

**The National  
Brain Appeal**  
Funding advances  
in neurology and  
neurosurgery

Newsletter  
Number 53  
Autumn/Winter  
2018

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

Transforming  
aphasia rehab

The impact of  
your donations

Five years of  
A Letter in Mind



Photograph: Artist Gill Rocca by Jane Ferguson

THE NATIONAL



**"I'm leaving a donation in my Will to help improve the future for people with neurological conditions"**

We want to improve the outcome and quality of life for the one in six people affected by a neurological condition.

We do this by funding pioneering research, providing access to the best technology for expert diagnosis and treatment, and training tomorrow's clinicians.

Gifts in Wills are one of our most vital sources of income and are crucial in continuing this work at The National Hospital and The Institute of Neurology.

To find out more about leaving a legacy, see [nationalbrainappeal.org/how-to-support-us/legacy/](http://nationalbrainappeal.org/how-to-support-us/legacy/)

## Remember a charity in your Will

This September, 200 charities including The National Brain Appeal came together to launch *Human* – the world's first charity-powered search engine.

Charities selected the big questions most important to their supporters and beneficiaries, and recorded their responses as short videos. *Human* demonstrates charities' pivotal role in helping to solve some of the biggest challenges facing humanity.

and how the public can help, by leaving a gift in their Will.

If you are considering leaving a legacy gift, you may be interested in attending our special event in November.

It will be held in the Old Board Room at The National Hospital and provide an insight into the work of one of the clinical departments, learn more about the impact of your support and receive expert advice on what you should consider when writing your Will. This will be followed by a Q&A session and light refreshments.

To register your interest, email [abigail.bell@nhs.net](mailto:abigail.bell@nhs.net)

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## 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/how-to-support-us/make-a-donation](http://nationalbrainappeal.org/how-to-support-us/make-a-donation) or call the office on 020 3448 4724.



## Taking on the Thames

At about 2pm on Saturday 8th September I was feeling euphoric and relieved.

Along with a team of 17 others I had just completed the Great River Race in a Dragonboat. I had rowed almost 22 miles up-river along the Thames from Millwall, under all the major bridges to Richmond. What an amazing experience!

And although the aches and pains were making themselves known from the outset and there was quite a high risk

of taking a swim in the murky waters, I really was motivated on by the knowledge that every oarstroke was being sponsored for The National Brain Appeal.

So many of you take part in all kinds of challenges for the charity and we are always so impressed by your efforts but I have to say the buzz from taking part in a challenging event is fantastic. It had been a little while since I'd last done one myself and I have to admit I had forgotten just how much fun it is (as well as hard work).

I'd encourage anyone who hasn't pushed themselves a bit for charity to give it a go – you'll be glad you did. You can

find out more about joining one of our upcoming challenges on p6 and on our website. We'd love to have you as part of Team Brain Appeal!

And of course, I couldn't call myself a fundraiser if I didn't finish by saying my fundraising page is still open if anyone wants to support me. See [justgiving.com/fundraising/theresa-dauncey18](http://justgiving.com/fundraising/theresa-dauncey18)

Thank you!

**Theresa Dauncey**  
Chief Executive  
The National Brain Appeal

## Five years of A Letter in Mind

Our art exhibition goes from strength to strength.

This year's theme 'A Way With Colour' has produced an extraordinarily vibrant response from our artists. We are astounded by the number of beautiful artworks you have sent in – with more than 380 pieces submitted!

Using a simple blank envelope as the starting point, artists have used painting, printmaking, photography, needlework and collage to create original works. As well as professional artists, the exhibition showcases contributions from patients, staff and those whose family have benefitted from the work of The National Hospital. Every response is a unique and wonderful reminder of our generous supporters.

This year, acclaimed British sculptor Antony Gormley donated a special artwork to sell alongside *A Letter in Mind*, via silent auction. Other well-known artists who gave their support include former BP Portrait Award-winner Ishbel Myerscough, Royal Academy Summer Exhibition



exhibitor Frank Kiely, designers Morag Myerscough and Luke Morgan; award-winning political cartoonist, author and illustrator Chris Riddell, illustrators Tim Hopwood, Polly Dunbar and Bethan Woollvin; artist, curator and magazine editor Harry Pye; musician, artist and former member of *Nick Cave and the Bad Seeds* James Johnston; charity headliners Kevin Eldon and Sophie Thompson, actor Stephen Campbell Moore; and award-winning architects Laurie Chetwood, Andrew Grant and Amin Taha.

