



DAYS OUT: BEACHES INFORMATION SHEET

This information sheet is part of the 'Days Out' series and has useful information for people with spinal cord injury (SCI) or cauda equina syndrome (CES) about planning a day out at the beach.

Enjoying days out with family and friends is important for returning to activity and enhancing wellbeing. Preparation is key to confidence when planning a visit and we have prepared a checklist to help you. Whilst there may be unexpected issues, there are many things you can do to prepare for your visit.

If you are using other transport to access your day out, check out SIA's Travel and Mobility Videos and podcasts, including this film about a typical Day Out in Yorkshire.

Connect with people who can share their experience and advice via your local SIA Community Support Group and SIA Support Network Facebook Group.



PLANNING YOUR DAY OUT

Where do you want to go? Think about:

- How accessible the location will be
- If the location is right for your level of mobility
- The weather (and consider alternative options in case of changes to the weather)
- Tide times
- How you will get there (starting close to home or somewhere you know, can be good to build your confidence)

The beach or seaside will often be the main attraction. Who doesn't love to be "beside the sea"? It is worth exploring the attractions and facilities close to the beach, this is so that you have alternative options in case of a change in the weather.

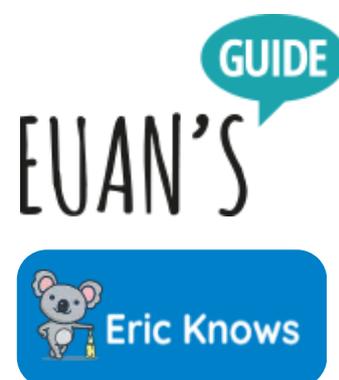
- Many venues will ask that you book online and there may be an option to add details about your requirements.
- There may be times / days which are quieter, and this might allow for better access.
- Websites often show facilities so that you can understand what is available.

For ideas and information you could look at:

- [Trip Advisor](#),
- [Euans Guide](#) - Disabled Access Reviews
- [Eric Knows](#) - Things to do in the North East & North West UK
- [National Museums](#)
- [Local Tourist Information Centres](#) in the UK.
- [Local library services](#)

Wheelchair skills

Improving your wheelchair skills can increase your confidence in a new environment. Find out more about the [wheelchair skills courses](#) delivered by BackUp.



YOUR PERSONAL AND CARE NEEDS

Think about:

- Medication and personal care items like catheters (take extra in case of delays)
- Medical aids
- If you are travelling by car, it can be helpful to leave a bag of essential items and a change of clothes, in your car.

YOUR MOBILITY EQUIPMENT NEEDS

Think about:

- The equipment you need to travel there.
- The equipment you need to access the beach.

Many locations have information available on their websites regarding:

- Parking
- Drop off areas
- Access
- Equipment to hire
- Toilets /changing facilities

There are specialist companies who can work with you to provide equipment, including: [Shop Mobility](#), [Experience Community](#) and [Outdoor Mobility](#).

ACCESSIBLE TOILETS

RADAR KEY / Accessible Toilets

- [Motability explains the process for getting / using a RADAR key.](#)

Changing Places (Accessible changing rooms)

- [Find an accessible changing room](#)



Whether you opt for the beach, the seaside or you are heading out onto the water, ask for assistance if you need it. Getting the right support will help to allow you to go where you want to go safely.

USEFUL LINKS

There are plenty of accessible beaches and seaside locations in the UK for you to enjoy.

Top 10 accessible beaches in the UK

Motability gives information about accessible beaches in the UK

North East England:

Beach Access Northeast gives detail of accessible beaches in the Northeast of England. This charity has volunteers and equipment available for wheelchair users.

South East England

Accessible Britain shares information about accessible activities in the Southeast of England

North West England

North West of England accessible beach details

Wales

For information about access to beaches in Wales see the Visit Wales website

Ireland

For a list of accessible beaches in Ireland see the Disability Federation website

Scotland

Information on Scottish Accessible Beaches, is available at AccessibleScot

Other links ...

If you are keen to get out on the water (either on the sea or inland) there are organisations available to assist with this, such as the Wheely Boat Trust.

For more information, visit our [Travel Hub](#) or contact us at:

Spinal Injuries Association, SIA House, 2 Trueman Place, Oldbrook, Milton Keynes, MK6 2HH

e: travel@spinal.co.uk t: 0800 980 0501 (freephone support line: Monday - Friday 10.00am-4.00pm)