



Scotland

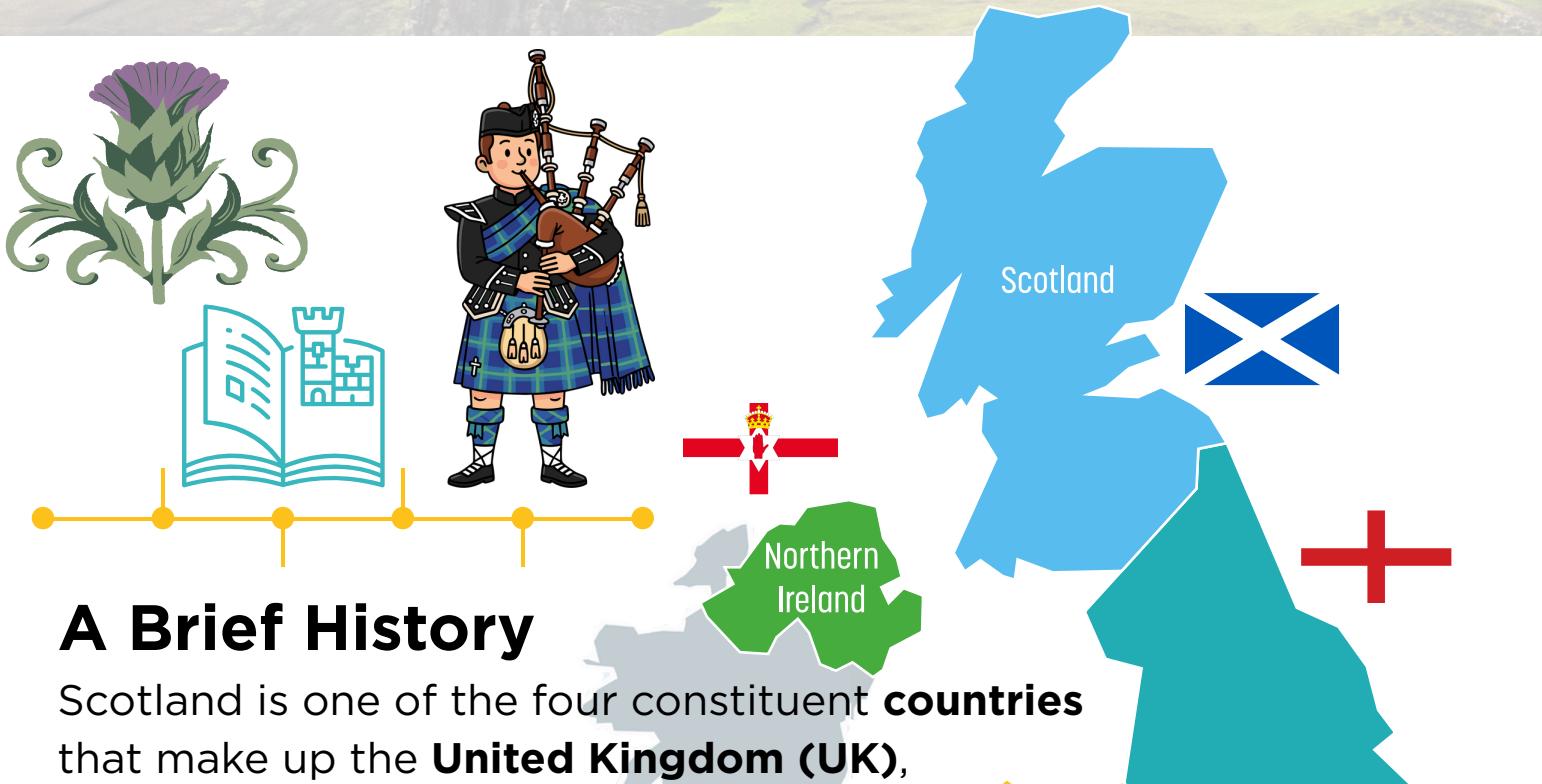
**Our handy wee guide to
everything you need to know
for the perfect vacation
in Scotland**



Let us give you a brief background to this awesome wee country

Scotland is a country famous for its incredibly beautiful, wild landscapes, dramatic mountains, mysterious lakes (known as "lochs"), and rich coastline. It all comes with a backdrop of deep history and vibrant culture. Visitors to Scotland can look forward to a warm welcome from the local people.

