

dementia adventure®

Thames Barge Sailing

Maldon, Essex

5 days, Monday to Friday

Price: £650 per person

Dates for 2018: 27–31 August

The Location

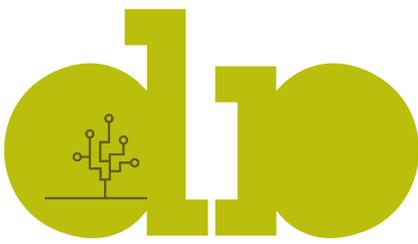
Sailing from Maldon, we explore the beautiful 'Essex Sunshine Coast' afloat. The Essex coast is the longest of any English county with 350 miles of varied and beautiful coastline. Our route takes in rugged sheltered coves, vast saltmarshes that teem with wildfowl and beautiful sandy beaches.

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 Sea-Change Sailing Trust offered to host our groups on board back in 2013 we jumped at the chance, and have since run eight 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.

Sea-Change 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!





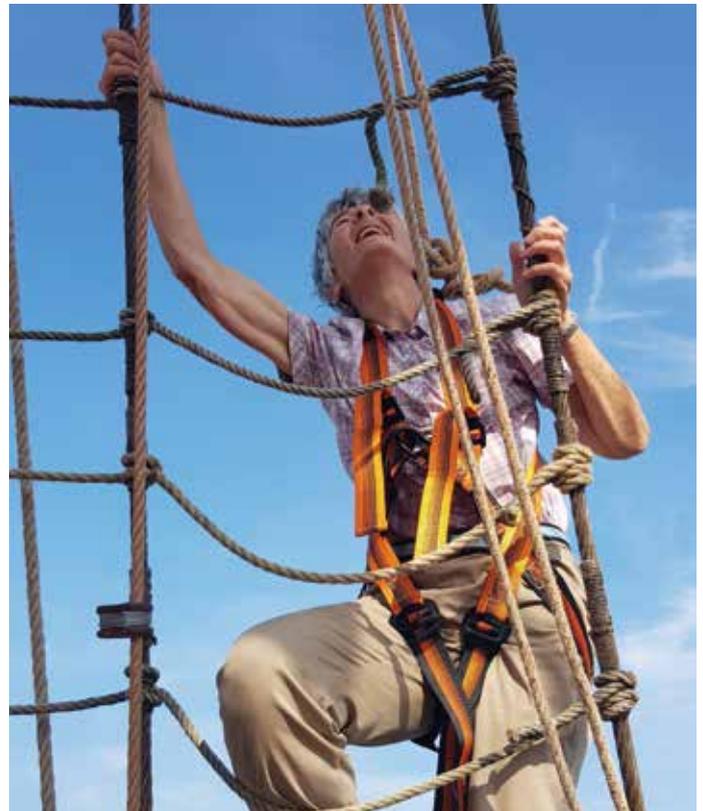
dementia adventure®

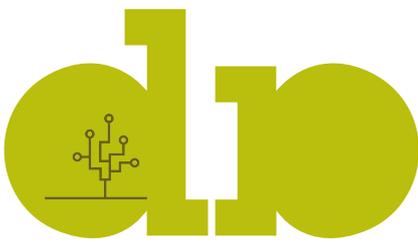
Your Accommodation

You will be eating and sleeping on-board an iconic full-sail Thames Sailing Barge, famous along this stretch of coast. The boat is unique with two and three-bed bunked cabins available (**please note some of the beds are at height and all are bunks**), alongside a large living and dining area, with plenty of headroom. This means that we will be able to give you a certain degree of sleeping privacy but that the general nature of the voyage is a communal one. There are two toilets, and a hot shower, all of which must be pumped out after use (but we will give you a lesson on this on the first day!). The lower deck (living accommodation) 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 up to it, they can relax—there are plenty of us on board to get the jobs done! There is plenty of opportunity for everyone to help in preparing meals as well as helping sail the boat up on deck.

Mealtimes are enjoyed together, with everyone able to join in with the preparation, cooking and clearing up afterwards. Dementia Adventure organises a menu plan and the shopping beforehand so the hard work is already taken care of. The accent is on filling, tasty food made to satisfy hungry sailors, interspersed with many cups of tea and the odd piece of cake!





dementia adventure®

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 have to be made and reviewed on a daily basis. The following is an outline of what might be expected.

Day 1:

We meet at Maldon Hythe Quay, get on board and are introduced to our Skipper, crew and each other. After familiarising ourselves with '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:

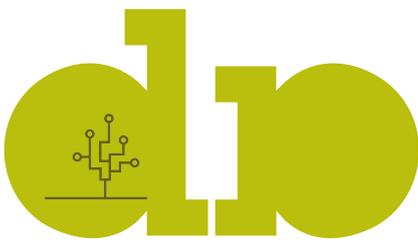
Today we will make our way through the impressive commercial activity in the major port of Harwich located at the mouth of the River Stour. Continuing down the adjacent River Orwell, we will stop overnight at the small hamlet of Pin Mill alongside famous waterside pub the Butt and Oyster (which we aim to row ashore and visit). 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. Hopefully we will be able to row ashore and have a walk along the beach at Mersea Island.

Day 5:

Arriving early afternoon at Maldon, we say our goodbyes and make sure you are safely on your way back home.



dementia adventure®

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, in 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—pyjamas
- At least two changes of warm clothes (combining layers)
- Thick socks, hat, gloves and hand warmers if needed
- Wellington boots for on deck and old trainers for below
- Water proof top and trousers if you have them but these can be borrowed on board.
- Sun hat, suntan lotion and lip salve
- Shorts/swimming gear **and towel**

How Much Does The Holiday Cost?

Prices start from **£650 per person** If you need further advice about funding please call us or visit www.dementiaadventure.co.uk.

How To Book?

Please call us on **01245 237548** or email info@dementiaadventure.co.uk. We will go through an assessment process over the phone and ask you about your abilities, interests and expectations, ensuring we do everything we can to support you in taking part. We look forward to seeing you on this break!

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

