



At the time of writing, the Oscars have just been announced and it made me think about the importance of thank yous. Sometimes those acceptance speeches all seem to merge into one, but to each person whose support was acknowledged it will have meant a great deal.

This publication, The National, is one of our ways of thanking you

Leaving a legacy is a very

personal method of giving and is

often the greatest donation that

anyone can make. A legacy gift

can also help you achieve your

philanthropic goal of providing

support for The National Hospital

for Neurology and Neurosurgery.

A gift in your Will to The National

Brain Appeal can be unrestricted.

urgent-need project, or directed

using our six new funding areas.

Want to know more about the

make? Come along to our legacy

In memory giving is also another

way to make a meaningful impact

to go to the hospital's most

to something more specific

difference that legacies can

event on 24 May 2018. Email

info@nationalbrainappeal.org

or call 020 3448 3569 for

more information.

Making an impact

We do this in a couple of ways. Firstly, by featuring some recent superstar fundraisers on p8. But also by providing you with information on the projects you make possible. We know you often fundraise to say thanks to Queen Square – we hear so many incredible stories about why you want to give something back. That's what keeps us going too!

on the work at Queen Square

Recently, the family of Steven

he died last November, at just

55, after fighting glioblastoma.

his children Sarah, James and

Sophie, wanted to give back to

the hospital. "Thanks to the skill

and care of the doctors, Steven

lived for a precious 16 months

after his diagnosis," says Fiona.

amazing specialist hospital and

its staff, as we are so grateful for

their care." The family collected

donations in Steven's memory

and raised almost £2,200. We

remembering the charity at this

difficult time. If you would like

to raise money in memory of

a loved one, please email

alexis.gebbie@nhs.net.

are so grateful to them for

"We wanted to say thanks to the

Steven's wife, Fiona – and

Harrison contacted us after

and recognising your support.

Over the next couple of months we'll be expanding the information we provide you with on our new website (see right). We're excited to share our new-look site with you - let us know what you think. And, most importantly, we hope you'll want to keep hearing from us in the future. Changes in legislation from 25 May will give individuals more control over how organisations use their personal data\*. We hope that you will want us to continue to keep you updated. And, the best way for us to spread the word and gain new support is through you our best ambassadors.

Thank you.



Theresa Dauncey, Chief Executive. The National Brain Appeal

\* You can read our privacy policy on our website but do get in touch if you have

# Our design makeover

We now have a fantastic new website, which is looking fresh and bright, and is far easier to navigate. We've been working with The Web Kitchen and have improved the whole donation process and made it simpler to see how you can get involved

with us. We have also outlined exactly where your money goes – and the difference it has made to Queen Square so far. Log on to nationalbrainappeal org and let us know what you think of it by emailing info@nationalbrainappeal.org.



# **Ambassadors for Innovation**

We are delighted to announce the launch of our Innovation Fund – an exciting new initiative which will enable The National Brain Appeal to award grants of between £50,000 to £150,000 to fund projects to advance treatment, care and research.

These grants will support the most novel ideas, enabling new ways to diagnose patients, and identify new treatments, drugs and technologies.

We recognise how essential it is to invest in the latest technology and innovation. Sadly, overstretched NHS budgets and complex processes to pinpoint these innovative ideas mean that opportunities for progress are being lost.

One of the major problems faced by clinicians and researchers is the lack of initial funding to get pioneering ideas quickly off the ground. The Innovation Fund will support this 'bench to bedside' process, so that clear progress can be achieved.

We're searching for Ambassadors for Innovation to become part of the initiative, and we want to hear from you if you're passionate about improving the lives and futures of people affected by neurological conditions. Ambassadors will be people who can commit to donating

a gift of £2,500 per year to the Innovation Fund over a three-

To find out more, email jane.ferguson9@nhs.net.



The National Brain Appeal innovation fund

# Happy 70th NHS!

The NHS will be 70 on 5 July 2018 and to mark the occasion. we thought we'd share a snapshot of The National Hospital in 1948.

Although the uniforms and waiting areas may have changed, been a centre for excellence - at the forefront of so many technological, scientific and medical breakthroughs then and now.

