

dementia adventure®

2017 Holidays

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

Dates and Prices for 2017

The following is our “Dates and Prices” for 2017, to be read in conjunction with our brochure, which explains more about the concept of a Dementia Adventure Holiday, and our **terms and conditions**. Please call us on **01245 237548** if you need any of these documents sent to you, or to make an appointment to go through a detailed questionnaire which we have to do before we can accept your booking. Further details of individual itineraries are available through our website www.dementiaadventure.co.uk or by post on request.

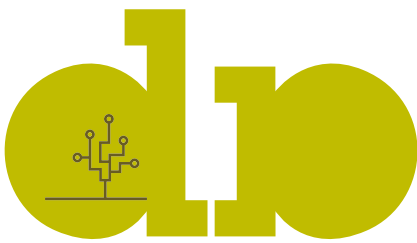
Paying for your holiday: Making living better with dementia more affordable.

The per person price quoted here is for the **first holiday** booked in a calendar year. It represents a considerably lower price than the actual cost. If you would like to take a second or subsequent holiday in the year, the cost will be **approximately 30% more**, but you will need to call us to ask for a quote. As a charity we raise funds to provide this help and keep our costs down by recruiting and training volunteers who are valuable members of our support team. They will do all they can to help you have an enjoyable and supported break. We take a £100 pp deposit to secure a booking, and then send you an invoice for the balance 2 months before the holiday begins.

What's Included?

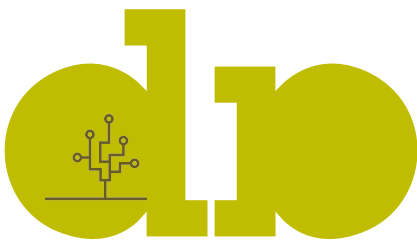
The cost includes all accommodation, transport, food and drinks at the accommodation and excursions but does not include alcoholic drinks, or tea, coffee and snacks when out and about. Transport from home in our vehicle can usually be arranged at an extra cost. We may also be able to arrange for a member of our team to meet you at your home and escort you on the train journey to your holiday accommodation. Personal care can sometimes be arranged at extra cost if required and must be arranged in advance.

There are spaces for up to 4 pairs of people on each holiday, and we must have at least 3 couples for the trip to go ahead, so please book early. If we have to cancel a holiday, which will be about 8 weeks ahead of the departure date, your booking can be transferred to another trip.



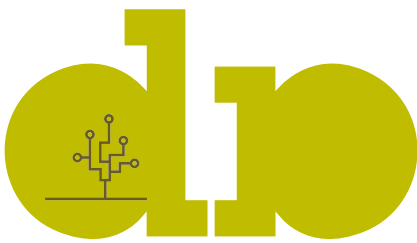
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| Destination & brief details | Physical ability notes | Dates 2017 | Price per person |
|--|--|------------|------------------|
| <p>Isle of Wight: Godshell Park Farm Our popular trip based at Godshell Park Farm and including the Isle of Wight steam 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!</p> | <p>2 level access rooms per holiday – these rooms are not en-suite but share a big bathroom with a walk-in shower. Other rooms are en-suite and upstairs. No lift. Wheelchairs at sites are available if needed, but the ability to walk a little distance is useful on this holiday</p> | March 6-10 | £600 |
| | | April 3-7 | £600 |
| | | July 3-7 | £650 |
| | | Sept 11-15 | £650 |
| | | Oct 23-27 | £600 |
| <p>Lake District: Ireby Mountains, 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 in Ireby ensures this group holiday can offer support, friendship and a chance to share experiences alongside a bit of luxury and good food.</p> | <p>All hotel rooms have en-suite bathrooms, some with walk in showers. 3 are on the ground floor. No lift. Wheelchairs at sites are available if needed. Suitable for most people, however some activities involve walking on uneven ground.</p> | June 5-9 | £680 |
| <p>Lake District: Keswick Mountains, lakes, fell villages and the coast - this holiday gives a real taste of Cumbria and all it has to offer. We are based in a spacious and comfortable self catering accommodation in Keswick which allows us a little more variety of eating places in the evenings.</p> | <p>Self catering accommodation in Keswick will include double and twin en-suite rooms. Dementia Adventure organise a meal plan and the shopping. Suitable for most people, however some activities involve walking on uneven ground</p> | Sept 11-15 | £680 |



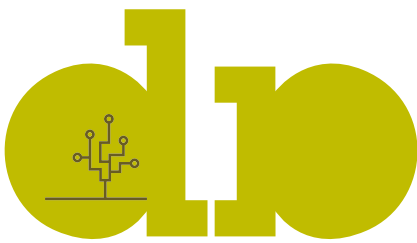
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| Kielder: Northumberland The Calvert Trust Kielder Water is a brilliant centre ideally suited to those who need a bit more help. A varied programme including walks supported with golf buggies, a boat trip, birds of prey and even a zip-wire, all with great food and friendly staff, and a swimming pool on site. | All rooms are twin, level access and mobility/wheelchair friendly, with personal care and bed changing available if needed at any time. En-suite bathrooms are walk in shower rooms with grab rails & shower chairs available. Suitable for those with a higher level of need. | March 20-24 | £680 |
| | | May 8-12 | £680 |
| | | Oct 9-13 | £700 |
| Devon: Topsham Our collaboration with The Mede, Topsham. Enjoy the Devon Coast and Countryside. Visit castles and National Trust sites, 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. | Accommodation is in 2 bungalows with 2 ensuite rooms and a wetroom available. All rooms are level access and suitable for people with some mobility/balance problems. One house has a doorstep. The ability to walk some distance would be useful on this holiday, but wheelchair support is possible. Care is available if needed. | May 22-26 | £600 |
| | | Oct 16-20 | £600 |
| Thames Barge Sailing: Maldon Sailing with the SeaChange sailing trust from Maldon. Really enjoy living as a group and sailing this boat as a team on this fantastic adventure. No previous sailing experience is necessary. Price includes all food, wet weather gear, and safety equipment, and the support of a well-qualified and experienced crew. | Cabins are spacious and have bunks, although there are 2 small doubles if you wish. There are 2 shared WCs, and 1 shower. Must have a reasonable sense of balance and physical ability to get down step ladder stairs. Bedding is provided but no laundry washing facilities on board. Must be able to put on/take off waterproof clothing and lifejackets. | Aug 28-1 Sept | £650 |



