



Hillcocks winning the race against dementia!

With the arrival of spring and warmer weather, things are certainly hotting up for West Kingsdown family, the Hillcocks, as they prepare for May's 'Run, walk or push against Dementia' event in Knole Park.

The 3, 5 and 10k courses have been organised by the Sevenoaks Area Dementia Friendly Community (SADFC), including us, with all the funds going to local dementia services.

After raising almost £7,000 last year, the event is back for a third time and attracting families from across the District, including the 30-strong Hillcock army, who are taking part to pay tribute to a loved one they lost to dementia.

"My mum Joy, was 89 when she passed away and she had lived with dementia for about five years before passing away around the time of the first event in 2016," says 70 year old Terry Hillcock. "The event is a great

opportunity to get the family together, remember Joy and take on the course in her honour".

"We live in the Sevenoaks District and we really wanted to get involved. We initially signed up our immediate family, before passing it on to other relatives where things spiralled out of control. Before we knew it, there was about 30 of us!"

With Terry, being the oldest of the Hillcock clan, three generations of family joined the event last year along with Terry's wife Joan, right down to the youngest of the group, grandson Leo, aged just one, and there still might be more to come!

"Last year we had one pregnant lady who didn't do it so she'll be back this time, probably with the pushchair!" says construction company worker, Joan.

"The event feels very special, in the beautiful Knole Park, and there's a great family atmosphere. There's no pressure to run and you feel

comfortable taking it at whatever pace you like. There's a huge range of people taking part, people with pushchairs and dogs as well as serious runners. We always have a huge picnic after and make a proper day of it.

"Dementia has touched our family and I know it is something that touches many others. We have an ageing population so, at one time or another, it's likely to affect all of us at some point in our lives, but we're ready to do our bit in May and support such an important cause."

Run, walk or push against dementia takes place in Knole Park on Sunday 12 May with 500 places available.

Proceeds from the event will support local dementia services, including local dementia cafés, singing groups and cinema showings.

Register at www.sevenoaks.gov.uk/runwalkpush or call us on 01732 227000.