

We have published two research reports in 2011 on the benefits of nature for people living with dementia, these are called:

Mapes, N (2011, July) **Wandering in the Woods – a Visit Woods pilot project**

Mapes, N (2011, Feb) **Living with dementia and connecting with nature – exploring the benefits of green exercise with people living with dementia**

Financial support

By supporting us financially you will be part of pioneering work which is making a real impact positively re-framing how living with dementia is currently understood.

Here are the ways you can support us:

Online donations are accepted using Ammodo or Paypal via our website

By phone to set up one-off or regular payments

By post send a cheque, made payable to "Dementia Adventure CIC", to our address.

Non-financial support

There are a number of things you can do to get involved with Dementia Adventure:

- Sign up to email subscriptions to stay connected with all our news and services
- Join and contribute your story and adventures to the growing Dementia Adventure community on Facebook
- Tweet your thoughts on Twitter@dementiaadv
- Tell people about our work
- Volunteer on an adventure



How to contact us

01245 269769 or 01245 230661

Please leave a message and we will get back to you.

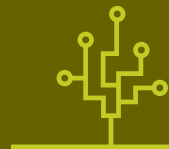
www.dementiaadventure.co.uk

Leave a comment on our website, read our reports and watch our films.

info@dementiaadventure.co.uk

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Dementia Adventure is a Registered Community Interest Company (CIC) No. 6885732. We are grateful to be supported by Classic Sailing: hands-on traditional sailing adventures.



dementia adventure®



Why Dementia Adventure?

Dementia Adventure has a vision of society in which people live well with dementia, are connected to nature, and enjoy a sense of adventure.

We want to enable people to enjoy a full range of activities, have strong relationships with others in their communities, and have access to places connected to their interests, passions and dreams.

Quotes from people living with dementia:

"It is so important to get out into the larger world and community so you don't get shut away."

"I felt alive, wonderful day. I remember the archway with all the flowers hanging down."

"The height of love and bliss... getting out."

Our plans

We are a community interest company which means that we operate for the benefit of the community rather than for personal gain. We want to work in partnership with individuals and organisations across the UK so that all people living with dementia can have a sense of adventure in their lives regardless of where they live.

What we do

We provide a range of high quality **Adventures** ranging from short park walks to international holidays and bespoke group breaks.

We also provide **Training, Research and Consultancy** to support and empower others to design and deliver services with nature in mind.

Benefits of our approach

The University of Essex has an extensive body of evidence which demonstrates that **Green Exercise** (www.greenexercise.org) or activity out in nature is beneficial to our well-being. Our own research is adding to a growing evidence base which clearly shows there are a range of specific benefits to people living with dementia from activity and connection with nature.

Regular walking out in nature may be the strongest and most easily accessible therapy available in the treatment of dementia. It can enable individuals living with dementia to feel well and experience a "dampening down" or absence of their dementia related symptoms.

Physical benefits

- Improved sleep
- Improved food intake
- Improved activity and exercise levels
- Multi-sensory engagement and associated joy
- Increased verbal expression
- Improved memory

Emotional benefits

- Mood enhancement
- Spiritual uplift
- Healing
- Reduced stress and improved mood
- Reduced anxiety, apathy, aggression and depression
- Stronger sense of self
- Having more control

Social benefits

- Sense of belonging
- Sense of friendship and kinship
- Community presence and activity
- Co-incidental positive social encounters

