

# Group holidays 2024

## Supported Small-Group Holidays with Dementia Adventure

We believe that with the right support — whether practical, emotional, or financial — anything is possible, which is why we offer small-group holidays for people living with dementia and the people who care for them.

Our small group holidays are always popular and sell out fast! Enjoy five days of fun and relaxation, with other people who are living through similar experiences to you. We take care of the details so you can get the most out of our hand-picked accommodation in a variety of beautiful destinations across the UK.

We've offered supported dementia holidays for well over a decade. We understand the complex and individual needs of people living with dementia, as well as how carers can benefit from having the chance to relax and enjoy time with their loved one while we take care of all the planning and background tasks. Whether you're looking for an alternative to respite in which everyone gets a rest, or an opportunity to have an adventure together, we'll support you to have the holiday you deserve.

Our holidays are available to people from all communities and financial backgrounds. We don't want finance to be a barrier to you getting the break you need, so in response to the current cost of living crisis, we are subsidising our holidays by a minimum of 30% in 2024, already reflected in our listed prices. However, if the price of our holidays is still out of reach, we might be able to offer you further financial help, as well as support you with finding additional funding. Find out more here, or contact us if you're still feeling unsure. We will help to make your holiday possible.



# 2024 Group Holidays

This year we are offering beautiful accommodation in a host of stunning holiday destinations around the UK. From the lofty peaks and dips of the Lake District to the wide open beaches of North Norfolk, the rugged heather fields of Scotland to the charm of the Isle of Wight, there is a holiday to suit all tastes.

## What to Expect

On a Dementia Adventure holiday you can expect to feel relaxed and have fun. Our person-centred approach means we get to know you before you go, finding out in advance what you enjoy and what support you need.

The holiday planning is all done for you, or with you, from accommodation and travel to activities and meals. Our expertly-planned itineraries ensure there's plenty to enjoy, whether you want to relax by the coast, walk in the mountains, or explore historic sites.

Before you go, you'll be invited to an online meeting so that you can meet the Dementia Adventure team. This is also your chance to get to know your fellow holidaymakers, all of whom will be looking for the same chance to unwind and have a great time among gorgeous, natural surroundings. A maximum of three other holidaying pairs will join you, so your group will contain up to eight holidayers in total. Some people end up staying in touch with each other after the holiday ends, and even form lasting friendships.

Our focus will be on what you can achieve rather than what you can't. We'll be encouraging you to have fun and to engage with all of the wellbeing benefits of being outdoors.

### We offer:

- ✓ Around-the-clock support while you're away
- ✓ Organisation, remote support, and personal communication in the run-up
- ✓ A five-day itinerary
- ✓ Rest and enjoyment for both the person with dementia and their companion
- ✓ Fully risk-assessed accommodation
- ✓ Transparent pricing, with no hidden extras
- ✓ Pricing that is subsidised by a minimum of 30%, reflected in the prices listed on our website
- ✓ Additional financial assistance for those who need it
- ✓ Support to fund your holiday

## Our Team

An experienced Adventure Leader will join you on your holiday to take care of all the practical day-to-day details, along with a skilled team of supporters — one for every person living with dementia.

The Dementia Adventure holiday teams are friendly, positive, and hands-on. Experienced staff and fully-trained volunteers, we're there with you because we want to be; we love what we do, and we want you to love your holiday!

### We are:

- ✓ DBS checked
- ✓ Trained to understand life with dementia
- ✓ Trained in communication and dementia
- ✓ Trained in risk analysis for outdoor activities
- ✓ Trained in safeguarding
- ✓ Certified in first aid
- ✓ Trained in food hygiene
- ✓ Trained in manual handling
- ✓ Trained in infection control, including COVID-19

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**The team were exceptional and I couldn't have hoped for more. They gave us the confidence that nothing was impossible and we achieved things I had thought were impossible.**

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## Making a Reservation

Once you have submitted your online reservation request, you will receive an email requesting information that will help us to keep you safe and ensure you get the best from your holiday, with questions about health, diet, mobility, hobbies, and interests. Once we receive your reply we will contact you and arrange a suitable time to discuss the holiday and answer any questions you may have.

Please note that a total deposit of £200 per two-person booking will be due within two weeks of receipt of invoice, which will be emailed to you upon submission of your reservation request. Your booking is confirmed once we receive your deposit.

## Days Out

While away, you'll enjoy a range of trips and activities. Depending on the destination you could be seal watching, sailing, visiting a farm, or walking through the glorious scenery of a nature reserve.

We focus our activities on those that enable you to access all the wellbeing benefits of connecting to nature and the outdoors. Potential activities and excursions will vary according to which location you're holidaying in; take a look at our 2024 Holidays for more detailed examples of possible itineraries.

## Food

You'll enjoy picnics and pub lunches on our days out, and delicious meals prepared by our team when at 'home' back at your accommodation. We're mindful of different dietary requirements and aim to fully accommodate them, whether down to allergies or religious beliefs. With the information we ask you for during the booking process, we'll craft a tasty menu to suit the whole group and share mealtimes together in the communal eating space.

### Meals on the First and Last Days of Your Holiday

We like to make the most of your time together. On your first day you will arrive in time for a late lunch or, depending on the venue, an afternoon tea. On the last day of the holiday we'll enjoy a farewell meal together before you set off on the journey home.

