

dementia adventure®

South Coast Sailing Poole

NEW

5 days, Monday to Friday

Price: From £650 per person

Dates: 18–22 September 2017

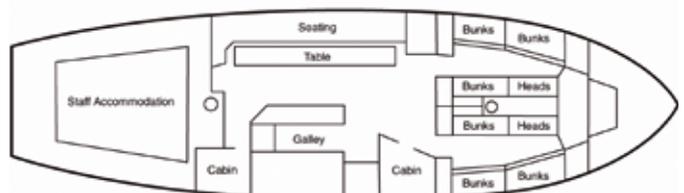
The Location

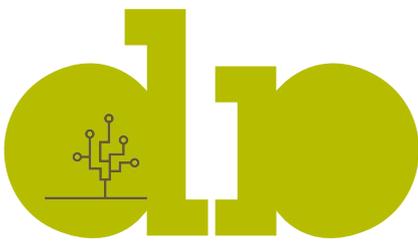
Sailing from Poole Harbour, the destinations we may be able to visit during this voyage include Brownsea Island, Portsmouth and the Isle of Wight, or depending on wind direction, Weymouth or to Lulworth Cove, or Torquay.

Your Accommodation

The Queen Galadriel, (named after the Elven Queen in Tolkein's Lord of the Rings) is an original 1930's Baltic Trader from Denmark which has been fully restored and is run by the Cirdan Sailing Trust, mainly for groups of young people with varying needs. Here at Dementia Adventure we have witnessed first-hand for years how much benefit people with dementia and their carers can derive from joining a group sailing trip like this—even if they have never sailed before. When Cirdan offered to host our groups on board we jumped at the chance—expanding our sailing offer to two voyages—one in the sheltered Essex Blackwater Estuary and this one, sailing from Poole on the South coast and exploring the wilder waters of the Solent and the English Channel. Once on board, the group become active members of the crew, and we aim to help everyone to achieve as much as they can during the voyage. The feeling of camaraderie which develops naturally on a trip like this one can be brilliant, life affirming and with long lasting benefit.

The vessel itself has two separate bunked cabins and two rows of bunks, this means we will be able to give our clients a degree of sleeping privacy but that the general nature of the voyage is a communal one. The boat is very well presented and maintained and offers a light, airy comfortable living space with good headroom—as well as hot and cold running water, a shower and three toilets. The Cirdan Sailing Trust supplies all safety equipment including lifejackets and waterproofs, and the crew comprises a skipper, first mate and bosun.





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Your Itinerary

Please note: It is very difficult to give a precise schedule of where and when the vessel will sail as this will depend upon the weather and sea conditions at the time. To ensure the vessel is operated safely and for the group to get the most from their experience, plans will be made and reviewed on a daily basis. **The following is an outline of what might be expected.**

Day 1:

Join vessel mid-afternoon, and stow food and bags, meet the crew and familiarise ourselves with the vessel's layout and features over a cup of tea. We'll then have a more detailed Sailing safety brief with the skipper and make sure we all understand what happens where and how. We'll depart Poole to a nearby anchorage and berth overnight alongside or at anchor.

Day 2/3/4:

Sailing passages are decided by considering weather and sea conditions with options being discussed with the group daily and reviewed as necessary should conditions change unexpectedly.

We will sail out through the spectacular natural harbour of Poole and will sail either East towards the Solent where we might visit places around Portsmouth and the Isle of Wight. Or we may sail west towards Weymouth and Portland Bill. Berthing will be overnight either alongside in a port or marina or possibly at anchor in sheltered waters.

The group will operate in "watches" to sail the vessel and undertake domestic duties. These include: deck work, helming, chart work/navigation, cooking and cleaning. Joining in with the tasks necessary to run the voyage is a huge part of the fun of being on board, but of course, if people are not feeling like it, they can relax—there are plenty of us on board to get the jobs done! There are opportunities for everyone to help in preparing meals as well as helping sail the boat up on deck.

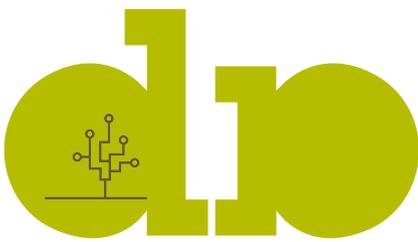
Mealtimes are enjoyed together around the large table. Dementia Adventure organises a menu plan and the shopping beforehand so the hard work is already taken care of. Tasty food is made to satisfy hungry sailors, interspersed with many cups of tea and the odd piece of cake!

If time allows, we may be able to visit National Trust-owned Brownsea Island. Site of Baden-Powell's original 1907 Scout camp, this interesting island is now a valuable site for wildlife and home to a protected population of red squirrels.

Day 4/5:

Return to Poole either late afternoon/evening of Day 4 or on the morning of Day 5 for a final vessel clean-up and to consider and celebrate what we have achieved by receiving a certificate and taking the obligatory group photograph!

After breakfast on the Friday, we say a fond farewell to our new found friends and head off home.



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What's Included?

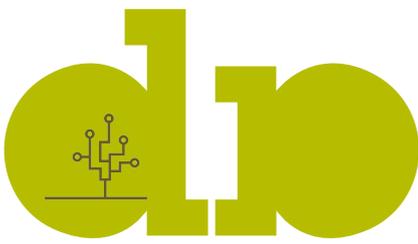
- All meals on a full board basis.
- Soft drinks, tea and coffee while on board.
- Accommodation in bunks on board a genuine 1930s Baltic Trader.
- Entrance fees and tickets if applicable.
- Waterproof clothing.
- Lifejackets and safety equipment.

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.
- Travel from home to the vessel's mooring in Poole.
- Alcoholic drinks with your meals—a small amount of alcoholic drink may be brought with you for consumption with the evening meal, and with the consent of the skipper.

Things To Bring

- Warm sleeping bag, pillow and bottom sheet (single fitted sheet).
- Warm sleeping gear.
- Waterproof jacket/fleece for going ashore.
- At least two changes of warm clothing (combining layers). Note: the temperature at sea is much colder than on land.
- Two sets of footwear - welly boots for on deck and trainers for below deck.
- Modest amount of money for purchases on shore.
- Thick socks, warm hat, scarf and gloves, and hand warmers if required.
- Sunscreen, sun hat and lip salve.
- Flip flops for showers at the marinas.
- Cards and/or small board games.
- Books.
- Swimming costume/shorts and swim towel.
- Binoculars.
- Camera.
- Earplugs.
- Musical Instruments?



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Notes on physical abilities for this break:

To fully enjoy this break you should be physically fit and able and with a reasonable sense of balance. Access to below deck is down a spiral staircase which we have pictured opposite. It does have very good handrails but might prove difficult for some. Our staff and the crew have been trained in supporting people living with dementia so will be sympathetic and adaptable to your needs.

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 **£650** 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, please 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.