Tourists travel here for unique cultural experiences like traditional music and Scotch whisky, and a range of activities - from exploring ancient castles and historic cities to enjoying nature in the Highlands or researching their family ancestry.



A Brief History

Scotland is one of the four constituent **countries** that make up the **United Kingdom (UK)**, a sovereign nation.

The other three countries are England, Wales, and Northern Ireland.

- **The UK (United Kingdom)** is the political entity made up of these four countries.
- **Great Britain** is the geographical island that contains England, Scotland, and Wales.

Therefore, Scotland is not *in* England; rather, both are separate countries within the larger political union of the UK.

In Summary,

Scotland is one of the four countries within the UK - with its own distinct history, culture, and legal system.

- **Identity:** Many Scots identify as Scottish first, and British second.
- **Autonomy:** Scotland has its own Parliament and legal system, as well as its own national soccer (football) and sports teams.
- **Historical Context:** While this political union has been in place for over 300 years, the arrangement is a result of historical alliances. This is why there are sometimes misunderstandings about Scotland's strong national identity.



SPEAK LIKE A LOCAL

ESSENTIAL SCOTTISH WORDS & PHRASES

Here is a brief guide for American tourists visiting Scotland:



While English is the primary language, a few key Scottish words and phrases can really help American tourists connect with the locals & join in with the unique "flavor" of conversation.

SCOTTISH WORD / PHRASE	PRONUNCIATION	MEANING / AMERICAN TRANSLATION
Aye	"Eye"	Yes.
Naw	"Nah"	No.
Wee	"Wee"	Small, little.
Ken	"Ken"	Know or understand.
Braw	"Braw"	Great, fine, lovely.
Bonnie	"Bonn-ee"	Beautiful, pretty.
Haste ye back!	"Hayst yee bak"	Come back soon!
Messages	"Mess-a-jes"	Groceries, or running errands for shopping.
Dram	"Dram"	Small measure of spirits, especially whisky.
Slainte Mhath! (Gaelic)	"Slanj-a Vah"	Good Health! / Cheers!
Cludgie / Bog	"Clu-jee" / "Bog"	Toilet / Restroom.
Scran	"Scran"	Food.
Dreich	"Dreech"	Miserable, dreary, wet, and cold weather.
Haud yer wheesht!	"Hood yer weesht"	Be quiet! / Shut up!
Pure Dead Brilliant	"Pyur ded brill-yant"	Absolutely amazing, fantastic.
Taps Aff	"Taps aff"	Tops off (said sarcastically, weather is warm enough for locals to take their shirts off)
Dinnae fash yersel'	"Dinna fash yur-sell"	Don't worry yourself.
Awa' an' bile yer head!	"Awa an' bile yur head"	Go away and boil your head! (A silly way of telling someone to get lost.)
Nae bother	"Nay boh-thur"	No problem / You're welcome.

BASIC GREETINGS & THANK YOU (Gaelic is mainly spoken in the Highlands and Islands)

While English greetings are perfectly fine, here are the equivalents in Scots & **Gaelic:**

SCOTS	ENGLISH
Hello / Awrite? (Alright?)	Hello
Cheers / Ta	Thank You
Nae bother	You're Welcome

Halò ("Hah-lo") or Madainn mhath ("Mah-deen Vah" - Good Morning)
 Tapadh leibh ("Tah-pah Layv")
 'Se ur beatha ("Shey oor Beh-ah")

