The National
Brain Appeal
Funding advances
in neurology and
neurosurgery

Newsletter
Number 51
Autumn/Winter
2017

NEURO
MUSCULAR
BRAIN INJURY
STROKE EPILEPSY
BRAIN TUMOUR
DEMENTIA PRION
PARKINSONS
MIGRAINE
SPINAL
MULTIPLE
SCLEROSIS

Inside this issue:

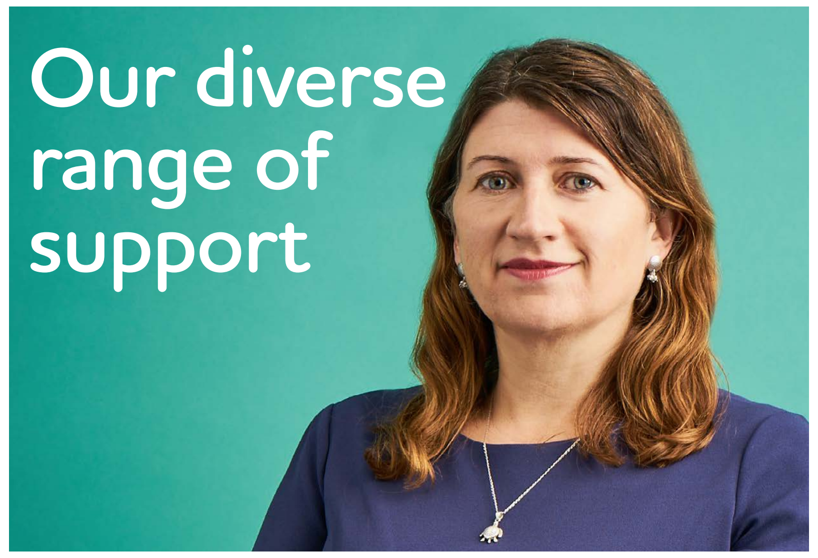
Six funding areas explained

New neuropsychology appeal

Record year for A Letter in Mind

Cover photo by **June Essex**

Our diverse range of support



We were very pleased to launch our new annual review in June, setting out our funding areas. For many years, we have focused on promoting our biggest projects which often require millions of pounds of funding. However, you may not know that we also fund lots of other projects and activities, covering a wide spectrum of need at Queen Square (The National Hospital and the Institute of Neurology) from clinical, equipment and infrastructure, education and, of course, much-needed research.

To make it easier for everyone to see what we support, we have now organised our funding into six key areas – Queen Square; Neurodegeneration; Neurosurgery; Neurology; Technology and Innovation and Education and Staff Development (details and a few examples can be seen opposite). Within each area there are many different individual projects which range in size from a few thousand pounds to millions. There really is something that relates to everyone – whether it's an improvement in treatment, educating the next generation of specialists or unlocking new secrets of the brain. We are looking forward to telling you more about the individual projects over the coming issues.

Thank you for making this diverse range of support possible. You make a lot of "brainy" people very happy.

Theresa

Theresa Dauncey, Chief Executive
The National Brain Appeal

A new partnership

We are delighted to be working in partnership with global law firm Dentons. Sadly Ian Outen, a partner at the firm and patient at The National Hospital, passed away earlier this year from brain cancer. Colleagues chose The National Brain Appeal as their Charity of The Year to raise vital funds and awareness in Ian's memory.

The partnership kicks off with a pistol start at The Royal Parks Half Marathon, where #TeamDentons will be pounding the pavements of London's most iconic parks. This will be followed with a full programme of events including raffles, a carol concert, their annual summer ball next year and plenty more.

Corporate Social Responsibility Manager, Bernadette O'Sullivan says, "Dentons is delighted to be supporting The National Brain Appeal. Here's to a successful year of fundraising and fun."

Do you know a company or business that runs a Charity of the Year programme or are looking for partnerships in the charity sector? Suggest us! Email brooke.parsons@uclh.nhs.uk for more information.

Vital funds

Every year, more and more people are choosing to leave a gift to charity in their Will.

Our funds come from the generosity of people like you, but it's a little known fact that gifts in Wills are actually our most vital source of income. Charitable legacies are the foundation for causes like ours and are crucial in continuing our work. Even a small amount can make a very big difference.

That's why, each September, we join forces with Remember A Charity in your Will Week. This year's campaign centred around #HaveYourSay on the world you want to pass on. It featured iconic 60s DJ Emperor Rosko who took a pop-up radio station on a national road show. We hope you saw the campaign and maybe even had a request played by the Emperor himself! You can find out more by visiting rememberacharity.org.uk/about-us/will-week/

Legacy event

In May, we held our first legacy event with speakers including Professor Sebastian Crutch from the Dementia Research Centre and Graham Murphy from the Law Society. The feedback from attendees was really positive and we will be holding another Legacy Information event on Tuesday 7 November 2017. To attend or for more information on leaving a legacy to The National Brain Appeal, email brooke.parsons@uclh.nhs.uk or call 020 3448 3569.

Record-breaking year for ALIM17

A Letter in Mind is now in its fourth year

And this year's theme 'A Sense of Place' has certainly inspired you! We have been delighted by the vast number of beautiful envelopes you have sent in – with more than 350 submitted as we went to print.

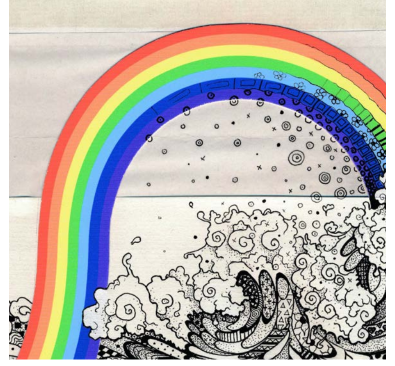
It is always exciting to see the breadth of creativity using just a simple blank envelope as the starting point. From paintings and etchings to woodcuts, photos, collage, drawings and intricate needlework, every single piece is a unique and wonderful reminder of the generosity of our supporters

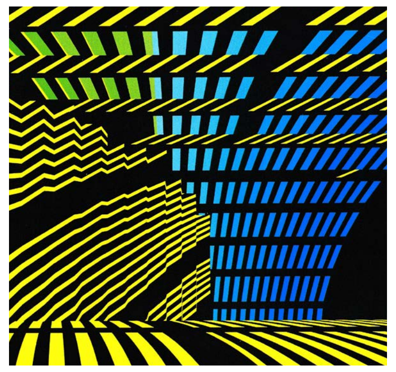
The project has gained the support of a number of well-known contributors again. This year's artistic illuminati include Grayson Perry, Frank Kiely, Chris Haughton, Harry Pye, James Fleet, Kevin Eldon, Jo Brand, Jenny Eclair and many, many more.

