



**BOOK
EARLY**



UK



EUROPE

Spiral Sussex

2027

Respite Breaks

Respite Breaks for Adults with Learning Disabilities

Spiral Sussex Ltd is a **Non-Profit** Charity (No: 1091044)

01273 111 700

holidays@spiralsussex.org



Over 27 years of
experience
providing
tailored Breaks

Fully Trained
& Qualified
Staff and
Volunteers

Perfect Respite
options for your
parents, carers &
guardians

Flexible Payment
Plans

WELCOME

We're delighted you're thinking about joining us for a Spiral Sussex respite break!

Our holidays are all about making memories, trying new things, exploring exciting places and enjoying time away with friendly faces. From the moment you join us, our experienced team is there to make sure you feel safe, supported and ready for a brilliant break.

Our trained staff provide round-the-clock care tailored to each person's needs — whether it's support with daily routines, mobility, personal care, medication, or simply someone nearby for a chat and a smile. We help every holidaymaker feel comfortable, confident and included.

With the practical bits taken care of, you can focus on the best part: relaxing, laughing, making friends and enjoying every moment of your time away.



Find out more online @ www.spiralrespitebreaks.org



MEET YOUR HOLIDAY STAFF



GARY JEFFERIES

Leading our Respite Breaks team is our Manager Gary Jefferies, who brings over 30 years of expertise in the care sector. Gary has successfully managed residential services and holds a Level 5 Diploma in Leadership and Management in Health and Social Care. His wealth of experience and commitment to quality care ensure every holiday runs smoothly and that all our guests feel safe, supported, and included.

CHARLOTTE SALVAGE

Supporting Gary is Charlotte Salvage, our dedicated Assistant Manager. Charlotte brings a lifetime of experience, both personally and professionally, in supporting people with disabilities. She holds a GNVQ in Health and Social Care and is available around the clock throughout your holiday to make sure every guest receives the support they need to have an enjoyable and memorable break.



Find out more online @ www.spiralrespitebreaks.org

STEPHEN

Steve has over three years of experience supporting our holidays and is our go-to minibus driver for Spiral Holidays, in the UK and abroad. Fully trained in all aspects of his role, he provides invaluable support to ensure every respite holidaymaker enjoys the best possible experience.



PAULINE

Pauline has been volunteering with Spiral Respite Breaks for over 2 years. Her enthusiasm for helping our holiday makers have fun and feel at ease keeps her coming back time after time. Pauline began her care career supporting an elderly gentleman and has since worked in assisted living, gaining valuable experience with a wide range of people with disabilities.

LISA

Lisa has been volunteering with Spiral Respite Breaks for nearly a year and she has quickly become part of our team. Her sense of humour, caring skills and ability to adapt to any given situation are definitely her strengths. She loves to see our respite holiday makers happy and living their best lives and is always very excited to be asked to join us on a break.



CARERS & VOLUNTEERS

Alongside our regular team, we are supported by a fantastic group of carers and volunteers from both within Spiral and beyond. Each member is personally chosen by Gary and Charlotte to ensure we deliver the highest standards of care, support, and enjoyment for every holidaymaker.

WHY CHOOSE SPIRAL?

For over 27 years, Spiral Sussex has been providing respite breaks that adults with learning disabilities can enjoy safely, confidently and independently — and we do things a little differently from anyone else.

WE'RE A **NON-PROFIT** CHARITY. NOT A HOLIDAY COMPANY.

Every penny you pay goes straight back

into delivering the best possible break, not into shareholders' pockets. That means **exceptional value** — and a level of care that most providers simply don't include.

What's already included in your price:



- **Round-the-clock support** — our experienced team travels with the group throughout, day and night



- **Personalised holiday diaries** for each holiday maker



- **High staffing ratios** — from shared support right through to full 1:1, so the right level of care is always there



- **Our own mobile hoist** — travelling with us on many breaks to make holidays genuinely accessible



- **All transport and transfers** — from your door to your destination and back



- **Half-board dining minimum** on all our holidays

- **A full programme** of trips and excursions, planned with accessibility in mind



And we make it easier to say yes:



- **Flexible monthly payment plans** — spread the cost over two payments or six, on dates that suit you
- **Help with grant applications** and funding advice
- **Direct payments** and Individual budgets welcomed
- **No pressure, no judgement**, and always someone to talk it through with

When you compare like for like — the same destination, the same number of nights, and the same hands-on care and staffing we provide as standard — you’ll see just how much your Spiral holiday includes.