RWA Bristol and Threadneedle Prize exhibitor Gill Rocca is one of the artists contributing for the fifth time and our cover star this issue. She says, "The exhibition is a brilliant concept

– which is why I am only too happy to support it once again by donating an artwork. Neurological conditions are especially devastating – and yet it seems to be an under-funded area in terms of treatment and research. I have an aunt who had a brain tumour successfully removed more than 20 years ago, and another aunt with early-onset dementia. It's crucial to raise much-needed money for those affected now – and in the future." You can see more of Gill's work at [gillrocca.com](http://gillrocca.com)

All works are exhibited anonymously online and are available to buy for £85 each. Once the envelope has sold, the name of the artist will be revealed. See [aletterinmind.org](http://aletterinmind.org) for more information.

## Our six funding areas

We have grouped our funding into six areas so you can see just how broad our reach is and where your money is going. You can now donate directly to a specific funding area if you choose to.



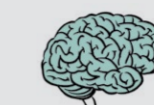
**Queen Square**  
New facilities and staff-led projects at The National Hospital and the Institute of Neurology



**Neurodegeneration**  
Supporting projects which help people with conditions where there is progressive degeneration



**Neurosurgery**  
Providing state-of-the-art equipment and facilities for the UK's largest neurosurgery unit



**Neurology**  
Funding initiatives to improve diagnosis, treatment and provide facilities for those with ongoing neurological conditions



**Technology & Innovation**  
Supporting projects which translate ground-breaking ideas into better results for patients



**Education & Staff Development**  
Investing to provide the best opportunities and attract the best people in the field



### Neurodegeneration

These projects will deliver highly tailored care for those affected by specific neurodegenerative conditions

#### Clinical Nurse Specialist for cerebral palsy

Currently, when children with severe cerebral palsy (CP) become young adults their care can become less co-ordinated. There are few specialist clinical services for this vulnerable group of patients, and even when community services exist, the

focus tends to be on the obvious physical impairment, while other issues go unmanaged. This sadly can lead to inappropriate care, with reduced quality of life, complications (such as pressure sores and pneumonia), frequent GP visits, and unplanned hospital admissions.

To improve care, a new role – clinical nurse specialist for CP – will be created. This will aim to provide gold-standard care, giving patients access to expert advice at all times. This should prevent unnecessary GP appointments and hospital admissions.

The National Brain Appeal is providing funding of £55,000 to support this new post.

#### Genomics programme

Director of The Centre for Neuromuscular Diseases, and trustee of The National Brain Appeal, Professor Michael Hanna, has recently led a successful bid to the Medical Research Council to establish a brand new International Centre for Genomic Medicine in Neuromuscular Diseases. The award includes £3.66m from the MRC and £2m from University College London (UCL), Newcastle and Cambridge Universities. The National Brain Appeal funded the establishment of The Centre for Neuromuscular Diseases and will be supporting elements of this new project over the next five years.

Professor Hanna explains, "Our vision is to create a transcontinental genomics research and capacity building partnership between the UK with an initial focus on India, Brazil, South Africa, Zambia and Turkey. We will discover new disease genes, define the genetic variants in known neuromuscular genes, and explore disease mechanisms. We will dramatically increase the number of patients with an accurate genetic diagnosis, and ultimately improve outcomes for patients. The funding provided by The National Brain Appeal to set up the Centre for Neuromuscular Diseases was fundamental in creating the right environment for this project to be developed."

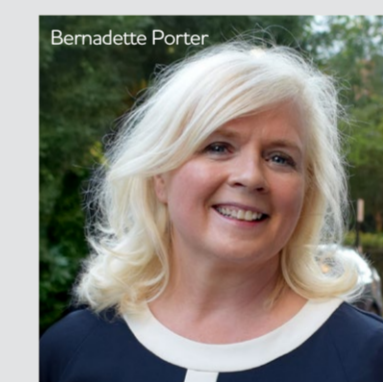


### Technology & Innovation

Forward-thinking Queen Square clinical staff spearheaded these two vital initiatives

#### NeuroResponse

The UK's first-ever consultant MS Nurse, Bernadette Porter, works with colleagues running specialist clinics in Queen Square for around 3,000 people affected by multiple sclerosis (MS). She also works with colleagues across London



on improvement initiatives. She realised that a huge number of unplanned hospital admissions for MS patients were for urinary tract infections (UTI). If caught early, they could be effectively treated at home using the right medication, freeing up hospital beds and saving distress to the patient.

Bernadette came up with the idea of NeuroResponse, and its key aim is to combine technology and humanity to improve the quality of life of people living with long-term conditions such as MS. It includes electronic care plans linked to NHS 111 and specialist nurses, dipstick screening tools, at-home specimen packs, home collection of samples and fast detection and treatment of UTIs.

At the start of the project, a small group of people with complex MS needs received the NeuroResponse pack. These patients had a history of unplanned admissions related to UTIs. No one from the test has been admitted to hospital with a urinary infection to date – an incredible result!

Our £250,000 of funding will support the scaling up of the expert telephone component across a number of regions and with plans to adapt it for other neurological conditions.