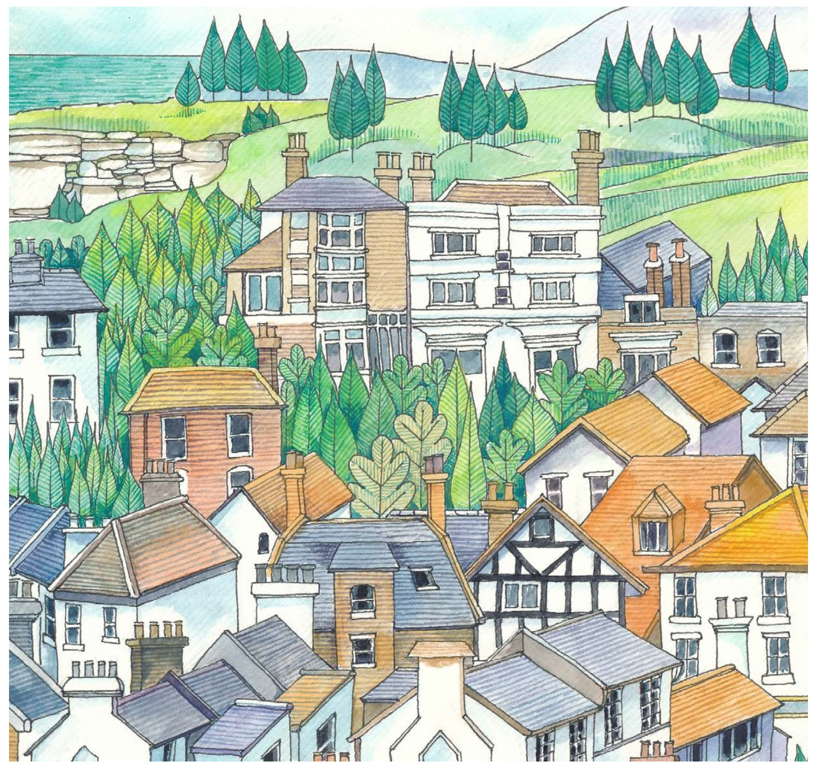
The exhibition takes place at gallery@oxo – part of Oxo Tower Wharf on London's Southbank. The show opens to the public from Thursday 28 September to Sunday 1 October (11am-6pm). Admission is free and all works are exhibited anonymously and available to buy for £85 each. Artists names will only be revealed once the envelope has sold (and the exhibition has ended).

Can't get to the show? Don't worry – you can still view and buy the artworks online from 11am on 28 September. Just visit nationalbrainappeal.org/letter-in-mind.

A Letter in Mind is generously supported by The Foyle Foundation.







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"The National" is published twice a year by The National Brain Appeal. To join the newsletter mailing list, please get in touch.

nationalbrainappeal.org

Regular Giving

Could you spare a few pounds a month to help us fund advances in neurology and neurosurgery?

Regular Giving is a simple and effective way to make an immediate impact. Funds raised this way support our major projects but also enable us to respond quickly to urgent or new requests.

To make a regular donation by Direct Debit please visit nationalbrainappeal.org/regular-donation or call the office on 020 3448 4724.

Six for the one in six: our funding areas

The National Brain Appeal has funded a huge number of different project areas over the years from improving the fabric of the hospital building itself, to supporting research into little-known dementias. With neurological conditions affecting one in six of the population, there's a huge need for every penny we can raise – so our work will continue. But we're also now grouping our activities into six areas. Many of these interweave but they also have their own distinct priorities. This way, everyone can see just how broad our reach is: and just where the money is going!

Professor Lisa Cipolotti

Technology and innovation

By harnessing new and existing technologies, Professor Lisa Cipolotti, Dr Parashkev Nachev and Professor Geraint Rees are developing a project in the field of neuropsychology, with the help of funding from The National Brain Appeal.

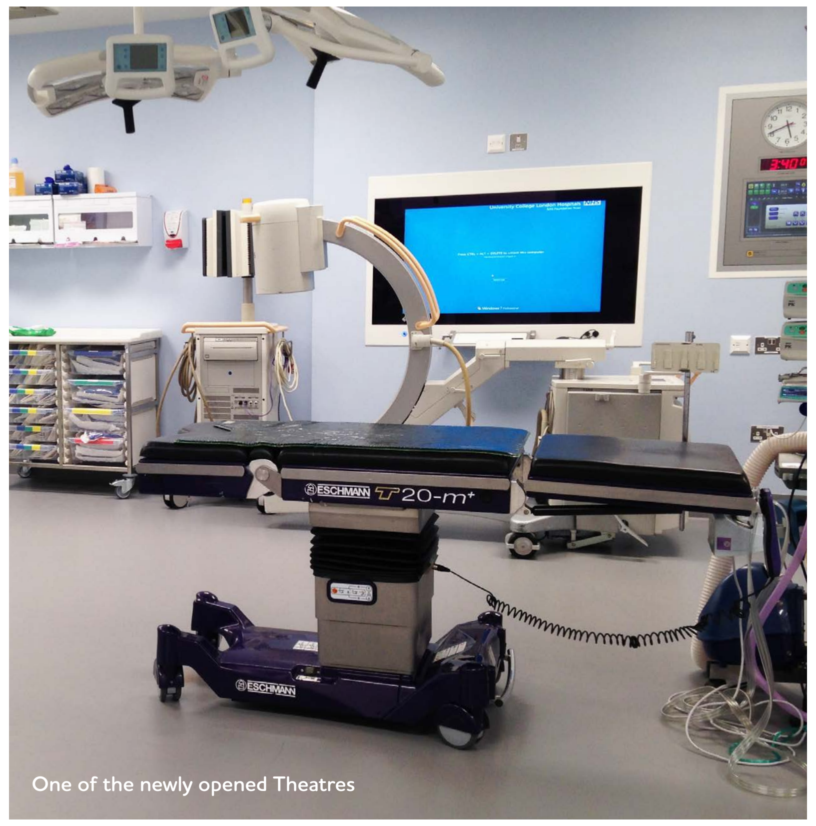
Professor Cipolotti explains: "Neuropsychology furthers our understanding of how the brain works. Brain damage caused by neurological disease or injury can affect cognitive functions such as memory, language, the ability to plan, and so forth. Neuropsychological investigations assess these functions and identify the extent and severity of cognitive impairments, helping to manage and treat patients' symptoms.