“Spiral Holidays are also **fully inclusive** of people with **physical disabilities**.”

Moir - Carer

SPIRAL RESPITE BREAKS 2027

Butlin's Bognor Regis	18 th to 22 nd Jan	5 days	£1300
Manchester City Break	28 th Jan to 1 st Feb	5 days	£1350
Tenerife	1 st to 8 th March	8 days	£2595
London Theatre Trip	22 nd to 26 th March	5 days	£1550
Cambridge	12 th to 16 th April	5 days	£1395
Legoland Windsor	3 rd to 7 th May	5 days	£1450
Costa del Sol	19 th to 26 th May	8 days	£2545
Shropshire	12 th to 18 th June	7 days	£1650
Isle of Wight	5 th to 9 th July	5 days	£1450
2-week Canal Boat	24 th July to 6 th Aug	14 days	£2950
Llandudno	23 rd to 27 th August	5 days	£1350
Budapest	20 th to 26 th Sept	7 days	£1995
Edinburgh	11 th to 17 th Oct	7 days	£1750
Butlin's Bognor Regis	8 th to 12 th Nov	5 days	£1300
Longleat Festival of Light	29 th Nov to 3 rd Dec	5 days	£1495
Hayling Island	13 th to 17 th Dec	5 days	£1545

WHAT'S INCLUDED

ACCOMMODATION



Half-board (breakfast & dinner) is included on all Spiral holidays. We choose hotels, guesthouses or holiday homes that match each traveller's needs & preferences. Rooms are comfortable & clean, with accessible options wherever possible (e.g. step-free access, lift access, grab rails or walk-in showers where available).

TRAVEL



We provide transport from Spiral to your destination and back again, plus all local transfers, on the holiday. Depending on the trip, this may include our accessible minibus, flights and airport transfers, ferries, canal boats, coaches or trains. Our team handles the logistics so you can relax - luggage assistance, check-in and ticketing, rest breaks on longer journeys.

Find out more online @ www.spiralrespitebreaks.org

24/7 CARE & SUPPORT



Our trained care staff provide round-the-clock support tailored to each respite guest. Before travelling, we complete an assessment to understand routines, mobility, communication style and any health needs.

Support is planned individually, with staff-to-client ratios ranging from 3:1 through to full 1:1 support, depending on the level of care required. This ensures each person receives the right support while still enjoying as much independence as possible. Support can include personal care, medication prompts or administration, mealtime and dietary support, help with money and shopping, and communication support such as visual schedules or easy-read information where helpful.

TRIPS



Every Spiral holiday includes a programme of trips and days out, chosen to suit the group and the destination. From **shopping days** and **scenic boat trips** to **zoos, museums, markets** and **seasonal attractions**, there's always something to look forward to. Excursions are planned with accessibility in mind — we check venue access, travel times and rest stops in advance — and there's no pressure to join everything. Guests can take part in as much or as little as they like, with staff on hand throughout, so everyone can enjoy the day at their own pace.

WHAT'S INCLUDED...

NEW EXPERIENCES



Holidays are a chance to try something new—at your pace, with the right support. Enjoy scenic mountain and moorland railway journeys, dolphin-spotting boat trips, life aboard a canal boat (even taking a supervised turn at the tiller), local foods, festivals and parades, or your very first overseas trip. Beforehand, we'll talk through what you'd like to try and any worries you have, and we can offer airport practice runs, easy-read guides, sensory-friendly planning and flexible alternatives on the day.

ACCESSIBILITY



We're committed to making our holidays as accessible and inclusive as possible. Wherever we can, we prioritise step-free routes and venues, checking lift access, accessible toilets, door widths and parking. This year we're also excited to add our own mobile hoist, which can join us on many holidays to make them even more inclusive. We're happy to discuss individual requirements and explore arranging specialist equipment or adjustments to ensure your comfort.

Find out more online @ www.spiralrespitebreaks.org

HOW TO BOOK



RESERVE YOUR PLACE

Give us a call on 01273 111 700 to let us know which Respite Break you'd like to join, or email us at holidays@spiralsussex.org. We can hold a space for you while the booking process is completed.



