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**News Release -15th September 2017**

**Volunteer for a week to help people living with dementia and their carers enjoy a holiday**

Dementia Adventure, an innovative charity based in Essex, is committed to helping people with dementia to get outdoors, connect with nature, themselves and their communities and is therefore appealing for volunteers to join the organisation to help and support people on its five-day residential holidays, during World Alzheimer’s Month. With locations throughout the UK, including the popular trips to the Tor View Centre, it’s a short-term commitment but a very worthwhile opportunity.

“Volunteers are already incredibly important to our work,” says Hayley Mott, Volunteer Co-ordinator, “and so we welcome local individuals, from across the county, who are keen to volunteer their time. We’ve around 90 wonderful volunteers supporting us at present, from Forres in Scotland to Cornwall and beyond.And with their ages ranging from 18 to 78, I like to think we can offer something for everyone.

Volunteering is an excellent opportunity to gain experience and develop skills all whilst being part of a friendly and enthusiastic team. More importantly, we recognise the fantastic contribution our volunteers make and so will ensure that they are fully supported during their time with us. This includes attending a volunteers training course in October – all made possible by the support of players of the People’s Postcode Lottery. We are planning to launch our holidays for 2018 in a couple of months so it would be fantastic to have some more people on board, trained and raring to go for next year!”

Dementia Adventure aims to ensure that everyone who then goes on to volunteer has increased understanding, awareness and confidence to actively engage more people living with dementia with nature and the outdoors. Each person with dementia and their carer is supported by a trained volunteer, whilst on a Dementia Adventure holiday. Volunteers will have all costs covered when away on a holiday and will always be supporting alongside a paid member of staff. They will also not be expected to provide hands-on personal care.

Carol Bower, who has volunteered on several holidays with Dementia Adventure says: “I like the fact that you’re allowed into people's lives for a short period of time to enable them to have a relaxing holiday. You can take a little bit of pressure off the carer by supporting the person living with dementia and allow them to unwind a little. All through the week, you’re giving them time and space whilst reassuring them. You’re connecting people with the great outdoors - you learn so much by taking people out and about, seeing nature through their eyes. It’s a great experience.”

If you are interested in learning more about volunteering on one of Dementia Adventure’s supported holidays planned for 2018 then please contact Hayley Mott, Volunteer Co-ordinator on 01245 327548 or email hayley@dementiaadventure.co.uk

**ENDS**

For further information, please contact: Jo Lambert Smith at Dementia Adventure on 01245 237548 or email [jo@dementiaadventure.co.uk](file:///C%3A%5CUsers%5Cjlamb%5CDesktop%5CDementia%20Adventure%5Cjo%40dementiaadventure.co.uk)

**NOTES TO EDITORS**

**About Dementia Adventure**

* Dementia Adventure is an award winning registered charity committed to helping people living with dementia get outdoors, connect with nature, themselves and their community, and retain a sense of adventure in their lives. [www.dementiaadventure.co.uk](http://www.dementiaadventure.co.uk)
* Through training, research, and consultancy services it enables care providers and organisations to take advantage of the natural resources on their doorstep to enhance the lives of people living with dementia and the people who care for them.
* The organisation is currently expanding the benefits of its nature-based, positive-risk taking approach with local and national partners through its social licence product$ $[Dementia Adventure in a Box](http://www.dementiaadventure.co.uk/training/social-licence) to increase the choices of outdoor activities available for people with dementia. Its legacy will be to create an ever-growing network of dedicated, experienced and knowledgeable individuals and organisations, all receiving in-depth support from the Dementia Adventure team.
* Dementia Adventure also designs, plans and delivers bespoke, small-group holidays and short-breaks for people living with dementia and their carers to enjoy together. It supports people with trained staff and volunteers, and offers this as an alternative to traditional respite.

**About People’s Postcode Lottery**

* People’s Postcode Lottery is a charity lottery. Players play with their postcodes to win cash prizes, while raising money for charities and good causes across Great Britain and globally
* A minimum of 30% goes directly to charities and players have raised £221.2 Million for good causes across the country
* £10 for 10 draws paid monthly in advance with prizes every day. For further prize information visit: [www.postcodelottery.co.uk/prizes](http://www.postcodelottery.co.uk/prizes)
* Maximum amount a single ticket can win is 10% of the draw revenue to a maximum of £400,000
* Players can sign up by Direct Debit, credit card or PayPal online at [www.postcodelottery.co.uk](http://www.postcodelottery.co.uk), or by calling 0808 10-9-8-7-6-5
* Postcode Lottery Limited is regulated by the Gambling Commission under licences Number: 000-000829-N-102511-013 and Number: 000-000829-R-102513-012. Registered office: Titchfield House, 69/85 Tabernacle Street, London, EC2A 4RR
* People's Postcode Lottery manages multiple society lotteries promoted by different charities. For details on which society lottery is running each week, visit [www.postcodelottery.co.uk/society](http://www.postcodelottery.co.uk/society)