#### Skull-base tumour surgery

Successful neurosurgery in patients who have tumours at the base of the skull is dependent on removing as much of the tumour as possible, while minimising the risk of facial nerve paralysis. If paralysis does occur, it can be devastating, causing problems communicating and a loss of confidence.

Led by Dr Jonathan Shapley, a team of researchers at The

National Hospital have designed advanced imaging methods to improve the surgeon's view of the tumour and facial nerve and other critical structures during surgery.

Each year, about 300 patients undergo this type of surgery and it is hoped that these new methods will enable surgeons to safely remove more tumours.

As part of our new Innovation Fund, £66,000 has been awarded to enable a feasibility study to be carried out with 20 patients, to validate the new system and enable them to design a future research study to determine its effectiveness in improving patient care.



### Education & Staff Development

Our aim is to help Queen Square maintain its reputation as an international centre of neurological excellence. These two projects have this goal in mind.

#### Physician associates

Physician associates are trained healthcare professionals working closely alongside doctors and medical teams. Increasingly, they are being

appointed in hospitals to provide continuity of care for in-patients.

There is strong evidence that these roles are proving very successful and The National Hospital is keen to pilot a similar scheme by appointing one physician associate in neurology and one in neurosurgery.

The National Brain Appeal is providing funding of £105,000 for one year to support this pilot and, during this period, the two physician associates will be employed in addition to the normal complement of junior medical staff. They will



have direct supervision from named consultant leads who will assess their capabilities and progress and assign roles.

#### Nursing fellowships

Two National Brain Appeal fellowships have been created to support UCLH

nurses and Associated Health Professionals (AHPs) in developing a competitive NIHR application for a Masters in Research, PhD or a post-doctoral award, to be made available in 2018/19.

A clinical academic is a health professional who works in both clinical and academic activities at the same time, provides clinical leadership for excellent evidence-based healthcare and supports a research-rich environment.

It is anticipated that the adoption of these clinical academic pathways at The National Hospital of Neurology and Neurosurgery will help

attract and retain highly skilled nurses and AHPs – a crucial way to keep Queen Square at the forefront in neurological developments.

We are awarding a grant of £50,000 to support the fellowships.

**Find out more about our six funding areas by visiting our website:**

[nationalbrainappeal.org/funding-areas](http://nationalbrainappeal.org/funding-areas)



## Aphasia: a new era

People with aphasia have difficulty understanding and using language or speech.

It's usually caused by damage to the left side of the brain (for example, as a result of a stroke, a traumatic brain injury or a brain tumour). Symptoms and severity differ from person to person but speech problems are perhaps the most common and obvious. Although aphasia affects a person's ability to communicate, it doesn't usually affect their intelligence.

The National Brain Appeal has committed to raise £600,000 over two years to support the creation of a new, gold-standard service for aphasia at The National Hospital. The service will provide best-practice care to all suitable adult patients by offering two tailored therapy pathways:

**High-intensity**  
There is currently no dedicated high-dose, in-patient based aphasia neurorehabilitation service in the UK, although a similar model has been trialled successfully in Australia. The high-intensity patients at Queen Square would receive 7.5 hours of therapy per day (a mixture of one-to-one therapy, group therapy, eTherapy, psychological support and vocational

rehabilitation), five days a week for three weeks (90 hours in total).

**Low-intensity**  
For those patients unable to tolerate high-intensity therapy, the emphasis will be on group work with individuals attending the neurorehabilitation once a week alongside out-patient support using eTherapies.

The programme will be led by Professor Alexander Leff, a consultant neurologist at Queen Square who specialises in cognitive rehabilitation. He says, "Around 53,000 adults in the UK suffer post-stroke aphasia requiring speech and language therapy each year. At present, these individuals would usually receive four

hours of therapy while in hospital followed up by eight hours once they have been discharged. However I, like many clinicians and therapists in the field, believe that 12 hours is inadequate to make a meaningful difference. The evidence base for increased, and in some cases high-intensity, therapy is clear. Patients can continue to improve their language and communicative abilities with the right dose of tailored therapy – no matter how long ago the brain injury occurred. We expect patients treated through both pathways to make significant gains."

