

Sylvia Stock wins Unpaid Carer Award at the 2019 Great British Care Awards



A series of regional events throughout the UK, the South East Great British Care Awards are a celebration of excellence across the care sector, paying tribute to individuals who have demonstrated outstanding excellence within their field. Attended by hundreds of care industry professionals, the glitzy awards ceremony took place at The Hilton in Brighton on Saturday 9 November 2019.

Congratulations to the marvellous Sylvia Stock for her win at this year's awards ceremony in The Unpaid Carer Award category. Since her husband became a resident at **Princess Christian** many years ago, Sylvia has championed the Home and its Dementia Care at every opportunity. Staff and residents at the Home continue to appreciate all that Sylvia does for them every time she visits.

Sylvia said, "Through 'Friends of Princess Christian Care Centre' I have enjoyed supporting many aspects of their care services. The Alzheimer's journey with my husband turned sorrow into solutions offering a listening ear to staff and relatives."

In the words of the person who nominated Sylvia:

"Sylvia Sock is an amazing volunteer for Princess Christian Care Home. When I first met Sylvia in 2013, I was really impressed by her personality and recognised the element of abundant compassion in her heart and in her words. She was a regular visitor to the care home because her husband was a resident living with dementia."

Being a retired Nurse who was previously practicing in the social care sector, her knowledge in dementia and her willingness to volunteer for our dementia awareness activities became very popular over the years.

Sylvia, a dementia expert is also a published author. One of her books "The Naughty Neurones", describes hers and her husband's journey through the course of dementia and is an extremely useful guide for dementia family carers.

She co-founded Friends of Princess Christian (FOPC), a non-profitable organisation within the Care Home and is currently serving as the secretary of the association. FOPC has brought relatives, residents and staff at Princess Christian Care Home together, to regularly meet and talk about making positive changes in the Home and hence to contribute towards enriching the lives of its residents.

Her vision is to build a larger community around our residents so that they do not feel segregated from the rest of the world. Under her eminent leadership, FOPC organises regular funding activities to support national charities too, like the World Alzheimer's month.

She is always in the forefront of raising awareness of dementia and provides one to one sessions with families struggling to cope up with the condition on a regular basis.

Sylvia also runs a dementia café at the Care Home where relatives can meet her over a coffee to discuss their anxiety.

Sylvia is a volunteer who takes ownership of everything and everyone at home. Our residents love her like a member of their own family. She joins them for everything, from fun games, day trips and meals. Sylvia is very worthy of this special award."

Well done to Christine Foster

As Head of Activities at the Home, Christine also achieved finalists status at this year's awards in The Care Home Frontline Leader Award category. Christine leads a team of Recreation and Well-Being Champions who provide person-centred social activities for over 90 residents at Princess Christian. Our residents and staff love her cheery and compassionate personality.

Congratulations Christine – a very well deserved nomination!



