

**MEDIA RELEASE – Wednesday 20 July 2011**

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**Local novice yachtsman to take part in Round the World Race in aid of Dementia UK**

Novice yachtsman, Paul Knighton, 31, from Twickenham, is taking part in the Clipper Round the World Yacht Race to help raise funds for Dementia UK, a national charity who support families affected by dementia.

Paul, who has only had a few months worth of training, will be a crewmember aboard the racing yacht *Visit Finland*. This gruelling race will set off from Southampton on 31 July 2011 and will take the best part of 12 months to complete. Paul and his team will return to Southampton in early July 2012 after a 40,000-mile adventure across the world's oceans.

Paul says:

*"I can expect to experience some of the toughest conditions you can imagine, with contrasting emotions from fear to joy, loneliness and exhaustion and hopefully return a better person for it."*

*A significant part of this challenge will be to help raise funds for Dementia UK who make a real difference to the lives of people with dementia and their family carers. Like so many, my family has been affected by dementia. I have seen the distress it causes to the person with dementia and those close to them. I also know that by raising funds for Dementia UK we can make a real difference to people who live in incredibly difficult situations, every day, year after year, not just for 12 months."*

Claire Curtis, Fundraising and Communications Manager at Dementia UK, says:  
*"Paul's challenge is truly inspiring and we wish him fair winds and happy sailing on his high seas adventure."*

*We are grateful to Paul for choosing to support Dementia UK and all donations will help us to continue supporting families affected by dementia."*

Visit Paul's Virgin Money Giving page to donate to this fundraising total:  
<http://uk.virginmoneygiving.com/fundraiser-web/fundraiser/showFundraiserProfilePage.action?userUrl=PaulKnighton>

**Ends**

**Paul Knighton is available for interview. For more information and to obtain images please contact:**

**Faradane O'Callaghan, Communications Officer, Dementia UK on 0207 874 7203 or email [faradane.ocallaghan@dementiauk.org](mailto:faradane.ocallaghan@dementiauk.org)**

**Notes to the Editor:**

1. Dementia UK is the national charity that is committed to improving quality of life for all people affected by dementia. It provides and supports Admiral Nurses, specialist dementia nurses, the Admiral Nursing DIRECT helpline, Uniting Carers, a national network of carers of people with dementia, and provides accredited and affordable training via Dementia UK Training. All initial enquiries to 020 7874 7200 or [www.dementiauk.org](http://www.dementiauk.org)

2. Admiral Nursing DIRECT is a national telephone helpline and email service provided by experienced and specialist Admiral Nurses who offer advice and support for families, carers and people with dementia. Call 0845 257 9406 or email [direct@dementiauk.org](mailto:direct@dementiauk.org)

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