Award winning social enterprise brings innovative nature-based dementia training to Ryton Organic Gardens

Thursday 7 April, 2016

Dementia Adventure is partnering with Garden Organic in May to deliver dementia training for both professionals, people living with dementia and family carers at its inspirational demonstration gardens in Coventry. 'Thinking Differently about Dementia' is an informative workshop that helps participants to understand how our sensory perception changes with dementia and how to maximise the well-being benefits of getting outdoors and connecting with nature.

The organisation believes in thinking differently about dementia with the focus being on the individual and not the illness. Using its experience of delivering positive nature and outdoor based activities for people with dementia, it has enabled carers, staff, managers and volunteers from leading conservation charities, care home providers, local authorities, housing associations and other organisations across the UK help people live better with dementia.

Those attending will learn new ways to engage the senses through practical outdoors exercises, how to understand the health and well-being benefits of outdoor interaction in additional to meeting like-minded people who want to support people to live better with dementia. The training will also include an overview of Ryton Organic Gardens and its principles around inclusiveness and accessibility for all as well a session on how to plan dementia-inclusive walks.

This event is ideal for health and social care professionals; care home staff; and those that work in voluntary sector and outside space organisations. A number of free places have also been offered to people living with dementia and family carers to participate in the day. The workshop also follows on from the organisation's recent success at Batsford Arboretum in Gloucestershire. Over 40 people participated in the day there and comments received include:

“Mum was diagnosed with vascular dementia a year ago. She is a widower (83 years old) living on her own but fortunately I live in the same village (with my husband) so she feels a sense of security having me there. She has an independent spirit and was devastated by having to give up driving following her diagnosis. She loves nature; wildlife; the countryside; gardens; and generally being outdoors; she has reasonable mobility, can still walk some miles comfortably, so I thought this would be ideal for us both to go on short adventures together where we can both have fun, and I don't have to worry about her care needs.”

“I want to thank you all for a really fantastic day of training at Batsford. It really was one of the best training sessions I have ever attended.”

”It was wonderful to be part of something that is achieving inclusive participation, learning together and networking-for-all in a very relaxed and supportive atmosphere. You could say we are all like-minded people wanting to learn and support others and each other but actually to achieve all you did in such a short time with a group of people who didn't know each other shows real skill and is a credit to Dementia Adventure's ethos and staff.”

The event in partnership with Garden Organic will be taking place on Wednesday 18th May at Ryton Organic Gardens Education Centre, Wolston Lane, Ryton on Dunsmore, Coventry CV8 3LG from 9.30am - 4.00pm.

To book your place please visit Eventbrite or call Dementia Adventure on 01245 237548. Tickets are £95.00 (plus booking fee). Free places available for people with dementia and family carers (limited availability).

-ENDS-

For further information please contact: Joanne Lambert Smith at Dementia Adventure CIC, on 01245 237548 or jo@dementiaadventure.co.uk

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Dementia Adventure is an award winning social enterprise and registered charity committed to helping people living with dementia get outdoors, connect with nature, themselves and their community, and retain a sense of adventure in their lives. www.dementiaadventure.co.uk

Through training, research, and consultancy services it enables care providers and organisations to take advantage of the natural resources on their doorstep to enhance the lives of people living with dementia and the people who care for them.

The organisation is currently expanding the benefits of its nature-based, positive-risk taking approach with local and national partners through its social licence product Dementia Adventure in a Box in order to increase the choices of outdoor activities available for people with dementia. Its legacy will be to create an ever-growing network of dedicated, experienced and knowledgeable individuals and organisations, all receiving in-depth support from the Dementia Adventure team.

Dementia Adventure also designs, plans and delivers bespoke, small-group holidays and short-breaks for people living with dementia and their carers to enjoy together. It supports people with trained staff and volunteers, and offers this as an alternative to traditional respite.

Company Contact:

Dementia Adventure

T. 01245 237548
E. jo@dementiaadventure.co.uk
W. https://www.dementiaadventure.co.uk/

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