

## LIFESTYLE

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TIMES

# Campaigner's books spreading knowledge of Alzheimer's

A campaigner has been spreading knowledge across the globe on how to combat the onset of Alzheimer's disease.

Gareth Rowlands, of Pine Grove, Brookmans Park, recently presented four activity booklets he wrote to the Alzheimer Society of Calgary, in Alberta, Canada.

The booklets contain exercises that will "stimulate the brain" which Mr Rowlands believes will help stave off the onset of the disease.

Speaking about the booklets, he said: "They have activities based on what people do every day – gardening, simple carpentry, games, day visits, exercises that they can try and, of course, music and dancing, which is one of the best ways to keep people active mentally and physically."

Mr Rowlands added: "They found the material very helpful so they are going to distribute it to carers,

“Anyone that can raise awareness will hopefully encourage others to help in some way

Gareth Rowlands

residential homes and families who visit members in homes.”

The Alzheimer's activist has also visited Cyprus, Mauritius and Pakistan, and is planning to spread his wisdom to Australia and New Zealand in the future.

Speaking about his trips, he said: "I think they're vital.

"Anyone that can raise awareness will hopefully encourage others to help in some way because at the moment there's over 800,000 in the



■ Gareth Rowlands sharing his booklets with Paul Bartel at the Alzheimer Society of Calgary and, inset, with his website

UK suffering alone.

"In this country we have recently devised a system with Dementia Friends which is really successful, which is why other countries need to learn about what we are doing here."

Mr Rowlands' activity booklets are available in the UK, Cyprus, Pakistan and Mauritius.

→ For more information visit his website [www.battledementia.co.uk](http://www.battledementia.co.uk)