The National Brain Appeal is proud to be able to support the vital care, extraordinary staff and incredible

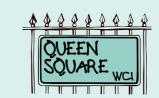
for so many patients affected by neurological conditions.

If you'd like to show your support, why not take on a 70th anniversary challenge, join in and organise an NHS Big7Tea or consider volunteering. Details

# 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. This month we're highlighting projects in our Technology & Innovation, Neurology and Queen Square funding areas.



1. Queen Square

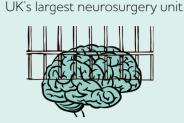
New facilities and staff-led projects at The National Hospital and the Institute of Neurology



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



3. Neurosurgery Providing state-of-the-art equipment and facilities for the



4. Neurology

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



5. Technology & Innovation Supporting projects which translate groundbreaking ideas into better results for patients



6. Education & Staff Development

Investing to provide the best opportunities and attract the best people in the field

disorders. Although the unit

it can't be used even on the

The IVIg support group, which

was set up in 2008 by Clinical

hottest days of summer.

has an outdoor area, at present



### Technology & Innovation

We are supporting two exciting developments in the battle to find effective treatments for brain cancer.

#### The Neuro-Oncology Flagship Programme

The UCL Institute of Healthcare Engineering has come up with an idea to encourage specialists to examine the biggest medical issues where healthcare engineering can make a positive impact to patients' lives. The aim of the Neuro-Oncology Flagship Programme is to produce projects to improve diagnosis and treatment for those with brain tumours.

A number of multidisciplinary teams - made up of clinicians, scientists and engineers presented their proposals to a panel of experts who selected the two most compelling projects to fund with £32,500 each. One of the winning teams was led by Jonathan Shapey who aims to use a hi-tech imaging system to help surgeons remove the maximum amount of cancerous tumour.

The second project will improve brain tumour diagnosis by using precision imaging to analyse the molecular make-up of the tumour – reducing the need for unnecessary biopsies and creating a more personalised

The clinical lead for the programme, Dr Sotirios Bisdas says, "With around 16,000 people in the UK diagnosed with brain tumours each year, there is a real need to develop novel therapies." The healthcare engineering lead, Dr Jorge Cardoso, added, "The standard was incredibly high. I really look forward to following the progress of the winning teams."

#### Immunotherapy Appeal

We are raising £250,000 to fund a groundbreaking new trial which will use immunotherapy to treat glioblastoma, an aggressive form of brain cancer.

This phase-two trial involves the use of ipilimumab, which has delivered remarkable results in patients with the skin cancer melanoma. About 45% of patients with advanced melanoma who received the drug were alive after two years. Melanoma and brain cancer share genetic similarities.

the trial, says: "This is the most important trial for brain cancer patients in the last 15 years. It's a big opportunity to have this drug, which has transformed the lives of some people with melanoma." Our funding will support the running costs of the trial. To donate, see justgiving. com/campaigns/charity/ tnba/immunotherapy or tick 'Innovation & Technology' on our donation page (p6).

Dr Paul Mulholland, the

consultant oncologist leading

#### Neurology New trauma nurse

The traumatic brain injury (TBI) outpatient service at The National Hospital has been a model for successful TBI rehabilitation for more than 15 years. It's underpinned by three consultant neurologists and clinical neuropsychologists from the largest psychology department in any neuroscience centre in the UK. Nonetheless, the team know the difficulty many patients face accessing neurological services after trauma surgery.

In London, about 8,000 people of working age are hospitalised with TBI each year and about 55,000 live with the effects of a TBI. The majority of these people would benefit from care from clinicians with expert knowledge of TBI, but only a fraction has access to this.

Brain Appeal is providing £20,000 to help part-fund a Traumatic Brain Injury Clinical Nurse Specialist to lead new outpatient services. A crucial access to services at The National Hospital for this vulnerable group of people across London. It will also include developing tailored rehab programmes for patients. The goal is to reduce the social that happens to about 40% of those affected by TBI. The team will provide a brain injury education programme and to see specialists. As a result, the team expect to see an increase in the number of people able to

"This funding will allow better access and clinical care for TBI patients across London," says Richard Greenwood, consultant neurologist and lead clinician at the Acute for the clinical service at The National Hospital."

