

# Actress Olivia in step to help dementia charity

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Dementia care is an issue that has always been close to the heart of Bafta-winning actress Olivia Colman.

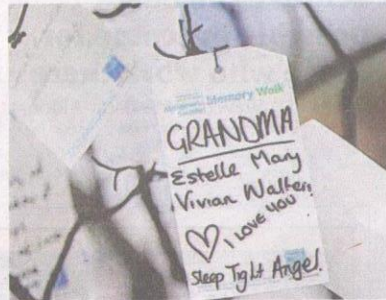
Like tens of thousands of others from Norfolk, she has been touched by the subject through personal experience.

Ms Colman's mother, Mary Colman, helped many people suffering with dementia during her 45 years as a nurse.

And, in her roles as Margaret Thatcher's daughter, Carol, in the 2011 film *The Iron Lady*, and Nancy Ronstadt in the television series of the same year *Exile*, she has acted in story lines focused around dementia.

So the Norfolk-born actress and former pupil of Norwich High School for Girls and Gresham's School in Holt had no hesitation in accepting an invitation to take part in the Alzheimer's Society's Memory Walk at Holkham Hall, near Wells.

The event, which took place on



Saturday, raised an estimated £20,000 to help people with dementia and saw some 300 people take part in 3km and 10km walks.

Ms Colman, best known for her roles in *Broadchurch*, *Twenty Twelve* and *Peep Show*, was joined by her parents on the walk.

She said: "My mum has always been very passionate about making sure that people with dementia get the care they need.

"Her grandmother died after suffering from dementia and she had a nursing home where she looked after a lot of people with dementia.



■ Olivia Colman starts the Memory Walk at Holkham Hall yesterday before completing the event with her parents. Left, a message to a loved one.

Pictures: MATTHEW USHER

"I've grown up around that and my mum's passion has rubbed off on me. "Events like this Memory Walk are so important in raising money to help people with dementia and I've been really impressed to see so many people coming out to take part and support the Alzheimer's Society."

Tracy Wood, 40, a nurse from King's Lynn, took part in the walk with her sister Debbie Wood and a

group of friends. All four of her grandparents have suffered from dementia.

She said: "It's heart-breaking to see a loved one who has been so bubbly and full of life change completely.

"That's why we wanted to come along today and do our bit to help others going through it all."

The Memory Walk is the Alzheimer's Society's flagship fund-

raising event which sees walks taking place around the UK throughout September. It is hoped all of these walks will raise about £2m.

For the third year running the Memory Walk is being held in partnership with Bupa Care Homes.

This was the first time a Memory Walk has been held at Holkham Hall but organisers said they planned to return to the venue next year.