TIPS FOR AMERICAN TOURISTS

- 1) "C" vs. "K": Sometimes a "K" sound is used, especially for the Gaelic 'ch' - e.g. Loch is pronounced "Lock", and this is a Scottish lake.
- 2) "Wee" is Everywhere: It's often used when an American might just say "a." - e.g. "I'll just have a wee coffee."
- 3) Accent & Speed: If you have trouble understanding, it's fine to politely ask, "Could you say that again, please?" or "Sorry, I didn't catch that." Scottish accents can vary across regions & can be quite fast!
- 4) Term of Endearment: if a stranger calls you "Pal," "Mate," "Hen" (for a woman), or "Laddie" (for a boy/younger man). These are generally friendly terms used casually.
- 5) As with any destination, a little goes a long way! Using 'Aye' and 'Nae bother' will earn you a smile.

Tipping (Gratuities)

Unlike the US, where low wages make tipping essential for staff income, workers in Scotland receive a legal minimum wage. Tipping is optional and not expected in the same way it is in the USA. Tips are a bonus for exceptional service, not a core part of their earnings.

Services & Standard Tip

Restaurants (good service) 10-15%

this is standard for good to excellent service.

Taxis 10% - tip for good service, not essential.

Pubs/Bars - not expected when you order at the bar, but if you do then £1 is acceptable.

If having a full meal in a pub, tip the server as you would in a restaurant.

Cafés / Take-out ("takeaways")

- not expected. Some local, independent cafés may have a tip jar, but it's completely optional.

Currency

The official currency of Scotland is the Pound Sterling £ often abbreviated as GBP.

This is the same currency used across the entire UK

(England, Wales & Northern Ireland)

- One pound £1 is made up of 100 pence (p)
- **Coins:** 1p, 2p, 5p, 10p, 20p, 50p, £1, £2
- **Banknotes:** £5, £10, £20, £50, £100

Tip: Please note some shops may not accept notes £50 or higher to pay for smaller purchases. **Physical US dollars won't be accepted.**



Exchanging Currency

You can exchange US dollars for Pound Sterling at "Bureaux de Change" (currency exchange offices) found in most major airports, train stations, and city centers.

Recommendation: Shop around!

Exchange rates and commission fees can vary widely. It is generally more convenient and often cheaper to use a fee-free ATM or credit card for most transactions.



Money Matters

Using Your Debit and Credit Cards

Using a card is the most common way to pay in Scotland, similar to the US.

- **ATMs:** You can use your regular US bank card (debit or credit) to withdraw cash. Most international cards with a chip and PIN should be accepted.
- **Charges:** Your US bank will likely charge a fee for overseas withdrawals and point-of-sale payments. Consider using a credit card with no foreign transaction fees to save money.
- **Contactless Payments:** Contactless card payments (tapping your card or using Apple/Google Pay) are the norm in Scotland and are accepted in almost all shops, restaurants, and on public transport.
- **Card Acceptance:** **Visa and Mastercard are widely accepted everywhere.** However, American Express, Discover, and Diners Club are not as readily accepted, so be sure to bring an alternative (Visa or Mastercard).



Scottish Banknotes: A Special Note

While the pound sterling is the currency for the whole UK, Scotland issues its own unique banknotes (from banks like the Bank of Scotland and Royal Bank of Scotland).

The Issue: Confusingly, Scottish banknotes are not given official "legal tender" status in England and Wales. While most shopkeepers will accept them, they are not legally obligated to.

Traveler's Tip: If you are traveling from Scotland to England or Wales, be aware of this. If you have any problems, most banks will exchange Scottish notes for standard English ones free of charge. Standard English banknotes are accepted everywhere in the UK.

TRAVEL



WELCOME TO SCOTLAND

TAXI

you have arrived,
now you need to
get to your hotel
- Let us help



ARRIVING IN GLASGOW?

The quickest and easiest way is by taxi from the airport. There is no guarantee the taxis waiting outside the airport are accessible (with ramps). If you require an accessible transfer we can arrange a taxi for several people including a wheelchair user. **Approximate cost** \$40- \$50 depending on traffic, hotel location and time of day. Newer model taxis have more headroom and more suitable if you have a larger / taller wheelchair.



