

dementia adventure®

# 2018 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 offer personal care if necessary.

Take a look at our list of 2018 holidays, see what takes your fancy, and then give us a call with any questions you may have or to book your place.

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.

## 2018 Holidays

For 2018 we have kept the most popular holidays of 2017 and added new destinations to offer you even more choice!

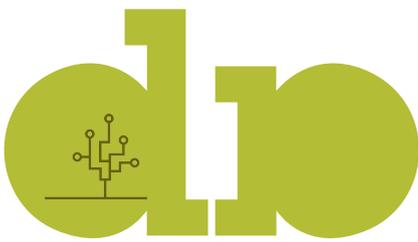
New holidays include:

**Suffolk:** Taking in the best of the area around Bury St Edmunds.

**Dorset:** A family friendly holiday especially for people with young onset dementia on a Care Farm.

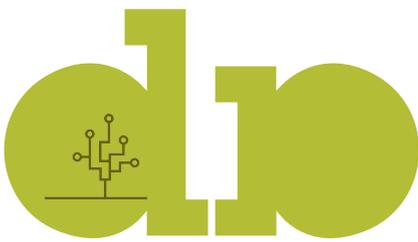
**Portugal:** Our first overseas holiday located near Faro.

Our holidays get booked up fast; to avoid disappointment **PLEASE BOOK EARLY**.  
Deposits are £100. **Full payment is required two months before the holiday.**



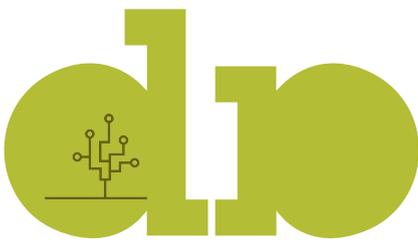
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Destination and brief details	Dates 2017	Price per person
<p><b>Cornwall</b>  <b>Gardens, Beaches and Eden Project</b></p> <p>We have chosen to base our Cornish Adventure in the St Austell area due to its proximity to a number of attractions including the Eden Project and the Lost Gardens of Heligan, not to mention a wealth of beautiful beaches and Cornish Moorland.</p>	14–18 May	£520
	4–8 June	£520
	9–13 July	£520
<p><b>Devon</b>  <b>Topsham</b></p> <p>Topsham is a charming town on the banks of the Exe estuary, just south of Exeter and a million miles from the hustle and bustle of city life. We will visit Powderham Castle, take a boat trip on the River Exe and have great views of Dartmoor.</p>	2–6 July	£600
	1–5 October	£600
<p><b>Isle of Wight</b>  <b>Godshill Park Farm</b></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>	19–23 March	£600
	16–20 April	£600
	21–25 May	£620
	25–29 June	£650
	24–28 September	£650



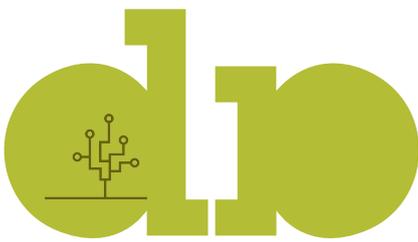
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Destination and brief details	Dates 2017	Price per person
<p><b>Lake District</b> <b>Ireby</b></p> <p>Base in village of Ireby, in the Northern Lake District, this holiday gives a real taste of Cumbria and all it has to offer—mountains, lakes, fell villages and the coast!</p>	11–15 June	£680
	10–14 September	£680
<p><b>Lake District, Walking Holiday</b> <b>Ireby</b></p> <p>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.</p>	14–18 May	£680
	9–13 July	£680
<p><b>Lake District</b> <b>Windermere</b></p> <p>Enjoy early Spring or Autumn and its myriad of colours whilst staying in luxurious, accessible and cosy accommodation in the Lake District. This holiday is based at Windermere, England's largest natural lake.</p>	16–20 April	£700
	24–28 September	£700
<p><b>Norfolk</b> <b>Fakenham, Broads and Coast</b></p> <p>With its big skies and beautiful natural resources, this area is host to a plethora of attractions with something for everyone.</p>	23–27 April	£520
	18–22 June	£520
	3–7 September	£520



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Destination and brief details	Dates 2017	Price per person
<p><b>Northumberland</b> <b>Kielder Water</b></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 at an accessible adventure centre, where we are able to offer our highest levels of care support.</p>	19–23 March	£700
	7–11 May	£700
	8–12 October	£700
<p><b>North Yorkshire</b> <b>Scarborough</b></p> <p>Our venue for this holiday is a hotel set in a rural area outside Scarborough. From a boat trip out of Whitby harbour to the majestic North York Moors Railway, Scarborough Castle to history through the ages, there is something for everyone.</p>	16–20 July	£520
	8–12 October	£520
<p><b>Thames Barge Sailing</b> <b>Maldon, Essex</b></p> <p>Sailing 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>	27–31 August	£650



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## New for 2018

Destination and brief details	Dates 2017	Price per person
<p><b>Dorset</b>  <b>Magdalen Farm, Jurassic Coast</b></p> <p>We are offering two opportunities to stay for a week at this working organic farm, which has facilities to welcome people of all abilities and is a member of Care Farms UK. There are plenty of fun activities to do on the farm - from picking produce to feeding the animals, and we include opportunities to enjoy the best this lovely region has to offer too.</p> <p><b>The holiday on 20th August is a family friendly holiday aimed at younger people with dementia and their children (children under 14 go free).</b></p> <p><b>The holiday on 3rd September is for adults who were diagnosed under the age of 65 only.</b></p>	<p>20–24 August</p>	<p>£650 (Children under 14 are free)</p>
<p><b>Suffolk</b>  <b>Bury St Edmunds and surrounds</b></p> <p>Visit some beautiful sites including Bury St Edmunds Abbey, Thetford Forest and the Dad's Army museum on this easily accessible country break.</p>	<p>30 April – 4 May</p>	<p>£520</p>
<p><b>Portugal</b>  <b>Casal Da Eira</b></p> <p>Escape the gloomy Autumn weather at home and enjoy some gentle activities in Portugal's sunny Algarve region. This is offered in partnership with Personal Touch holidays.</p>	<p>1–8 November</p>	<p>£1295</p>