## Queen Square

In response, The National part of the role will be to improve isolation and clinical deterioration reduce waiting times for patients continue working.

Brain Injury Service, "It will also provide a robust infrastructure

# We have two very different

projects currently in progress - and both will make a big difference to patients who attend The National Hospital.

### Daycare balcony

The Day Care Unit at The National Hospital provides treatments, tests and procedures for 60 patients a day. The majority of these patients are under the peripheral nerve team and need to attend regular appointments – often lasting two to three days – for intravenous immunoglobulin treatment for CIDP (see p4), MMN and a variety of other

Nurse Specialist, Karen Bull and David Barttelot, a Day Care patient, is now working with staff, the management team and The National Brain Appeal to raise funds to create an accessible garden area for patients to enjoy all year round. The design for the new space (shown here)incorporates flexible seating, shaded areas and a 'green wall' that will offer a peaceful and comfortable respite from the busy unit.



#### New ambulance

We're delighted to have been able to buy a replacement non-emergency ambulance for Queen Square. The new model (which will be on the



road by the summer), provides comfortable seating as well as much-needed heating and built in air conditioning.

Michael Shaw, ambulance driver, says, "I've been driving the old ambulance for five years now and it does a lot of miles. I've had so many breakdowns recently, including one where I caused huge tailbacks on Tottenham Court Road. The clutch went and I had to jump out and start pushing the ambulance. Luckily, a UCLH colleague was passing and helped me out!

It's great news about the new ambulance. It will give our patients a far more comfortable journey between their appointments and home."

For more on our six funding areas, see nationalbrainappeal.org/funding-areas

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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/how-tosupport-us/make-a-donation or call the office on 020 3448 4724.

DIRECT

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# A warm welcome

Thanks to your support, the charity is growing bigger each year, and we're bringing in more funds for Queen Square. As a result, we're excited to be able to expand our team in the form of Alexis, Abbie and Jane, who have all brought their valuable skills to the charity.

#### **Meet Alexis**

"I joined as a Fundraising Officer in October to look after dedicated fundraisers and oversee the challenge events. After working for another neurological charity and then an NHS charity. I was keen to support the amazing work at The National Hospital and The Institute of Neurology. My main focus has been the London Marathon – we had a team of 18 this year, so that has been keeping me very busy. I'm also looking into a variety of different challenge events across the country to promote on our new website – so watch this space!"

To sign up to one of our challenge events and receive a free fundraising pack, email Alexis at alexis.gebbie@nhs.net or call 020 3448 3324.

#### Meet Abbie

"After working and training as a teacher for six years I wanted a change. I've always had an interest in neurology growing up, as that was my father's field of work. So I was excited to come on board as a Fundraising Apprentice for the charity that supports Queen Square. My father, Prof Tony Bell, completed his thesis at The Institute of Neurology – it means a lot to be a small part of his world. The things I've enjoyed most so far have been working on preparations for the Mission Possible gala dinner in May, and helping out with our sales stall in the hospital, where I get to meet many of the patients and chat to hospital staff. I feel very proud to be supporting such a brilliant team and a cause that is close to my heart."

#### Meet Jane

"I joined the team in September to develop the Innovation Fund, a new project which will fund breakthrough ideas in research, patient care and technology. I spent nearly ten years working for some of the UK's largest charities including Macmillan, The NSPCC and The British Heart Foundation developing corporate-charity partnerships. The National Brain Appeal is very different, which I love. It's inspiring being so close to the fantastic work that goes on at Queen Square. Currently I'm very busy talking to patients, supporters and working with our trustees to get the Innovation Fund off to a flying start!"

Read more about The Innovation Fund and becoming an Ambassador for Innovation

# Focus on... CIDP

Many rare conditions are treated at Queen Square. Here we look at Chronic Inflammatory Demyelinating Polyneuropathy (CIDP).

#### What is it?

This is a rare disorder of the peripheral nerves – they are stripped of their fatty protective coating called myelin, which slows down the messages to the brain.