MEMBERSHIP FORM

If you are new to Spiral, you'll need to complete a membership form. [@tinyurl.com/spiralform](https://tinyurl.com/spiralform) or using the QR code >



MEET THE RESPITE BREAKS MANAGERS

Before confirming your holiday, we'll arrange a meeting with our Respite Breaks Managers to get to know you and your support needs. This can be:

- Face-to-face at our centre, home visit, or
- Via a video call, if that's easier for you.



ASSESSMENT & SUPPORT

Together, we'll complete a full assessment to make sure the right level of care and support is in place. If additional support is required, this will be discussed and agreed with you before booking.



CONFIRM YOUR BOOKING

Once your assessment is complete, we'll confirm your Respite Break and secure your place. At this stage, any deposits and payment plans can also be arranged.

FLEXIBLE PAYMENT OPTIONS



Options

We offer flexible monthly instalment plans to spread the cost of your holiday. Whether you prefer two payments or six, you can also choose payment dates that align with your pay schedule. Payment options include: Invoicing, Cheques, Card or over the phone.

Family & Carer Assistance

We're here to support families and carers through every step of the booking process. Whether you need help understanding funding options, completing grant applications, or discussing care requirements that might affect pricing, our experienced team is ready to guide you. We can even arrange calls with family members to ensure everyone is comfortable with the arrangements.

We don't want finances to stand in the way of your break. If you're still struggling, or if you're unable to apply for a grant or haven't been successful in securing one, please don't worry—we're here to help. We can talk through a flexible payment plan that spreads the cost over time to suit your circumstances, with no pressure and no judgement. Contact us to discuss your options at any time—we're always happy to help.



Grant Application Support

There are limited grants available and we will **help you apply** for one as we understand the process can seem overwhelming. Please contact us for further information..

EXTRA SUPPORT OPTIONS

Additional Support Options - Everyone has unique care requirements, which is why we offer flexible additional support services tailored to individual needs. Our experienced Holiday Manager will assess each person's requirements and recommend the most appropriate level of support to ensure a safe, enjoyable holiday experience.

Shared Support (Spiral Staff) - Perfect for those who need occasional one-to-one assistance while remaining comfortable with shared staff support (2:1 ratio). Ideal for individuals who are largely independent but may need extra help with specific activities or situations.

Partial One-to-One (Spiral Staff) - Designed for guests who require regular dedicated support but not continuous supervision. This flexible option provides one-to-one assistance when needed most, while allowing some independence during the holiday.

Full One-to-One (Spiral Staff) - Comprehensive continuous support with a dedicated staff member throughout the entire holiday. This service ensures complete peace of mind for guests who require constant supervision and assistance.

Bring Your Own Carer - For those who prefer to travel with their familiar carer, we welcome personal care assistants to join our holidays. Your carer will receive the same accommodation, meals and trip inclusions while you maintain the comfort of familiar support.

Single Room Supplement - Private accommodation is available for those who prefer their own space. Supplement costs vary depending on the specific accommodation and destination.

Note - Additional care costs are calculated during assessment, so you only pay for the support you need. Contact us to discuss your individual requirements and receive a personalised quote.

HOLIDAY DIARIES!!

Each participant receives a Holiday Diary!
Spiral Diaries beautifully capture all your favourite moments from the trip, helping you cherish those memories for years to come!



Check out our Holiday Albums Online!



Spiral Holidays



@spiral.holidays



spiral.holidays

MAKING BREAKS MORE ACCESSIBLE THAN EVER



Spiral now has its very own **mobile hoist** — making our respite breaks more accessible, comfortable and inclusive for everyone we support.



WE'RE LEVELLING UP ACCESS!!

Freedom to Travel

Hotel, holiday park or cottage — our hoist travels with us, so guests who need help with transfers can enjoy safe, dignified support wherever we stay.

Support Planned Around You

Every guest's needs are carefully assessed before travel, so the right support, equipment and environment are ready and waiting.

Peace of Mind for Families

Our trained, caring staff are on hand throughout — so carers can feel reassured, and guests can focus on the best bit: relaxing, laughing and making memories.

BUTLIN'S BOGNOR REGIS

18TH TO 22ND JANUARY

£1300

5 DAYS



Start 2027 the right way with one of Spiral Sussex's most popular holidays! Join us for a fantastic 4-night break to Butlin's, packed full of fun, friendship and entertainment.

Enjoy live shows, swimming, bowling, arcades, shopping, delicious food and plenty of opportunities to relax and socialise with friends. From exciting daytime activities like **pottery painting** or **T-shirt design** to spectacular evening entertainment, there's always something happening at Butlin's!