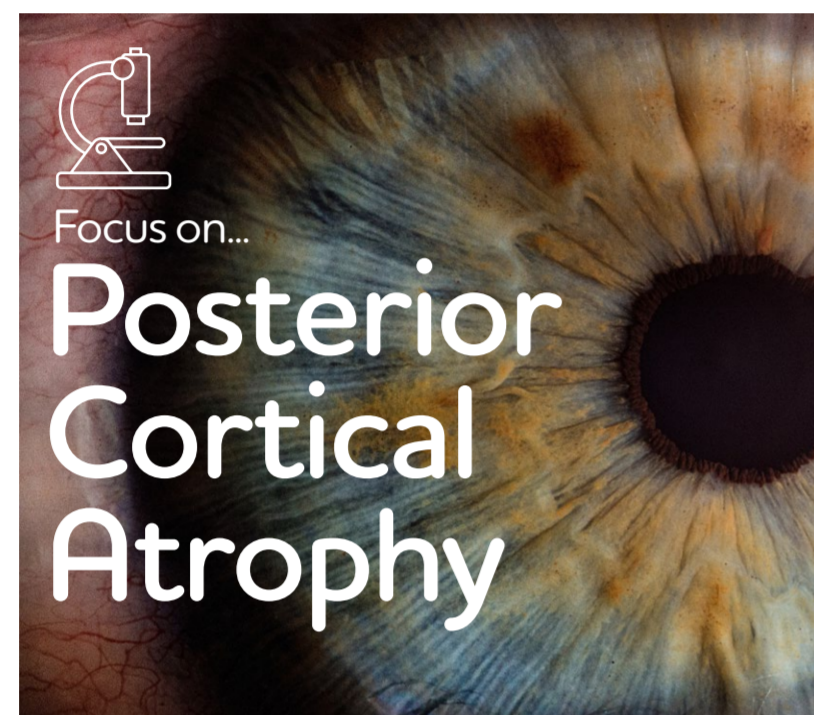
For further information or to support this appeal visit: [justgiving.com/campaign/aphasia](http://justgiving.com/campaign/aphasia)

**What's your role at the hospital?**  
I'm here to resolve patient concerns. When patients hit a brick wall or can't find anyone to talk to, they come through to the Patient Advice Liaison Service (PALS). I hold a walk-in service with somewhere to sit and talk in private. For the last two to three months, I've been running the service single-handed!

**Do you enjoy your job?**  
I do! I enjoy meeting people – and with 50-60 cases a month, I get to meet a variety of people. I like to problem solve to get a good resolution for the patient – it gives me a lot of job satisfaction. If I can get a good result, that's a great outcome.

**What kind of skills do you need?**  
You have to manage people's expectations, because some things are realistic and some aren't. But when patients feel that they've had a lot of bad luck – for example, with appointments being cancelled, I get on the case to make sure that they're spoken to. You need a lot of patience and understanding – people coming here can also be quite upset, so you have to be sensitive.

**Is your job always about complaints?**  
No, sometimes it's suggestions. One man recently said he'd had very good care, but wasn't offered fruit with his breakfast, which was a good point – we do need our five a day! Some people come in to tell me how delighted they are with their care – it's always a pleasure to pass on compliments.



Between 5% and 15% of people living with dementia receive a diagnosis of a rare or young-onset dementia. Posterior Cortical Atrophy (PCA) is one of these conditions.

**What is it?**  
PCA is a progressive degenerative condition that involves the loss and dysfunction of brain cells particularly at the back (posterior) of the brain. People affected by PCA tend to have well-preserved memory and language, but show a progressive, dramatic decline in vision and/or literacy skills such as spelling, writing and arithmetic.

**Symptoms**  
The most common symptom is deteriorating vision. Emma Harding, psychology research assistant at Queen Square's Dementia Research Centre, says, "Most people go to an optician initially, but the problems are actually to do with the affected areas of the brain interpreting the information coming from the eyes."

There are a wide variety of symptoms including recognising objects, judging distances and following lines of text when reading. "But it's not all about vision," says Emma. "We often see people who have trouble with spelling and handwriting, mental arithmetic, handling money, getting the right words in the right order when speaking and being able to do up buttons or zips on clothing."

**Diagnosis and treatment**  
There is no definitive test to diagnose PCA. Rather, it is diagnosed using a combination of methods such as visual tests, neuropsychological tests of cognitive skills (eg, memory, perception, literacy), blood tests, brain scans, lumbar punctures (examination of the fluid circulating around the brain and spinal cord) and an EEG (recording of the electrical activities of the brain).

Emma says, "For many people, it takes a really long time to get a diagnosis, and a diagnosis of a rare dementia can come with a lot of uncertainty and worry. At our Rare Dementia PCA Support group, people can access tailored information, disease-specific support and most importantly, they can meet and share stories with other families who know something of what they are going through."

"I found I couldn't tell the time" Edward Osmotherly, 76, from north London, was diagnosed with PCA two years ago.

"After I retired, my wife Valerie thought that there was something wrong. She persuaded me to talk to our GP and he referred us to Queen Square. By that time, I was having difficulty in telling the time, doing arithmetic and using my laptop.

The cognitive disorders clinic diagnosed PCA. Since then, my eyesight has steadily deteriorated and I'm now registered as partially blind. I find it hard to concentrate on long, difficult documents and make lots of mistakes when I type. I often cannot find things and can be indecisive and slow. Above all, I have lost much of my self-confidence.

