



dementia adventure®

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Rose took on 75 miles of Essex coastline for people with dementia



Rose took part in the Saltmarsh75 - a two day Ultra Marathon, tackling 75 miles of some of England's most unique coast line, the Saltmarsh Coast of the Maldon District. She raised over £500 for Dementia Adventure in the process.

Rose said "The Essex coastline is one of those hidden secrets right on our doorstep, and to walk it in a weekend made for an amazing challenge. I volunteered on a Thames Barge Sailing holiday with Dementia Adventure and witnessed the impact of a supported break first-hand. I was so glad to raise some funds for the pot.....makes the blisters and missing toes nails all the more worthwhile!"

Kath, Fundraising Manager at Dementia Adventure said *"I sent Rose some fundraising hints and tips. She set up a fundraising page on Just Giving and raised £300 by sharing it with her friends and family. But she also used a paper sponsorship form and sent us a cheque for another £200. By using the form I had sent her we were able to collect another £50 in gift aid"*

Thanks Rose! What an amazing achievement personally and one that will support more people with dementia to get outdoors and have their own adventure – big or small!

If you secure a space through the individual ballot for the London Marathon and would like to raise money for Dementia Adventure, visit www.dementiaadventure.co.uk or email fundraising@dementiaadventure.co.uk or phone 01245 237548 to order your fundraising pack.