

We're a charity, and we need your support

As a charity, everything we do is made possible by the generosity of our supporters – people like you. The chance to share meaningful experiences, continue living life to the full, and reconnect with friends and family is something we believe everyone should experience.

Please consider supporting our work. Whether it's through a donation, getting involved, or joining our network of volunteers across the UK, your contribution helps us continue to create life-changing opportunities for families and friends living with dementia.



Thank you for helping us make every moment count.



dementia adventure®

Talk to our
friendly team



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dementia adventure®

Life doesn't stop with dementia. At Dementia Adventure, we create opportunities for people living with dementia and their families to enjoy meaningful experiences, reconnect with nature, and share precious moments together.



Connection. Adventure. Meaningful Moments.

Dementia Adventure is a Registered Charity (CIO); 1163163 (England & Wales).
Dementia Adventure is a registered trademark.

Making each moment count

At Dementia Adventure, we understand that a dementia diagnosis can feel like life is on pause, but it doesn't have to stop entirely. We help create new meaningful moments for people living with dementia and their friends and families, offering outdoor adventures, supportive holidays, and practical learning that help life remain full of possibility, connection, and joy.

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It was wonderful being with such understanding people and so willing to help. I wasn't expecting for both of us to feel so cared for with such kindness and thoughtfulness.

Focusing on what's possible

For over 15 years, we've been helping people living with dementia and those who care for them enjoy the outdoors, experience new adventures, and make meaningful connections. At Dementia Adventure, we focus on what's possible, not what isn't.

Our services are built on research showing that time spent outdoors - whether enjoying a peaceful walk, experiencing nature, or trying something new - can significantly improve well-being. Our work is grounded in real-life experience, having spent countless hours with people living with dementia and their friends and families, understanding their challenges and needs.

Supporting you every step of the way

We offer a range of services that provide real, practical support to people living with dementia and their friends and families:

Supported holidays

Our group holidays across the UK provide the opportunity to enjoy the outdoors in a safe, supportive environment.

New! Green Letter Days

Green Letter Days are special days out that bring people together in nature with activities like walking, music, sports, and leisure.

Learning and support for families and carers

Our free online sessions provide practical advice and emotional support to families and friends of those living with dementia, helping them feel more confident and prepared in their role.

Professional training

We offer training for organisations and professionals so they can become more dementia-inclusive, ensuring people living with dementia and their carers are welcomed and supported wherever they go.



Reconnect, relax and recharge

Keep living life

Whether it's enjoying nature together on a gentle walk or simply having time to relax, our supported holidays and Green Letter Days help you continue living the life you've always enjoyed, despite dementia's challenges.

Feel supported, every step of the way

Our free online learning sessions help families and carers feel more confident in their role and less isolated. With the right guidance, managing the challenges of dementia becomes less overwhelming, and more meaningful moments can be shared.

Make lasting connections

Through our events, days out and holidays, you'll meet others who understand what you're going through. Our community is here to support you, to share experiences, and to build relationships that make the journey easier.

Access funding

We understand that financial barriers can be a concern. That's why we offer grants and discounts to help make our supported holidays more affordable for those who need them the most.