Despite this, I also am extremely lucky. I have good general health and Valerie is always kind and patient. Our children and grandchildren live nearby, and we have good friends and often meet them socially. We attend the regular PCA support group meetings run by Rare Dementia Support and have both learnt a lot about the condition from the doctors, carers and people with PCA. I have unflinching confidence in the kindness, patience and great knowledge of the staff at Queen Square."

To find out more about rare dementias, see [raredementiasupport.org](http://raredementiasupport.org). You can also donate to help fund the running of support groups: [nationalbrainappeal.org/what-we-do/current-appeals/rare-dementia-support/](http://nationalbrainappeal.org/what-we-do/current-appeals/rare-dementia-support/)



The National Hospital was originally built on charitable donations – and fundraising has played a key role in Queen Square's rich history right up to the current day. At The National Brain Appeal we're proud to carry on the tradition with our dedicated support to The National Hospital.

To celebrate fundraising over the years, we've picked out this fantastic vintage shot of British music hall star of the era, Nellie Wallace, who performed at Queen Square's Coronation Pavement Party in 1937 to help raise funds for The National Hospital.

## Team news

Congratulations to our Fundraising Manager Brooke Parsons who gave birth to a baby boy, Logan, in March. We wish her, partner Andrew, and baby Logan all the best and we're already looking forward to welcoming her back to the office before Christmas!

Meanwhile, Leigh Stanger, our Finance Manager, semi-retired in July after more than 17 years with The National Brain Appeal. Leigh has been an invaluable member of the team and we won't quite know what to do without her! She is looking forward to taking life a little easier, and maybe finding a perfect part-time position in her favourite local bookshop!



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



# Transformation complete!

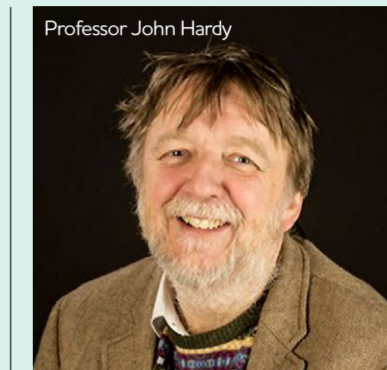
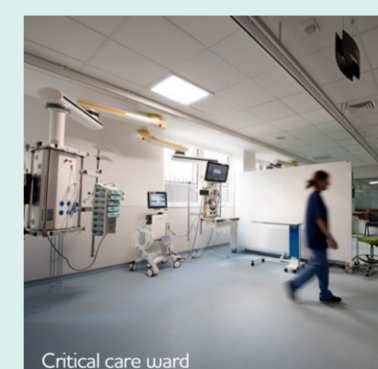
A four-year programme to modernise facilities and redevelop The National Hospital has now been completed.

With a history going back nearly 160 years, the future of The National Hospital is extremely bright. We are delighted to have raised almost £5m towards this huge £23m project, thanks to your donations. They have helped to fund, or part-fund the following:

- Building of a new specialist spinal operating theatre
- Doubling the size of the Molly Lane Fox ward for patients with brain tumours
- Creation of a new hyperacute stroke unit service and critical care ward

John Duncan, who led the redevelopment work in his role as divisional clinical director says: "This investment means we can make significant improvements to meet the needs of the increased numbers and complexity of patients that we see."

UCLH Chief Executive, Marcel Levi adds, "We are building on this investment with the development of the Dementia Research Institute and new Institute of Neurology building at the Eastman Dental Hospital, where we will strive to maintain very close links between clinical and research activities."



## Brain Prize winners

Four dementia scientists have shared this year's €1m Brain Prize for pivotal work that has changed our understanding of Alzheimer's disease. And two of these researchers were from Queen Square's Institute of Neurology – Professors John Hardy and Bart de Strooper.

Prof De Strooper, who is the new director of the UK Dementia Research Institute at UCL, discovered how genetic errors that alter the activity of proteins called secretases can lead to Alzheimer's processes.

Prof Hardy's work includes finding rare, faulty genes linked to Alzheimer's disease. These genetic errors implicated a build-up of amyloid as the event that kick-starts damage to nerve cells in Alzheimer's. This idea, known as the amyloid cascade hypothesis, has been central to Alzheimer's research for nearly 30 years. Together with another winner, Professor Haas, he then discovered how amyloid production changes in people with rare inherited forms of Alzheimer's dementia.

We are delighted that Prof Hardy has generously decided to donate some of his prize money to The National Brain Appeal to help develop the world's first centre dedicated to rare dementias.

## A history of Queen Square

With more than 550 pages and 120 archive images, this book is a definitive history of both The National Hospital and Institute of Neurology. The story is set against the backdrop of the evolution of British neuroscience, the special position of London medicine, and the influence of war. Biographical sketches are given of past staff members, with all their strengths and foibles, along with an assessment of Queen Square's clinical and academic contributions. It also showcases a lot of unpublished material from archives and memoirs.

