**LETTER**

Stroke is the fourth biggest killer in the UK and a leading cause of disability. Nurses can help conquer stroke, and support stroke survivors with their recovery.

Running from 28-30 November in Liverpool, the UK Stroke Forum Conference is hosted by the Stroke Association, and brings together more than 1,400 stroke care professionals from across the stroke care pathway.

The three-day conference will include an update from Professor Sir Bruce Keogh, NHS England medical director, and a nursing and rehabilitation training day programme.

The event provides nurses with an opportunity to share learning and best practice around stroke care and rehabilitation for the short and long term.

For more information, visit www.ukstrokeforum.org, email ukstrokeforum@stroke.org.uk or call 0845 521 2505.

Professor Dame Caroline Watkins is incoming UK Stroke Forum chair, and professor of stroke and older people’s care, University of Central Lancashire, England

---

**FROM TWITTER**

Remember depression, anxiety + loneliness – eg after a bereavement – can be a major cause of malnutrition in later life.

@MalnutritionTF

90% of people with FH are undiagnosed & at risk of an avoidable heart attack or stroke. Help #FindFH & save lives!

@heartukcharity

Loneliness is a significant factor for people with learning disabilities and contributes to decline in older age, Jim Ridley #LDP2017 @RCN_Christine

The Older Persons Fellowship for Nurses and AHPs, sponsored by HEE, now open for applications hee.nhs.uk @CHAIN_Network

---

**Walk a mile in another carer’s shoes**

Carol Brindley is a carer development coordinator at Beechcroft Older Adults Mental Health Services in Berkshire

Custard tarts and dominoes: the experience of visiting a person with dementia can be unusual

This morning I am visiting a person with dementia. This is unusual for me. My job is to facilitate training courses for relatives of people diagnosed with memory problems. I meet more than 100 carers a year, but today I am walking in their shoes.

I arrive at the home to find a tiny, neatly dressed woman asleep in a recliner chair. ‘Wake up, love, Carol’s here,’ her husband whispers.

I touch her arm gently and say hello. Her eyes open and she tries to focus, but I am a stranger to her. She doesn’t acknowledge me.

Her husband goes out and I look around for inspiration. Then I spot some dominoes and empty them on to the table in front of her. She jumps at the clatter they make, but tentatively reaches for them.

She lines them up, moves them a fraction, then aligns them once more. She takes a comb from the table and brushes the dominoes with it.

In a fleeting moment of concentration she attempts to balance her beaker of water on top of the dominos. When I try to prevent it spilling she grabs it tight, her eyes narrowing. Then she abandons the dominos and feigns sleep.

**Shared love**

Two hours pass at a snail’s pace. She toys with her food and constantly watches the door. When her husband returns, she smiles instantly and radiantly, connecting through the love they have shared for more than 60 years.

He offers her a custard tart and her eyes light up. ‘Aren’t I lucky?’ she says, beaming. Nibbling the pastry, crumbs cascading down her cardigan, she asks if Carol is coming today.

‘Well?’ he asks, ‘how’s your mum been this morning?’

---

**LETTER**

Stroke is the fourth biggest killer in the UK and a leading cause of disability. Nurses can help conquer stroke, and support stroke survivors with their recovery.

Running from 28-30 November in Liverpool, the UK Stroke Forum Conference is hosted by the Stroke Association, and brings together more than 1,400 stroke care professionals from across the stroke care pathway.

The three-day conference will include an update from Professor Sir Bruce Keogh, NHS England medical director, and a nursing and rehabilitation training day programme.

The event provides nurses with an opportunity to share learning and best practice around stroke care and rehabilitation for the short and long term.

For more information, visit www.ukstrokeforum.org, email ukstrokeforum@stroke.org.uk or call 0845 521 2505.

Professor Dame Caroline Watkins is incoming UK Stroke Forum chair, and professor of stroke and older people’s care, University of Central Lancashire, England

---

**FROM TWITTER**

Remember depression, anxiety + loneliness – eg after a bereavement – can be a major cause of malnutrition in later life.

@MalnutritionTF

90% of people with FH are undiagnosed & at risk of an avoidable heart attack or stroke. Help #FindFH & save lives!

@heartukcharity

Loneliness is a significant factor for people with learning disabilities and contributes to decline in older age, Jim Ridley #LDP2017 @RCN_Christine

The Older Persons Fellowship for Nurses and AHPs, sponsored by HEE, now open for applications hee.nhs.uk @CHAIN_Network

---

**Walk a mile in another carer’s shoes**

Carol Brindley is a carer development coordinator at Beechcroft Older Adults Mental Health Services in Berkshire

Custard tarts and dominoes: the experience of visiting a person with dementia can be unusual

This morning I am visiting a person with dementia.