"Our neuropsychological tests are based on scientific research and standardised against the healthy population. Until now tests and results have been mostly paper-based. Our new project aims to digitise these assessments. We will be collecting data using tablets in three wards for stroke and brain tumour patients at The National Hospital. Each patient's neuropsychological information will be immediately digitised and linked to the MRI images we have of their brain, allowing us to look at how brain structure and cognitive function are connected.

"The project will also investigate 'active thinking' in detail – these are complex mental processes such as planning, reasoning and judgment that our brains implement to handle everyday problems and adapt to the environment. These mental processes depend on our pre-frontal cortex, the most anterior part of our brain. Damage to this area often results in the most problematic consequences following stroke and tumoural brain injury but we still know relatively little about it.

"Combining this new data with our unique collection of 60,000 neuropsychological assessments will allow us to apply artificial intelligence to discover characteristic patterns in brain-cognition relationships and start developing faster, richer and more specific assessments of cognitive function."

The digitisation of tests and data collection is due to commence in September 2017 and The National Brain Appeal has committed to raise £155,000 to fund this exciting new project.



One of the newly opened Theatres

Neurosurgery

World-class neurosurgical procedures are of course one of the things for which The National Hospital is best-known. Our £4million Operating Theatres Appeal has successfully completed and the first patients had surgery in the two new theatres in August 2017. Work has now begun to refurbish the four existing theatres while ensuring there are always four of them available at any time. All six of the theatres will be completed by the end of spring 2018.

Thanks to our supporters, we've also successfully raised the £500,000 needed to double the size of the Molly Lane Fox Unit. Work started in the summer and the new unit is due to open to patients in the autumn.

Neurology

Queen Square's work has always centred on investigating, treating and researching disorders of the brain and nervous system. New procedures like thrombectomy, which make it possible for some stroke patients to recover function after very serious strokes, are neurological breakthroughs which The National Brain Appeal is very proud to support.

Dr Rob Simister, clinical director of stroke medicine, says: "There was huge excitement at the European Stroke Organisation meeting in Prague in May, when we found that some stroke patients can be treated – and very effectively – after six hours and up to 24 hours. This is an incredible breakthrough; it's way outside what we've all considered the time window for treating patients. It is made possible because we now have the tools where we can select patients who can still be treated. This in turn means the numbers we treat could become much, much higher.

He adds: "Here at Queen Square, we're progressing with our plans for a seven-day service for stroke, and the next step for our thrombectomy service is to move to providing the treatment seven days a week. This is Queen Square's way of saying 'We will be able to treat any stroke patient at any time with the best possible care'."

Our Stroke appeal has now reached well over £1.2m of its £1.5m target. Thank you to everyone who has supported this.

Queen Square

There are many projects which cover different areas of the work we do at Queen Square. For example, our 'Small Acorns' grants fund small projects which have a surprisingly big impact. In spring 2017 we awarded a total of over £60,000 across 13 grants in this category.

One of this year's grants went to an 'Optimising Early Rehabilitation' project to buy a specialist motor therapy system – helping patients with a range of different neurological impairments to recover functional muscle strength in their legs, arms and core and improve their general fitness.

"It's a 'bike' which fits over a bed," explains Louise Platt, Therapy Team Lead for Neurosurgery. "Patients can use it to exercise while they're still in bed and can start very early on in their recovery, including in the intensive care unit. While they're still very weak they can use it in 'passive' mode, where the machine does all the work for them, moving either their arms or legs round. Then as they gain more strength they can start exercising for themselves and building up more muscle strength as they become more active. What's more, their family and visitors can see them using it, so it's a real way to show everyone that the recovery's started and boosts them psychologically as well as physically."

Neurodegeneration

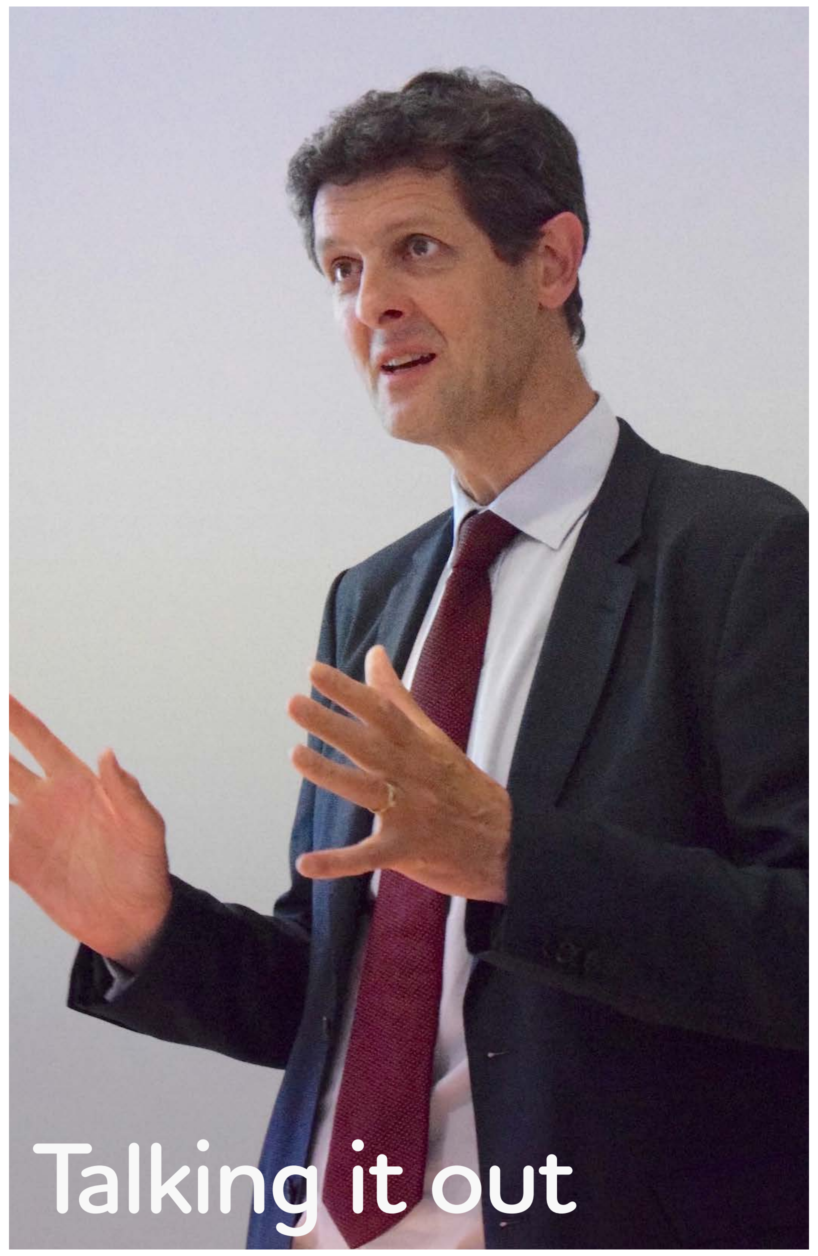
Neurodegenerative conditions which include Alzheimers, Multiple sclerosis and motor neurone disease, are some of the most difficult neurological conditions for patients and carers to live with. The National Brain Appeal supports the Rare Dementia Support Service for patients and carers with rare dementias, and families living with directly inherited dementias.

