 01902 553409.

Wolverhampton Racecourse

The racecourse, Britain's first floodlit horse racing track, brings you the thrills of racing day and night. Wolverhampton Racecourse is not only a superb sporting location; it also has a reputation as one of the leading entertainment venues in the West Midlands. Registered carers for disabled guests are admitted free to the Grandstand and Premier enclosures. Further information can be viewed at www.wolverhampton-racecourse.co.uk or call 01902 390012.

Wightwick Manor and Gardens

The Wightwick Manor's 17 acre garden was designed by Alfred Parsons and Thomas Mawson. The main framework consists of large trees with an eye-catching octagonal arbour hung with clematis and roses in the centre of the rose garden. So take a step back in time and visit the ever-changing family home that's also the world's most unlikely art gallery. More information is available at www.nationaltrust.org.uk/wightwick-manor/ or call 01902 760100.

Wolverhampton Art Gallery

From grand paintings by 18th century greats, to thought provoking contemporary pieces, there's always something new to discover. With its family friendly displays and interactivity,

Wolverhampton Art Gallery can be enjoyed by visitors of all ages. Admission is free. For more details please visit www.wolverhamptonart.org.uk/visit/wolves/ or call 01902 552195.

Bantock House Museum

Restored to its Edwardian glory, Bantock House is a hidden treasure set within 43 acres of parkland and surrounded by delightful formal gardens. Complete with carved oak paneled rooms, decorative glass, tiles and period furnishings inspired by the Arts and Crafts movement, lives are revealed alongside displays of locally made enamels, japanned ware, jewellery, toys, dolls and Pre-Raphaelite paintings. Admission is free. For more information please visit www.wolverhamptonart.org.uk/visit/bantock/ or call 01902 552195.

Other useful contacts:

British Red Cross	www.redcross.org.uk 02476 304 200
Age UK	www.ageuk.org.uk 01902 572060
Calvert Trust: Disability Activity Holidays	www.calvert-trust.org.uk
Citizens Advice Bureau	www.citizensadvice.org.uk
Disability Sport	www.disabilitysport.org.uk
Shopmobility: Wheelchairs for Shoppers	www.shopmobilityuk.org 08444 141 850
Traveline	www.traveline.org.uk 08712 002 233
Wheel Power	www.wheelpower.org.uk 01296 395 995

About Omega

Omega exists to tackle some of the wider determinants of health, including social and economic issues. We achieve this by providing access to opportunities, information and a range of other non-clinical support. We work with unpaid family carers, people nearing the end of life, the bereaved, socially isolated individuals, the frail and the elderly.

Omega's Work

- Supporting unpaid carers, particularly those looking after people with life-limiting or long-term health conditions
- Supporting former carers, the bereaved and the isolated frail-elderly
- Undertaking outreach activity to identify those in need of support
- Helping to raise standards in end of life care
- Collating and sharing information and resources
- Collaborating with other organisations to improve quality of end of life care in the community

Omega facilitates group sessions, organises social activities and encourages peer support. We work with clinicians, Third Sector organisations, care professionals, expert advisors, businesses, volunteers and others, to achieve tangible improvements in general care and palliative care. We are keen to reach out in new areas and welcome offers of collaborative work.

Contact Omega

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