Whether you're a regular Butlin's visitor or joining us for the first time, this much-loved break promises laughter, great memories and a brilliant start to the year.



Butlin's Activities



Minibus



Half-Board



5 Days



Non-Stop Fun

Find out more online @ www.spiralrespitebreaks.org

MANCHESTER CITY BREAK

28TH JANUARY TO 1ST FEBRUARY

£1350

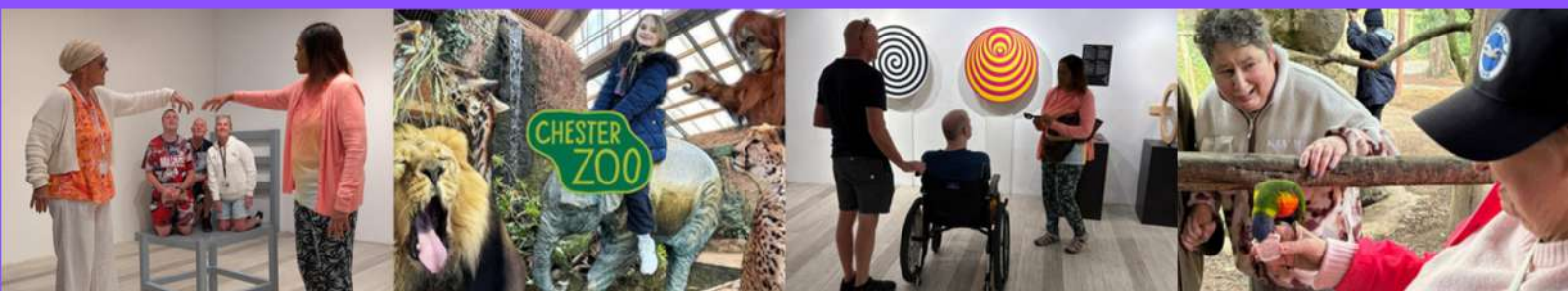
5 DAYS



Join Spiral Sussex as we head to the vibrant city of Manchester for an exciting winter city break packed with fun, friendship and fantastic days out!

We'll discover the fascinating world of the Museum of Illusions, enjoy our traditional midweek shopping trip at the famous Trafford Centre and spend a day exploring the incredible Chester Zoo, home to thousands of amazing animals from around the globe.

Whether you're browsing the shops, meeting exotic animals or capturing mind-bending photos, this break offers the perfect mix of adventure, laughter and unforgettable memories in one of the UK's most exciting cities.



2 Day Trips



Minibus



Museum



5 Days



Shopping

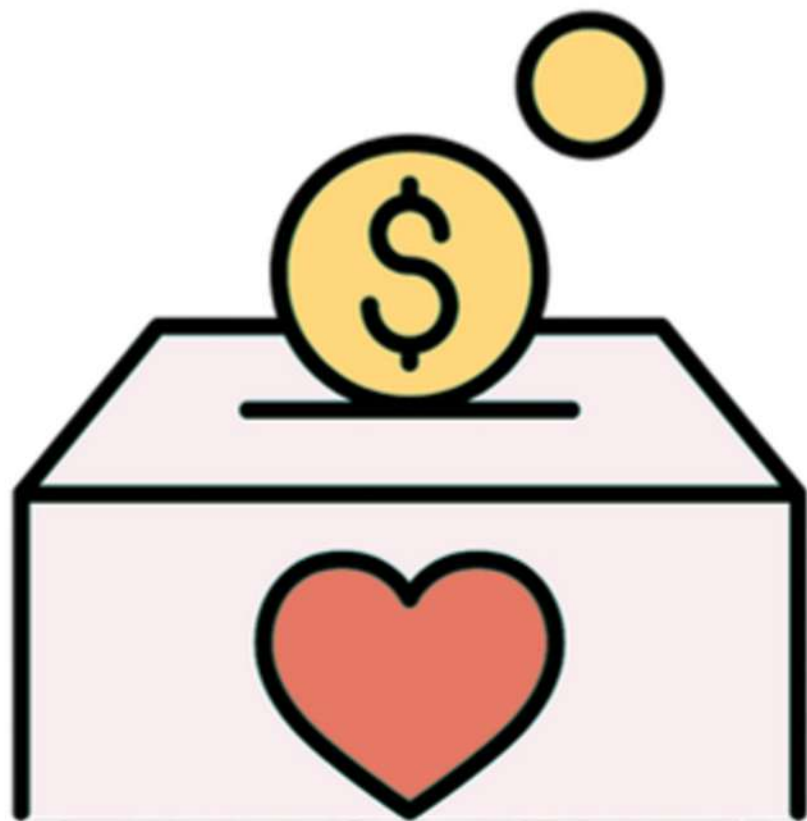
Book Now!