"In the past year the service has launched new groups for bereaved carers, as well as a number of regional groups on top of our London-based advice and support, members of our familial Alzheimer's support groups joined with other families from around the world for an international family day hosted at UCL, to tie in with the Alzheimer's Association International Conference in July," says Professional Research Associate Dr Sebastian Crutch. "There have been some particular highlights too, including the support groups' involvement in the Created Out Of Mind dementia and arts project at the Wellcome Collection, and members' ongoing support for the wide range of research activities at the Dementia Research Centre."

Education and staff development

If Queen Square is to maintain its reputation as an international centre of neurological excellence, it's essential that we continue to fund investment in the best staff possible as well as in the facilities available to them. The National Brain Appeal funds prizes for some of the top young clinicians, including the Haymon Gorlov award. The most recent recipient – Mica Clarke – was given the prize for her research project 'The cognitive profile of Motor Neurone Disease'. Our funding also supports research at the Institute of Neurology and made it possible to redevelop the Rockefeller Medical Library enabling it to provide everything from onsite training to a huge range of specialist journals.

Mica Clarke



Talking it out

Our recent Christopher Sporborg Annual Lecture was a great success – we had a lively discussion led by our panel of experts including the BBC's health editor, Hugh Pym (above) and the new chief executive of UCLH, Prof Marcel Levi. Their expert perspectives on the role of charity funding within the NHS shed a light on the subject in an incredibly insightful way.

As attendees learned at the lecture, every donation goes towards providing the necessary resources for funding ground-breaking clinical research, technology development and training for the scientists and clinicians of tommorow.

At the lecture, we revealed our new charity films. These show patients from The National Hospital sharing their experience of living with a neurological condition, and how our funding has touched their lives. Watch their inspiring stories at nationalbrainappeal.org-about-us.

Focus on… Mitochondrial disease

Mitochondrial disease hits the headlines from time to time, but it's extremely rare – and within the overall group there are hundreds of individual disorders. The National Hospital's Centre for Neuromuscular Diseases is the London base for the NHS England mitochondrial disease clinical and diagnostic service.

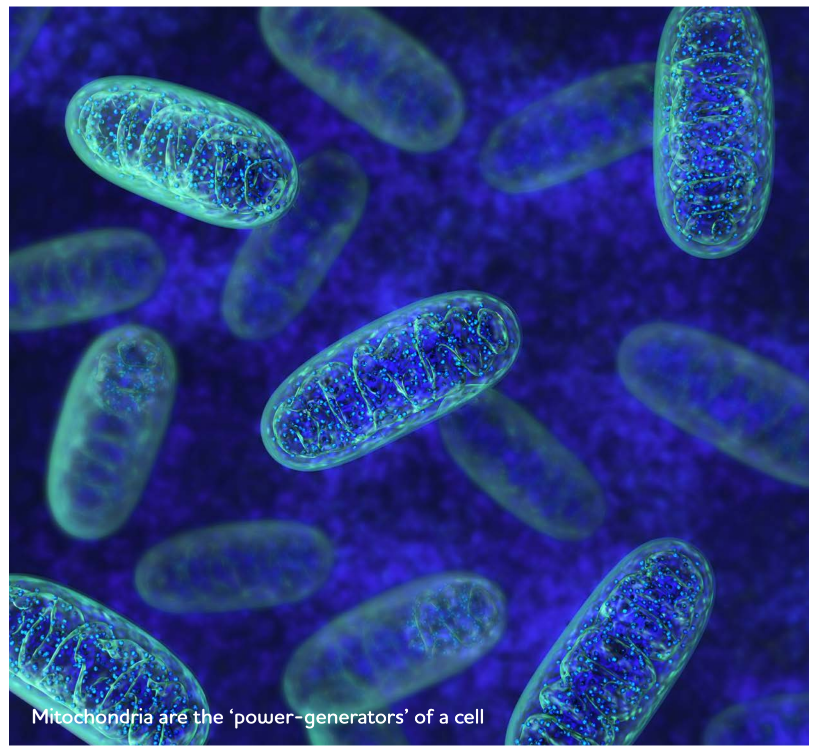
What is it?
Mitochondria are tiny structures within every cell of our bodies (some cells contain thousands), apart from red blood cells. One of their most important functions is converting food into energy for the cell. They also contain a small amount of their own DNA (so-called 'mitochondrial DNA') whose sole function is to encode proteins necessary for energy production.

"DNA is often referred to as the 'genetic blueprint' of life because it contains all of the information required for organisms to develop and survive," says Senior Clinical Research Associate Dr Robert Pitceathly. "We inherit our nuclear DNA from both parents, but mitochondrial DNA is only transferred from our mothers. In adults, the majority of mitochondrial disease is caused by a genetic change, or mutation, in the mitochondrial DNA. However, in children mutations in the nuclear DNA are a much more common cause of the disease."

Diagnosis
One challenge when diagnosing a mitochondrial disease is the very broad range of problems with which people can present. "With mitochondrial DNA-related disorders, identical mutations can present in very different ways, even within the same family," Dr Pitceathly explains. "They can range from no symptoms at all to extremely severe ones. On the other hand, two unrelated individuals may have very similar symptoms but have different mutations in either their mitochondrial or nuclear DNA."

The multidisciplinary mitochondrial team at Queen Square helps diagnose individuals with a suspected mitochondrial disorder, and manages the complications in patients with confirmed disease. Many patients have neurological and muscle problems, because these tissues require a lot of energy.

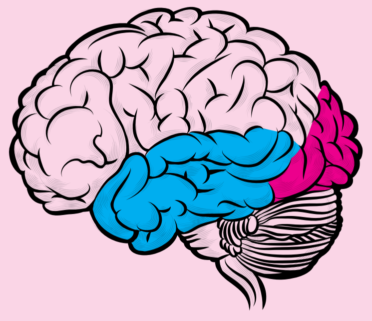
'I have to stay positive'
Sophie Demko, 25, has mitochondrial Kearns-Sayre syndrome, which has a number of effects and means that her energy levels are extremely low. She says: "I was diagnosed when I was 18 following a routine eye test at my opticians. They spotted an abnormality at the back of my eye that suggested mitochondrial disease and referred me. That was seven years ago and I've been at Queen Square for all my tests and treatment. Unfortunately, there isn't much that can be done and over the past few years I've really noticed my condition getting worse. My peripheral vision is poor, my muscles hurt a lot, and I get out of breath very easily. I use a wheelchair, or have to go everywhere by car – if I walked down the street, I'd have to stop every few minutes. I can't really work, and I can't go out with my friends much. I'm also very underweight. However, my particular condition isn't inherited. The bigger concern with me, if I have children, is my physical capability but I just have to be positive and keep going."



