



Holiday and Respite Grants

Introduction

This guide provides information about some grants that can help to pay for a holiday or respite break. It includes a Scottish and UK based trust funds. You can apply for some of them yourself, for others a third party, such as a social worker or health professional has to apply on your behalf.

Grant funders will have rules that set out who they can help. These rules may change over time so check what they say on their website before you apply. Grants are discretionary and subject to available funding. It can take a long time for decisions to be made and it is important that you do not book your holiday until you know you have been given funding.

Grants and Trust Funds

Take a Break <http://www.takeabreakscotland.org.uk/>

Summary:

Take a Break provide grants to families living in Scotland. They can help to pay for a break, outing or sport activity, or other activity in the UK or overseas. You can also use their grant to buy equipment you need for a break such as bikes or camping equipment.

Who can apply?

You can apply if you are caring for a disabled child or young person aged 0-20. You can download an application form from their website.

Contact:

Tel: [01904571093](tel:01904571093)

Email: info@takeabreakscotland.org.uk

The Adamson Trust <http://www.theadamsontrust.co.uk/>

Summary:

Provides financial help with holidays or respite care for young disabled people aged between three and seventeen with either a physical, mental or emotional disability. Funding cannot be given towards the cost of accompanying adults.

**How to apply:**

Individual families can apply, as well as groups and organisations. Trustees meet four times a year, see their website for specific dates. Application forms can be downloaded from the website. You will need a letter of support from a professional to support your application.

Contact:

Contact via the webform on their website or by post to : The Administrator, The Adamson Trust, PO Box 26357, Crieff, PH7 3AA, Perthshire

Family Holiday Charity <https://familyholidaycharity.org.uk/>

Summary:

Provides grants to enable families to go on holiday. Includes funding for one week holidays/short breaks or day trips for families with at least one child of three or over, who couldn't otherwise afford a holiday. Families must not have had a holiday for 4 years.

How to apply:

A professional has to apply on your behalf. They will need to complete an online application from.

Contact:

Tel: 0203 117 0650

Email: hello@familyholidaycharity.org.uk

Website: <https://familyholidaycharity.org.uk/>

The Family Fund <http://www.familyfund.org.uk/>

Summary:

The fund supports families who have low incomes who are caring for a severely disabled child under 17. Grants can help with family breaks, essential household items, and clothing, computers and sensory toys.

How to apply:

You can apply if you are the parent or carer of the disabled child or young person. Young people aged 16 and 17 can make an application in their own right. They have a two stage application process which is explained on their website.

Contact:

Tel: **01904 550055**

Email: info@familyfund.org.uk or use web contact form.

Mary MacArthur Holiday Trust here <http://www.mmht.org.uk/>

**Summary:**

The trust provides holidays for women in need of a holiday who are unable to afford one. The maximum available for any holiday is normally £350.00.

How to apply:

A professional "sponsor" has to apply on your behalf. Grants can be made to women who are 18 or older. Applications must not have had a holiday in recent years. Preference is given to women who are or have been normally in employment.

Contact:

Tel: [02920 359 091](tel:02920359091)

Email: cheryl.andrews@mmht.org.uk

Short breaks for carers

Ogilvie Charities Holidays and Respite Fund for Carers

<http://www.ogilviecharities.org.uk/>

Summary:

Grants are made to support respite holidays for carers. The primary aim is to give a complete break to a carer while the person cared for is receiving respite care. In exceptional circumstances the Trust may assist where the carer and cared for wish to holiday together. Typical grants range from £200 to £300.

How to apply:

Applications must be made through a social worker, community nurse or similar professional agency.

Contact:

Tel: [01394 388 746](tel:01394388746)

Email: info@ogilviecharities.org.uk

Carer Centres

Funding is often available to help carers take a break from their caring role. Carers should seek advice on grants from their local carers centre. You can search for your local carers centre at the [Carers Trust](#).

Free holidays/breaks

[Respitality | Respitality](#)

Summary:

Respitality (**resp**ite breaks + hosp**itality**) seeks to make connections between local organisations that support unpaid carers and local hospitality providers, such as hotels, guest houses, leisure clubs etc. The idea is that local businesses and



organisations are able to make a 'gift' to a carer (plus companion). Examples could include a short break away, gift of a day-pass to a leisure club or spa, or a voucher to dinner for two- there are lots of possibilities.

Contact:

Tel: [01383 622 462](tel:01383622462)

Further information and useful contacts

The Disability Information Scotland helpline can help you find further information- **contact us** here <https://www.disabilityscot.org.uk/contact/>

Disability Information Scotland can also provide information on accessible holiday destinations, hiring equipment when travelling, tour operators and accessible tourist attractions.

You can search for Grants and Trusts through **TURN2US** here <https://grants-search.turn2us.org.uk/>

Shared Care Scotland <http://www.sharedcarescotland.org.uk/> is a national charity that works to improve the quality, choice and availability of short breaks (respite care) provision across Scotland.

Tel: [01383 622 462](tel:01383622462)

Email: office@sharedcarescotland.com

Information last updated on **23 December 2024**. Please note that information may be subject to change. All information is provided in good faith but Disability Information Scotland does not endorse any product or service referred to within this resource.

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