

dementia adventure®

2019 Holidays

**Supported dementia-friendly breaks
for you, your partner, family or friends**

Our Holidays

If you or someone you love is living with dementia you may feel that holidays are no longer an option. Perhaps, traditional models of respite that separate families don't appeal to you. We may have the answer. We offer small group, supported holidays for people with dementia and their partners, family, friends or carers to enjoy together.

Our trained team and expertly planned itineraries mean you can have the holiday you have been hoping for. Whether you want to relax by the coast or walk up mountains, we have something for everyone. We welcome people with all types of dementia and can source personal care if necessary on some holidays. Some of our itineraries are suitable for wheelchair users, most have some accessible bedrooms, and some are more suitable for people with good mobility—please call us to discuss the options!

Take a look at our list of 2019 holidays, see what takes your fancy, and then give us a call with any questions you may have. We will go through a full assessment with you before accepting your booking.

If a small group holiday is not your thing, perhaps you might like a bespoke holiday? Ideal for groups of friends or families who want to travel together.

2019 Holidays – 2nd release

For the second half of 2019 we have added a new destination to offer you more choice! We do still have availability earlier in the year so please get in touch if you feel we can help.

Added bonus: we are able to include a free photobook for you to have at the end of your holiday.

New Holidays

Kent:

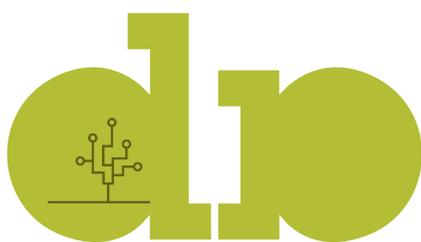
See below for our exciting break based on an organic farm in the garden of England!

Our holidays get booked up fast; to avoid disappointment **PLEASE BOOK EARLY.**

Deposits are £100 pp and full payment is required two months before the holiday.

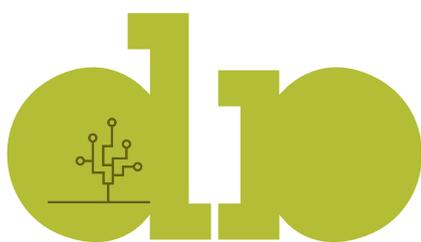
The prices are already heavily subsidised thanks to our charitable fundraising, and are only valid for your first holiday in a calendar year. If you wish to go on a second or subsequent holiday in the same year please call us for a quote.

All holidays are Monday – Friday unless otherwise stated.



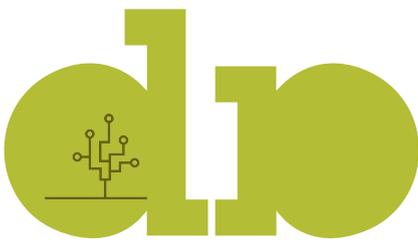
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Destination and brief details	Dates 2019	Price per person
<p>Cornwall Gardens, Beaches and Eden Project</p> <p>We have chosen to base our Cornish Adventure in the St Austell area due to its proximity to a number of attractions including the Eden Project and the Lost Gardens of Heligan, not to mention a wealth of beautiful beaches and Cornish Moorland.</p> <p>Accommodation with level access ground floor bedrooms & a stairlift to the common areas. Care available. MPVs are used on this holiday.</p>	20–24 May	£520
	24–28 June	SOLD OUT
	16–20 September	£520
<p>Devon New accommodation and more active itinerary based in Exmouth</p> <p>There are gorgeous coastal walks right from the doorstep, water sports and the beach. We visit gardens and Heritage towns well loved by generations of holidaymakers, like Sidmouth and Budleigh Salterton, take a boat trip on the River Exe and have the opportunity to see the beautiful Devon countryside.</p> <p>Good mobility needed as rooms upstairs. MPVs used on this trip.</p>	29 April – 3 May	SOLD OUT
	30 September – 4 October	£600
<p>Isle of Wight Godshill Park Farm</p> <p>The Isle of Wight is a favourite holiday destination for many people. Situated just off England's South coast and less than two hours from London via the Isle of Wight Ferry, its mild climate, beautiful scenery and seaside makes it an ideal destination for a relaxing break.</p> <p>New accessible accommodation built especially for us this year makes this break even more appealing. Care available. MPVs are used on this holiday.</p>	25–29 March	SOLD OUT
	8–12 April	£620
	13–17 May	SOLD OUT
	28–28 June	SOLD OUT
	8–12 July	£670
	15–19 July	£670
	2–6 September	£670
	7–11 October	£640



