

# **A very short guide to ... Holidays**



Being on dialysis can mean that you feel that your life revolves around each dialysis session and the impact of your condition can mean large changes to your lifestyle. However, it is important that you are able to do the social and leisure activities that you want to do and having dialysis treatment does not mean you can no longer travel nationally or abroad. The following information is meant as a brief guide to some options that can be available to you.

## **Holidays in the UK**

There are numerous dialysis centres around the country that can be booked for your holiday. Imperial Dialysis and Transplant patients have special use of St Ann's Dialysis Centre for up to four weeks per year which can be an affordable option for a break. It is important to book in advance.

### **St Ann's Dialysis Centre:**

St Anne's, 34 Havant Road, Emsworth Hants PO10 7JG  
01243 376514

St Ann's dialysis centre is a small self-catering centre based in Emsworth – a picturesque seaside village full of charm and character situated in the upper reaches of Chichester Harbour approximately 10 miles east of Portsmouth and 8 miles west of Chichester

St Anne's Holiday Dialysis Centre is open to dialysis patients of the West London Hospitals Holiday Trust free of charge and for one other partner or next of kin and their own children under 12 years. There is a nominal charge for additional guests, transplant patients and for patients from all other hospitals who are most welcome too (dialysis patients have priority). Patients may also wish to find and book their own accommodation elsewhere, but take their dialysis sessions at St Anne's Holiday Dialysis Centre.

## **Holidays Abroad**

For most dialysis centres in Europe, you will not have to pay for dialysis treatment. If you wish to travel out of Europe, you will need to check the costs of each session with the particular unit. It is important to always check with the unit – both in Europe and abroad - what is included in the price and what is not.

Travel Insurance:

It is always recommended that you organise medical insurance, and if you will be travelling in the EU, do ensure that you have an a EHIC card. The EHIC replaced the old E111 in 2006. The card is not an alternative to travel insurance. It will not cover any private medical healthcare, being flown back to the UK, or lost or stolen property. Therefore, it is important to have both an EHIC and a valid private travel insurance policy. The EHIC card is free of charge and you can apply for this via <http://www.nhs.uk/NHSEngland/Healthcareabroad/EHIC>

### **Help with the cost of Holidays**

The British Kidney Patient Association (BKPA) is a charity to support the lives of people with kidney disease. They provide grants for dialysis patients and families on a low income as well as for kidney patients in other circumstances. You may be able to apply for a grant from the British Kidney Patient Association (BKPA) to help towards the cost of a holiday. The current agreement for those applying for grants is that an individual's current income including benefits should not exceed £350 per week and for couples and families the level is £450 per week. You will need a supporting letter from your Renal Social Worker or dialysis unit.

The BKPA can only pay companies by cheque or direct bank transfers and therefore you will have to check that any company that you book with will accept a cheque or bank transfer from them. There are many local travel agencies that will do this.

Some organisations that the BKPA work closely with are

Freedom Holidays - [www.holidaydialysis.co.uk](http://www.holidaydialysis.co.uk) - 01509 815999

Millington Travel - <http://www.millingtontravel.com> - 0116 291 7775

**If you have any questions about holidays, please contact your Renal Social**

**Support Worker or the nurse at your unit.**

