



Accessibility suggestions for Brain Health Breakthrough CIC community

Passenger Assist Travelling on trains

<https://www.nationalrail.co.uk/help-and-assistance/passenger-assist/>

Places to visit

Lune Valley Greenway:

Cycle path's transformation to be more accessible: Link: <https://www.bbc.co.uk/news/av/uk-england-lancashire-68725410>

Gawthorpe Hall

Has two scooters you can take out and use around the park and gardens:
<https://www.nationaltrust.org.uk/visit/liverpool-lancashire/gawthorpe-hall>

Cuerden Valley Park

Accessible car park and Cafe with path for wheelchairs scooters, although this is on incline
<https://cuerdenvalleypark.org/>

RHS Gardens in the Northwest

Most RHS gardens have accessible paths, loos & cafés. In the NW there is Bridgewater Gardens at Salford, <https://rhs.org.uk/gardens/bridgewater> and

Harlow Carr near Harrogate <https://rhs.org.uk/gardens/harlowcarr>

Accessible Countryside

There is really useful information to be had if you want to get out somewhere accessible in Lancashire. See <http://www.accessiblecountryside.org.uk/lancashire>

If you change Lancashire above, for Cumbria or Yorkshire or wherever you are, you should also find useful info on your relevant site. Also see:

<https://www.visitlancashire.com/blog/read/2023/01/accessible-walking>

Brockholes Nature Reserve

Disabled car park, wheelchair access for some areas, including main buildings & restaurant. Some paths with slight inclines but well surfaced paths & seating around all areas, most suitable for disability & wheelchair users & prams. Car Park is a daily charge (£5 last time I was there, so sharing a car & cost may make shorter stays more manageable. Also run events throughout the year & loads of things for kids. In school holidays often run kids craft & other workshops both indoor & out. Adult workshops too, plus loads of wild flora & fauna, good shop with reasonably priced items, healthy home cooked style foods at café and often some British wild & wetland plants for sale. <https://brockholes.org>

Lytham St Anne's Promenade

Plenty of car parks most with some disabled spaces. Promenade is concrete or asphalt & suitable for wheelchairs. Good breezy walks and plenty of space, the end nearest the Windmill & RNL Centre is quietest & not as crowded as Blackpool and open all year round - some public WCs available, sometimes closed in winter, but there are loos at Lowther café. However, they do hold some big events around there in summer, including the Kite Festival, which is spectacular, so it can be very crowded at those times. Car Parks are Pay & Display & I don't think they are free for blue badge holders, although 6 years ago you did get double time - i.e. 2 hours per 1 hour paid. Sea front car parks are gated & no access at the end of the day, to prevent overnight camping. There are also good walking paths in Lowther Park by the Lowther Gardens Café, which is more sheltered, has some seating around. Café is reasonably priced, but was mostly lots of fried foods or sandwiches. Fairhaven Lake at Ansdell, a bit further round the coast towards Blackpool, has boats for hire, if you have someone to row you around - can be very busy in summer months & not open in winter. <https://visitlancashire.com/lytham>

Martin Mere

This Wild Fowl & Wetlands Trust has Paths around the waterfowl gardens which are all paved and accessible with benches at regular intervals as resting points. Nature trails and hides: The nature trail is fully paved. It is not a circular loop. Most of our hides have lower windows to allow for wheelchair users to view the wildlife and bird books to help with identification, a few have steps into them. Please see the Accessibility Guide fo