



*A break by the sea with access for all*

### **Accessible self-catering cottages – cost effective alternative to traditional respite/short break**

Short breaks/respite with care can be expensive; however they are also necessary, keeping families together in some cases preventing long-term care placements. With the introduction of Self Directed Support (formerly Direct Payment) in Scotland earlier this year, there are other options to choose from. We believe Homelands have a great example of an alternative to the more traditional respite. A break at Homelands is cost efficient, meeting the needs of the carer and the cared for person. We have had excellent feedback from those who have had a short break with us. At Homelands we do not provide carers; guests can bring their own carers, whether this is paid or unpaid carers. We have found that many of our guests have been accompanied by unpaid carers, family and friends. If this approach to care is used, i.e. shared caring responsibilities from family and friends, significant saving can be made. Our accessible cottages range from as little as **£295 for a Monday to Friday short break** during the low season. The dream of family holiday is achievable. We can also signpost to local care organisations, if this is required or preferred.

Homelands Trust Fife was set up in 1998 to carry out the wishes of a Miss Isabel Paxton of Lundin Links who bequeathed her estate, "Homelands". The purpose of this is to establish and maintain a facility to enable *people affected* by a range of disabling conditions (including their family, friends and carers) to have a holiday or a break from normal daily living. We are a non-profit making charity; everything goes back into keeping costs down – and improving our facility.

The Homelands estate is set in matured woodlands and garden areas which overlook the Forth estuary. In this welcoming setting, we have recently developed four luxurious wheelchair accessible cottages. The cottages are specifically designed to meet the needs of people with a wide range of disabilities and long-term health conditions. Specialist disability equipment such as full room **ceiling tracking hoist, electric profiling beds, air flow mattress, clos-o-mat toilets, riser/recliner chairs, shower chair/commodes, mobile hoists, shower trolley, hearing loop, TV listening system, flashing door bell, flashing telephone, vibrating fire alarm** etc is provided to ensure a comfortable and supported stay.

Sitting alongside the cottages, we have a drop-in centre, called the Paxton Centre (in memory of Miss Paxton); the building is architecturally beautiful, finished to a high standard. The Paxton Centre is open to guests and day visitors alike. It is a welcoming environment providing group and individual activities. On offer is a variety of alternative therapies, activities and health walks. It will also be a place to chat, enjoy the gardens, gain information or just relax with a cuppa.

National disability magazine “Able” published figures indicating only 2% of holiday accommodation in the UK is Accessible. Visit Scotland highlight the fact that there are 11 million people living in the UK with a long-term health condition, illness or disability and that only 20% choose to go on holiday due to access difficulties, we want to increase both these percentages.

Homelands Trust Fife aim to share widely, the news about our purpose built accessible self-catering cottages and drop-in centre; with your help it will ensure a wide relevant audience know what we have to offer. Homeland’s Cottages will provide people with varying degrees of disability and health conditions a comfortable short break, where comprehensive and passionate consideration of accessibility has been taken.



Please contact Development Coordinator David Paton on the contact details at the bottom of this page. Alternatively make a booking online via our website.

We look forward to welcoming you to Homelands.

Website - [www.homelands-fife.co.uk](http://www.homelands-fife.co.uk)

FaceBook - [www.facebook.com/HomelandsTrust](http://www.facebook.com/HomelandsTrust)

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