holidays@spiralsussex.org



01273 111 700



MINIBUS CAMPAIGN



We are currently fundraising to maintain and expand our fleet of minibuses, ensuring that we can continue to provide a range of activities, social opportunities and holidays that help enrich the service users' lives.

Your donations will directly help us keep our services accessible, giving our service users the chance to participate in the activities and community they love. Every contribution makes a difference - please consider donating today.

Join Us in Making a Difference!

HOLIDAY VOLUNTEERS NEEDED

Are you passionate about contributing to your community?

Here's your chance to make a meaningful impact! We are seeking dedicated volunteers to join our Holiday Team and support Adults with Learning Disabilities around the UK & Europe. Opportunities can vary depending on the needs of each group, and we're always happy to hear from volunteers who can bring balance and flexibility to our team.



Volunteer Perks / Requirements:

- Food, Travel & Board Included
- Travel to new places!
- Make new memories helping people
- Training Provided
- Providing Personal Care - preferred but not required



TENERIFE

1ST TO 8TH MARCH

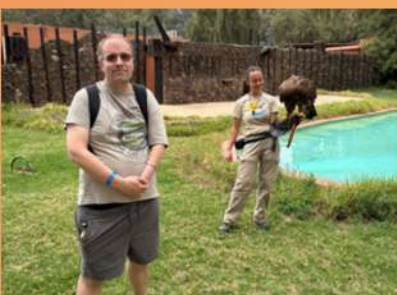
£2595
8 DAYS



Shake off those winter blues and get ready for some sunshine, laughter and plenty of holiday fun as Spiral Sussex heads to beautiful Tenerife for an unforgettable 7-night respite break!

Spend your days relaxing by the pool, enjoying beach walks, shopping for **souvenirs, spotting dolphins on a boat trip**, visiting animal attractions and making amazing memories with friends. With warm sunshine, stunning scenery and plenty of time to unwind, there's something for everyone on this fantastic island getaway.

Whether you're soaking up the sun, exploring the coastline or sharing laughs over dinner, this much-loved break promises relaxation, adventure and **sunshine-filled memories to treasure**.



Entertainment



Dancing



Beach



Boat Trip



Non-Stop Fun

Find out more online @ www.spiralrespitebreaks.org

BOOK NOW!! 01273 111 700



There's so much more to enjoy on this wonderful Canary Island escape!

Alongside our days in the sun, there'll be a dolphin and whale-watching boat trip out on the sparkling Atlantic, time to browse the local shops and bustling markets, plenty of delicious food to sample and visits to some of the island's best-loved animal attractions.

Add in gentle strolls along the promenade, ice creams by the sea and evenings spent laughing with friends, and there's something to look forward to every single day.

With accessible surroundings, a relaxed pace and something for everyone, Tenerife promises a truly special break, filled with warmth, friendship and sunshine-soaked memories to treasure for years to come!



3+ Trips



Plane



Half-Board



8 Days



Shopping

Book Now!



holidays@spiralsussex.org



01273 111 700

LONDON THEATRE TRIP

22ND TO 26TH MARCH

£1550

5 DAYS



Get ready for bright lights, big shows and an unforgettable city adventure as Spiral Sussex heads to London for an exciting 4-night theatre break!

Join us as we experience the magic of the West End with not one but two spectacular live performances included in this break. Alongside the shows we'll enjoy shopping, great food, sightseeing and plenty of laughs together while soaking up the buzzing atmosphere of London.

With accessible venues, fun activities & amazing memories waiting to be made, this promises to be a fantastic city break full of music and fun!



2 Shows



Minibus



Half-Board



5 Days



Shopping

Find out more online @ www.spiralrespitebreaks.org

CAMBRIDGE
12TH TO 16TH APRIL

£1395
5 DAYS



Following the huge success of previous visits, we're delighted to be returning to beautiful Cambridge for another unforgettable break! We will enjoy a river boat trip through Cambridge, visit the fascinating Museum of Zoology, spend time exploring the city and, of course, enjoy our traditional shopping day.

