

TURN OF THE TIDE

Hiya, yesterday I wrote about the winds of change, today we have just come back from a long walk along Torquay seafront, and its whilst I am walking I have some of my inspirations and ideas about my illness, this one is no exception loll.

When we arrived at the seafront today the first thing I noticed was the tide was in, not only was it in but the waves was crashing against the promenade and it looked full and choppy. I love seeing it when it's like this because you can almost feel the power of it crashing and stretching along the coast, trying its best to overcome everything in its path. The thunderous noise the waves make come from nowhere as its all quiet until it hits (Remind you of anything??)

Then, as we sat, eating a much needed ice cream and lolly, as time passed I noticed the tide was turning. It was beginning to recede, it was starting to retreat, slowly, very slowly but there for all to see, it was finally disappearing before our very eyes. Specks of sand began to appear and the beach seemed to start breathing again after emerging from the water, gasping for air.

The tips of the rocks began to appear and before long the whole of the rocks were there for all to see and then the Herons were landing on them, soon to be taking off, fishing for their lunch. The whole area seemed to come to life and the world was, once again, restored to its former glory, before it was drowned by the never relenting tide.

So I hear you ask, how does this relate to my illness? Well, as I sat there I started to think of the tide as the Dementia Demon, always pushing forward, always there, creeping up and not noticeable until it's too late. But what I also noticed was how it did eventually relent, how it did retreat and disappear from view. No matter how often it came back, it also retreats and turns away from its intended target. My friends, this is what I think is its weak spot!! Its Achilles heel if you like, I now know that Dementia CAN be on the retreat! I now know that eventually one day Dementia will recede to a point of no return!! How do I know this?? Because in the last few years I have seen with my own eyes how things have changed for the better where dementia is concerned. Never before has dementia been spoken about so openly, never before have we had so much Media interest and never before have

To purchase Norrms books Click on the Titles

[More than words](#)

[Me and MY Alzheimer's](#)

Thoughts by Norrm's Mcnamara

people taken such an interest in changing the way people with Dementia are treated and looked after.

My wonderful friends, this is our time, this is the time to stand together, no matter who you work for, no matter what kind of dementia you or a loved one has, this is our time to unite and defeat this awful illness.

This time, the TIDE IS TURNING, and for the better

Best wishes, Norrms and family xxxxxxxxxxxxxxxx

To purchase Norrms books Click on the Titles

[More than words](#)

[Me and MY Alzheimer's](#)