The book will be launched at Queen Square on 20 November, and after this copies can be bought from [nationalbrainappeal.org/how-to-support-us/shop/](http://nationalbrainappeal.org/how-to-support-us/shop/)

*Queen Square: A History of the National Hospital and its Institute of Neurology* (Cambridge University Press) by Simon Shorvon and Alastair Compton, with contributions by Andrew Lees, Michael Clark and Martin Rossor.

The book retails at £59.99 but we are offering a discounted rate of £48 (plus p&p) for the first 25 orders made quoting NEVHBK. To take advantage of this offer, please call us on 020 3448 4724.



## Diabetes link to Parkinson's

Researchers at The Institute of Neurology have discovered that people with type 2 diabetes are 32% more likely to develop Parkinson's disease than those without.

Together with scientists at Oxford & Queen Mary Universities, it was the largest ever study to date on the link between the two conditions. Using Hospital Episode Statistics in England, the team looked at more than two million people with a type 2 diabetes diagnosis during a hospital admission and analysed the data to see who was later admitted to hospital with a diagnosis of Parkinson's. This was examined alongside a comparison group of six million people without diabetes.

The team say the link could be due to a shared genetic predisposition to both conditions. Also, in diabetes, the body resists insulin, which is needed to convert glucose into energy. Brain cells are also reliant on glucose for energy – which has led to speculation the conditions are linked.

The findings could help advance the treatment of Parkinson's, and add to the evidence that restoring the brain's insulin signalling could have a crucial protective effect.

**“This redevelopment will provide strong foundations for innovations and research in patient care for the next 20 years”**

Marcel Levi  
UCLH Chief Executive

We have a full programme of events all year round. Find out what our supporters have been up to or sign up to get involved yourself

# EVENTS

## Christmas is coming!

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 and books. You'll find us outside Basil Samuel Outpatients every Tuesday from 20 November-18 December and our big all-day sale event in The Old Boardroom on

6 December. And don't forget to buy tickets for our Christmas Raffle. See our website for more details.

### Carol Concert

Our annual Carol Concert will take place at St George's Church, Queen Square on Thursday 13 December. This year's programme includes performances from the Queen Square Scratch Orchestra, plus our guest readers which include TV's Richard Arnold (below), actors Edward Fox and Simon de Deney and former BBC journalist Rosie Millard.

Tickets are £20 and can be booked using the form, opposite, from our online shop or by calling us on 020 3448 4724.

### Christmas cards

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

## Dates for your diary

### September

- A Letter in Mind exhibition
- 27: Opens to the public (11am)
- 30: A Letter in Mind exhibition closes (6pm)

### October

- 14: Royal Parks Half Marathon

### November

- 02: Deadline to apply for one of our golden bond places for the Virgin Money London Marathon 2019
- 20: Christmas sales begin inside The National Hospital (10am-4pm)

TBA: Legacy Event – Will writing

### December

- 06: Old Boardroom Christmas Sale (10:30-6:30pm)
- 13: Carol Concert, St George's Church, Queen Square (7:15-9pm)

### February

- 27: Quiz Night at St Columba's Church, Chelsea

### March

- 24: London Landmarks Half Marathon

### April

- 28: Virgin Money London Marathon

### May

- 27: Vitality London 10,000



Marathon on 24 March and finishing with the London Marathon on 28 April.

Neil has a strong history of taking on running challenges on behalf of The National Brain Appeal as he feels passionately about helping to improve the outcome for patients affected by neurological conditions.

Neil says, "The money I raise will go towards the Neurosurgery fund, which is there to provide state-of-the-art equipment and facilities for The National's neurosurgery unit – the largest in the UK. It will also go towards supporting crucial research. I want to thank everyone who has supported me in the past – and to those who are donating for these upcoming challenges – The National Brain Appeal really does make a vital difference to the care of our patients."

If you would like to run The London Marathon alongside Neil, you can apply for one of our charity places on our website under 'Events & Challenges'. Deadline for applications is 2 November 2018.

If you would like to come along to our cheer point to support Neil and give him a real boost as he runs, please contact Alexis at alexis.gebbie@nhs.net or call 020 3448 4724.

You can support Neil at [justgiving.com/fundraising/neilkitchen](http://justgiving.com/fundraising/neilkitchen)

## Neil's hat trick!

Consultant neurosurgeon Neil Kitchen will be taking part in three challenges to raise vital funds for us.

Neil will be running the Royal Parks Half Marathon on 14 October, followed by the London Landmarks Half

## Mission: Possible

In May we held a gala dinner which was a runaway success, raising more than £125,000 on the night



Richard Arnold with actor Eddie Redmayne

The evening was the brainchild of Dr Hadi Manji, a senior consultant at the Centre for Neuromuscular Diseases (CNMD) and was a great success thanks to many generous donors. We also bagged a new celebrity Headliner, Richard Arnold.

