

dementia adventure®

Kielder

Northumberland, Calvert Trust

5 days, Monday to Friday

Price: From £680 per person

Dates for 2017: 20–24 March, 8–12 May, 9–13 October

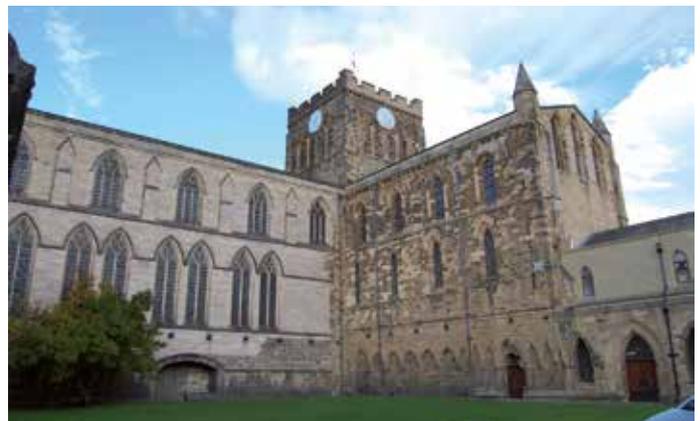
The Location

Kielder Water and Forest Park is home to Northern Europe's largest man-made lake and England's largest forest. The distinctive landscape of the area includes 27 miles of shoreline surrounded by pine forest and heather moorland, giving you an amazing location for a relaxing outdoor orientated holiday.

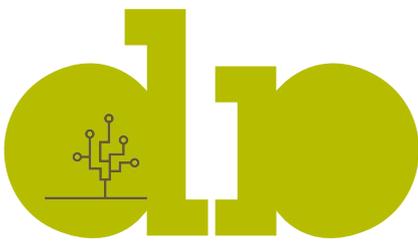
Your Accommodation

Our partners are the Calvert Trust who enable people with disabilities to benefit from outdoor activities. The Kielder Water Centre has a range of facilities and also provides respite care, which means we will meet a variety of people during our stay. We will be located in a separate wing of the centre and have access to a quiet sitting room if needed.

The facilities include level access bedrooms with en-suite wetrooms, an indoor games room, a 'snoozelum' sensory room, a hydrotherapy pool, sauna, television lounge, a licensed bar and snug with Wi-Fi access. Our diverse programme includes supported walks with golf buggies, a boat trip, birds of prey and even a zip-wire! Hadrian's Wall is nearby and the area has the darkest night skies in England which are perfect for stargazing. The centre has a range of freshly prepared food and the fully trained, friendly staff look after our every need. There are more indoor activities in the centre in the colder months and we can always take refuge inside with a hot drink after a cold, refreshing walk!



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Your Itinerary

Day 1:

We will arrive at the Calvert Trust Centre mid-afternoon and will be shown around the facilities and settled into our rooms. After dinner, if conditions and abilities allow, we will venture out on a night walk. Listen out for owls and watch the stars!

Day 2:

Today we'll set off on a supported, five mile "walk" to Leapliph around the Bull Crag Peninsula. This walk is through forest and along the lakeside on a wide, level path with fantastic views. You can walk as much as you like, or rest on a golf buggy which has the added bonus of carrying tea and coffee supplies! Watch out for Freya's Cabin, one of two small buildings that face each other across Kielder Water. They illustrate the story of Freya and Robin who lived on either side of the lake and are part of the art and architecture trail. After a packed lunch by the lake, we'll enjoy one of the best Birds of Prey demonstrations in the country, before taking the minibus back to the centre.

Day 3:

The focus for today's activities will be the pretty stone-built local town of Hexham. We will enjoy the day visiting the impressive and ancient Abbey, which has an interactive museum and coffee shop. We can also take a short walk around the park with a good old fashioned bandstand at its centre. After a day of exploring, we will return to the Calvert Trust mid-afternoon where there will be opportunities for all to rest or partake in the activities—such as using the swimming pool—offered at the Centre.

Day 4:

Today we will find out more about Kielder Water with a visit to the Dam Wall for a breath of fresh air and view of the area. Completed in 1981, Kielder Water is the largest man made body of water in Northern Europe, supplying a large part of the north of England with fresh water and also produces 20,000 MWh of electricity every year.

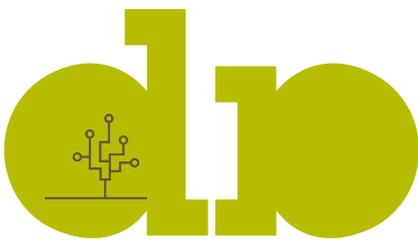
After lunch back at the centre we can take part in an accessible motor boat on Kielder Water, or even (really!) zip-wire from the tower outside. The facilities at the centre are fun, flexible, inclusive and accessible, and we can choose whatever activities interest us most.

Day 5:

This morning after breakfast we bid a fond farewell to our new found friends and head for 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. 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 Calvert Trust Kielder Water.
- All meals and soft drinks, tea and coffee.
- Accommodation in twin or double en-suite rooms.
- Entrance fees and tickets.

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. You can buy in care on a daily basis from on-site staff at this particular location.
- Travel from home to Kielder Water, although this can be arranged for you at an extra cost. Pick-ups from Newcastle station can be easily arranged at a small cost. If you are coming from the South of England we would recommend you travel to by train due to the distances involved
- Alcoholic drinks (licensed bar on site open from 7pm).

Things To Bring

- Sturdy walking boots or shoes.
- Warm layers of clothing.
- Waterproof jacket, fleece, hat, scarf and gloves.
- Sunscreen and sun hat.
- Insect repellent.
- Water bottle.

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 **£680** 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.