



Registered Charity no. 1085491

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Factsheet PC4 Holidays and Respite Care for Parent Carers

Respite is usually arranged through Children, Schools and Families. Contact them on 01438 737500 to ask for an assessment. If your child is eligible for support, this can be provided in many ways, such as overnight respite care, shared care, home care, leisure activities, holidays etc. If your child is not eligible for support, respite can be very difficult and / or expensive to arrange. Some ideas are:

- Home Care Agencies

The following accredited agencies can provide home care for children. Those marked * may also provide other service such as overnight care. Charges, catchment areas and staff availability varies, so it is important to phone and discuss your situation with individual agencies.

*Abbots Care Agency WATFORD Tel: 01923 671771	*Gemini Nursing Agency HATFIELD Tel: 01707 267115/275057	Leonard Cheshire Hertfordshire East Herts & Broxbourne Tel: 01920 466111
*Cuffley Care at Home Service CUFFLEY Tel: 01707 876197	*Goldsborough Homecare WELWYN GARDEN CITY Tel: 01707 338196/85	*Leonard Cheshire Hertfordshire Hertsmere, St Albans, Wel/Hatfield Tel: 01727 735520
Chase Careforce CHESHUNT Tel: 01992 632300	Goldsborough Homecare (Watford) WATFORD Tel: 01923 245932	*Leonard Cheshire Hertfordshire Tel: 01442 437602 Watford/3Rivers Tel: 01442 437605 Dacorum
*Allied Healthcare HARLOW Tel: 01279 423010	Ideal Care CHESHUNT Tel: 01992 639999	* Leonard Cheshire Hertfordshire Tel: 01462 439020 Stevenage Tel: 01462 439045 North Herts
*Careforce CAMBRIDGE Tel: 01223 508100	*Murdock Care Services BERKHAMSTED Tel: 01442 877244	*Frasers Limited STEVENAGE Tel: 01438 727727
*Carewatch HITCHIN Tel: 01462 441193	*Sage Care Limited WELWYN GARDEN CITY Tel: 01707 332337	* Allied Healthcare (Live-in only) HARLOW Tel: 01279 423010
*The Caring Co (UK) Limited HARPENDEN Tel: 01582 622125	SKL Professional Recruitment Agency Ltd (WEMBLEY) Tel: 020 8902 6112	Crossroads (Stevenage) 01438 745717
Community Care (Welwyn) Ltd WELWYN GARDEN CITY Tel: 01707 336893	*Concept Care Solutions WATFORD Tel: 01923 852866	*Crossroads (Hertsmere & Watford) Tel: 020 8905 1158
Hightown Praetorian HEMEL HEMPSTEAD Tel: 01442 292300		

- Support Groups

These are often a good source of information about what is available locally, and some run their own activities for children. Many parents also find these groups an invaluable source of emotional support. If you would like to know where your nearest group is held, please contact us.

- Voluntary Organisations

Many voluntary organisations provide services that give parents a break, through leisure activities / playschemes or organised respite services. Browse the Herts County Council website www.hertsdirect.org.uk to find out what is available, or go directly to www.hertsdirect.org.uk/comdirectory/comvol/youth2y/chdis3y. If you cannot access the internet, contact us & we can research for you.

- Playschemes

Although many of these are run by voluntary organisations, some are run by the local district council. Contact the Leisure Services department of your local district council to find out what is available in your area:

Broxbourne	01992 785555	East Herts	01279 655261
North Herts	01462 474000	Stevenage	01438 242242
Welwyn & Hatfield	01707 357000	St Albans	01727 866100
Hertsmere	020 8207 2277	Dacorum	01442 228000
Watford	01923 226400	Three Rivers	01923 776611

- Volunteering Opportunities

These can be a good way of enabling young people to gain valuable life skills, while also providing respite for their families. The Millennium Volunteers offer young people between 16 and 25 the opportunity to give a sustained volunteering commitment to their local community. A member of MV staff will support a young person in finding the right volunteering opportunity. If you would like to find out more contact Nigel Barber for North and East Herts (tel: 01992 623990 or email: barber@mvherts.org.uk) or Jason Roth-Witty for West Herts (tel: 01923 671133 or email: info@mnherts.org.uk).

- Holidays

There are many organisations providing information about holidays for families who have a disabled child. The following list is by no means exhaustive - if they cannot answer your enquiry, contact us and we will try to find someone who can:

Tourism for All UK (Tel: 0845 124 9971 Website: www.tourismforall.info)

This organisation provides information about all types of holidays for people with special needs e.g. family holidays, group holidays, activity holidays and holidays for unaccompanied children and young adults. They have a helpline and several useful factsheets. 'Holidays for families with a disabled child' is very useful (Downloadable from www.holidaycare.org/DataSheets/kf1-01.html or contact us for a copy).

Enable (Tel: 0141 226 4541 Website: www.enable.org.uk)

This organisation helps disabled people and their families and friends find and plan a holiday abroad that suits their requirements.

Vitalise (Tel: 0845 330 0149 Website: www.vitalise.org.uk)

This is a national disability charity providing breaks for disabled people, including children and their families.

Contact a Family (Tel: 0808 808 3555 Website: www.cafamily.org.uk)

This organisation provides information and support to all parent carers. They produce an excellent factsheet about holidays, play and leisure which is available to download from the website, or call their helpline to request a copy.