With beautiful surroundings, great company and plenty to see and do, it's easy to understand why this has become such a popular Spiral Sussex break. A returning favourite filled with friendship, fun and fantastic memories.



2 Trips



Minibus



Half-Board



5 Days



Shopping

Book Now!



holidays@spiralsussex.org



01273 111 700

LEGOLAND WINDSOR

3RD TO 7TH MAY

£1450

5 DAYS



Get ready for an action-packed adventure as Spiral Sussex heads to LEGOLAND Windsor for an exciting 4-night break full of fun, laughter and unforgettable memories.

During the trip, we'll enjoy two exciting days exploring the LEGOLAND park with rides, attractions, colourful LEGO displays and live entertainment, alongside a relaxed shopping day to recharge and enjoy time together. **With accessible facilities, fun attractions** and plenty of opportunities to socialise and make memories with friends, this promises to be a fantastic UK getaway full of excitement, friendship and adventure.



2 Park Days



Minibus



Half-Board



5 Days



Rides

Find out more online @ www.spiralrespitebreaks.org

Join Us in Making a Difference!

MEDIA CENTRE VOLUNTEERS NEEDED

Are you passionate about contributing to your community? Here's your chance to make a meaningful impact! We are seeking dedicated volunteers to join our Day Centre Team and support Adults with learning disabilities in Brighton.

Volunteer Perks / Requirements:

- A range of activities to get involved in from Media, Music, Art and Craft to Drama/Filming
- Make new memories helping people
- Training Provided
- Providing Personal Care - preferred but not required



COSTA DEL SOL

19TH TO 26TH MAY

£2545

8 DAYS



Escape to the sunshine and join Spiral Sussex for an unforgettable 7-night break on the beautiful Costa del Sol!

With golden beaches, stunning sea views, warm Mediterranean sunshine and a relaxed Spanish atmosphere, this fantastic break offers the perfect opportunity to unwind, explore and enjoy quality time with friends.

Spend your days relaxing by the pool, strolling along the picturesque seafront promenade, browsing the shops for souvenirs and soaking up the vibrant atmosphere of this popular coastal destination. We'll enjoy a visit to the incredible **BioParc Fuengirola**, home to a fascinating range of animals from around the world, as well as a relaxing boat trip where we can admire the stunning coastline from the sea.



Find out more online @ www.spiralrespitebreaks.org



There will be plenty of opportunities to enjoy the beach, sample delicious local food, discover the local area and simply relax in the sunshine.

Whether you're looking for adventure, friendship or a chance to recharge your batteries, this holiday offers something for everyone. With warm weather, accessible surroundings and a wonderful mix of activities and relaxation, Costa del Sol promises a truly special holiday filled with laughter, friendship and memories that will last a lifetime.

Sunshine, friendship and unforgettable adventures await!



3 Day Trips



Plane



Half-Board



8 Days



Shopping

Book Now!



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01273 111 700

SHROPSHIRE

12TH TO 18TH JUNE

£1650
7 DAYS



Join Spiral Sussex for a unique 7-day countryside escape filled with relaxation, adventure and unforgettable memories in beautiful Shropshire.

We'll enjoy scenic canal boat day trips, beautiful countryside views, shopping, café stops and plenty of time to unwind with friends.

One of the highlights of the week will be a visit to Trentham Monkey Forest, where we'll come face-to-face with free-roaming monkeys in a truly unique woodland setting.

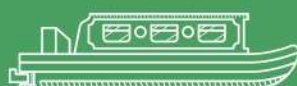
With accessible accommodation, relaxing activities and lots of laughs along the way, this promises to be a fantastic break full of friendship, fun and adventure.



3+ Day/River
Trips



Minibus



Minibus



Half-Board



7 Days

Find out more online @ www.spiralrespitebreaks.org

ISLE OF WIGHT

5TH TO 9TH JULY

£1450

5 DAYS



Get ready for the ultimate British seaside adventure as Spiral Sussex heads to the beautiful Isle of Wight for a fun-filled summer respite break! Staying at one of the many holiday parks the Isle of Wight has to offer, we'll enjoy beach walks, evening entertainment, shopping in Ryde and exciting days out to Blackgang Chine and Robin Hill. Reached by a short and scenic ferry crossing, the island has a relaxed, friendly charm that makes it the perfect place to unwind.