Mitochondria are the 'power-generators' of a cell

Brain Box

Welcome to the third feature in our at-a-glance snapshot into your brain. This issue we look at the two remaining lobes: occipital and temporal.



The occipital lobe is based at the back of your brain and is the smallest of the four lobes. It makes sense of what your eyes are seeing and rapidly works to process the visual information your eyes are sending. Damage here can result in visual confusion or even blindness. Around 5-10% of people with epilepsy have occipital lobe seizures, where the seizure is caused by flickering or flashing lights.

The temporal lobe sits behind your ears and extends to both sides of the brain. It has a number of complex roles in how you process information including understanding language, in a part of the brain referred to as Wernicke's area. It is crucial in being able to comprehend speech. In fact, you would not be able to understand someone talking to you, if it wasn't for your temporal lobe. Its other functions include long-term memory, plus how you sequence and organise in your day-to-day life. Pick's disease is caused by atrophy of the frontotemporal lobe, and this can cause mood changes and aggressive behaviour – as well as loss of speech and the ability to read and write.

National Nostalgia

Thirty years ago, in October 1987, The Great Storm hit the south of England

It caused widespread devastation with 100mph winds recorded and 15 million trees blown down on to roads and railways, causing travel chaos. Others hit electricity and phone lines, leaving homes without power.

Queen Square did not escape the brunt of the force. Mick Powell, a National Hospital neurosurgeon who has now retired, remembers the day well. "I had 14 patients at Maida Vale, which was the smaller west London branch of The National Hospital at the time. I tried to drive across London early in the morning to reach the hospital, but the route was completely blocked by fallen trees. Things were so disrupted that no scheduled operations could go ahead." Queen Square lost many trees that day and a number of cars were crushed under the fallen trunks.

Queen Square 1987

The money you donate makes an immediate impact at The National Hospital. Read the latest developments and news from Queen Square

UPDATE

Please Offer Me A Seat

Transport for London (TfL) recently introduced the 'Please Offer Me a Seat' badge to help those who are less able to stand. The scheme was rolled out after a successful trial – in part thanks to clinical nurse specialist Karen Bull and David Barttelot, a regular patient at The National Hospital. Karen came up with the idea after realising how many of her patients struggled on public transport. David and Karen pushed for a meeting with TfL and talked to them about doing more to support people with 'hidden' illnesses. Now, more than eight years since those initial meetings the badges are finally a reality!

If you struggle to get a seat on public transport in London, it's easy to apply for the free badge and card at tfl.gov.uk/campaign/please-offer-me-a-seat. There is no need to provide your medical history or supporting evidence from a doctor and you don't have to explain your reasons for the badge with either staff or fellow customers. But do bear in mind that the badge and card doesn't always guarantee you a seat.

The badges are now in use

Can statins treat MS?

A phase 3 trial involving more than 1,000 people with multiple sclerosis is being spearheaded by a Queen Square researcher. Dr Jeremy Chataway is confident that the cholesterol-lowering drug, simvastatin could benefit people with secondary progressive MS. There are few treatment options available to slow or stop the disability progression in those with the condition. Dr Chataway says, "This drug holds incredible promise for the thousands of people living with secondary progressive MS in the UK. This study will establish definitively whether simvastatin can help – and I'm hopeful it can." The trial is taking place at more than 30 centres in the UK and will take six years to complete.

Gut bacteria clues

Can gut bacteria affect the brain?

A Queen Square study is investigating how changes in gut bacteria could slow the progression of neurodegenerative disorders such as Motor Neurone Disease (MND). A £1.2m grant has been awarded to Dr Sharma, a consultant neurologist at The National Hospital and senior clinical researcher at UCL. The team will use imaging techniques to assess whether changes in gut bacteria can influence crucial 'microglia' cells in the brain that control inflammation. These cells appear to be pivotal to the development of MND and Alzheimer's. It is hoped that microglia might be able to protect the motor neurones early in MND and slow its progression. The results, which are due in 2021, could possibly be applied to many neurodegenerative diseases.

Congratulations!

The past six months have seen accolades heaped upon staff at The National Hospital and The Institute of Neurology. Professor Nick Fox from the Dementia Research Centre was given an International Outstanding Achievement Award by the Weston Brain Institute in Canada for his work as an "exceptional investigator". Meanwhile, Professor Alan Thompson was awarded the John Dystel prize for his outstanding contribution to MS research. Professor Mary Reilly has just taken up her post as the first female president of the Association of British Neurologists, and Neil Kitchen has been voted in as the President of the Society of British Neurosurgeons, taking up the post in September 2018.

Huntington's advances

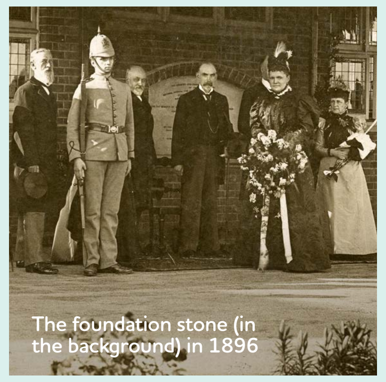
Scientists examined blood samples

The world's first blood test which can predict the onset of Huntington's disease and track its progression has been established by Dr Ed Wild from the Institute of Neurology. Attracting major media recognition, the test should help to identify new treatments for the devastating condition that is inherited and incurable. Scientists looked for clues in blood samples – measuring a substance called neurofilament light chain (NFL) – released from damaged brain cells. Levels of this protein were found to be higher in those who had the condition. They were raised even in those people who carried the gene but were years off from showing symptoms or being diagnosed. Dr Wild says, "We have been trying to identify blood biomarkers to help track the progression of Huntington's disease for well over a decade and this is the best candidate we have seen so far. This single test could reflect how quickly the brain is changing. This could be helpful as we are testing a new generation of 'gene-silencing' drugs that we hope will put the brakes on the condition. The neurofilament levels could help us figure out whether this is working."

The test could be faster and cheaper than current methods of measuring the progression of the disease, involving invasive tests of spinal fluid and brain scans.

