

## What else does Malcolm Sargent House offer?

Malcolm Sargent House offers free weeklong holidays to bereaved families. Many families have found these helpful as they provide the opportunity to meet others in a similar situation. The house also offers a range of breaks to young people from all over Great Britain.

## How long can I stay?

Holidays can last from an overnight stay to a week. CLIC Sargent caravans are also available for weeklong breaks from March to October. Depending on availability, a total of 14 nights each year is possible.

## What if I can't afford to get there?

If you need help to cover travel costs, a subsidy is available. You may qualify for a CLIC Sargent exceptional grant to cover costs greater than the subsidy.

## How do I arrange a break?

To check availability, find out about any financial help available, and to book a holiday, please contact the holiday administrator on **01292 671 233** or email [malcolmsargenthouse@clicsargent.org.uk](mailto:malcolmsargenthouse@clicsargent.org.uk).

For the latest information, visit:

[www.clicsargent.org.uk/holidays](http://www.clicsargent.org.uk/holidays)

## If you need to ask us anything

Call us on  
**0300 330 0803\***

\*Calls charged at local rate from UK landlines and mobiles.

We're here to help  
from 9am until 5pm, Monday – Friday.  
Or email us at [info@clicsargent.org.uk](mailto:info@clicsargent.org.uk)

## About CLIC Sargent

Every day 10 children and young people are diagnosed with cancer. CLIC Sargent is there for them... with clinical expertise, emotional care and financial support in hospital, at home and in the community all over the UK.

For more information or to make a donation, please visit our website.

[www.clicsargent.org.uk](http://www.clicsargent.org.uk)

## CLIC Sargent holidays

- Exmouth, Devon
- Pagham, West Sussex
- Fleetwood, Lancashire
- Filey, Yorkshire
- Malcolm Sargent House, Ayrshire

Updated March 2011

Ref: SER003

© CLIC Sargent

Registered charity number 1107328  
and registered in Scotland (SC039857)



# CLIC Sargent holidays

Supporting families of children  
and young people with cancer



## Do you need a holiday?

When a member of your family has cancer it's difficult even to plan a holiday, let alone pack up and go away. CLIC Sargent holidays make it easy for families to get away and spend time together, at no charge.

“

*At Malcolm Sargent House it's peaceful and right by the sea. Our little boy is completely different when he comes here. He can run about, he's happy and feels free. During our son's cancer treatment it can be difficult to spend time as a family, but here we can forget about the hospital, and relax. Without coming on a holiday like this, I don't know how he and his sister would be able to get through it.*

”

Mum



## CLIC Sargent holidays

A holiday is probably the last thing on your mind at the moment. Yet, your family probably needs a break more than most. Organising a break is easy with CLIC Sargent holidays. Each year we help hundreds of families to get away together at no charge.

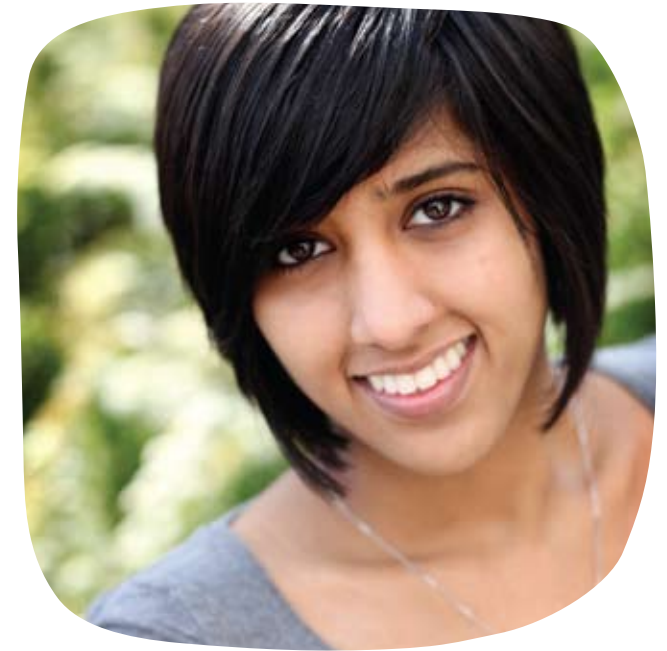
### Full board in Scotland

Malcolm Sargent House on Ayrshire's stunning coast, offers family-centred holidays for young people, siblings and bereaved families. All meals are provided catering for a range of dietary requirements. You can simply relax or you can opt for a range of indoor and outdoor activities for all ages – including cycling, arts and crafts and team games.

Everyone there will be in a similar situation to you, making it easy to share experiences. With medical support close at hand if necessary, you can relax knowing you're in safe hands.

### What can we do at Malcolm Sargent House?

- Outdoor activities including visits to local attractions and sports
- Indoor pursuits; arts and crafts, discos and family entertainment
- Indoor and outdoor play areas: 'The Loft' for young people, a soft play area, and crazy golf
- Alternative therapies such as reflexology and reiki.



### Luxury self-catering on the coast

If your family would just like to get away from it all, you can opt for one of our four luxury self-contained caravans in Devon, West Sussex Lancashire or Yorkshire. Each caravan has three bedrooms and can sleep up to eight people. There's a modern kitchen and comfortable lounge.

### What facilities are close to the caravans?

- All the facilities within the holiday park
- Sandy beaches and countryside further inland
- Small towns to explore.