UBER

Offers accessible taxi options in Glasgow through its uberACCESS and uberASSIST services, which connect you with specially trained drivers to assist with folding wheelchairs, walkers, canes, and other mobility devices. To find a suitable vehicle, open the Uber app, enter your destination, and select the "ACCESS" or "ASSIST" option from the ride choices. Wait times can be long, it is advised to book in advance if possible.



BUS

The bus leaves from outside the airport terminal. Look for the number 500. This service operates 24hrs a day and journey time takes around 15-25 minutes. With 3 drop off locations in the city centre, its final stop is Buchanan street bus station. The cost is \$16 one way and \$24 for a return ticket.



Train - There is no direct train from Glasgow airport to the city centre.



ARRIVING IN EDINBURGH?

At Scotland's busiest airport you have a number of options

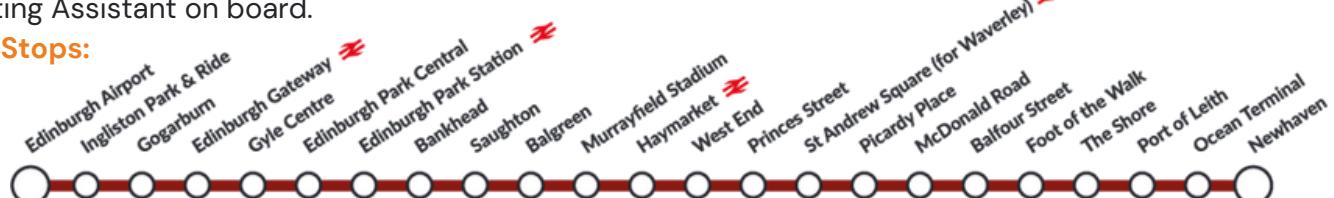


TRAM

There is a tram station outside the terminal building, just look for the signs. This costs \$10-\$13 for a return – if travelling as a family then they have different offers.

IMPORTANT: You must purchase your ticket from the ticket machine on platform or ticket seller before boarding the tram. If you don't have a valid ticket before boarding, you'll have to pay a \$14 fare to the Ticketing Assistant on board.

Tram Stops:



If your hotel is in the city centre, then you'll likely get off at one of the following stops:

Haymarket, Westend, Princess st, St Andrews sq (we can advise your nearest stop to hotel)

Please note that the tram is very busy at peak morning and evening times, so consider this if travelling with a wheelchair and suitcases, space may be limited.



TAXI

There is a taxi rank outside the east terminal. Follow the signs from inside the terminal or ask the assistance team if they are with you to take you here. The taxis here are the approved provider of the airport. These will be a mixture of vehicle types, costing \$40-\$50 depending on traffic, hotel location and time of day. However there is no guarantee of accessible taxis (with ramps) being there. So if you don't book in advance you'll need to wait until an accessible one is available. If you'd prefer to book, we can arrange this (& can include a meet and greet if required)

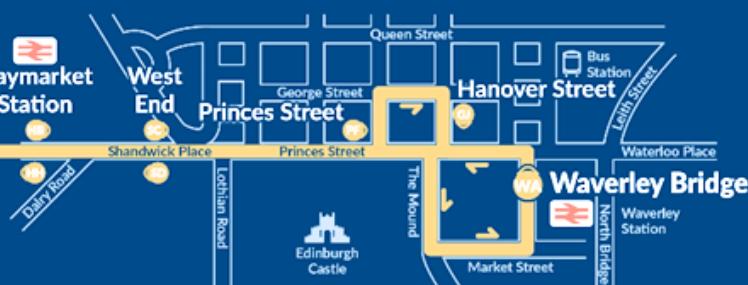
BUS

Airlink 100: This is an express bus service from the airport to its final stop at Waverley Bridge. It runs 24/7, with departures every 10 minutes during the day.

Where to Buy Tickets – Onboard: You can pay with cash (exact change required) or a contactless card (Visa, Mastercard, ApplePay, GooglePay). Cost \$12 one way.

