



DAYS OUT: COUNTRYSIDE AND ATTRACTIONS 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 in the countryside and visiting attractions.

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 our [Access All Areas](#) travel and mobility videos and podcasts, including a 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 Group \(Facebook\)](#).



PLANNING YOUR DAY OUT

Where do you want to go? Think about:

- The conditions (in a countryside environment what will the ground be like and will there be pathways/tarmac)
- The weather (and consider alternative options in case of bad weather)
- How you will get there (starting close to home or somewhere you know can be good to build your confidence)
- How accessible the location will be
- If the location is right for your level of mobility.

YOUR PERSONAL AND CARE NEEDS

Think about:

- Medication and personal care items like catheters (take extra in case of delays)
- Medical aids.
- If you travel by car, it can be useful to keep a bag of essential personal care items and a change of clothing in the car.

YOUR MOBILITY EQUIPMENT NEEDS

Think about:

- The equipment you need to travel there.
- The equipment you need to get around the attraction.

Many attractions have information available on their websites regarding:

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

There are a number of specialist companies who can work with you to provide equipment for your visit:



ShopMobility UK



EXPERIENCE
COMMUNITY



Outdoor Mobility

BOOKING

- 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. To help you plan your day out you could look at:
- Websites often show facilities so that you can understand what is available.



If equipment such as a Trampler vehicle is available, you may need to register with the hiring organisation and pay a one-off fee.



Don't forget to think about access to 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](#)

Always remember to ask for assistance if you need it. Make sure you get the right support to allow you to go where you want to go safely.



FURTHER INFORMATION

Useful websites

- [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](#)

GUIDE

EUAN'S



Eric Knows

Organisations that specialise in countryside activities and visits such as:

- [English Heritage](#) (free carer places for attractions and events and the organisation recommends referring to the website for each individual attraction)
- [National Trust](#) (accessible guides with information about their sites)
- [Disabled Ramblers](#)

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. In addition, they also run a specific course about [wheelchair skills for the city](#).



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)