Making history

A long and determined effort to restore a foundation stone to a suitable resting place has finally been achieved. The stone was originally found in the rubble of The Convalescent Home in East Finchley (the rehabilitation branch of The National Hospital) after demolition. After the site was sold, it lay hidden for years under bushes until it was discovered by Daphne Price and Dr Rita Gutt in 2009. Beneath the grime they realised what it was and that it had been laid by the Duchess of Albany in 1896 (see photo below of stone-setting ceremony). Coincidentally, Daphne's daughter was then treated in the Albany Suite (the rehab ward at The National Hospital), and her quest to restore the stone to a more fitting resting place began. Professors Leff and Duncan assisted and now the stone has been set in place near the hospital's rear entrance at Powys Place. Do have a look next time you pass it.



The foundation stone (in the background) in 1896

> "This single test could reflect how quickly the brain is changing"
>
> Dr Ed Wild

We have a full programme of events all year round. Find out what people have been up to or sign up to take part yourself

Spread a little cheer

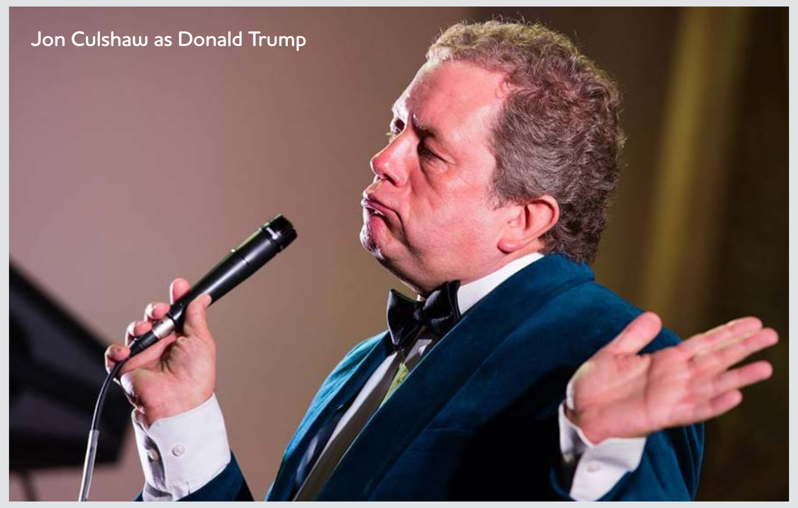
Christmas is just around the corner – yes, really! And we have lots of festive ways to help raise money for The National Hospital this year. Use our sensational seasonal sales to fill those Christmas stockings with beauty products, toys, craft, and books. You'll find us outside Basil Samuel Outpatients and in The Old Boardroom on Tuesdays or Thursdays from Thursday 2nd November. See our website for more details.

And don't forget to buy tickets for our Christmas Raffle and the Gold and Silver envelope draw. There are a range of unique prizes to be won including London experiences, gift sets, vouchers and much more!

Christmas cards
Festivities began early in The National Brain Appeal office – with the arrival of our new selection of Christmas cards! This year we have seven new designs on sale, but remember to order soon – the top picks always go fast! For all details and to order, see opposite.

Christmas Bake Off
We hope you've been practising your piping! Following the success of last year's Great National Christmas Bake Off, we are thrilled to announce that the next Bake Off takes place on 12 December. Last year's winner, James Audley, with his realistic brain cake, is the baker to beat! Last year's Bake Off raised over £600 from selling the cake entries to staff, patients and visitors.

Carol Concert
Our annual Carol Concert will take place at St George's Church, Queen Square on 14 December. This year's programme includes The Julius Singers, performances from the Queen Square Scratch Orchestra, as well as guest readers including actors James Fleet and Stephen Mangan. Tickets are £20 and can be booked by completing the order form, from our online shop or by calling the office on 020 3448 4724.


Jon Culshaw as Donald Trump

Fabulous fundraisers

We were delighted to be chosen by Stuart Thompson, Master of The Worshipful Company of Butchers to be one of the charities that would benefit from The Master's Charity Ball. The event was a huge success raising £44,000 for Rare Dementia Support, Small Acorns and the Stroke Appeal. Thank you to everyone who attended and supported the event, especially Stuart and Linda Thompson.

We were also fortunate to have Clíodhna McCorley organise our second ball of the year, A Night For Life. Entertainment came from West End musical stars, including those from Aladdin and Dreamgirls. There were also performances from impressionist Jon Culshaw and singer Sophie Ellis-Bextor.

Thanks to generosity on the night, more than £75,000 was raised. This helped to complete the Molly Lane Fox Appeal, which will double the size of the brain tumour ward. Heartfelt thanks to everyone involved.

Join the party

We're celebrating… because this is our sixth year of Pyjama Party!

To date, our amazing supporters have raised just over £100,000! Thanks to everyone who has got behind Pyjama Party over the years. It's not too late to join in to help make 2017 the best year yet.

The concept is simple – take any fundraising event and do it in your PJs or one of our nightcaps. Get your friends and family to sponsor you to keep your PJs on all day, and wear them with pride to work, school, college, shopping and whatever else you've got planned. Maybe you have a connection to a school that could choose us to benefit from a onesie day? Or does your workplace take part in dress-down days which could do with a lazy twist?

We have designated the whole month of October as Pyjama Party month, with 20 October being our official Pyjama Day.

But you can hold an event at any time of the year. All you need to do is register for your free party pack at nationalbrainappeal.org/pyjama-party. Don't forget to send in those photos!

Last year's Pyjama Party spin class

It's showtime!

Join us for a lively evening of Broadway favourites performed by The Bar Choral Society

Including music by George & Ira Gershwin, Leonard Bernstein and Stephen Sondheim, the choir will take you on a whirlwind trip from *An American in Paris* to *Chicago* before telling a *West Side Story* in *New York, New York*. Guaranteed to dispel the November blues, come along to tap your toes and discover some *Fascinating Rhythm*.

And, as if that wasn't enough, the concert takes place in the beautiful surroundings of the Inner Temple Hall. Tickets are £15-£25. Book yours now at templemusic.org.

20 November (7-8.30pm), Inner Temple Hall, London EC4Y 7HL

Dates for your diary

Our events big and small run throughout the year

Our programme is regularly updated, so keep an eye on our website for the latest information.