Families: 2 adults / up to 3 children – \$28 one way

Edinburgh Airport stop A



TRAIN

If you are arriving into Scotland via train then you are likely to come into Glasgow or Edinburgh train stations. When you exit the station you will find a taxi rank outside – or we can book your accessible taxis in advance.



Scotland's primary rail service is provided by ScotRail, which covers the entire country.

- **Accessibility** – all ScotRail trains are accessible. There are dedicated wheelchair spaces on every train, and staff are trained to help with boarding using ramps if needed.
- **We can also help** – by making your booking & arranging passenger assistance.

BUS / COACHES

While great progress has been made, not all bus services in Scotland are fully accessible (low-entry with designated spaces for wheelchairs) particularly in smaller towns and villages that use older vehicles.

- Some Major Operators: First Bus, Citylink, and Stagecoach.
- Wheelchair Dimensions: your mobility device must generally not exceed 47 inches (120cm) long by 27.5 inches (70cm) wide – in order to fit the ramp & turning at space.



DRIVING / CAR RENTAL

Renting a car in Scotland offers the most flexibility.

Major car rental companies can be found at airports and city train stations.

Most rental cars in the UK are manual (stick-shift) If you require an automatic transmission, be sure to request and confirm this with the rental company when booking.

Driving Rules (The Differences from the US)

The most important difference is on which side of the road you drive!

US DRIVING NORM	UK LAW (AND IN SCOTLAND)
Drive on the Right	<u>Drive on the LEFT</u> . This is the most critical difference.
Pass on the Left	Overtake (pass) on the Right.
Four-way stops.	Roundabouts are common. Yield to traffic already in the circle and yield to oncoming traffic from right, keep left (& proceed clockwise), and signal your exit.
Speed in kph	All speed limits are in miles per hour (mph) Typical limits are: 30 mph in built-up areas, 60 mph on single-lane roads, and 70 mph on highways (motorways).

Passing places: drivers must be mindful to slow down (in particular at bends/corners), to be courteous looking for oncoming traffic – passing places allow you to pull into the side.



Wheelchair accessible vehicles (WAV)

If you want the freedom to explore whilst in Scotland then we can arrange rental with ramp access / someone to drive you.



Hotels



Our parent company **Altogether Travel** has the UK's largest database of accessible hotel, self-catering and holiday rentals. This means we can find you the right accommodation to meet your needs.

During school break periods hotels tend to be more expensive (April, July, August, October), and over bank/national holidays.

If staying in Edinburgh – particularly during the festival in August or over New year (Hogmanay) then room rates become more expensive, and availability is harder to get. Book early to secure yours!

US tourists should also know that hotel rooms in the UK tend to be smaller than in the US. They may also not have air conditioning (we have a focus on heating!) and beds typically use duvets instead of top sheets.

You'll be asked to show your passport or other travel document at check-in for a hotel stay. This is a legal requirement for overseas visitors to keep a record of their stay. You will also be asked to put some form a payment card against your room (in case of damages)

Also, pack lighter-weight luggage, as older hotels typically don't have an elevator (lift), and cobblestone streets can be challenging with large suitcases.

If tradition and music is your thing then we can get your tickets for:

 Highland games,
Live shows & theatre,
Royal Edinburgh Military Tattoo,
whisky distillery tours and tasting...
meet highland cows & so much more.

After all, no one knows Scotland better than us!





GETTING CONNECTED

Cell Phones - to use your cell phone in Scotland, you will generally need to unlock it and either purchase a local UK SIM card or an eSIM.

1. UNLOCK YOUR PHONE BEFORE YOU GO!



Your phone must be "unlocked" to use a different cellular network. Being locked to your current US carrier (like Verizon, AT&T, or T-Mobile) will prevent it from connecting to a UK network while you are in Scotland.

How to Check: Visit your carrier's website or contact their support team to confirm your phone is unlocked for international use.

If It's Locked: Contact your carrier to have your phone unlocked well before your trip.