This is unusual for me. My job is to facilitate training courses for relatives of people diagnosed with memory problems. I meet more than 100 carers a year, but today I am walking in their shoes.

I arrive at the home to find a tiny, neatly dressed woman asleep in a recliner chair. ‘Wake up, love, Carol’s here,’ her husband whispers.

I touch her arm gently and say hello. Her eyes open and she tries to focus, but I am a stranger to her. She doesn’t acknowledge me.

Her husband goes out and I look around for inspiration. Then I spot some dominoes and empty them on to the table in front of her. She jumps at the clatter they make, but tentatively reaches for them.

She lines them up, moves them a fraction, then aligns them once more. She takes a comb from the table and brushes the dominoes with it.

In a fleeting moment of concentration she attempts to balance her beaker of water on top of the dominos. When I try to prevent it spilling she grabs it tight, her eyes narrowing. Then she abandons the dominos and feigns sleep.

**Shared love**

Two hours pass at a snail’s pace. She toys with her food and constantly watches the door. When her husband returns, she smiles instantly and radiantly, connecting through the love they have shared for more than 60 years.

He offers her a custard tart and her eyes light up. ‘Aren’t I lucky?’ she says, beaming. Nibbling the pastry, crumbs cascading down her cardigan, she asks if Carol is coming today.

‘Well?’ he asks, ‘how’s your mum been this morning?’

---

**LETTER**

Stroke is the fourth biggest killer in the UK and a leading cause of disability. Nurses can help conquer stroke, and support stroke survivors with their recovery.

Running from 28-30 November in Liverpool, the UK Stroke Forum Conference is hosted by the Stroke Association, and brings together more than 1,400 stroke care professionals from across the stroke care pathway.

The three-day conference will include an update from Professor Sir Bruce Keogh, NHS England medical director, and a nursing and rehabilitation training day programme.

The event provides nurses with an opportunity to share learning and best practice around stroke care and rehabilitation for the short and long term.

For more information, visit www.ukstrokeforum.org, email ukstrokeforum@stroke.org.uk or call 0845 521 2505.

Professor Dame Caroline Watkins is incoming UK Stroke Forum chair, and professor of stroke and older people’s care, University of Central Lancashire, England

---

**FROM TWITTER**

Remember depression, anxiety + loneliness – eg after a bereavement – can be a major cause of malnutrition in later life.

@MalnutritionTF

90% of people with FH are undiagnosed & at risk of an avoidable heart attack or stroke. Help #FindFH & save lives!

@heartukcharity

Loneliness is a significant factor for people with learning disabilities and contributes to decline in older age, Jim Ridley #LDP2017 @RCN_Christine

The Older Persons Fellowship for Nurses and AHPs, sponsored by HEE, now open for applications hee.nhs.uk @CHAIN_Network

---

**Walk a mile in another carer’s shoes**

Carol Brindley is a carer development coordinator at Beechcroft Older Adults Mental Health Services in Berkshire

Custard tarts and dominoes: the experience of visiting a person with dementia can be unusual

This morning I am visiting a person with dementia.

This is unusual for me. My job is to facilitate training courses for relatives of people diagnosed with memory problems. I meet more than 100 carers a year, but today I am walking in their shoes.

I arrive at the home to find a tiny, neatly dressed woman asleep in a recliner chair. ‘Wake up, love, Carol’s here,’ her husband whispers.

I touch her arm gently and say hello. Her eyes open and she tries to focus, but I am a stranger to her. She doesn’t acknowledge me.

Her husband goes out and I look around for inspiration. Then I spot some dominoes and empty them on to the table in front of her. She jumps at the clatter they make, but tentatively reaches for them.

She lines them up, moves them a fraction, then aligns them once more. She takes a comb from the table and brushes the dominoes with it.

In a fleeting moment of concentration she attempts to balance her beaker of water on top of the dominos. When I try to prevent it spilling she grabs it tight, her eyes narrowing. Then she abandons the dominos and feigns sleep.

**Shared love**

Two hours pass at a snail’s pace. She toys with her food and constantly watches the door. When her husband returns, she smiles instantly and radiantly, connecting through the love they have shared for more than 60 years.

He offers her a custard tart and her eyes light up. ‘Aren’t I lucky?’ she says, beaming. Nibbling the pastry, crumbs cascading down her cardigan, she asks if Carol is coming today.

‘Well?’ he asks, ‘how’s your mum been this morning?’