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Troodos Mountains (See : Bulletin box)

The Alliance Bulletin

Providing key information in a no-frills format for professionals who travel to write, edit, broadcast or create images.

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Our Bench is a small collection of fully accessible self-catering holiday cottages set up by Helen and Matt in the New Forest National Park.

They have been created to make holidays genuinely possible for disabled people, wheelchair users and those with life-limiting conditions, as well as for their families, friends, and carers.

Located on the outskirts of the Georgian Town of Lymington, in Hampshire, *Our Bench* was founded in 2001, after first-hand experience of how difficult it can be to find accommodation that is both accessible and welcoming.

Rather than simply meeting minimum standards, the aim has always been to create a holiday environment where guests can relax with dignity, comfort, and independence, with the essential equipment needed for a stay included as standard.

The result is three thoughtfully designed cottages, sleeping between two and five guests, each offering a high level of accessibility in family-friendly accommodation.

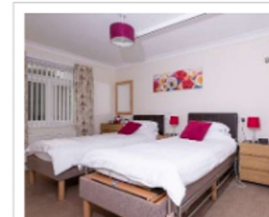
Features across the properties include height-adjustable profiling beds, ceiling track hoists, accessible wet rooms, rise-and-recline seating, widened doorways, accessible kitchens, and detailed access information.

Additional equipment, such as mobile hoists, a choice of shower chairs, and a wide range of transfer aids, is also available. The cottages are designed to support a variety of physical disabilities and complex needs while remaining comfortable and practical for the whole family.

Our Bench recognises that accessible travel is about far more than ramps and measurements.

Many guests travel with carers, medical equipment, or adapted vehicles, and the practical and emotional pressures involved in organising a break can be considerable.

The website provides unusually detailed information, including access statements, equipment specifications, room measurements, local accessibility guides, and honest photography, helping guests decide in advance whether the accommodation suits their needs



The cottages are well placed for exploring both the New Forest and the nearby south coast. Accessible beaches, forest walks, adapted activities, and wheelchair-friendly attractions are all within reach.

Lymington's Georgian high street, marina, and ferry links to the Isle of Wight are nearby, while the surrounding villages provide a peaceful base for guests preferring a quieter environment.

Although accessibility sits at the heart of the business, many guests comment just as strongly on the atmosphere created by Helen and Matt.

As a family-run operation, the emphasis is on flexibility, understanding, and personal support rather than a standardised hospitality experience.

- www.ourbench.co.uk
- [Helen at Cottages@ourbench.co.uk](mailto:Helen@Cottages@ourbench.co.uk)

Guests are encouraged to discuss their needs before arrival, and the team works closely with families to make each stay as straightforward and stress-free as possible.

Our Bench has built a strong reputation within the disabled travel community and among healthcare professionals, charities, and support organisations. It is the only place in the New Forest offering self-catering accommodation with ceiling hoists that has been designed inclusively from the outset, without compromising comfort or style.

A stay at *Our Bench* is an opportunity to travel with confidence, reconnect as a family, and enjoy experiences that are too often made difficult by inaccessible accommodation elsewhere.