2. CHOOSE A CONNECTION METHOD

Once your phone is unlocked, you have a few options for connecting:

METHOD

Physical
UK SIM Card

eSIM

US Carrier -
International
Roaming

PROS

Easy to find at supermarkets, mobile shops, and airports. Provides a local UK phone number.

Highly convenient; no physical card needed. Can be set up quickly via apps like Airalo.

Easiest (no setup). Keep your US number.

CONS

Requires a physical SIM slot. Airport prices may be higher.

Only works on newer smartphone models.

Warning: Roaming can be extremely expensive if you don't have a specific international plan.



Check Your Appliances

It's crucial to check the voltage rating on all your electronic and medical equipment before you travel:

IMPORTANT EXAMPLE

A few years ago, we had a guest from the US who plugged in a portable medical machine without checking the voltage. It blew the fuse immediately.

If you are traveling with medical equipment, always check its rating and purchase a voltage converter beforehand to ensure it operates safely and correctly.



POWER AND ELECTRICITY

When traveling to Scotland from the US, you will need a power adapter and possibly a converter.



Appliance Type

Dual-Voltage

- **Voltage Rating** - labeled as "Input: 100V-240V" (common for phone, camera, or laptop chargers)
- **What to Do** - You only need the plug adapter. The device handles the voltage difference internally.



You can buy one online for about \$8

Tip: Some hotels may have spare plug adapters available for guests to borrow that have been left behind by previous visitors. It never hurts to ask!

Voltage

The UK uses 230V, while the US uses 120V.

- **Plug Adapter:** You will need a Type G power adapter (also known as a UK plug adapter). This allows your US plugs (Type A or B) to fit into the Scottish wall sockets, which have three rectangular pins.
- **Voltage:** The UK operates on a higher voltage (230V) than the US (120V).

Single-Voltage

- **Voltage Rating** - Labeled only for US voltage (e.g., 120V) (common for hair dryers, medical equipment)
- **What to Do** - You must use a voltage converter (or transformer) with your plug adapter to prevent damage or electrical hazard.

Key Advice:

- Save the number 111 in your cell phone.
- Carry your insurance policy details, including the international contact number for your provider, at all times.



FOR MINOR ILLNESSES: THE PHARMACY FIRST

In Scotland, a local community pharmacy (drugstore) is your first stop for minor illnesses. Pharmacists and trained staff offer expert advice, recommend suitable over-the-counter treatments, and can even provide prescription medicine for certain conditions without a doctor's appointment.

HOW IT WORKS:

Simply walk into any local pharmacy (your hotel can advise the nearest one). A pharmacist will ask about your symptoms to offer the best advice or treatment.

CONDITIONS THEY CAN HELP WITH:

Pharmacists are trained to help with many common issues, including:

- Coughs and colds, sore throats
- Earaches, sinusitis
- Cold sores, infected insect bites
- Minor issues like certain urinary tract infections (UTIs)

PAYMENT & INSURANCE:

You will pay for any over-the-counter or prescription medicines provided. Keep all receipts to file a claim with your travel insurance upon returning to the USA.

HEALTH & MEDICAL CARE



EMERGENCY CONTACT AND INSURANCE

We strongly advise you to purchase travel insurance for your trip or confirm that your existing US health policy covers you for medical expenses overseas.

SITUATION: LIFE-THREATENING EMERGENCY

➤ CALL THE EMERGENCY NUMBER 999 OR 112 (EQUIVALENT OF 911 IN US)



For a true emergency, go immediately to the nearest Accident & Emergency (A&E) department (equivalent of a US Emergency Room)



Situation: Urgent Medical Need / Not an emergency > call 111 for advice, to be directed to the nearest facility or right service. If appropriate, self-care guidance.

NUMBER 111 FOR 'NHS 24' – this is a 24/7 helpline with our National Health Service professionals.

