



Finding Solutions
Changing Lives

*Product solutions
and information to
help make journeys,
days out and
travelling less
stressful.*

www.fledglings.org.uk

Out & About



Crelling Harness

• Walking Reins & Harnesses

For those who are particularly active, with little or no sense of danger, walking reins and harnesses can be a good safety solution.

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 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 can 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.



Backpack with
Harness



Cross Strap

• Travelling by Car - Belts & 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: www.gov.uk/child-car-seat-the-rules

For those with additional needs there are seat belts and seats available. 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 advise that you research further before deciding on which product would be most suitable. Seek the advice of an Occupational Therapist or a Health Care Professional before choosing the best option for you.

Crelling Harness Ltd.
www.crelling.com

In-Car Safety Centre
<http://incarsafetycentre.co.uk>

Windmill Special Needs Company Ltd.
www.windmillspecialneeds.co.uk

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

- **RICA**

The Research Institute for Consumer Affairs research and distribute free information about products and consumer reports. They focus specifically on issues of concern to disabled and older consumers. They aim to provide practical advice for disabled and older people. The website has useful information on mobility, driving and cars for the disabled.

www.rica.org.uk

- **Living Made Easy**

Provide advice on equipment, including a section on travel seats and seat belts.

www.livingmadeeasy.org.uk/children



- **HM Government**

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.

www.gov.uk/transport-disabled

- **Disabled Travel Advice**

Information about disabled travel, including airlines, public transport and getting out and about in the UK.

www.disabledtraveladvice.co.uk

- **Transport for London**

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.

www.accessibleguide.co.uk



On longer journeys find out where the nearest accessible toilets are and where you can stop for a break and plan your trip in advance.



- **Motability Scheme**

Car and scooter scheme for those with additional needs. Helps exchange their mobility allowance for a new car, mobility scooter or electric wheelchair.
www.motability.co.uk

- **Locating Disabled Toilets**

Living Made Easy - links and information on accessible toilets in the UK.
www.livingmadeeasy.org.uk



- **Changing Places**

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 hoist. The website has a list of locations.
www.changing-places.org

- **RADAR National Key Scheme**

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 under Direct Enquiries.
<http://nks.directenquiries.com/nks>

T: 01799 541807

e: enquiries@fledglings.org.uk

www.fledglings.org.uk

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Fledglings has a good range of products to help when out & about.

Our helpline staff will be happy to help if you have any queries.