#### **Symptoms**

hese vary, but the main

- Loss of sensation in arms/legs Abnormal sensation (altered)
- Weakness in arms or legs
- Loss of reflexes

#### The treatment

Unfortunately there is no cure for CIDP at present, but Laura Compton, Neuromuscular Immunology Nurse specialist, explains, "With careful management we can often get symptoms under control to help people live a normal life. Intravenous Human Immunoglobulin Infusion (IVIg) is the most common treatment. This is an infusion which can be given into a vein or under the skin. Most patients receive this infusion every few weeks, and

we tailor the correct treatment dates to their needs.

Some patient's symptoms are almost non-existent following their infusions, however regular treatment is key to maintaining stability with this condition. Some patients will still experience symptoms of CIDP following treatment, but they are usually far less severe following an infusion.

#### The clinic in Queen Square

"We see about 120 patients for regular IVIg treatment for CIDP at The National Hospital," says Laura. "Patients travel from across the UK to be seen by our consultants, and many choose to have their treatment here in our Day Care Unit. We also have patients who receive IVIg infusions at home which mean that they come to see their consultant every six months rather than attend for regular infusions."

# "You get a burst of energy"

David Barttelot (below) was in his late 40s when he was diagnosed with the condition.

"I knew something was wrong I got double vision, which caused difficulty in driving. My writing was poor, I started to drop things, I had difficulty doing up my shoelaces and shirt buttons, and I began to walk on the sides of my shoes. During the IVIg treatment you can actually feel your hands and feet getting better. You suddenly feel a burst of energy. My vision has returned to nearly normal too. These days I walk with the aid of a stick outside, and there is a need for frequent stops to sit down, but I am extremely grateful for the care I receive here. The Day Care staff are professional, understanding, and have a good sense of humour!



### **Unsung Heroes** of The National Hospital

Virginia Joy, Rota Coordinator - Junior Neurology

#### What's your role at the hospital?

I'm a rota coordinator, which basically means I look after the doctors during their placement here for their junior neurology rotation. I manage their daily on-call responsibilities, and organise the changing of placements during the year. I also coordinate their annual and study leave.

# What is your average

Extremely busy! Each day I have to ensure we have enough doctors across the board to avoid safety issues in the hospital. This means adjusting rotas when people call in sick or have leave. I need to move people around to make sure we have the correct cover. It's a juggling act!

#### It sounds like it can be a challenging role...

It can be a real tightrope to get the balance right. As a Trust, we need to be aware of how much we spend on locums. I work really hard to use existing staff to plug any gaps in the rota. The current financial situation is very challenging, so if I can try to keep costs down, it all helps.

#### What's the best bit?

The doctors. I do it for them I see every day how hard they have to work. They have so much responsibility at such a young age, I am always so impressed by them.

The bottom line is that they are here saving lives. If I can keep them happy, I've done my job.

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



### Neuro-rehab in the spotlight

Recently The National Hospital featured in two fascinating documentaries shining a light on stroke recovery issues. Richard Gray was the subject of BBC2's Horizon: Richard's War. The programme followed his recovery after a catastrophic stroke and showcased the incredible work being done by the neuro-rehab unit at Queen Square. Consultant neurologist Professor Nick Ward and other colleagues in the clinic are seen supporting Richard to regain his mobility and independence.

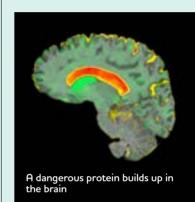
Professor Ward says: "Our upper limb neurorehabilitation programme provides high quality, individualised care to patients who have suffered a stroke. The emphasis is on getting people to use their affected arm and hand again in their daily routines. Intense physical therapy can make a meaningful difference even for people who have been told that further recovery wasn't possible."

The National Brain Appeal has supported a number of neurorehabilitation projects for the upper limb service through the Small Acorns Fund and has committed £1.5million to improve stroke care at Queen Square.

The neuro-rehab unit was also featured in a BBC Four documentary, Speechless. Two men – Junior and Barry both used the services at Queen Square to help them with their aphasia. This is when the part of the brain which is involved with speech becomes damaged. They learned to speak again with the help of the highly-trained staff at The National Hospital. During the making of the programme, one of the assistant producers

on the documentary, Laura Sunnucks, was so inspired by the work that she saw in the unit that she decided to change careers to become a language therapy assistant and is now part of the team in Queen Square!

