# Press Release | 23 August 2024

## EPIC Moves, Better Lives – additional support for patients with dementia and frailty.

The Queen Elizabeth Hospital King’s Lynn NHS Foundation Trust (QEH) has recently launched a heartfelt fundraising appeal, **EPIC Moves, Better Lives**, aimed at enhancing the care and experience of hospital patients living with dementia.

Since January, The QEH has been collaborating with EPIC Norfolk, a not-for-profit organisation, to deliver personalised therapy sessions focused on reconditioning and exercise therapy. These sessions, that compliment those which QEH staff deliver, are particularly targeted at patients living with frailty and cognitive impairment, encouraging physical activity, reducing anxiety, and maintaining their abilities.

The EPIC Moves, Better Lives Appeal will raise funds to continue these valuable therapy sessions. The money raised will also allow the therapists to share their expertise with QEH staff, enabling the hospital to extend this high-quality service to more patients.

Dr. Katie Honney, Clinical Director for Integrated Care of the Older Person at The QEH, expressed her gratitude: “We are incredibly thankful to EPIC for delivering this vital programme and to the hospital’s charity for ensuring its extension across the hospital. This excellent resource will significantly enhance patient care and wellbeing.”

Steven Hitcham, Director of EPIC Norfolk, added: “EPIC Norfolk is the leading specialist in providing physical and sports activities for people living with dementia and frailty. We understand the critical health benefits our programmes offer, such as maintaining or improving independence, balance, mobility, and cognitive function. Our activities also bring joy and excitement, fostering positive mental well-being.”

Samantha Taylor, Charity Manager at The QEH, shared her enthusiasm: “We are thrilled to launch this appeal to support such an incredible service.”

Individuals and organisations are invited to donate to the appeal via [Epic Moves, Better Lives Appeal - JustGiving](https://www.justgiving.com/campaign/epicmovesappeal)

If you would like to raise funds for good causes or support an appeal at The Queen Elizabeth Hospital, please take a look at our website [www.qehklcharity.co.uk](http://www.qehklcharity.co.uk). Alternatively, please email our Charity team at [Charity@qehkl.nhs.uk](mailto:Charity@qehkl.nhs.uk) or call 01553 613309.

**Ends.**

**Notes to editors;**

For media enquiries only, please contact Communications Team, [media.enquiries@qehkl.nhs.uk](mailto:media.enquiries@qehkl.nhs.uk) or 01553 613216.

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