




# Need a break?

## Supported Holidays for Families Living with Dementia

**Taking a break is possible with  
Dementia Adventure.**

### What we offer

-  5-day supported breaks across the UK, with a team of staff and volunteers to look after you.
-  All-inclusive care: meals prepared, day trips arranged, and plenty of time to relax.
-  Benefits: increased appetite, better sleep, and improved mood.

### How to get started

- 1** Visit our website or call us to learn about available breaks and support options.
- 2** Talk to us about finance. We're here to support you. Funding doesn't have to be a barrier to you getting the break you need.

**Take the first step - contact us today**



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dementiaadventure.org



**dementia  
adventure®**