



Living Well North Tyneside

Supporting Health and Wellbeing

Mark your calendars for **21 January 2025**, the next **Race Against Dementia Day**, a global initiative dedicated to raising awareness and funds to combat dementia. This special date is celebrated annually on Lady Stewart's birthday, the inspirational force behind the Race Against Dementia charity. Through collective action, this day serves as a powerful reminder of the urgent need for research and innovation to tackle one of the world's most pressing health challenges.

What is Race Against Dementia Day?

Race Against Dementia Day is more than just a date on the calendar. It's a call to action, inviting individuals, families, and organisations to join forces in the fight against dementia. The goals of the day are simple yet impactful:

- **Raise Funds:** Support the groundbreaking research needed to develop treatments and, ultimately, a cure for dementia.
- **Encourage Participation:** Inspire people to get involved in dementia research by volunteering, fundraising, or spreading the word.
- **Accelerate Change:** Push for innovation and rapid progress to ensure that the future is free of the devastating impact of dementia.

Dementia affects millions of individuals worldwide, not just those diagnosed but also their families and caregivers. Events like Race Against Dementia Day aim to highlight the importance of research while offering hope for a better future.

The Importance of Dementia Research

Dementia is not a single disease but a collection of symptoms caused by disorders affecting the brain. It is a leading cause of death globally and currently has no cure. Research is vital in understanding the causes, developing treatments, and finding ways to prevent it altogether.

Pioneering charities like Race Against Dementia work tirelessly to fund innovative projects and collaborate with researchers across the globe. The charity was founded by Sir Jackie Stewart in honour of his wife, Lady Helen Stewart, who was diagnosed with frontotemporal dementia. The mission of Race Against Dementia is to find solutions faster by applying the innovative and high-pressure techniques used in Formula One to medical research.

How Can You Get Involved in Race Against Dementia Day 2025?

There are countless ways to support this cause and contribute to the fight against dementia. Here's how you can make a difference:

1. **Join the Race:** Many local and virtual events take place to raise funds and awareness for dementia research. Whether it's a fun run, a community walk, or a digital fundraiser, your participation matters.
2. **Support the Charity:** Donations go a long way in funding critical research. Every pound raised is a step closer to a breakthrough.
3. **Use Social Media to Raise Awareness:** Share your support and spread the word about Race Against Dementia Day by using the hashtag #RaceAgainstDementiaDay. Raising awareness is a key part of creating change.
4. **Volunteer for Research:** Many research organisations need volunteers for clinical studies. Consider signing up to be part of a project that could make a real difference.

Other Organisations Supporting Dementia Research

Race Against Dementia collaborates with a range of organisations focused on dementia care and research:

- **Alzheimer's Research UK:** This charity is at the forefront of dementia research in the UK, funding scientific studies and answering key questions about the condition.
- **Dementia UK:** A national charity offering support to families through their specialist Admiral Nurse service and providing invaluable advice for those impacted by dementia.

Each of these organisations plays a vital role in advancing our understanding of dementia and improving the lives of those affected.

Why Race Against Dementia Day Matters

Dementia doesn't just impact individuals; it profoundly affects families, communities, and healthcare systems. The condition is one of the biggest global health challenges of our time. Events like Race Against Dementia Day remind us that there is hope—through research, innovation, and collective action, we can create a future where dementia no longer devastates lives.

By supporting Race Against Dementia Day, you're not just helping to fund research; you're joining a global movement of people determined to make a difference.

Let's join forces this Race Against Dementia Day to accelerate change and create a brighter future for everyone. Every step, every share, and every donation counts. Together, we can win this race.

Related Links

- [Race Against Dementia](#)
- [Alzheimer's Research UK](#)
- [Dementia UK](#)



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