UNDERSTANDING NHS CHARGES FOR US TOURISTS

Scotland's healthcare system is run by the National Health Service (NHS)



- **Free Initial Treatment:** Accident & Emergency (A&E) services are free of charge for all visitors, regardless of your country of residence.
- **Potential Charges:** Treatment beyond the immediate A&E care, or for conditions not covered by specific exemptions, will likely incur charges for overseas visitors. This is why having comprehensive travel insurance is essential.
- **Always Treated:** Urgent or immediately necessary treatment will always be provided regardless of your ability to pay.

MEDICATIONS & PRESCRIPTIONS

It is highly recommended that you bring enough of your regular medications to last the entire trip.



1. Bring Documentation: Carry a copy of your US prescription and a letter from your doctor for all medications, especially for any controlled substances.

2. Running Out: If you need a refill, you should first visit a local General Practitioner (GP - a local doctor) or a pharmacist for advice.

- **Seeing a GP:** You can ask to register as a "temporary patient" to see a local GP. You will likely need to pay as a private patient for both the consultation and any resulting prescription.
- **Pharmacist:** A pharmacist may be able to provide an emergency supply of repeat medication in exceptional circumstances.

3. Check Controlled Drugs:

If your medication is considered a "controlled drug" (e.g., strong painkillers or ADHD medication), there are strict UK regulations. Speak with your doctor in the US to confirm the status and documentation required for travel.

4. Keep it Simple:

Bring your medication in its original packaging with clear labeling. Be aware that medications may be subject to different regulations in the UK.



MOBILITY & ACCESSIBILITY

MOBILITY EQUIPMENT: RENT OR BRING YOUR OWN?



Option

Bring Your Own

Pros

Equipment is familiar, custom-fit, and comfortable.

Rent in Scotland

Cons & Caveats

Risk of Damage:
Despite precautions, travel (especially by air) often results in damaged equipment.

Equipment may be slightly different from what you are used to.

Our Rental Inventory

We offer a wide range of mobility equipment for rent, which can be delivered directly to your accommodation.

Our inventory includes:

- Electric and manual wheelchairs, and scooters.
- Hoists/lifters and stand aids.
- Shower chairs and bath boards.
- Hospital beds and bed rails.
- And much more - just ask!

Past Experience Warning:

We've had customers experience broken wheels on hoists/lifts and cracks on shower chairs due to baggage handling. Although we can usually help rectify the issue (once, a hotel maintenance man helped install new wheels we sourced !) it can certainly get your vacation off to a bad start.

ACCESSIBLE RESTROOMS (TOILETS)

Most restaurants and all major visitor attractions in Scotland will have accessible restrooms that are usually unlocked and easy to access.



Changing Places Facilities

For individuals who require more complex assistance, such as specialized equipment to use the restroom or change a continence pad. For individuals who require more complex assistance, such as specialized equipment to use the restroom or change a continence pad, the UK offers "**Changing Places**" facilities.



- These are larger restrooms that include essential equipment like hoists/lifts and changing beds.
- You can use online maps and resources like the Changing Places Toilets website to find the location of these facilities in the UK.

If you need a RADAR Key to access a Changing Places

facility, we can purchase one for you and have it delivered to your hotel.

The RADAR Key Scheme



To access many public disabled restrooms in Scotland and across the UK, tourists will need a **RADAR Key**.

- **What it Is:** The RADAR Key is a universal key that unlocks over 10,000 locked accessible restrooms throughout the UK.
- **Why They are Locked:** Many accessible public restrooms are kept locked to ensure they remain clean and available for the people who truly need them.
- **Easy to Use:** The key itself is twice the size of a standard door key, making it easier to handle and use.
- **How to Get One:** If you would like a RADAR Key for your visit to Scotland, we can purchase one for you and have it waiting at your hotel.





ALCOHOL LAWS

In Scotland (and the UK) the legal age to buy and consume alcohol is 18 years old. You or anyone in your party who looks young will likely be asked for ID before being served.



RULE

BUYING ALCOHOL

DETAILS

ILLEGAL FOR ANYONE UNDER 18 TO BUY ALCOHOL.
AN ADULT BUYING ON BEHALF OF AN UNDER-18 IS ALSO ILLEGAL.

