



DAYS OUT: TOWNS AND CITIES

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 a town or a city. Being able to use public transport and different services in towns and cities is an important part of everyday life. For information on day to day use of other public transport services, see our other information sheets. Enjoying days out with family and friends is important for returning to activity and enhancing wellbeing. Whilst there may be unexpected issues, there are things you can do to prepare for your visit. Most towns and cities are not designed with step-free access in mind. Finding dropped curbs can be a problem and you may need to ask for some assistance at times. Good planning and preparation is key to confidence when planning a visit and will help you to have a good day out.

Connect with people who can share their experience and advice via your local [SIA Community Support Group](#) and the [SIA Support Network Facebook Group](#).

You may be using public transport on your day out. Check out our [Access All Areas: travel and mobility video and podcast series](#), including a film about a typical [Day Out in Yorkshire](#).



PLANNING YOUR DAY OUT

Where do you want to go? Think about:

- The conditions (what will the ground be like that you're going to be moving across)
- The weather (including how hot or cold it might be and consider other 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 and will it meet your needs

YOUR PERSONAL AND CARE NEEDS

Think about medication and personal care items like catheters (take extra in case of delays) and 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.



YOUR MOBILITY EQUIPMENT NEEDS

Think about the equipment you need to travel there and the equipment you need to get around the attraction.

Many attractions have information 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 for your visit.

Such as Shop Mobility.



ShopMobility UK

INFORMATION ON PLACES TO VISIT

- 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 phone the venue that you plan to visit for more information

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](#)

APPS

Apps can provide an important way of planning your trip and finding access to facilities such as parking, transport, and cafes.

- [Find out more about accessible mobility apps](#) (Motability)
- [Sociability](#)
- [Passenger Assistance](#)
- [Accesserise](#)
- [AccessAble](#)
- [Appyway](#)



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.

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)