

dementia adventure®

Thames Barge Sailing

Maldon, Essex

5 days, Monday to Friday

Price: From £650 per person

Dates: 28 August – 1 September 2017

The Location

Sailing from Maldon, we explore the beautiful 'Essex Sunshine Coast' with partners the Sea Change Sailing Trust. The Essex coast is the longest of any English county with 350 miles of varied and beautiful coastline. Our route takes in rugged sheltered coves, vast saltmarshes that teem with wildfowl and beautiful sandy beaches.

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 the SeaChange Sailing Trust offered to host our groups on board back in 2013 we jumped at the chance, and have since run five successful voyages with them. 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 SeaChange Sailing Trust supplies all safety equipment including lifejackets and waterproofs, and the crew comprises a skipper, first mate and often a third hand who we will get to know and love!

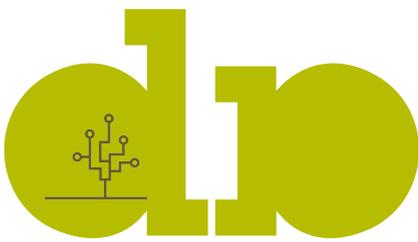
Your Accommodation

You will be eating and sleeping onboard an iconic full-sail Thames Sailing Barge, famous along this stretch of coast. The boat is both comfortable and unique with two and three-bed bunked cabins available, alongside a large living and dining area, with plenty of headroom. This means that 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. There are two toilets, and a hot shower (for limited use). The lower deck is accessed via a steep ladder staircase and as such a degree of mobility is required on this trip.

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. Expect tasty food made to satisfy hungry sailors, interspersed with many cups of tea and the odd piece of cake!





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Your Itinerary

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:

Everyone should arrive by 12.30 for lunch and settle in before 17.30 high water on the Monday. We meet at Maldon Hythe Quay, get on board and are introduced to our Skipper, crew and each other. After familiarising ourselves with our vessel, 'The Reminder', we leave on the tide heading down the River Blackwater, where we will find a suitable spot to anchor overnight and enjoy a delicious first night supper.

Day 2:

Setting off after breakfast we will sail further down the river and out past Clacton to visit the beautiful wildlife haven of Walton Backwaters. Walton Backwaters and Hamford Water is an area of tidal creeks, mudflats, islands, salt marshes and marsh grasslands. The public footpath which runs along much of the seawall is a great vantage point for the many species of wildlife, including birds, insects and even seals.

Day 3:

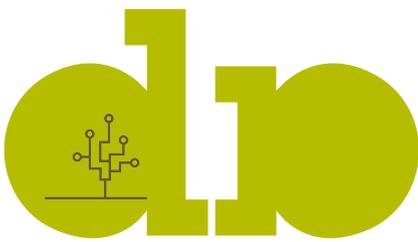
Today we will make our way through the impressive commercial activity in the major port of Harwich located at the mouth of the River Stour. Continuing down the adjacent River Orwell, we will stop overnight at the small hamlet of Pin Mill alongside famous waterside pub the Butt and Oyster. Pin Mill lies within the Suffolk Coast and Heaths Area of Outstanding Natural Beauty and is a designated Conservation Area.

Day 4:

After a long sail back to the River Colne we will anchor for the night at the coastal town of Brightlingsea. Located at the mouth of the river, it has views to the open sea and Mersea Island. Famous for its oysters, Mersea Island is the most easterly inhabited island in the UK and is joined to the mainland by a causeway, known as The Strood.

Day 5:

On the Friday we will return on the morning tide, arriving early afternoon at Maldon; after lunch we help clean up the boat and receive a certificate celebrating our achievement, say our goodbyes and make sure you are safely on your way back home.



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What's Included?

- Four nights on board a full-sail Thames Sailing Barge.
- All meals, snacks, soft drinks, tea and coffee.
- Sleeping quarters in a two or three person bunked cabin. Bedding (but not towels) included.
- Qualified staff and safety equipment, including life jackets, waterproofs and harnesses.

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 and you should be aware of the shared bathroom facilities.
- Travel from home to Maldon, although this can be arranged at an extra cost. Pick-ups from local train stations at Stansted or Chelmsford can be arranged.
- Alcoholic drinks with your meals. You may bring some with you if you like to have a beer or a glass of wine in the evening.

Things To Bring

- Warm sleeping gear, earplugs
- Waterproof jacket/fleece for going ashore, welly boots for on deck; trainers for below deck.
- At least two changes of warm clothing (combining layers). Note: the temperature at sea is much colder than on land, thick socks, warm hat, scarf and gloves, and hand warmers if required.
- Sunscreen, sun hat and lip salve, flip flops.
- Cards and/or small board games, books, binoculars, camera, musical instrument
- Swimming costume/shorts and swim towel.
- Modest amount of money for purchases on shore.

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, 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.