



21st Sept 2014: REMEMBERING NOT TO FORGET STANDARD PRESS RELEASE

Ten challenges in ten months to fundraise for people impacted by dementia

Two friends have established their own charity, Remembering Not to Forget (www.rememberingnottoforget.org.uk), to raise funds to support people impacted by dementia. Laura Corrick and Ali Turnbull have undertaken ten physical challenges in ten months to kick start their fundraising. They have surpassed their original fundraising target of £10,000, having raised over £12,000. The funds will be divided between national organisations carrying out research and campaigning work and organisations providing services to people with dementia and their families in Somerset and the South West.

The challenges included undertaking ten outdoor swims in unheated water (no wetsuits) in February, cycling from London to Paris, climbing Mount Kilimanjaro, cycling 100 miles in a day across Devon, taking part in a triathlon, swimming 2km upstream in the Thames and attempting to break a world record. The pair also organised a series of events to raise funds, engage people with dementia issues, and help share information about dementia.

Co-founders Laura Corrick, 31, and Ali Turnbull, 34, are both originally from Somerset but met in London. Both have close family members living with dementia and wanted to do something to combat this cruel condition, and support other families facing a diagnosis of dementia.

Funds from the ten challenges will be divided between recipient organisations at the end of the initial ten months of fundraising, in October 2014. Remembering Not to Forget will continue to raise funds in 2015.

For more information visit: www.rememberingnottoforget.org.uk or contact info@rememberingnottoforget.org.uk. Follow us on Twitter @RNF_UK or find us on [Facebook](https://www.facebook.com/rememberingnottoforget).

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