

## Holidays and Recreational Breaks

**Barretstown**, at Ballymore Eustace, Co Kildare, was opened in 1994 and provides a unique programme of 'therapeutic recreation' for children with cancer and other serious illnesses. The children, aged seven to 17, come from Ireland and Europe to take part in activities such as arts and outdoor adventure. Through their achievements they stop seeing themselves as 'sick kids' and begin to regain their own inner strength, confidence and self-esteem - all adding up to 'serious fun'. The programme has been backed by leading medical specialists as a valuable part in a child's recovery from cancer and other serious illnesses. Spend some time on their website, there is such a lot to see! [www.barretstown.org](http://www.barretstown.org). Alternatively you can contact them at The Barretstown Camp Fund Ltd, Barretstown Castle, Ballymore Eustace, Co Kildare, Ireland. Tel: 00 353 45 864 115.

Check out [www.yct.org.uk](http://www.yct.org.uk) **The Youth Cancer Trust** is a unique charity based in sunny Bournemouth. It provides free, fun activity based holidays for young people (aged 14 to 25) suffering with cancer or any malignant disease from anywhere in the UK or who are patients of any UK hospital. You can also come on a holiday if you have been in remission for up to five years. Have a look at our website and if you're interested please contact us: Tel: 01202 763591.

**Over The Wall** is a very special place for children who are affected by serious or life limiting illnesses. It is the only residential camp in the UK structured on Paul Newman's renowned Hole in the Wall Gang camp. Over The Wall gives children one glorious week of experiences that are memorable, exciting, fun, empowering, physically safe and medically sound. It rebuilds their confidence and most importantly is a place where they can just be children, not children who are sick. As Paul Newman puts it "*A place where kids can kick back, relax and raise a little hell*". Go online and check them out! [www.otw.org.uk](http://www.otw.org.uk) or contact them at Over The Wall, Charwell House, Wilsom Road, Alton Hampshire, GU34 2PP. Telephone: 01420 82086.

**Camp Quality UK** provides life-changing holidays for children with cancer (and other life-threatening illnesses). We believe that every child has the right to a positive childhood and everything their peer group takes for granted. On these holidays children are able to exist in an environment where having the things that they have experienced are considered "normal". By encouraging the children in a positive environment their self-esteem is increased and they conquer new challenges. Most importantly though, they have the time of their lives! Visit [www.campquality.org.uk](http://www.campquality.org.uk) to find out more or contact them at Camp Quality UK, PO Box 217, Sidcup, Kent, DA15 0BL Tel: 07717 542376.

The **Donna's Dream House** Charity is a trust based in Blackpool providing free holiday experiences for children and teenagers with life-threatening illnesses and their families, and for recently bereaved siblings and their families. Donna's Dream House makes it possible to bring not only sunshine and fun into children's lives, but a sense of wonder, adventure, laughter and much needed holidays in Blackpool for the whole family. Find out more at [www.donnasdreamhouse.co.uk](http://www.donnasdreamhouse.co.uk) or contact them at Donna's Dream House, 21 Chapel Street, Blackpool, FY1 5AW. Telephone enquiries: 01253 752222

Go explore the **ClicSargent** site at <http://www.clicsargent.org.uk/Home> full of useful information.