

dementia adventure®

Connecting people living with dementia with nature and a sense of adventure

Where?

- *Maldon, Essex*

When?

- *May 14 - 18th 2012*

How Much?

- *£200 per person*

How do I book?

- *Call us on 01245 230661*

or

Email:

Info@

Dementiaadventure.co.uk

Dementia Adventure

5 Day/ 4 night Sailing Break around Maldon, Essex.

A sailing break designed with people living with dementia and their partners and/or families in mind.

Dementia Adventure aims to help you maintain a connection to nature and a sense of adventure while living with dementia. We work with experienced local operators and provide our own leaders and volunteers as well so that everything on the break runs smoothly.

We are working with Sea-Change to provide this break. Sea-Change is a charity which was formed in 2007 to provide residential opportunities in order to embed personal development and offer accreditation of learning, through Sailing. They usually do this with young people, but have been keen to work with Dementia Adventure to see how this kind of experience works with people living with dementia, so much so that they have raised funds to subsidise this voyage, so you pay a much reduced rate.

This break is suited to those who may have some experience of the sea, those who have good mobility and balance, and who love fresh air and the wide open spaces of the Thames Estuary. **NO EXPERIENCE** of sailing is necessary.

People are encouraged to become as fully involved in the sailing of the vessel as possible. The vision behind Sea-Change is of involvement for people who find that sailing suits them, so they are keen to provide tuition in sailing and navigation. You can be as hands on as you like, and really join in with the sailing of the vessel, as well as having a relaxing time on board and - literally! - watching the world float by.

Dementia Adventure has previously run Sailing holidays in Cornwall, and we have found that the close bonds and camaraderie that are fostered on a sailing trip are ideal for people living with dementia and their carers - a supportive group that brings out the best in its members.



Monday 14th May 2012 - Join at Hythe Quay, Maldon

We will join the boat at 1400, and all sit down to tea and cake and a discussion of what is going to happen. The afternoon will be spent settling in, familiarising ourselves with the vessel and the space on board, and we will leave on the evening tide.



A typical itinerary - which may change according to the weather and/or the group's abilities and wishes - is that we will anchor at Osea Island in the River Blackwater on Monday evening and have dinner.

Setting off after breakfast on the Tuesday morning we would sail down the river and on past Clacton and visit the beautiful Walton Backwaters that evening, seeing the seal colony and visiting the beach if people wish.



Three full days at sea



The Wednesday would see us make our way through the impressive commercial activity in the major port of Harwich, stopping that night at Pin Mill on the River Orwell where there is a famous waterside pub for a trip ashore.

Thursday will entail a long sail back to the River Colne, anchoring for the night off Brightlingsea.

An early start before Breakfast on Friday morning will take us into the River Blackwater for a return to Maldon early afternoon on the Friday. We will do our final tidying up and packing, and say goodbye to our new - but very firm - friends at about 1400.



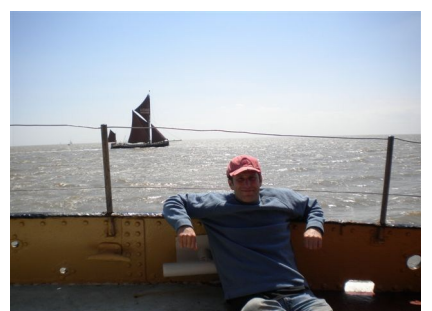
The Vessel: technical details!

The Reminder sleeps 12 in 6 cabins. Bed linen will be provided - quilts, pillows and all sheets. She has 2 modern "heads" or toilets, and a shower. She was built at Mistley in 1929 and was one of the last barges built. Retaining her original appearance on deck, the ex-cargo areas have been converted into accommodation - small cabins with bunks - a mix of doubles, twins and triples - and a large communal living/cooking/eating area with a coal burning stove. Cooking and eating is done together and everyone takes turns in preparation, cooking and cleaning up afterwards.

You join this voyage as crew, and as such you are fully involved in the sailing of the ship, so that after the first day or so you will play an active and responsible role. Sea-Change are used to working with people with various degrees of disability so you will not be challenged beyond what you can do! We will go over the day and talk about what happened after the evening meal. The nature of working on the water is one of variety, whether it be the result of the changing tidal pattern each day, the weather or destination. Therefore, the ship has a routine which runs throughout each day and onto this is superimposed the daily objective.

Breakfast is 0830, lunch 1230 and evening meal mid-evening. The crew works a watch system whilst on passage. The watch system ensures that each person gets a chance to cover every job and nobody ends up doing either only popular or unpopular work. It also ensures there are enough people available for the safe sailing of the ship at all times.

On arrival, the first session will be touring the vessel and doing an initial safety brief while alongside at the quay. There will be an extensive safety brief for sailing and familiarisation with work on deck and facilities below. This sailing area is ideal for exploration, gaining an understanding of the environment and the historical context of the barge.



Additional Information

Kit list

Warm sleeping gear	Warm clothes	Old trainers	Towel
A change of clothes	A little money	Shorts/swimming gear	Sun hat
	Suntan lotion	Wash kit	Warm hat and gloves
	Wellington boots	Personal reading matter	Musical instruments

What's included?

- **4 nights on board a Thames Sailing Barge, sailing out of Maldon**
- **All breakfasts, lunches and dinners, snacks and soft drinks, tea and coffee on board**
- **Accommodation in 2 person cabins**
- **Qualified staff and safety equipment, including lifejackets, waterproofs and harnesses**

What's Not Included?

- **Travel insurance - we can advise you on this**
- **Personal Care - therefore you will need to be accompanied by a carer or someone who knows you well.**
- **A small amount of alcohol for consumption with or after the evening meal may be brought with you on board**

If you have any questions, and to book, please call 01245 230661 or email info@dementiaadventure.co.uk

Who are we?

Dementia Adventure are a social enterprise which specialises in adventure breaks for people living with dementia and their carers. We are a registered Community Interest Company no 6885732

- We have a unique combination of skills and experience in both dementia care and the adventure travel industries.
- We work with talented and qualified local and international operators and provide one of our own specially trained group leaders who will be with you throughout the holiday.
- We are fully insured.
- The holiday has been designed to be relaxing and interesting, with an active day to day programme to cater for everyone.
- This is a small group holiday with a maximum number of 12 people in the group. You will receive individual attention.

We will ask you about your abilities and interests at the time of booking and will do everything we can to support you to take part. If you need special help with any aspect of travelling, please let us know.

We look forward to seeing you on this adventure!

Neil Mapes & Lucy Harding

www.dementiaadventure.co.uk

