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**On Wednesday 21 November we were delighted to welcome Sylvia Bryden Stock to Woodstock Residential Care Home.**

She came to meet us and talk about her wonderful books and how they can help us to better understand **Dementia**.

Sylvia spent time talking to our residents and staff about her and her husband's **Dementia** journey and how she coped with the changes to her life.

She has kindly given us copies of her latest book so that we can give them to anyone struggling to understand **Dementia**. We talked about her DVDs and how they can help us train new staff about the disease. We are looking forward to her third DVD.

Thank you for coming Sylvia - it was wonderful to have you at **Woodstock**.