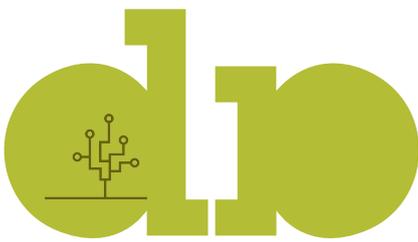
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Destination and brief details	Dates 2019	Price per person
Lake District Ireby Base in a small hotel in the village of Ireby, in the Northern Lake District, this holiday gives a real taste of Cumbria and all it has to offer— mountains, lakes, fell villages and the coast! Some ground floor rooms, one with wet-room, accessible minibuss transport used. Care available.	20–24 May	£700
	1–5 July	£700
	23–27 September	£700
Lake District, Walking Holiday Ireby This is a group holiday which will allow you safe and supported access on foot to some of the most famous fells of the Lake District. We'll be able to access the water too for a bit of wild swimming. Walking with plenty of support allows us to achieve great things! Good mobility required, various transport used.	17–21 June	SOLD OUT
	9–13 September	£700
Lake District Windermere This holiday is based at Windermere, England's largest natural lake. A mixture of boat based activities, trains and drives, makes this amazing area beautifully accessible. Accommodation with some accessible rooms, accessible minibuss transport used, care available.	22–26 April	£700
Norfolk Steamtrains, Broads and Coast With its big skies and beautiful natural resources, this area is host to a plethora of attractions with something for everyone. Ground floor bedrooms, with some walk in showers, care available, MPVs used.	10–14 June	SOLD OUT
	15–19 July	SOLD OUT
	2–6 September	£520
	14–18 October	£520



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Destination and brief details	Dates 2019	Price per person
<p>Northumberland Kielder Water</p> <p>Home to Northern Europe's largest man-made lake and England's largest forest, this is an amazing location for a relaxing outdoor orientated holiday set in an accessible adventure centre, where we are able to offer our highest levels of care and support. Easily accessible via Newcastle Train station.</p> <p>Our highest level of care is available at this venue for people with more complex needs and limited mobility. An accessible vehicle is used here.</p>	6–10 May	£700
	8–12 July	£700
	9–13 September	£700
<p>North Yorkshire Moorland</p> <p>Our venue for this holiday is a pretty B&B set in a rural area up on the moors. From a boat trip out of Whitby harbour to the majestic North York Moors Railway, Scarborough Castle to history through the ages, it's a beautiful holiday.</p> <p>All rooms at this accommodation are upstairs. MPVs are used on this holiday.</p>	25–29 March	£575
	10–14 June	£600
<p>Essex Thames Barge Sailing Maldon, Essex</p> <p>Sailing on an amazing original Thames Barge from Maldon, we explore the beautiful 'Essex Sunshine Coast' with partners the Sea Change Sailing Trust. Working as a member of the crew you'll pull rope, wind the anchor chain and maybe climb the rigging!</p> <p>You need a good level of mobility and balance to take part in this holiday. Rooms are bunked with shared bathrooms. Parking is available at Maldon and we can arrange a pick up at local stations or airports.</p>	26–30 August	£700



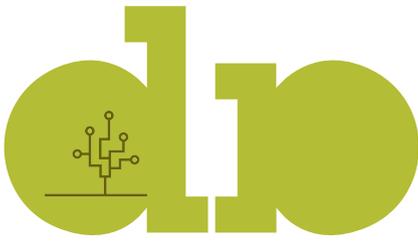
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New for Spring 2019

Destination and brief details	Dates 2019	Price per person
<p>Wales</p> <p>This itinerary is based at a farm in mid Wales - although seemingly in the middle of nowhere it is actually only 4 hours from London on the train and of course much nearer to Birmingham and other places in the middle of the country. A range of activities from horse drawn canal boats to red kites, including a visit to the Elan Valley and powis castle, this is a trip not to be missed!</p> <p>There is a ground floor wheelchair accessible bedroom in the accommodation with a wetroom. MPVs are used on this holiday.</p>	29 April – 3 May	£500
	3–6 June	SOLD OUT

New for Autumn 2019

Destination and brief details	Dates 2019	Price per person
<p>Kent Garden of England</p> <p>This lovely new itinerary is based in the middle of the Kent countryside at Bore Place. Visiting the best of Kent's National trust properties as well as enjoying walks and a boat trip, we also take the time to enjoy the environment of our lovely accommodation on a 200 acre working organic dairy farm. Enjoy a break in the 'Garden of England'.</p> <p>There are two ground floor bedrooms at this property, although there are a couple of low steps and the bathrooms are next to the bedrooms. There is a staircase to the 1st floor. We use a minibus on this break.</p>	23–27 September	£680



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Further Holidays

We may be able to add further holidays according to demand. Please keep in touch and sign up for our mailing list on our website to be informed of any changes to holiday availability.

As a charity we depend on people like you

Two-thirds of the cost of our supported holidays are paid for through donations, reducing the cost and making holidays possible for people who could not otherwise afford it. Your support also helps to provide free training for family carers around the UK. Every pound raised makes a massive difference to the lives of people with dementia in the UK.

To find out more about raising funds for us, or giving, including leaving a gift in your will, please visit: **www.dementiaadventure.co.uk/get-involved**