

# FAMILY HOLIDAY ASSOCIATION

The charity that gives families a break

For over 45 years, the Family Holiday Association has provided breaks for UK families struggling with issues such as disability, severe and sudden illness, bereavement, mental health issues and domestic abuse.

The charity was founded on the belief that holidays are a lifeline, not a luxury, and this is a key principle that survives to this day. The majority of families we help have never before been on a family holiday. Evidence\* shows that spending time together away from their daily struggles can be life-changing for the families we work with.

All the families we support are referred to us by someone already working with them in a supporting role, including teachers, health and social care professionals and other charities who help families.

Our post-break research shows that families benefit for more than a year after their break, once returning home\*



84% of families say they feel less isolated & more able to engage in their communities & new activities.



92% of families tell us they feel less stressed and are able to cope better at home after a short break.



63% of professionals say the breaks improve the relationship with families they refer to us.



97% of children have new experiences on their break and 62% of families tell us they do more together when they return from a break.



School attendance has improved for 85% of families where this was an issue.



In 2019, we provided vital breaks to 4,821 struggling families. That's an increase of 26% compared to 2018. In 2020, 12 million families said they could not afford a break\*\*



\*Report conducted 2018 by the FHA. Full report available on request.  
\*\*Government figures

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+ Due to Covid-19 restrictions, we have taken the decision to only provide short breaks in 2021

From raising vital funds and awareness to donating transport and day trip tickets, our corporate partnerships play a crucial role in providing struggling families with a break they so desperately need.

It costs on average £500 to send a family to one of our nine caravan locations for a week, and £250 for a short break. £50 will also help pay for a family ticket to a local attraction such as a zoo, or provide transport to the break location+

*"We had been under so much stress since our son's diagnosis and we really needed the break. We were able to give our son some more independence as we felt he was in a safe environment. Now we know he's able to do more."*

Whether it's through taking on a team challenge event, fundraising in your work place, payroll giving or through donations from the sale of a product, you can count on our support to build a partnership that works for all involved and make sure you meet your organisation's individual goals.

Victoria Simkins

Corporate Partnerships  
Manager

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Want to hear more?