## Who Are Our Supported Group Holidays Suitable For?

We expect the person with dementia to manage day-to-day activities such as getting out of bed, dressing, and washing with the support of the person they are holidaying with. For this reason, we ask that people living with dementia come with someone who knows them well. It could be a friend, relative, or main carer. We do not provide personal care, but for an additional cost can often arrange it if needed. While we don't offer waking nights support, you can come to us at any point in the night if you need help.

We recommend that you complete a Herbert Protocol form before coming on holiday, and bring a copy along with you in case of 'unplanned adventures'.

Most of our breaks are suitable for wheelchair users and people with limited mobility. On some of our holidays we use a minibus which has two steps for getting in and out, which you would need to be able to manage (see individual holidays for details). Please speak to us if you need more information on this.

If you don't think this is for you, why not talk to us about the possibility of a supported tailored holiday instead?

## What is Included?

The price you pay includes:

- ✓ Four nights' full board accommodation
- ✓ All meals, including lunch and dinner on the first day and brunch on the last day. Some of these will be in cafés and pubs as part of the planned itinerary, and some at 'home' in the accommodation
- ✓ Complimentary soft drinks, tea, and coffee
- ✓ All activities and venue entrance charges
- ✓ Transport throughout the holiday
- ✓ Around-the-clock support from the Dementia Adventure team, on location and throughout the holiday
- ✓ Pre- and post-booking support
- ✓ Organisation, remote support, and personal communication in the run-up
- ✓ One free photobook per booking



# The Price of Your Holiday

As a charity we fundraise to make our holidays more affordable for everyone. This year, we're responding to the current cost of living crisis by continuing to subsidise our 2024 holidays by a minimum of 30%.

Depending on the location, a typical five-day holiday is currently between £1,150 to £1,450 per person. The price you pay includes accommodation; food; transport; activities; 24-hour support for the length of your trip; and all the organisation in the run-up! Behind every holiday there is a crew of people hard at work to ensure your trip goes off smoothly and safely, from scouting and booking locations to the nitty-gritty of meal plans and health-and-safety checks.

After making your payment (including your deposit) there will be no additional charges, and unless there are breakages or damage we will not bill any additional expenses.

By running our holidays on a not-for-profit basis, working with fully-trained volunteers, and using donations and funding from our supporters to cover at least 30% of the holiday cost, we aim to give a break to as many people who need one as possible — regardless of their financial situation.

Dementia Adventure is a member of the Travel Trust Association. This means that your payment will be placed in a trust account and protected by the TTA's Guarantee, ensuring that your money is kept safe and secure in the lead-up to your holiday.



## Funding Your Holiday

Our holidays are available to people from all communities and financial backgrounds. We know that funding your holiday can sometimes be difficult. Because we don't want finance to be a barrier to you getting the break you need, this year we're subsidising our holidays by a minimum of 30%.

These subsidised prices are the ones you'll see when you check the listed price for each destination, and are made possible using the donations we receive from our supporters.

However, if the price of our holidays is still out of reach we might be able to offer you further financial help, support you with finding additional funding, or both. Find out more here, or contact us if you're still feeling unsure. We will help to make your holiday possible.

### What we offer:

- ✓ Transparent pricing, with no hidden extras
- ✓ Pricing that is subsidised by a minimum of 30%, reflected in our listed prices
- ✓ Additional financial assistance for those who need it
- ✓ Support with seeking further funding for your holiday

For those who can afford to pay the listed price, you have the option to make a further donation. Your donation will help us to support those who cannot afford a holiday to get away. If you would like to make a holiday donation, please contact us.



## Infectious Diseases

We want you to have fun on your holiday, but your safety is our top priority.

We understand that there are many for whom COVID-19 is still a concern. Rest assured that we'll keep up-to-date with the latest government guidance and follow any new COVID-19 procedures put in place. In the meantime, we are continuing with sanitisation and cleaning precautions. Every member of our face-to-face delivery team is vaccinated and we ask the same of all holidaymakers.

## Travel Insurance

**We strongly recommend that you take out travel insurance for your supported holiday in case of cancellation due to illness or change in circumstance.**

Though we don't recommend specific providers, if you need advice we do suggest taking a look at website MoneyHelper, which contains an excellent free guide on how to get travel insurance when you have a pre-existing medical condition or disability. Please don't forget to read our Terms and Conditions, which include our cancellation policy.

## Transport

### While On Holiday

During your stay with us we will transport you to all of your day trips and activities in our Dementia Adventure minibus.

### To and From Your Holiday

We ask you to make your own way to the holiday meeting point if possible.

If you need help in getting to and from your holiday, we highly recommend Driving Miss Daisy, who will provide you with a high-quality, door-to-door transport service.

Driving Miss Daisy is an international companion and driving service, renowned for offering a safe, caring, and reliable service for people who find it difficult to get out and about. With more than 30 service delivery teams across the UK they offer personal assistance from your living room to the starting point of your holiday. All the drivers are DBS checked, private hire licensed, and first aid trained to ensure they can assist you with the highest level of care. The drivers are also Dementia Friends. For more information and to book their services visit <https://drivingmissdaisy.co.uk/>.

If you still have concerns about getting to and from your holiday, please don't hesitate to get in touch and discuss it with us.

**For more information or to book your holiday:**

Visit: [dementiaadventure.org/holidays](https://dementiaadventure.org/holidays)

Call: 01245 237548