### Huntington's breakthrough



Huntington's disease is one of the most devastating neurological illnesses. Some describe it as a combination of Parkinson's, Alzheimers and MND rolled into one. There is currently no cure, but in December 2017, researchers at The Institute of Neurology made a huge breakthrough. They found that they could successfully lower the levels of a dangerous protein, called huntingtin, in the brains of those affected by the disease. On the trial, 46 patients had a 'gene-silencing' drug injected into the fluid that bathes the brain and spinal cord. This first human trial showed that the drug was safe and well tolerated by patients. Professor Sarah Tabrizi led the trials and says, "I've been running a clinic for nearly 20 years and have seen many of my patients over that time die. For the first time we have the potential, the hope, of a therapy that one day may slow or prevent Huntington's disease. This is of groundbreaking importance for patients and families."

"Intense physical therapy can make a meaningful difference, even for people who have been told that further recovery wasn't possible"

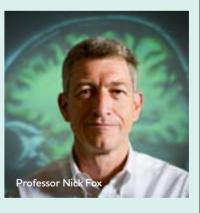


### Early signs

A team led by Queen Square researchers has developed a test to spot subtle deficits in memory, years before actual Alzheimer's symptoms develop – giving real hope that the disease could be detected early.

The study involved 21 people who carried the gene mutation for early-onset Alzheimer's alongside healthy control subjects. All underwent a memory test with 30-minute recall, and were then checked seven days later to see if they still remembered.

The researchers found that people who were closest to the expected onset of symptoms could remember things after 30 minutes, but then had forgotten things after seven days. This shows memory formation isn't the issue, so typical tests won't spot problems. The test could help identify people for early clinical trials, while helping monitor whether a treatment is working.



"It's really a case of accelerated forgetting," says Professor Nick Fox, study lead. "Many people have a feeling that something is going wrong with their memory, but when they take the current test, it doesn't show anything – 30 minutes isn't enough time. The people who carried the mutation did no worse at 30 minutes but at seven days they were quite a lot worse. The difference was really quite remarkable."

\*Every three minutes someone in the UK develops dementia. There is always an urgent need for people – healthy or affected by dementia – to take part in trials. Interested? Visit joindementiaresearch.nihr.ac.uk.

### Brain tumour ward opens

The Molly Lane Fox Unit, which was the first dedicated ward for brain tumour patients in the UK has now been expanded and was officially opened in January.

The original unit opened in 2011 with £1m funding from our supporters, but was such a success, with 750 patients being seen on the ward each year, it became clear that extra capacity would have to be found to meet the demand. We raised almost £670,000 to help the new ward to relocate and expand, and it now has 26 beds.

The opening event was attended by many key fundraisers for the project including members of the Lane Fox family, Cliodhna McCorley who organised A Night for Life ball with all proceeds to the unit, and many more. The new unit is now fully operational and will provide a clinical hub of expertise for those affected by brain cancer, including recruitment on to innovative clinical trials to explore new treatments (see our Immunotherapy Appeal on p3).

#### New chair

Welcome to Lord Prior who is our new UCLH Trust Chair. "I am delighted and feel very honoured to be joining UCLH," says Lord Prior. "The future could hardly be more fascinating: gene and cell therapies enabling personalised medicine; digitisation; the impact of artificial intelligence, big data and machine learning; much earlier diagnostics and prevention of chronic disease; and electronic patient records to name just a few of the forces that will affect the way we deliver care over the next 20 years. These are exciting times and UCLH is uniquely positioned to help lead these changes in the NHS."

# Sir Roger Bannister, 1929-2018



J.B.Foster: G.S.Wakefield. J.D.Carroll. K.J.Zilkha. R.G.Bannister:

THE NATIONAL HOSPITAL QUEEN SQUARE.

CENTENARY YEAR 1960

Sir Roger Bannister was best known to the public as the first person to run a mile in under four minutes, but here at Queen Square, he is best remembered as a renowned consultant neurologist. In fact, when he was asked in an interview which achievement he was most proud of - his running fame or his clinical career - he replied that he was prouder of his contribution to medicine.

