

Author Sylvia Bryden-Stock visits Meyer House Care Home



Meyer House Care Home in Erith welcomed author Sylvia Bryden-Stock last week to talk about her two books which describe her and her husband's dementia journey. A number of our Homes have had the pleasure of meeting Sylvia for a short talk and to receive signed copies of her books – Sylvia commented; "It really is a joy to go round the Homes and meet everyone."

Sylvia is a regular visitor to **Princess Christian Care Home** in Surrey and her husband has been a resident there for a number of years. She runs a Carers Coaching Academy and is an advocate for dementia awareness in general.

Her first book '[The Rocky Road of Naughty Neurons: Our Journey with Young Onset Alzheimer's Disease](#)' explains the journey she and her husband took when he was diagnosed with the condition.

The second '[The Rocky Road of 24/7 Care: Sylvia's Ups and Downs and Positive Learnings Along the Way](#)' highlights the journey they embarked on when entering nursing home care.

Sylvia's visit to **Meyer House** was a big success and she very much enjoyed meeting residents, relatives and staff and spending time with them chatting. She met one gentleman, John, whose sister she had worked with during her district nursing days. She also had a long chat with a lady who had been a Mayor and Councillor, who was very interested in reading one of her books.

Staff at **Meyer House** were very pleased to see Sylvia and are delighted to have copies of her books to share with their families.