

dementia adventure®

# Devon Topsham

**TAKE FIVE: 5 days, Monday to Friday**

**Price: From £600 per person**

**Dates: 22–26 May and 16–20 October 2017**

## The Location

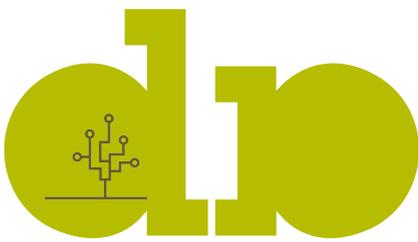
Topsham is a charming town on the banks of the Exe estuary, just south of Exeter and a million miles from the hustle and bustle of city life. We will visit castles and National Trust properties well loved by generations of holidaymakers, take a boat trip on the River Exe and have the opportunity to trek on Dartmoor. Come and enjoy the wonderful seclusion of this beautiful enclave on the South Coast.

## Your Accommodation

The Mede and Seaward House are two self-contained guest bungalows that are right next door to each other. They are bright, clean, accessible and well equipped. Bedrooms have different configurations, mainly twins but one with a double bed.

We will be living as a family with two couples in each house, eating together in the evenings but with plenty of space and time to ourselves. There are lovely public areas, sitting rooms and conservatories, as well as great views from the gardens, so if you feel like opting out of an activity and staying home for the day, this is not a problem.





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## Your Itinerary

### Day 1:

After settling in at The Mede and Seaward House, we will take a stroll around Topsham, where we can visit the antique market or walk along the riverfront. Back at our base we'll relax and enjoy a hearty home-cooked supper together.

### Day 2:

Our destination will be Powderham Castle today, where we can marvel at the ancient seat of the Earls of Devon, enjoying the rose gardens and the menagerie in the walled garden. After a picnic lunch in the grounds, we can call in at a local Ice-cream factory, visit a local farm shop or return home for a session of games either in the garden or the house, or even an organised relaxation and movement session run by an Occupational Therapist.

### Day 3:

Today we will take a round robin trip to Exmouth. We will take the open topped boat from Topsham and cruise to the mouth of the river at Exmouth. After a stroll along the promenade seafront we can have a picnic on the beach and maybe go for a paddle, before taking the train back home. We'll jump off the train at Lypstone, explore the gorgeous little village there, maybe have an ice-cream, or perhaps walk one of the sections between stations along the River Exe pathway. We may be able to visit a beach hut today as an extra treat.

### Day 4:

After breakfast we will head out to visit the 16 sided house at 'A La Ronde'—described by Lucinda Lambton as having 'a magical strangeness that one might dream of only as a child'. It contains many objects and mementoes of the owner's travels. The extraordinary interior decoration includes a feather frieze, gathered from native game birds and chickens, laboriously stuck down with isinglass. There is also a fragile shell-encrusted gallery, said to contain nearly 25,000 shells, which can be viewed in its entirety using a touch screen 360° virtual tour.

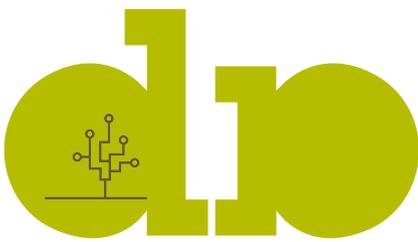
Alternatively, a guided walk on Dartmoor is possible. Please let us know if you would prefer this option in advance so it can be arranged.

### Day 5:

After breakfast, we will bid a fond farewell to our new found friends and make our way back home.

### Disclaimer note:

Although we do our best to ensure that everything runs smoothly, we are at the mercy of the weather and as such this itinerary may be altered slightly during the trip due to this or the abilities of the group on the day. We also aim to allow time for both carers and people living with dementia to relax and enjoy time both together and apart.



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### What's Included?

- All transport from arrival at Topsham.
- All meals and soft drinks, tea and coffee.
- Accommodation.
- Entrance fees and tickets, etc.

### What's Not Included?

- Travel insurance is advised, especially in the case of illness causing cancellation or curtailment.
- Personal care—if you are not self-caring, the carer who comes with you will need to be able to do this for you. Bought in domestic care can be arranged for you on this holiday if needed, given notice and at your own cost.
- Travel from home to Topsham, although this can be arranged at extra cost. Topsham is accessible by train and bus and we can arrange for a pickup from Exeter station or airport.
- Alcoholic drinks with your meals. You may bring some with you, or we can access shops during the holiday.

### Things To Bring

- Sturdy walking boots or shoes.
- Waterproof jacket, fleece, warm hat and scarf, gloves for when on the boat.
- Sunscreen and sun hat.
- Water bottle and lunch box for picnics.

### How Much Does The Holiday Cost?

Thanks to our many supporters and particularly players of **People's Postcode Lottery**, Dementia Adventure is able to make these holidays more affordable for people living with dementia and their carers. This means your first holiday with Dementia Adventure in a calendar year will always come at less than cost price. Prices start from **£600** per person, but we would not want cost to be the reason you felt you could not access this break. If you need further information about funding, please visit us at [www.dementiaadventure.co.uk](http://www.dementiaadventure.co.uk).



### How To Book?

If you have any questions, call us on **01245 237548** or email [info@dementiaadventure.co.uk](mailto:info@dementiaadventure.co.uk). We will go through a detailed questionnaire with you and ask you about your abilities, interests and expectations. We will do everything we can to support you to take part. We look forward to seeing you on this break!

Please read this in conjunction with our group holiday terms and conditions.