He led the way in the specialty of autonomic neurology (the autonomic nervous system unconsciously controls all the automatic systems of the body from digestion to the heartbeat) and set up a specialist unit at Queen Square.

His legacy continues to thrive and the unit has expanded with consultants, clinical scientists and specialist nurses. The team manages an active research

programme and a busy clinical service, treating several thousand patients each year - and all as a result of the innovation and brilliance of Sir Roger Bannister.



The National | Spring/Summer 2018 | 5 4 | The National | Spring/Summer 2018



The National Brain Appeal's fundraising art exhibition A Letter in Mind, returns for the fifth year. This year's theme is 'A Way With Colour' and we're hoping for a kaleidoscopic response from artists, illustrators, designers and creatives.

perceive it. Colour enriches

all be priced at £85 and sold

anonymously at the exhibition at the gallery@oxo, Oxo end of the exhibition.

take part, visit our website to

Ultimate Ultra Challenge

The perfect challenge if you're

hoping to improve your fitness

2018. Join other walkers in an

online community and track and

share your distances with other

participants. With a leader board

and prizes to keep you motivated,

you'll be sure to achieve your

fitness goals in this accessible

challenge, while raising money

for The National Brain Appeal.

and push yourself further in

2018: Ongoing



This year we had a fantastic team of 18 who took part in the Virgin Money London Marathon. Most of the runners either had a neurological condition themselves, or had friends or family affected - and this inspired them to run for The National Brain Appeal.



One of our runners this year was Julie Hogg, Deputy Chief Nurse at The National Hospital. She wanted to take on this ultra-tough challenge because of her close connection to Queen Square. "I have witnessed firsthand the difference that The National Brain Appeal makes to the patients and staff at the hospital," says Julie. "And on a personal note, my mum died when I was four and so

iconic landmarks of London,

taking in St Paul's Cathedral,

The Bank of England.

London Eye, Big Ben,

the female figure in my life was my (grand)mamma – she developed dementia in her 60s and it's heart-breaking to see someone deteriorate like that. I hope my support will be a small help towards the charity's great work and that eventually we'll see an end to these devastating illnesses."

Also running this year were actor Simon De Deney and comedy actress Maddy Anholt. Our full #TeamBrainAppeal included: Tony Balfour; Georgie Church; Danielle Claughton; Nicola Coles; Rob Copley; Joe Daborn; Louise Graham; Alex Mollin; Sally Marshall; Clíodhna McCorley; Owen Rist; Hannah Robinson; Tom Watson; Joanna Wilkinson and Lynsey Wheeldon. You are all amazing!



into the stunning countryside before a memorable finish on the Mall



# 29 July

Jump on your saddle and take part in this amazing 100-mile cycle ride. Starting at the Olympic Stadium in Stratford, you will pedal out of London



Royal Parks Half Marathon: 14 October

This scenic half marathon is set in four of London's Royal Parks. It will give you a chance to see the vibrant autumn colours while you raise money for those affected by neurological conditions.

# Get moving!

If you're looking to push yourself physically in 2018 then look no further - we have a number of places in a variety of challenges for you! Whether it's a cycle, trek, swim or run, we would love to support you as part of #TeamBrainAppeal.

Contact Alexis Gebbie at alexis.gebbie@nhs.net 020 3448 3324 for challenge enquiries.

diary

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## Our events. **Dates** for your the year

Our programme is regularly our website for the latest

# big and small, run throughout

updated, so keep an eye on information.

# May

Important dates

29 June 2018

26 September

27 September

30 September

Superhero Run: 13 May

Grab your cape and power your

way around Regent's Park with

3,000 fellow superheroes! With

from, this super sprint is one for

free costume for each participant.

Run, jog or walk – you decide!

