

FACTSHEET NO. 5: RECREATION AND LEISURE

Hillingdon Shopmobility

Shopmobility is a scheme which enables you to hire mobility scooters, wheelchairs, powered wheelchairs and walkers at the Chimes Shopping Centre in Uxbridge. There is a £18.00 per year membership fee. You can find out more on their website: <http://hillingdonshopmobility.org.uk/> or by calling 01895 271510.

Admit One Card – National Trust (www.nationaltrust.org.uk)

The Essential Companion Card enables you to take one or two carers/companions free of charge when visiting National Trust properties.

This card is made out in the name of the disabled person, not the companion's, so there is not a restriction to taking the same person on each visit.

To request an Essential Companion Card, please either email enquiries@nationaltrust.org.uk or call on 03448001895. They will need the name and full postal address of the disabled person. The card will be sent with a copy of the latest Access Guide.

Radar Key Scheme (NKS Key)

The National Key Scheme (NKS) offers disabled people independent access to locked public toilets around the country. Toilets fitted with National Key Scheme (NKS) locks can now be found in shopping centres, pubs, cafés, department stores, bus and train stations and many other locations in most parts of the country.

Price: £4.50 from Disability Rights and £4.00 from DASH if collected in person, otherwise £4.50.

THRIVE

THRIVE is a national horticultural therapy organisation working to support disabled people to enjoy and participate gardening.

For more information visit www.thrive.org.uk or call 0118 988 5688.