Coming to a location near you! Dementia Adventure offers more supported holidays and short breaks for people living with dementia in 2016

Wednesday 16 December, 2015

Dementia Adventure is delighted to announce more dates, holidays and respite breaks for people living with dementia and their parents/carers in 2016 thanks to the generous support of players of People's Postcode Lottery and the Dementia Adventure Trust.

In 2015, Dementia Adventure delivered 17 holidays and short breaks all over the UK, getting away to places such as Northumberland, the Isle of Wight, North Wales, and the Lake District, benefitting 109 people and exceeding the previous year's total. To keep up with demand the organisation will be running even more holidays this year and have added some new locations including Suffolk and Windermere as well as two new sailing adventures to complement the enormously popular Essex Thames Barge voyage - one travelling from Gosport to Brixham and the other exploring the waters around Torquay.

People living with dementia and their carers can often feel that sharing a holiday with each other is something that can no longer be achievable. However, supported holidays allow carers and people living with dementia to enjoy time away together by removing the barriers that can make taking a break difficult. They offer one-to-one assistance for both carer and person with dementia – someone who has been trained in understanding and managing the needs of a person with dementia. With all the logistical arrangements taken care of and an itinerary created that suits everyone's needs, both the carer and person with dementia can concentrate on themselves and each other.

Lucy Harding, Operations Director, says “Everyone likes a change of scene, to see a beautiful view, to go walking on a beach and feel the sand between their toes, maybe to swim, have a laugh with friends and family, feel the wind in their hair and the sun on their face. Everyone with dementia is different, but why should someone with dementia not need and benefit from some time out the same as everyone else, especially if they have enjoyed holidays all their lives up to the point where they got this disease? With careful planning and research beforehand we can be sure that the facilities we offer people are what they need, and with the right kind of sympathetic support then we can minimise any disruption.

In addition, we do not want the ability to afford respite to stop anyone from taking advantage of the service we offer, and so are extremely grateful for the continued support of players of People's Postcode Lottery and the Dementia Adventure Trust, which underwrites the cost of these small group, "life changing" holidays by making at least one break a year affordable for most people. We are also, this year, offering people the chance to support our charity by paying the full price for our holidays and short breaks if they wish."

Rachel Arnold and her husband Brian joined Dementia Adventure on one of the trips to the Isle of Wight this year: "It allowed us to feel normal and relaxed on holiday again. On being asked what he thought of the holiday, Brian, a man of few words these days, captured it brilliantly: Wonderful!"

For more information about Dementia Adventure holidays and short breaks including itineraries, pricing and booking information please visit http://www.dementiaadventure.co.uk/adventures/holidays or call 01245 237548.

-ENDS-

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

NOTES TO EDITORS

About Dementia Adventure

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.

Through our Training, Research, and Consultancy services we enable care providers and organisations to take advantage of the natural resources on their doorstep to enhance the lives of people living with

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dementia and the people who care for them.

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. We support people with trained staff and volunteers, and offer this as an alternative to traditional respite.

www.dementiaadventure.co.uk

Dementia Adventure Holidays & Dates for 2016

TAKE FIVE Isle of Wight:

Our popular trip based at Godshill Park Farm and including the Isle of Wight steam train, Ventnor Botanical Gardens and a visit to Osborne House. Accommodation is on a working livestock farm with dogs, horses, llamas, sheep, ducks, geese, pigs, and chickens which supply the eggs for Mark's legendary breakfasts!

February 15-19
March 14-18
April 18-22
July 11-15
October 17-21

TAKE FIVE Lake District:

With the chance to visit the mountains and lakes, fell villages and the coast this holiday gives a real taste of Cumbria and all it has to offer. Exclusive use of a small country house hotel on the Northern most fringe of the Lake District National Park ensures this group holiday can offer support, friendship and a chance to share experiences alongside a bit of luxury and some good food.

May 9-13
September 12-16

TAKE FIVE Northumberland: Calvert Trust Kielder Water.

A brilliant centre ideally suited to those who need a bit more help. A varied programme including walks supported with golf buggies, a boat trip, birds of prey and even a zip-wire, all with great food and friendly staff, and a swimming pool on site. Hadrian's Wall is nearby and it is a dark sky area with great star gazing.

