“Sometimes you have to step out of your comfort zone – face the fear and do it anyway..." Charity offers more supported holidays for people with dementia in 2017.

Friday 16 December, 2016

Dementia Adventure (www.dementiaadventure.co.uk) is delighted to announce even more dates, holidays and respite breaks for people living with dementia, and their carers, in 2017 thanks to the continued support of players of People's Postcode Lottery.

Next year will see the charity deliver 24 holidays in 13 different locations across the UK. As well as the ever-popular holiday destinations like Devon, Isle of Wight, Cornwall, Kielder Water and the Lake District, there are new destinations on offer: a sailing holiday along the South Coast from Poole, glamping in Suffolk and a canal boat cruise along the rivers of Essex and Hertfordshire. So, whether you enjoy walking, love being by the sea or just taking in the beautiful countryside that the UK has on its doorstep, there’s something on offer for everyone!

People living with dementia, and their loved ones, can often feel that holidays, travel and outdoor activity are no longer available to them. However, supported holidays enable people 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.

Dementia Adventure’s own research shows that the short-breaks are having a positive effect on the well-being of people living with dementia (and their carers) for a considerable time after they have ended:

- 100% of carers and 76% of people living with dementia reported feeling positive after the holiday
- 73% of carers said they felt that the holiday would help them sustain their caring role for longer
- 100% of those surveyed felt well supported on the holiday

Lucy Harding, Chief Operations Officer, says “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, 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, which underwrites the cost of these small group, "life changing" holidays. Our success has been in no small part thanks to the support of players. With the generous £400,000 funding received to date, players directly help us to keep the cost of short-breaks affordable for more people and allowing them access to the outdoors in a meaningful way.”

Wendy Bibby, who has been on several supported holidays with Dementia Adventure since her husband Ron was diagnosed with dementia in 2010, says: “It’s just great to feel normal. Being with the other couples and the team is invaluable, we help each other, sharing and supporting. We felt really understood by the team who were very patient and enthusiastic and went out of their way to ensure we had the best time possible. Sometimes you have to step out of your comfort zone – face the fear and do it anyway, I say!”

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

NOTES:

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. www.dementiaadventure.co.uk

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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.

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

A minimum of 30% goes directly to charities and players have raised £129.9 Million for good causes across the country

£10 for 10 draws paid monthly in advance with prizes every day. 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

Postcode Lottery Limited is regulated by the Gambling Commission under certificate nr 000-000829-N-102511-011 and 000-000829-R-102513-010. Registered office: Titchfield House, 69/85 Tabernacle Street, London, EC2A 4RR

People's Postcode Lottery manages multiple society lotteries on behalf of a range of charities including sixteen grant-giving trusts. For details on which society lottery is running each week, visit www.postcodelottery.co.uk/society

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