UNDER 18S IN LICENSED VENUES

UNDER-18S ARE ALLOWED IN RESTAURANTS AND MANY PUBS THAT SERVE FOOD, BUT THEY CANNOT LEGALLY CONSUME ALCOHOL. THEY USUALLY MUST LEAVE BY A SET TIME, OFTEN 9:00 PM OR 10:00 PM.

PROOF OF AGE

VENUES MUST CHECK ID FOR ANYONE WHO APPEARS TO BE 25 OR YOUNGER. ACCEPTABLE FORMS OF ID OFTEN INCLUDE A PASSPORT OR A DRIVER'S LICENSE.

DRINKING IN PUBLIC

DRINKING ALCOHOL IN PUBLIC PLACES IS GENERALLY PROHIBITED BY LOCAL LAWS, AND POLICE CAN CONFISCATE ALCOHOL.

THE WORLD OF SCOTCH WHISKY

If you appreciate fine spirits, a tour & tasting in the home of Scotch whisky is an absolute must! There are over 150 working distilleries across Scotland & many traditional pubs, ready to welcome you.

Whisky vs. Whiskey: As a US tourist, you're likely familiar with the spelling "whiskey" (with an 'e'). In Scotland, the 'e' is dropped. Whisky can be smoky (peat-influenced), some are light and floral, while others are rich and spicy.



- Single Malt Scotch: 100% malted barley, produced at a single distillery (typically copper pot stills)
- Blended Scotch: one or more of Single Malt Scotch *-blended with-* one or more Single Grain Scotch
- Single Grain Scotch: a single distillery made with a mixture of malted barley and unmalted grains (like corn or wheat)

Compared to American: Tennessee Whiskey, Bourbon (at least 51% corn) and Rye (at least 51% rye)



DID YOU KNOW?

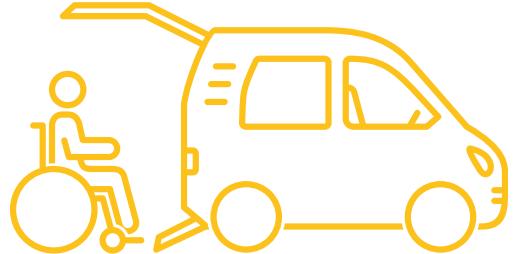
"SCOTCH WHISKY" IS LEGALLY PROTECTED AND APPLIES ONLY TO WHISKY PRODUCED IN SCOTLAND UNDER STRICT REGULATIONS:

- INGREDIENTS: WATER, YEAST, AND MALTLED BARLEY (AND OTHER GRAINS FOR CERTAIN TYPES).
- AGING: MINIMUM OF THREE YEARS IN OAK CASKS.
- BOTTLING: MUST BE BOTTLED AT A MINIMUM OF 40% ABV (ALCOHOL BY VOLUME), OR '80 PROOF'

Scotland's 5 Whisky Regions

1. Speyside: home to the most distilleries - smooth, sweet, complex, with hints of fruit & honey.
2. Highlands: largest region - with many flavor combinations such as dry & fruity/sweet & heathery.
3. Islay (pronounced Eye-luh): famous worldwide for being heavily peated & smoky.
4. Lowlands: known for lighter, softer, and more delicate whisky - often floral or grassy.
5. Campbeltown: smaller region known for full-bodied, maritime-influenced whisky.

ACCESSIBLE TOURS -BY HOUR & DAY TRIPS



Our parent company **Altogether travel** has an excellent range of accessible tours on offer with Glasgow, Edinburgh, St Andrews, Stirling, and the Scottish Highlands - if you'd like more information, please get in touch here:

Altogether Accessible Vacations
www.altogetheraccessiblevacations.com

Email: hello@altogetheraccessiblevacations.com



Altogether Travel are experts in accessible tourism.



A registered care provider - our team of experienced carers (Care Support Assistants) can support you while on vacation if required.

Altogether Travel - www.altogethertravel.co.uk

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