June 6-10
September 19-23

TAKE FIVE Devon: our collaboration with The Mede, Topsham.

Enjoy the Devon Coast and Dartmoor. Visit castles and national trust places, possibly trekking on Dartmoor and taking a boat trip on the River Exe. Enjoy the wonderful hospitality of Sallie Rutledge and the seclusion of this little enclave on the South coast.

June 20-24
September 5-9

SAIL AWAY: Essex: Thames Barge Sailing with the Sea- Change Sailing Trust from Maldon.

Really enjoy living as a group and sailing this boat as a team on this fantastic adventure. Destinations depend on the weather but can include Pin Mill on the River Orwell, Brightlingsea and Bradwell. No previous sailing experience is necessary.

May 16-20
August 29-September 2

NEW TAKE FIVE KESWICK WALKING:

A group holiday which will allow you safe and supported access to some of the most famous fells of the Lakes District. Staying in Keswick, the adventure capital of the UK, forget the car and let your feet do the walking while we take care of the rest.

July 4-8

NEW: TAKE FIVE Windermere

Enjoy autumn and its myriad of colours whilst staying in luxurious and accessible accommodation in the Lake District. A supported group holiday to allow you to make friends and share whilst experiencing the nature, wilderness and heritage of this our largest National Park.

October 10-14

NEW: SAIL AWAY: Disabled Sailing Association Yacht Sailing from Torquay

An exciting opportunity to do some proper yacht sailing in a little convoy of 2 boats, “Freedom" a 10.5m Hanse and “Free Spirit" a 10m Hanse. All safety equipment and waterproofs, as well as a skipper, are provided. The route will depend on the weather but might include Brixham, Dartmouth, Salcombe, or Plymouth and other ports along the coast. Breakfasts and lunches will be taken on board and dinners may be taken in local hostelries on land.

May 23-27

NEW SAIL AWAY: Trinity Sailing from Gosport to Brixham.

The opportunity to sail along the south coast on an historic Brixham Trawler, “Provident", amply crewed by Trinity Sailing. We drop anchor in a secluded anchorage each evening, or go alongside a harbour wall in a coastal town. Dinner is around the large saloon table below decks. There is also an on board bar, so we can unwind with a beer in the evenings

June 13-17

NEW Escape to the Country – Sibton Park, Suffolk.

We are able to offer a 3 night break at this gorgeous country retreat near Southwold, Suffolk. We will base our programme around people's abilities but would aim to include Southwold Pier, Dunwich Heath and/or RSPB Minsmere, as well as exploring the estate grounds.

May 3-6

About People's Postcode Lottery

People's Postcode Lottery is a charity lottery. Players play with their postcodes to win cash prizes while raising money for charities and good causes across Great Britain and globally

People's Postcode Lottery is an External Lottery Manager and manages multiple society lotteries promoted by different causes supporting a range of charities. For details on which society lottery is running each week, visit www.postcodelottery.co.uk/society

Postcode Lottery Limited is regulated by the Gambling Commission under certificate nr 000-000829-N-102511-010 and 000-000829-R-102513-009. Registered office: Titchfield House, 69/85 Tabernacle Street, London, EC2A 4RR

People's Postcode Lottery players support the following Trusts – Postcode African Trust, Postcode Animal Trust, Postcode Care Trust, Postcode Children Trust, Postcode Community Trust, Postcode Culture Trust, Postcode Dream Trust, Postcode Earth Trust, Postcode Global Trust, Postcode Green Trust, Postcode Heroes Trust, Postcode Local Trust, Postcode Planet Trust, Postcode Support Trust, People's Postcode Trust and Postcode Sport Trust. These Trusts are funded entirely by players and support a variety of good causes. For further information on each charity, visit: www.postcodelottery.co.uk/charities

55p from every £2 ticket goes to good causes and players have raised £95.3 million for good causes across the country

There are five draws a month with prizes every day and each ticket costs £2 – paid monthly in advance by direct debit. For further prize information, visit: www.postcodelottery.co.uk/prizes

Maximum amount a single ticket can win is 10% of the draw revenue to a maximum of £400,000

Players can sign up by Direct Debit, credit card or PayPal online at www.postcodelottery.co.uk, or by calling 0808 10-9-8-7-6-5.

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