September

28: A Letter in Mind exhibition opens to the public (11am)

October

1: A Letter in Mind exhibition closes (6pm)

8: Royal Parks Half Marathon

20: Pyjama Party day

November

2: Christmas sales begin in The National Hospital (10am-4pm). See website for full details

6: Deadline to apply for 2018 Gold Bond Virgin Money London Marathon places

7: The National Brain Appeal Legacy Event (see website for further details)

18: Simultaneous Global Virtual Quiz in aid of Rare Dementia Support fund (8pm GMT) Register your team at rdsfquiz.weebly.com

20: Bar Choral Society concert, Inner Temple Hall (7-8.30pm)

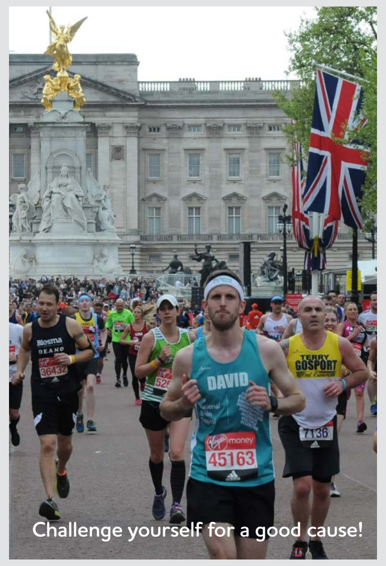
December

14: Carol Concert, St. George's Church, Queen Square (6.30-9pm)

2018

April

22: Virgin Money London Marathon



Challenge yourself for a good cause!

Your donations and support fund major new developments, patient care and research at The National Hospital

Christmas order form

Name of cards	Price (per pack of 10 cards)	No. of packs	Sub total £
Festive Antlers	£3.50		
Journey from Afar	£5.50		
London Snow Globe	£3.50		
What to Wear?	£4.00		
Watermeadows	£5.00		
Holly Gathering (In aid of Rare Dementia Support)	£5.00		
Decorating the Tree (In aid of Rare Dementia Support)	£4.00		
Postage for cards	**£3.50 per order** / Free for orders over £40		**£3.50** / £0
To guarantee pre-Christmas delivery, please order by Monday 11 December.		Total £	

Event	Price (per ticket)	No. of tickets	
Carol Concert – 6.30pm, Thursday 15 December	£20.00 (Including drinks reception)		
Please continue below to add your payment and contact details		Total £	

Each design comes in a pack of 10 cards with the message 'With best wishes for Christmas and the New Year' except What to Wear? and Holly Gathering, which reads 'Season's Greetings'

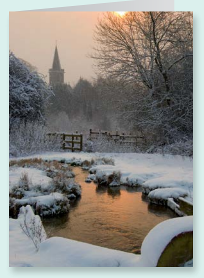
Christmas Cards


Festive Antlers
£3.50 124 x 124mm


Journey from Afar
£5.50 160 x 160mm


London Snow Globe
£3.50 124 x 124mm


What to Wear?
£4.00 127 x 127mm


Watermeadows
£5.00 145 x 205mm


Holly Gathering
£5.00 125 x 172mm


Decorating the Tree
£4.00 127 x 127mm

To guarantee pre-Christmas delivery, please order by Monday 11 December. Buying your Christmas cards from The National Brain Appeal will help fund advances in neurology and neurosurgery

Making a donation

To support the work of The National Hospital for Neurology and Neurosurgery, please complete the form below.

To make a regular donation by Direct Debit, please go to nationalbrainappeal.org/regular-donation or call the office on 020 3448 4724.

I enclose a donation of (tick appropriate box)

☐ £20 ☐ £30 ☐ £50 ☐ £100 ☐ other £__________

I would like my donation to go towards (tick appropriate box)

☐ General Fund
☐ Stroke Appeal
☐ The Small Acorns Fund
☐ Neuropsychology Appeal

You can make your donations worth 25% more to people with neurological conditions –simply tick, sign and date the declaration (see right).

☐ Yes, I want to Gift Aid my donation and any donations I make in the future or have made in the past four years to The National Brain Appeal.

Signature ________________________ Date ________________

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

Please notify the charity if you:
– want to cancel this declaration.
– change your name or home address.
– no longer pay sufficient tax on your income and/or capital gains.

Ticking the Gift Aid box means that **we can reclaim an extra 25p in every pound** that is donated – that's £5 for every £20 donation!

Contact and payment details

Title

Forename

Surname

Address

Postcode

Telephone

E-mail

Please tick the following boxes if you would prefer not to receive
☐ The National newspaper
☐ The monthly E-newsletter

The National Brain Appeal would like to hold your details so we can keep you up to date with stories of our work and our fundraising appeals via post and/or e-mail. By providing your details in the section above, you are giving us permission to do so. You can unsubscribe and change your mailing preferences at any time by calling 020 3448 4724.

Payment by cheque
I enclose a cheque for £ _________
(please make cheques payable to The National Brain Appeal)

Payment by credit or debit card

Name on card

Card number ☐☐☐☐ ☐☐☐☐ ☐☐☐☐ ☐☐☐☐

Expiry date on card ☐☐/☐☐

Security/CVV code (last 3 digits) ☐☐☐

Total amount £

Signature

Please send me information on… (please tick boxes)
☐ leaving a bequest in my Will
☐ making a regular donation by Direct Debit
☐ making a regular donation by Give as you Earn

From time to time, we may share your data with organisations that help us with our data processing but we will not sell it to or share it with companies who want to sell you something or other charities that want to approach you for support.

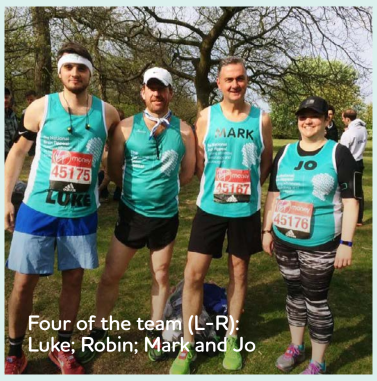
Did you know… up to **half our annual income** can come from legacies. Get in touch for more details.

Please return this form with your donation to
The National Brain Appeal, Box 123,
Queen Square,
London
WC1N 3BG

Thank you to all who have done so much over the past months to raise vital funds for The National Brain Appeal

THANKS

Going the Distance


Four of the team (L-R): Luke; Robin; Mark and Jo

Our amazing team of 21 ran for us in this year's Virgin Money London Marathon – and it was one of our most successful ever, with more than £100,000 being raised. Each runner exceeded their target – and put in a super-human effort to cross that finish line.

We couldn't be more proud of our fundraisers who included: Jemma Ball, Stephen Barratt, Mark Bentley, Ed Coulson, Matthew Cunnah, Luke Dallal, Paul Dennis, Lucy Hall, Leo Hanson, Susan Hunt, Henry Jolliffe, Michael Massara, David Maloney, Robin McCoy, Danny Morris, Owen Raymond, Mariella Savage, Jo Smith, Laura Stanley, James Westcott and Jeet Vaghela. A special mention goes to neurosurgeon Neil Kitchen who has now run eight London Marathons to raise money for us (£30,000 this year alone). Thank you – you are all superstars.