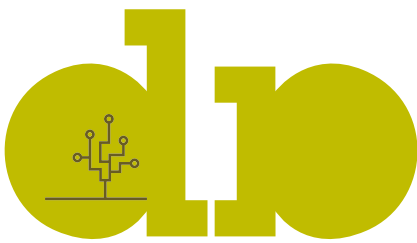
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| <p>Lake District: Keswick Walking A group holiday which will allow you safe and supported access to some of the most famous fells of the Lakes District. Forget the car and let your feet do the walking while we take care of the rest.</p> | <p>We are offering 2 walking holidays this year – one self catered and based in Keswick and one in the hotel in Ireby. Both breaks are suitable for those with good mobility and fitness levels, with the average distance covered each day of about 7 miles.</p> | <p>May 15-19</p> | <p>£680</p> |
| <p>Lake District: Ireby Walking A group holiday which will allow you safe and supported access to some of the most famous fells of the Lakes District. Forget the car and let your feet do the walking while we take care of the rest.</p> | <p>We are offering 2 walking holidays this year – one self catered and based in Keswick and one in the hotel in Ireby. Both breaks are suitable for those with good mobility and fitness levels, with the average distance covered each day of about 7 miles.</p> | <p>July 3-7</p> | <p>£680</p> |
| <p>Lake District: Windermere Enjoy spring or autumn 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.</p> | <p>Suitable for those with limited mobility. Accommodation is en-suite and on ground floor level in shared apartments. The ability to transfer a few steps between a wheelchair and a vehicle - or train! - is useful on this holiday. There is always plenty of help available.</p> | <p>April 24-28</p> | <p>£680</p> |
| | | <p>Oct 02-06</p> | <p>£680</p> |



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| Cornwall: St Austell NEW Our Cornish Adventure includes the Eden Project, the Lost Gardens of Heligan, Mevagissey and the Cornish Moorlands, not to mention a wealth of beautiful beaches. | The accommodation has ground floor and wheelchair accessible rooms and bathrooms as well as a stairlift to the second floor. Wheelchairs are available at some sites. | May 01-05 | £500 |
| | | Sept 25-29 | £500 |
| South Coast Sailing: Poole NEW Join us on the Queen Galadriel, a Baltic Trader from Poole Harbour crewed by the the Cirdan Sailing Trust. No previous sailing experience is necessary. The price includes all food, wet weather gear, and safety equipment, and the support of a well-qualified and experienced crew. | You will need to be mobile & balanced enough to enjoy being on board but this spacious boat can cope with a degree of difficulty, as long as the spiral staircase to below decks is not an issue. Accommodation is in a mix of bunks and cabins. 3 toilets and a shower available. Must be able to put on/take off waterproof clothing and lifejackets. | Sept 18-22 | £650 |
| Norfolk: Fakenham, Broads and Coast NEW We have chosen to visit the area of North Norfolk for this early summer break. With its big skies and beautiful natural resources, the area is host to a plethora of attractions. | Accommodation is ensuite and level access. Wheelchairs may be available at some sites but it would be better to bring your own if you need one. The ability to transfer between a chair and a vehicle will be useful on this trip. | June 26-30 | £500 |



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| <p>Glamping in Suffolk: Bury St Edmunds NEW</p> <p>Nestled in a valley, near to the ancient market town of Bury St Edmunds and surrounded by forests, lakes and woodlands - a hidden rural gem in the heart of England.</p> | <p>Accommodation is in Glamping “Pods” with ensuite wetrooms. The ground outside is uneven and so a degree of mobility and balance will be useful. Best suited to people used to camping.</p> | <p>July 10-14</p> | <p>£500</p> |
| <p>Canal Boat Cruise: Rivers Stort and Lee NEW</p> <p>We shall be cruising the Rivers Lee and Stort on the borders between Hertfordshire and Essex. We will be travelling towards Bishops Stortford and Waltham Abbey through the rolling countryside of Essex.</p> | <p>The boat has shared but disabled access bathroom and a lift between above and below decks. Accommodation is in bunks so a good level of mobility is required for those in a top bunk. There is space for only 3 pairs of people on this break so please book early.</p> | <p>July 17-21</p> | <p>£500</p> |
| <p>Filey Bay: North Yorkshire NEW</p> <p>We have chosen to feature North Yorkshire this year for the variety of activities that are available in the local area – from Whale watching out of Whitby to the majestic North York Moors Railway, Scarborough Castle to The Birds of Prey, there is something for everyone.</p> | <p>Our venue for this holiday is 2 accessible holiday cottages a few minutes’ apart from each other. Most rooms are ensuite and there is a lift. There are some profiling beds if needed and care is available.</p> | <p>Sept 4-8</p> | <p>£500</p> |