A firmly established favourite on the breakfast TV sofa, Richard hosted the fundraising event and supported special guest Jimmy Tarbuck during the live auction. Together, they were key in helping to raise so much money on the evening. He says, "I'm delighted to support The National Brain Appeal – a small charity with huge ambitions. Being part of the Mission Possible event, and hearing the stories from patients, really brought home to me how

many people are affected by neurological conditions and the incredible work and dedication of the team at The National Hospital."

We were also delighted to welcome special guest Eddie Redmayne on the evening. He said, "I feel very privileged to have had the opportunity to observe the work of the brilliant team of neurologists at Queen Square's CNMD. I was so warmly welcomed by them when I was researching my role as Stephen Hawking in *The Theory of Everything*. My time there was invaluable and I am so grateful."

The money raised on the night will go towards supporting three projects at the CNMD, including research into new

treatments for a variety of neuromuscular disorders; Master degrees for Clinical Nurse specialists, to help improve patient care and to increase research into neuromuscular diseases, and the development of an unused outdoor terrace in the Day Unit for patients to enjoy all year round.



Jimmy Tarbuck

# SUPPORT

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

## Christmas order form

Cards are sold in packs of 10 and will be dispatched from the start of October. To guarantee pre-Christmas delivery, please order by Monday 3 December.

All proceeds from our Christmas cards and events will help fund advances in neurology and neurosurgery.

Name of cards	Price	Greeting	No. of packs	Sub total
London Scene	£5	With best wishes for Christmas and the New Year		£
Ladies Skating	£4.50			£
Winter Sledging	£4.50			£
Holy Night	£4			£
Catching the Post	£4	Season's Greetings		£
Mallow Snowman	£3.50			£
<b>Sub total</b>				£
Postage and packing £3.50 per order / free for orders over £40				£3.50 / £0
<b>Total price for cards</b>				£
Event	Price (per ticket)	No. of tickets	Total	
Carol Concert 7.15pm, Thursday 13 December	£20 (including drinks reception)		£	
<b>Total for cards + Carol Concert tickets</b>				£



London Scene  
£5 (159x159mm)



Ladies Skating  
£4.50 (171x121mm)



Winter Sledging  
£4.50 (170x125mm)  
In aid of Rare Dementia Support



Holy Night  
£4 (120x120mm)



Catching the Post  
£4 (117x117mm)



Mallow Snowman  
£3.50 (100x100mm)

## 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/donate](http://nationalbrainappeal.org/donate) 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  Neurodegeneration  Neurosurgery  
 Queen Square  Technology & innovation  
 Neurology  Education & Staff Development



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.

\*Please note you must fill in the name and address detail below for your Gift Aid declaration to be valid.

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 \_\_\_\_\_

**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 gift in my Will  
 making a regular donation by Direct Debit  
 making a regular donation by Give as you Earn

## Privacy Policy

The National Brain Appeal is committed to protecting your privacy. We use personal data to communicate with our supporters – like you – keeping you up-to-date with our news, campaigns and fundraising information.

You can unsubscribe by calling the office on 020 3448 4724 or emailing [info@nationalbrainappeal.org](mailto:info@nationalbrainappeal.org)

The National Brain Appeal will never sell or swap your personal data and will only share it, when necessary, with organisations that work with us to manage our data processing and mailings – and where your privacy and security is guaranteed.

You can read our full privacy policy at: [nationalbrainappeal.org/privacy-cookies-policy](http://nationalbrainappeal.org/privacy-cookies-policy)

Please return this order form with your payment 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



Stephanie Pinker

## Running through history

In March, Stephanie Pinker ran the Hampton Court Palace Half Marathon and raised an incredible £5,930 in aid of The National Brain Appeal. Stephanie decided to support the charity after her mother was successfully treated for a brain tumour at Queen Square. She said, "I will never forget the kindness, patience and compassion shown by the medical team to help Mum come to terms with her diagnosis and the procedure she faced... we are truly thankful and indebted to everyone at The National Hospital."



Monica Varsani

## Epic Everest

Monica Varsani trekked to Everest basecamp earlier this year, in memory of her grandad. Not only did she achieve this amazing challenge, but she spent months beforehand preparing, including 12 days of six-hour hikes carrying 7kg on her back. Monica's hard work paid off and she raised a fantastic £3,580!

## Team spirit

It was the hottest London Marathon on record, but our team of 18 took the heat in their stride and smashed their challenge and fundraising targets. The team raised almost £63,000 and we're so grateful to all our runners for their incredible efforts to support our hospital. Thank you to: Maddy Anholt, Tony Balfour, Georgie Church, Danielle Claughton, Nicola Coles, Rob Copley, Joe Daborn, Simon de Deney, Louise Graham, Julie Hogg, Clíodhna McCorley, Sally Marshall, Alex Mollin, Owen Rist, Hannah Robinson, Tom Watson, Lynsey Wheeldon and Joanna Wilkinson.