5k or 10k distances to choose

all the family to get involved in

and best of all, there will be a

12: Mission Possible Gala Dinner Sold Out 13: Superhero Run 24: Legacy Event

Vitality 10,000: 28 May

Take part in one of London's

most-loved 10ks! Run past the

28: Vitality 10,000

# June

27: Annual Lecture 29: A Letter in Mind (entry deadline)

## July

27: A Letter in Mind (final entry deadline) 29: Prudential Ride London

# September

27-30 Sept: A Letter in Mind October

14: Royal Parks Half Marathon

## November

Christmas sales begin at The National Hospital

## December

2: Santa Run 13: Carol Concert

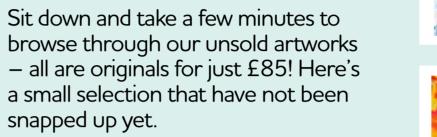
Please tick the box below if:

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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 or call the office on 020 3448 4724.

Your donations and support

patient care and research

at The National Hospital

fund major new developments,

A Sense of Place:

still some amazing

pieces to buy!

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 Neurology Queen Square

☐ Neurosurgery ☐ Technology & innovation ☐ Education & Staff Development

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

DIRECT

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.

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:

Payment by cheque

☐ leaving a gift in my Will

making a regular donation by Direct Debit

making a regular donation by Give as you Earn

Signature

want to cancel this declaration.

- change your name or home address.

- no longer pay sufficient tax on your income and/or capital gains.

Aid box means that we can reclaim an extra 25p in every pound

# Contact and payment details

	(please make cheques payable to The National Brain Appeal)
	Payment by credit or debit card
ename	Name on card
name	Card number
dress	Expiry date on card / / /
	Security/CVV code (last 3 digits)
tcode	Total amount £
phone	Signature
nail	Please send me information on (please tick boxes)

How we use your data

events and the latest clinical breakthroughs

There has been a lot in the news recently about the new fundraising code of practice and the General Data Protection Regulation (GDPR) that will come into force on 25 May 2018. The benefit of the new rules is that individuals will have more control and choice over how their personal data is used

You would like to receive email updates about our fundraising activities,

To continue emailing supporters, we will need your express consent so please look out for an email from us and take the time to respond. If you don't already receive our emails and would like to, please tick the box above. Thank you.

If you are already on our database, you will have received a letter outlining our policy\* with this issue of The National. \* You can read the full policy on our website.

You can unsubscribe and change your mailing preferences at any time by calling 020 3448 4724.

From time to time, we may share your data with organisations that help us with our data processing but we will never sell it to or share it with companies who want to sell you something or other charities that want to approach you for support.

up to <mark>half our annua</mark>l

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

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a small selection that have not been snapped up yet. You can view all the artworks from 2015-2017 nationalbrainappeal.org/ letter-in-mind/

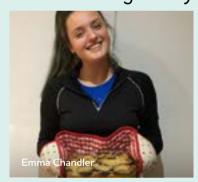
Thank you to all who have done so much over the past months to raise vital funds for The National Brain Appeal

### #PowerCouple



Timothy O'Sullivan and Kacey O'Driscoll pedalled their way across Britain raising an astounding £80,000 in the process! They decided to take on this challenge after Tim's father, Dan, had a severe stroke last summer and spent many months at The National Hospital. They cycled 969 miles from Land's End to John O'Groats, riding an average of 108 miles a day. They climbed about 50,000ft over nine days that's almost twice the height of Everest! Tim says, "It was an incredible adventure and a real test of our minds and bodies. Each day brought different challenges but being a part of one of the most iconic cycle rides has been an incredibly rewarding experience.

#### Victorious veganuary



At the start of this year, Emma Chandler challenged herself to go vegan for January and has raised over £3,000 for our Rare Dementia Support Fund. Emma says, "I decided to do Veganuary because everyone knows how much I love a good steak. So I thought I'd put myself through my version of torture for a month for a great cause. I'm still in shock as to how generous everyone has been!"

## On top of the world



Andrew Gilvary trekked 160k to Everest Basecamp in December and raised over £2,600 for our Rare Dementia Support Fund. Andy said, "Having seen the effects dementia can have, and the love, care and challenges that come with it, the support of The National Brain Appeal is much needed by those who are surrounded by the disease." Congratulations Andy!

