

A woman with blonde hair and two young boys are sitting on a sandy beach. The woman is in the center, wearing a blue cardigan over a grey top and black leggings. She is smiling and has her arms around the boys. The boy on the left is wearing a blue t-shirt and shorts, holding a red and green shovel. The boy on the right is also wearing a blue t-shirt and shorts, holding a yellow shovel. There are several beach toys on the sand, including a red bucket, a green bucket, and a red shovel. The background shows tall grasses and a sandy dune.

**FAMILY  
HOLIDAY  
ASSOCIATION**

The charity that gives families a break

# WE'RE GIVING FAMILIES A BREAK

Find out more about the Family Holiday Association, the only national charity dedicated to giving struggling families a much-needed break

## WHO ARE THE FAMILY HOLIDAY ASSOCIATION?

We are the only national charity dedicated to providing breaks and day trips for families struggling with some of the toughest challenges life can bring.

The families we help are affected by issues such as adult disability, severe and sudden illness, bereavement, mental health issues and domestic violence. Every year we help thousands of families, most of whom have never had a family holiday before.

## WHAT DO THE BREAKS INVOLVE?

The majority of breaks we provide are short trips to a seaside holiday park, but we also provide stays at city hotels and quieter cottages. These locations enable families to have a holiday just like any other family, and to make use of all the facilities on offer.

We also enable families to go on day trips – perhaps a simple day out at the seaside, local tourist attraction or museum - whether by themselves or as part of a group. We do not offer trips abroad.

## WHAT DIFFERENCE DOES A BREAK MAKE?

The Family Holiday Association was founded over 40 years ago on the principle that spending quality time together as a family away from home results in stronger, healthier and happier families and communities. It is a principle that survives to this day.

Research shows that a Family Holiday Association break can improve social well-being and quality of life. Recent studies by the University of Nottingham found that our breaks help families with their confidence and increase positive family bonding. Our breaks have also motivated parents to improve their work prospects once they return home, and helped to improve children's school attendance.

*“The children are more settled in school; the parents and the children are doing more together. Going to parks, walking and playing together are things they have never done before.”*  
Referrer from Cardiff

## HOW FAMILIES BENEFIT:

**95% were more optimistic about the future**

**98% of children had new experiences**

**93% of families were able to cope better after the break**

**92% got on better as a family**

**99% had fun and created happy memories**

statistics collated from feedback from families and their referrers in 2017

## WHO DO WE HELP

We can help families, defined as “dependent children and those who care for them”, who:

- have at least one child under the age of 18
- have not been on holiday in the last four years
- are living on a low income.

All families must be referred to us by someone working with them in a supporting role. Doing things this way ensures we select families who most need our help, and means families get the support they need to prepare for their break.

## HOW DOES THE CHARITY WORK WITH REFERRERS?

Our referrers come from a range of organisations including:

- Schools
- Social services
- Children’s centres
- Other charities
- Refuges and domestic abuse support services
- Housing associations
- Community health teams

Referrers act as a family’s point of contact throughout the process. As well as submitting the application, referrers help the family to book and prepare for their break and ensure that feedback is sent to us afterwards.

All applications are made online through our website, as are most of our bookings and post-holiday feedback. To access our application form you’ll need to register with us as a referrer first, and we’ll get back to you with login details within one working day.



*“This was the first time we have been on a trip to the seaside as a family. Spending quality, memorable time together meant the world to us. We had real fun and will be talking about this for years to come.”*

Chambers family from Coventry





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## BECOME A REFERRER

You can apply on behalf of a family by visiting [FamilyHolidayAssociation.org.uk](http://FamilyHolidayAssociation.org.uk). You'll find more details on the referral process on our website, including how to register as a referrer, along with lots more information about our charity.

If you have any specific questions, please email us at [Grants@FamilyHolidayAssociation.org.uk](mailto:Grants@FamilyHolidayAssociation.org.uk) or call 020 3117 0651 (9am–5pm Mon–Fri).

The Family Holiday Association is the only national charity dedicated to offering simple breaks and day trips to struggling families. Quality time spent together on a day out or in a caravan by the coast offers welcome respite, a new sense of hope and precious memories that will last for ever.

[FamilyHolidayAssociation.org.uk](http://FamilyHolidayAssociation.org.uk)



Family Holiday Association 3 Gainsford Street London SE1 2NE

The Family Holiday Association is a registered charity in England and Wales (800262) and Scotland (SC048203).