Whether you're exploring attractions, enjoying an ice cream by the sea, relaxing with friends or joining in the evening fun, this break promises plenty of laughter, adventure and unforgettable memories.

A traditional seaside break with a Spiral Sussex twist!



2 Trips



Minibus



Half-Board



5 Days



Shopping

Book Now!



holidays@spiralsussex.org



01273 111 700

2-WEEK CANAL BOAT

24TH JULY TO 6TH AUG

£2950

14 DAYS



Canal Boat Adventure aboard Bruce's Boats!

Join us for our much-loved annual two-week Canal Boat Adventure, a truly unique holiday aboard fully accessible wide boats on the beautiful **Kennet & Avon Canal.**

Leave the hustle and bustle behind as we cruise through stunning countryside, enjoying the slower pace of life on the water. Spend your days relaxing on deck with friends, taking in the scenery, spotting local wildlife, and soaking up the sunshine. For those feeling adventurous, there may even be the opportunity to take a turn at the helm and experience life as **Captain of your very own boat!**



Find out more online @ www.spiralrespitebreaks.org



Every day brings something new as we travel through picturesque villages, charming market towns, and fascinating waterside locations. We'll stop along the way to enjoy pub lunches, browse local shops, explore places of interest, and create unforgettable memories together.

Evenings aboard the boat are filled with laughter, great food, friendship, and the peaceful sounds of the canal. Whether you're helping to work the locks, watching the world drift by, or simply enjoying time with friends old and new, this special holiday offers the perfect combination of relaxation, independence, adventure and companionship.

A holiday unlike any other, where the journey itself becomes part of the adventure.



Daily Sailing



Minibus



Canal Boat



14 Days



Shopping

Book Now!



holidays@spiralsussex.org



01273 111 700

LLANDUDNO

23RD TO 27TH AUGUST

£1350

5 DAYS



Join Spiral Sussex for a fun-filled seaside escape to beautiful Llandudno in North Wales! Enjoy stunning coastal views, traditional seaside fun and exciting day trips as we explore this charming town together.

Highlights of the break will include a ride on the famous **Great Orme Tramway**, a delicious visit to the Chocolate Experience, shopping days, promenade walks, arcades, cafés and plenty of time to relax by the sea. With accessible surroundings, relaxed pacing and lots of laughs along the way, this promises to be a fantastic UK getaway full of friendship, fun and happy memories.



2 Trips



Minibus



Half-Board



5 Days



Shopping

Find out more online @ www.spiralrespitebreaks.org

BUDAPEST

20TH TO 26TH SEPT

£1995
7 DAYS



Join **Spiral Sussex** as we head to the beautiful city of Budapest for an unforgettable European adventure!

Discover stunning architecture, explore the famous **Buda Castle**, enjoy a relaxing cruise along the River Danube and visit the unique Budapest Cat Museum. Alongside our exciting excursions, we'll enjoy shopping, sightseeing, delicious food and plenty of opportunities to relax and spend time with friends. With its grand riverside setting, welcoming atmosphere and rich sense of history, Budapest is a truly special place to explore together.



3+ Trips



Plane



Half-Board



7 Days



Non-Stop Fun

Book Now!



holidays@spiralsussex.org



01273 111 700

EDINBURGH

11TH TO 17TH OCT

£1750

7 DAYS



Pack your bags! — we're heading north to Scotland's beautiful capital city for an unforgettable trip! We'll explore the fantastic **Edinburgh Zoo**, discover the interactive wonders of **Dynamic Earth**, enjoy a day of shopping and spend time taking in the sights, sounds and atmosphere of one of the UK's most iconic cities. With stunning scenery, fascinating attractions, great food and plenty of opportunities to relax and socialise with friends, this promises to be a fantastic break full of fun, friendship and new experiences. Explore Scotland, make memories and enjoy an amazing adventure in Edinburgh!



3+ Trips



Plane



Half-Board



7 Days



Shopping

Find out more online @ www.spiralrespitebreaks.org

BUTLIN'S BOGNOR REGIS

8TH TO 12TH NOV

£1300

5 DAYS



Join us for a fantastic autumn getaway as we head back to one of our most popular holiday destinations, Butlin's!

As the nights draw in, there's no better time to enjoy a fun-filled break with friends. Sing along to the live entertainment, enjoy the attractions and shows, take part in activities, or simply relax and socialise over great food and shopping — there's something for everyone, with plenty of chances to make new memories.