On cloud nine

Professor Mike Hanna and members of the Centre for Neuromuscular Diseases team ran the Vitality London 10,000 – and raised more than £6,500. Well done to everyone who took part! This is the team's ninth consecutive year running the event and over the years they have raised more than £140,000.

Caped crusaders

2017 was the first year we had a team in the Superhero run – and it was a runaway success! Pounding the paths around London's Victoria Park in a superhero costume clearly caught the imagination of our supporters, because we had a huge team of 26 taking part – many of them staff at The National Hospital. Our superheroes raised £8,300 altogether!

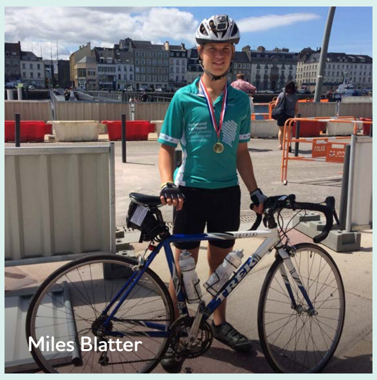

A team of superheroes!

Top of the world

Colin Hockley trekked up Mount M'Goun in memory of his wife Judith, who died suddenly after suffering a brain aneurysm. He was joined by his daughter Jodie and together they raised nearly £4,000 in her memory. Colin says, "The trek was more extreme than we expected and the avalanche of emotions on the summit caught us both by surprise. But the amazing support we received has been such a fitting tribute to Judith."


Colin & Jodie Hockley

On your bikes


Miles Blatter

A round of applause for Miles Blatter and his fellow Ditcham Park School Cycling Club team who took on an epic cycle challenge from Hayling Island to Brittany – more than 400 miles. He was given a special achievement award by the event organisers for being a young participant in a tough challenge and for the fantastic amount of money – more than £3,000 – that he raised for our Rare Dementia Support fund.

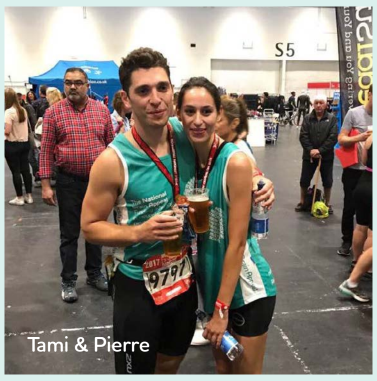
Big sky trekker


Lisa Upton

Lisa Upton, a regular volunteer for The National Brain Appeal, decided to push herself further by trekking the Grand Canyon and raised £3,600. She wanted to say thanks after National Hospital surgeons stopped her severe seizures. Lisa says, "The Grand Canyon was awe-inspiring – I had the time of my life. It was an honour to raise money for Queen Square and I'm already thinking about my next trek!"

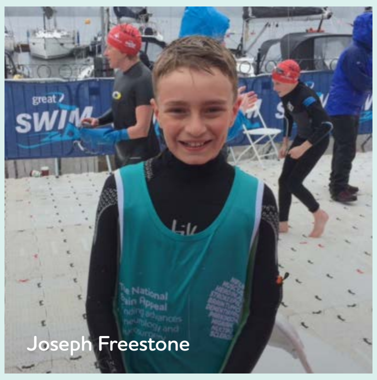
To the extreme

When Tami Lampert's dad suffered a severe stroke at just 55, she was overwhelmed by the care he received at The National Hospital. She wanted to give something back so she and boyfriend Pierre Berger took on a triathlon. "I did this because my dad has always been the fittest man I know, and he was so proud to see me take on this challenge," says Tami. They have raised a phenomenal £7,600 for our Stroke Appeal.


Tami & Pierre

Making waves

Lake Windermere was no match for super-swimmer Joseph Freestone, 11. He swam across the lake to raise money in memory of his grandpa who died from a rare form of dementia. "My grandpa swam a mile a day, so I know that he would have enjoyed doing it with me if he was still here. It was cold but I got through it!" Well done Joseph, you raised nearly £500.


Joseph Freestone

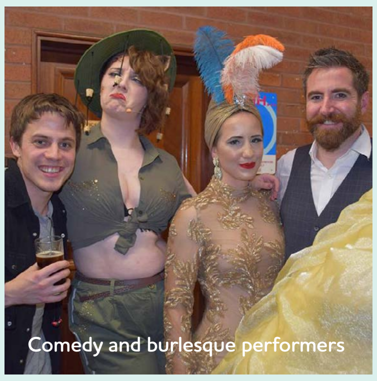
A family affair


Shane King's Golf Day

Hannah King was diagnosed with a brain tumour and had successful surgery at The National Hospital earlier this year. Her friends and family rallied round to raise money as a way of saying thanks. Hannah's boyfriend Danny Egleton and cousin Hayley Seamarks both ran the Stevington 12k in May, while her dad Shane organised a golf day with lots of community support. Together they have raised nearly £4,500!

Oh what a night!

An evening of burlesque and comedy raised an astounding £4,500, thanks to a group who put on this fundraiser in support of their friend who was recently diagnosed with a brain tumour. One of the organisers Helen Melville says, "We chose comedy and burlesque because cancer never defines you as a person and we wanted to have a night where we laughed and danced. A diagnosis like this makes you appreciate what you have and we wanted to celebrate that."


Comedy and burlesque performers

Well done, Wedlake Bell!

This spring marked the end of an amazing partnership with Wedlake Bell. Over the past year their staff have been extremely sporty, taking part in the Royal Parks Half Marathon, table tennis competitions, 100-hole golf challenges, cricket tournaments and much more! The partnership would not have been possible without the help of Simon De Galleani, who nominated The National Brain Appeal. It was a real pleasure working with and getting to know many of the employees. Together Team Wedlake Bell raised £34,000 – a phenomenal amount and a record for the company! These funds will make a huge impact to the work we do and we cannot thank the team at Wedlake Bell enough for their drive, passion and generosity.


Wedlake Bell

Brilliant Bindmans

Bindmans LLP held a Street Party Picnic fundraising and awareness event for The National Brain Appeal and Headway. The team were out in force enjoying homemade cakes and a private viewing of our new charity films.

"We were delighted to have staff from The National Brain Appeal attend our picnic to explain a bit more about the charity and sample some of the home-made cakes," says Kathryn Macken, associate at the firm. "We've been working with The National Brain Appeal for almost a year and are extremely proud of the association."


Bindman's street party picnic!