### Family ties



In October, Darryl Lyle ran the Amsterdam Marathon and raised over £3,800! Darryl ran in memory of his late sister, Rochelle, and her baby daughter. He said that he was able to channel his grief into his running. "I have been able to raise money towards important research that I hope will help prevent anyone from going through the struggle we've had."

### Hitting the wall

Aimee Jennings raised an incredible £4,600 by trekking The Great Wall of China in October. Aimee raised money for our Molly's Fund Appeal, after her dad stayed on the hospital's brain tumour ward several times. She said, "The hospital has provided him with

over 20 years' of outstanding care, ranging from regular MRI scans to life-saving brain surgery. I have always wanted to trek the Great Wall of China,



so felt this was the perfect opportunity to get involved with a fantastic charity and give something back." Thanks Aimee!

### Summer fun day



Masterman Football Club hosted a friendly against DC Mexico in August followed by a family fun day, which raised over £3,700! Thank you to everyone who made this day such a runaway success! The organisers of the football match said, "We organised a football match on 27th August for the Martin Pain Charity Shield; created in the name of our former skipper who sadly passed away from a brain tumour. Martin always spoke fondly of the doctors and nurses. We wanted to raise some money for the hospital that tried so hard to keep our friend alive."

#### Festive vibes

On a cold, drizzly morning in December, a small team of fundraisers donned their Santa suits and ran through Victoria Park in London. A huge thank



you to Tina Wells, Joanna Hickey, Julie Hogg, Sarbs Carter and Clíodhna McCorley for raising nearly £1,000! Joanna, who suffers from epilepsy and had brain surgery in 2011 said, "After learning to walk and talk again, it's simply my way of saying thanks and I'm a huge supporter of The National Hospital."

#### Royal runners



Our 22 Royal Parks runners collectively raised £25,000 - a truly amazing effort! We're so proud of all our runners who took on the half marathon. Thank you to: Andreia Aguiar, Mark Bentley, Daniel, Mark and Matthew Bumpstead; Harriette Coates; Nicola Coles; Alex Duncan; Daniel Egleton; Simon Finch; Thomas Hallam; Flo Hanson; Jo Hislop; Adam Hust; Daisy Knibb; Anthony Maguire; Ben Malbon; Alex Mollin; Clare Reynolds; Craig Saccente-Kennedy, Jonathan Schott and Joanna Smith for your efforts!

#### Saddle superheroes

Well done to our fantastic Prudential Ride London team who cycled 100 miles and raised a wonderful £6,250! Thank you to: Leanne Gallagher; Robert Hill; Dr Michael Lunn and Jenni McGivney for their epic pedalling efforts. Dr Lunn, who works in the Centre for Neuromuscular Diseases at Queen Square said, "Having cycled to Brussels in aid of The National Brain Appeal in 2016, I decided that the Surrey Hills looked appealing. And what better a charity to support than one that supports our patients and the work of our hospital?"

### In deep water



In September, four of our amazing fundraisers dived into the Serpentine in Hyde Park and swam half a mile! A big thank you to Claudia Bullmore, Alla Murphy and Kate Samad from Bindmans LLP who raised over £2,100 and to Lucy Harley Mckeown who raised £900.

## Green fingers



Maureen Steward has been selling plants from her home to raise money for The National Brain Appeal for an astonishing 11 years now! She has almost hit the £10,000 mark and says, "I grow them and then each May I start to sell. I attract people with colourful hanging baskets and patio planters. I'll go on until I'm unable to. I know it makes a difference."

# Magnificent Munnelly Group

We are extremely grateful to the employees at The Munnelly Group and to the Munnelly family for choosing to support The National Brain Appeal. Since October 2017 they have raised a phenomenal £11,000 through an annual client golf challenge and Christmas Jumper day at their Harrow office. We are looking forward to working with them more over the next year and to build on their fundraising success.



# Sparkling efforts

The Maidstone branch of Beaverbrooks is made up of eight enthusiastic staff members who go above and beyond to support charities. The National Brain Appeal is lucky enough to be chosen as their Charity of the Year and they had already raised £800 by the end of January – a great start! They plan to continue fundraising for The National Brain Appeal over the year by organising cake sales, receiving donations for cleaning jewellery and much more. Thank you, Beaverbrooks!

