

dementia adventure®

Suffolk

Bury St Edmunds

5 days, Monday to Friday

Price: £520 per person

Dates for 2018: 30 April–4 May, 25–29 June

NEW

The Accommodation

Surrounded by countryside, with 1000 years of history to explore, Bury St Edmunds and the surrounding towns and villages, promise the perfect getaway. Visit some beautiful sites including Bury St Edmunds Abbey, Thetford Forest and the Dad's Army Museum on this easily accessible break.

The Accommodation

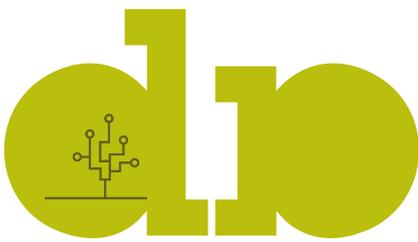
The Old School House and East End House is set in a private garden with parking in the middle of Bury St Edmunds, just next door to the Abbey.

The houses have a mixture of twin and double rooms, some on the ground floor and some on the first floor, some en-suite but all right next to a shared bathroom. The facilities are beautiful and we are delighted to have found this house.

We aim to create a family atmosphere where we all eat together in the large dining room of one of the houses. The menu and shopping will be done for you, and you can join in with prep if you wish or sit back and let yourself be looked after.

As these are self-catering houses, they both have washing machines and tumble dryers which we may use during our stay.





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Your Itinerary

Day 1:

Arrive at the accommodation and settle into our rooms. Acquaint ourselves with our surroundings and then sit down to dinner together.

Day 2:

In the morning after a hearty cooked breakfast, we head out of the house on foot to explore the ancient town of Bury St Edmunds. We plan to take a private guided tour and visit highlights such as the abbey and the theatre. With lunch in the cathedral cloisters cafe. After lunch we will drive over to Fullers Mill Gardens-Fullers Mill is a seven acre creation on the banks of the river Lark with a marvellous selection of uncommon and unusual shrubs, lilies and perennials. They are opening just for our group, so we will have a private visit to look at the beautiful gardens at our own pace and then the opportunity to purchase lovely homemade tea and cakes in the teashop.

We will then return to our accommodation where we will cook another lovely dinner.

Day 3:

This morning we will drive to Brandon Country Park where we have a short-guided walk around a trail. If the weather is bad, we can have a crafty morning in the visitor's centre with one of the wardens. After a picnic lunch we will take a short drive to Thetford otherwise known as Walmington-on-Sea, the home of Dads Army and now with a dedicated small museum relating to the show. We will have a private tour of the museum and a short walk around the key sites from the TV series and we will finish up with tea and wartime cakes in Marigold Tea rooms. After a rest back at the accommodation we will head out for a pub supper in a local village pub.

Day 4:

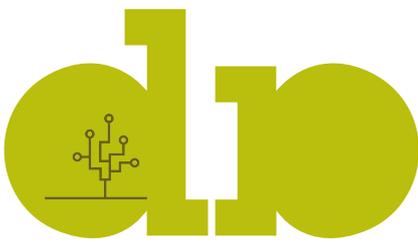
For our last full day, we are visiting Ickworth House Park and Gardens (National Trust). Ickworth is a stunning architectural oddity that has a story to match. Within the Orangery there is a collection of Old-fashioned toys and acres of outdoor space to explore. We will have lunch in the National Trust café and if the weather is good take a stroll to the walled gardens and lake. Tonight, we will have a final night's dinner in the accommodation.

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 due to this or the abilities of the group on the day. 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 around the area.
- All meals and soft drinks, tea and coffee at the house.
- Accommodation in twin or double rooms with shared bathrooms.
- Entrance fees and tickets.

What's Not Included?

- Travel insurance is advised in case of curtailment or cancellation due to illness.
- 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 Suffolk although this can be arranged for you at an extra cost.
- Pick-ups from station can be easily arranged at a small cost.
- Alcoholic drinks (drinks can be brought with you or bought during the week—we are also within walking distance of many pubs).

Things To Bring

- Sturdy walking boots or shoes
- Warm layers of clothing
- Wash kit and toiletries
- Waterproof jacket
- Sun screen and hat, scarf and gloves
- Insect repellent
- Water bottle and lunch box for picnics

How Much Does The Holiday Cost?

Prices start from **£520 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.

