

Finding Solutions  
Changing Lives

## TRAVEL IN THE UK

There are a number of organisations which can help with information regarding travelling in the UK if you or a family member has a disability.

**HM Government** - this website has useful information on transport in around the UK, including the Blue Badge scheme, Disabled travel passes, transport for the disabled, school transport for a disabled child.

<https://www.gov.uk/transport-disabled>

**Disabled Travel Advice** – this website has some good advice, links and information about disabled travel, including airlines, public transport and getting out and about in the UK.

<http://www.disabledtraveladvice.co.uk/>



**Transport for London** – this website has information about travelling around London, the journey planner allows you to specify what sort of access you need when using public transport and planning your trip.

<https://tfl.gov.uk/>

**Rough Guide to Accessible Britain** – Ideas for days out, information about disabled parking, tips and feedback from other disabled travellers.

<http://www.accessibleguide.co.uk>

**Motability Scheme** - The Car and Scooter Scheme for those with a special need or disability people, The Motability Scheme helps people with a disability exchange their mobility allowance for a new car, mobility scooter or electric wheelchair.

<http://www.motability.co.uk>

### Locating Disabled Toilets

Living Made Easy - links and information on accessible toilets in the UK.

<http://www.livingmadeeasy.org.uk/scenario.php?csid=332>

**Changing Places** - Changes places is a charity that campaigns for fully accessible toilets and changing spaces, these toilets are designed to be roomy and include a height adjustable changing bench and a hoist. Their website has a list of locations.

<http://www.changing-places.org/>

**RADAR National Key Scheme** – the scheme has around 8,000 disabled access toilets around the country. They can be unlocked using a Radar key, which can be purchased from a range of different suppliers. You can also purchase guides which map where the toilets can be found. Information about where toilets are located can also be found at Direct Enquiries - through this website you can view the RADAR scheme accessible toilets in your area.

<http://nks.directenquiries.com/nks/>



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# Fledglings

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## Safety Equipment

**Walking Reins and Harnesses** - For those who are particularly active, with little or no sense of danger, walking reins and harnesses can be a good safety solution. They can prevent the wearer from running into traffic or getting away from their carer and becoming lost.

Walking reins are available in child and adult sizes, these are usually made from strong webbing and often have a waist belt or chest pad and shoulder straps. These versions are designed to be particularly hard for the wearer to wriggle out of, essential for those who are hyperactive or those who may try to run from their carer. Another solution may be a backpack that incorporates a strap and handle that the parent or carer can hold to keep their charge with them. This is more discrete option for families when they are out and about.

**Travelling by Car – Seat Belts and Safety Seats** - In the car it is essential that your child or relative is properly secured. There are rules which govern the use of car seats for children in the UK and Europe. These apply whether the person is disabled or not. (in certain circumstances an exemption can be issued by a doctor due to a child's circumstances and condition) Information relating to these regulations can be found on the Government website.  
<https://www.gov.uk/child-car-seats-the-rules/using-a-child-car-seat-or-booster-seat>

For those with additional needs there are seat belts and seats available for their family and carers to use. This could include 5 point harnesses to keep a person secure in the seat while the car is moving as well as seats that provide postural support for the users. We have put some links below to some suppliers who may be able to help. Please note that Fledglings cannot recommend one supplier over another and that there are other manufacturers who supply similar products. We advise that you research further before deciding on which product would be most suitable. It may be that you would also need to seek the advice of an Occupational Therapist or a Health Professional before choosing the best option for you.

Crelling Harnesses Ltd  
<http://www.crelling.com>

The In Car Safety Centre  
<http://incarsafetycentre.co.uk/category/special-needs/>

The Windmill Special Needs Co Ltd  
<http://www.windmillspecialneeds.co.uk/home/>

## Useful Information and Links

**RICA** - Rica is part of the national research charity Research Institute for Consumer Affairs. They research and distribute free information about products and consumer reports. We focus specifically on issues of concern to disabled and older consumers. They aim to provide practical advice for disabled and older people. Their website has some useful information on mobility, driving and cars for the disabled.  
<http://www.rica.org.uk>

They also have a page related to car seats for children with special needs.  
<http://www.rica.org.uk/content/car-seats-disabled-children>

## Living Made Easy

Provide advice on equipment, including a section on travel seats and seat belts.  
<http://www.livingmadeeasy.org.uk/children/travel-seats-%26-accessories-2822/>



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Registered charity no. 1112618