

dementia adventure®

Isle of Wight

Godshill Park Farm

5 days, Monday to Friday

Price: From £600 per person

Dates for 2017: 6–10 March, 3–7 April, 3–7 July

11–15 September and 23–27 October

The Location

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.

Your Accommodation

Godshill Park Farm is located on the outskirts of Godshill village within an Area of Outstanding Natural Beauty. Godshill itself has pretty thatched cottages, a 14th Century church and tea gardens, pubs and little shops.

A network of footpaths and bridleways lead from our accommodation, through farmland onto the downs and the coast beyond. We have chosen this location for its tranquillity and wonderful hosts, Kathy and Mark. The accommodation in the main house and other properties on the estate comprises of a mixture of elegant and comfortable double and twin rooms. Most rooms have en-suite facilities, with two being available on ground floor level. We make packed lunches for picnics out and about each day, with our breakfasts and evening meals being served in style in the main house. In the colder months, there is a roaring log burner in the great hall and huge cosy sofas to snuggle up on, and in the warmer months there is an outside terrace on which to relax and take in the lovely farm views.



Dementia Adventure, Unit 11 Old Park Farm, Main Road, Ford End, Essex, CM3 1LN
t:01245 237548 e:info@dementiaadventure.co.uk www.dementiaadventure.co.uk



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. We also aim to allow time for both carers and people living with dementia to relax and enjoy time both together and apart. The July itinerary will also be adapted to include some time on the beach each day.

Your Itinerary

Day 1:

We meet in Portsmouth or Southampton at the car ferry port for introductions before taking the short journey across the Solent. There is a 40 minute drive to our base at Godshill Park Farm where we will take afternoon tea, unpack, settle in and enjoy a lovely evening meal together.

Day 2:

After breakfast, the energetic amongst us can take a four mile walk across the beautiful countryside towards Ventnor Botanical Gardens where we will be met by our minibus, complete with picnic lunch on board. There is a guided tour of the gardens which gives an excellent insight into the wonderful collection of plants, some of which are unique to this part of the UK. There will be plenty of time to stroll around the gardens, finding a quiet bench to sit and relax in one of the many themed areas.

In the afternoon, Kathy can give us a tour of the farm and introduce the animals which include cattle, sheep, pigs, llamas, alpacas, dogs, horses and poultry! You may also be lucky enough to see the rare red squirrels for which the island is a haven. If you enjoy knitting, you will be interested in Kathy's collection of wool and cloth, woven from the fleeces produced on the farm.

Day 3:

Exploring the delights of the Isle of Wight Steam Railway is the main focus of the day. After breakfast there is a chance to stretch our legs along the station's picturesque woodland walk. The train ride itself is an hour-long experience of polished brass, steam, and small village stations set in wonderful countryside. After a picnic lunch on site we can enjoy a falconry show, as well as a stroll around a huge railway museum with old carriages and engines handsomely preserved under cover.

We return to the farm in the minibus and in the afternoon we can explore the farm further or stroll into our home village of Godshill, where you can shop for souvenirs such as local cider.

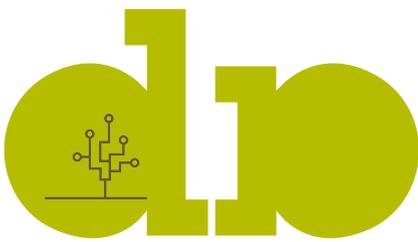
Day 4:

We will be visiting the family home of Queen Victoria, Osborne House, where we can tour some of the rooms, marvelling at the wonders brought back from overseas for the last Empress. We can then walk or bus down to the beach, maybe have a paddle or the brave amongst us might want to swim in the sea, but everyone can enjoy the view and an ice cream. There is an opportunity to walk back up to the palace via Swiss Cottage, where the Royal children learnt how to cook in their own full-sized 'Wendy House', or there is a bus for those with less mobility.

Back at the farm there will be an opportunity for some down time. In the evening we will have a final celebration dinner cooked by Mark and have a chance to let our hair down.

Day 5:

Following a leisurely breakfast, we say goodbye to our hosts and head back to the port in the minibuses. Back on the mainland we say goodbye to our new found friends.



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What's Included?

- All transport from Southampton/Portsmouth and around the island.
- 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 care from a local agency can be arranged for you on this holiday.
- Travel from home to the port, although this can be arranged at an extra cost. Let us know if you are interested in this option.
- Alcoholic drinks with your meals. Wine may be bought by the bottle at the accommodation.

Things To Bring

- Sturdy walking boots or shoes.
- Waterproof jacket, fleece, hat, scarf and gloves.
- Sunscreen and sun hat.
- Warm layers.
- 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.



How To Book?

If you have any questions, call us on **01245 237548** or email 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.