Alex, Simon and Nicola

## Hotting up

It was another hot day for the Bank Holiday Vitality London 10,000 team but they dashed around the course and raised over £6,400! The Centre for Neuromuscular Diseases put together a team for the 10th year in a row, led by Professor Mike Hanna. The team celebrated their run with



The CNMD team

a Champagne picnic in the sunshine after the race. A huge thank you to the team: Suzanne Booth, Enrico Bugiardini, Aisling Carr, Jan Clarke, Mike Hanna, Robyn Labrum, Matilde Laura, James Morelli, Laura Nastasi, Aleksandra Pietrusz, Debbie Pitceathly, Rob Pitceathly, James Polke, Gita Ramdharry, Darren Rose, Iwona and Mariola Skorupinska and Trish Turner. Thank you to Mark Bentley and David Maloney for also joining #TeamBrainAppeal!



Rachael Minister

## Anniversary skydive

In 2017, four months after giving birth to her first child, Harry, Rachael Minister was diagnosed with a brain tumour. Surgeons at Queen Square managed to remove 85% of the tumour and three months later, Rachael returned to work. Exactly one year after her operation, Rachael did a skydive to raise money in aid of The National Brain Appeal. She also held a fundraising dance show at the school where she teaches and has raised over £3,800. Rachael said, "I will be forever grateful to the team that cared for me and want to allow research and treatment to continue for others as there is always more we can do."

## Coast to coast

Thank you to Nick Fell who has raised an astounding £6,200 towards Dementia Research. Nick's wife Jan passed away in January aged just 59, after

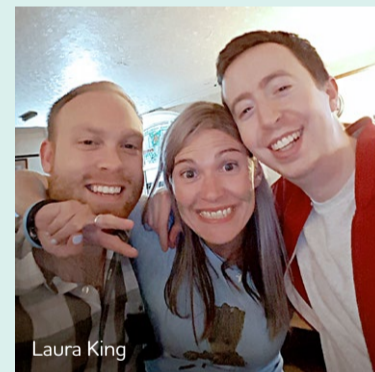


Nick Fell and family

suffering from Posterior Cortical Atrophy (see p4 for more on this condition). Nick has been a great supporter of the charity since then and decided to walk the Coast to Coast path with his sons in memory of Jan. Nick said, "Each step was for Jan and an expression of thanks on my part for the time we spent together." Thank you so much for your support, Nick.

## In the saddle

Our six Prudential Ride London cyclists have raised over £7,300 – a fantastic effort! A huge thank you and well done to: David Beddoe, Peter Hewitt, Andrew Kindrat, Keith Rotchelle, Adem Sogular and Stephen Windsor. Well done team!



Laura King

## Rock your brain!

In May, Laura King organised a rock concert and family fun day at her local pub to raise funds in aid of The National Brain Appeal. The day was a huge success and both adults and children enjoyed the sunshine.

live music, BBQ and drinks. Laura raised over £1,780 from the day – a brilliant effort!

## Climbing Corsica

Thank you to our trustee and retired Queen Square neurosurgeon Mick Powell for taking on a very challenging trek on the island of Corsica. Mick and his wife Jenny endured hours of climbing up near-vertical rock faces as part of their trek and walked for nine hours a day over seven days. Mick and Jenny have raised £3,600 (and counting)!



Mick and Jenny Powell

## Flying high

One of our fundraisers, Abbie Lane, decided to challenge herself to a tandem paraglide in June. Abbie has a condition called Leukodystrophy which has slowly affected her ability to walk and she is now permanently in a wheelchair. Determined to raise money to help other people with neurological conditions, Abbie used a wheelchair buggy for her paraglide and has raised almost £1,000!



Abbie Lane

# Ice, ice baby



We are extremely grateful to the employees at urban landscape firm Kinley.

Having chosen to support The National Brain Appeal, the team has so far raised over £3,200 by holding various fundraisers throughout the year, the most notable being the Ice Bucket Challenge! Euan Taylor, Kinley's technical consultant, was voted by staff to take on the challenge and found himself drenched in icy water. Well done to Euan and all staff at Kinley.

# Tea party time

James Hambro & Partners toast the NHS



Penny and Martina

Wealth management group James Hambro & Partners celebrated 70 years of the NHS in July by holding an NHS Big7Tea Party in their offices.

The team raised a whopping £2,843 by selling delicious cakes and holding a silent auction for a sausage roll (which went for a winning bid of £125!).

Thank you for your amazing support, with particular thanks to Penny Kunzig and Martina Iannotti for organising the tea party.