Whether you're a returning Butlin's fan or joining us for the first time, this popular break promises plenty of smiles, friendship and unforgettable moments!



Butlins Activities



Minibus



Half-Board



5 Days



Non-Stop Fun

Find out more online @ www.spiralrespitebreaks.org

LONGLEAT FESTIVAL OF LIGHT

£1495

29TH NOV TO 3RD DEC

5 DAYS



Get ready to kick off the festive season in style as Spiral Sussex heads to the magical Longleat Festival of Light!

We'll experience **spectacular illuminated displays**, seasonal entertainment and the wonderful Christmas atmosphere that makes Longleat one of the UK's most popular winter attractions. We'll also enjoy a visit to the beautiful **Bath Christmas Market**, perfect for shopping and seasonal treats, along with a day exploring the fascinating American Museum & Gardens. With cosy accommodation, great company and plenty of Christmas magic, this promises to be a truly special getaway filled with friendship, fun and unforgettable memories.



2 Trips



Minibus



Half-Board



5 Days



Shopping

Book Now!



holidays@spiralsussex.org



01273 111 700

HAYLING ISLAND

13TH TO 17TH DEC



£1545

5 DAYS



Join **Spiral Sussex** for one of our most popular seasonal holidays as we head to Hayling Island for another fantastic **Tinsel & Turkey break!** Get into the **Christmas spirit** with **sparkling decorations, delicious food**, live entertainment, music, dancing and plenty of opportunities to relax and socialise with friends. We'll visit the beautiful Winchester Christmas Market, enjoy a day meeting the adorable residents at the **Donkey Sanctuary** and make the most of the wonderful atmosphere throughout the week. There's an extra day out too, with options including a magical steam train journey through the Hampshire countryside. With twinkling lights, great company and plenty of laughter, this much-loved break promises to be the perfect way to celebrate the season. A festive favourite filled with friendship, fun and unforgettable memories!



2 Trips



Minibus



Half-Board



5 Days



Shopping

Book Now!



holidays@spiralsussex.org



01273 111 700

Spiral Media Centre

Spiral's Day Centre is open seven days a week, all year round. We focus on fun and learning, providing a safe and secure environment in which clients can socialise as they enjoy a wide range of activities (see below). Our Day Centre sessions currently run from 9am to 3pm, 7 days a week.

We also offer transport to and from our day centre via private minibus. Our collection area spans from Lancing right along the coast to Newhaven and inland up to Lewes.



Live Radio Show

Broadcasting live every day, you can help make our radio show! Create a radio segment, learn how to be a DJ, present the news or weather and discuss hot topics.



Arts & Crafts

Create the artwork of your dreams in our well-stocked Art Room: paint, draw, sketch, make collages, weave, sculpt, or even do a jigsaw if you want a break from creating.



Filming Club

Learn how to make films and share them with others. If you've ever wanted to be an actor or director, or just have a general interest in movie-making, this is for you!

Spiral Clubs & Activities

Our evening activities & clubs run from Monday to Thursday every week.

Please get in touch to book your place or find out more information.

Door to door transport is available.

Weekly Disco & Games Club



Come and join your friends every week for dancing & games. Featuring Spiral DJs and an evening of fun activities eg. pool & table tennis. Food, Drinks & Raffle available.

Band Rehearsals & Karaoke



Let loose and join in the wild music jam. Pick up an instrument of your choice, learn to play and we will sing songs and make some wonderful noise!

Folk Club & Line Dancing



Let's sing a loud shanty and bang a drum, or wail a pretty song about love and loss. If you're a fan of singing along with gentler music, this might be the group for you.

Outings & Day Trips



Head off on one of our buses to take a look at a local landmark or wander the wilds. Recent trips have included Petworth Castle, Stanmer Woods and Nymans.

Spiral Jets



Play basketball, football and join in our dance group while you make new friends. Keep active, have fun and stay healthy!

WHO ARE SPIRAL SUSSEX?

Spiral Sussex, based in Brighton, supports adults with learning disabilities by helping them develop skills, build confidence and enjoy fuller, more inclusive lives. We offer holidays, evening clubs such as sports and dance, social events, day trips and creative opportunities at our media centre. People of all abilities take part in producing radio shows, music, short films, art, podcasts, and other projects that celebrate self-expression and community.



Wish You Were Here..!

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The Dodgson Foundation