

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

Newsletter
Number 49
Autumn/Winter
2016

NEURO
MUSCULAR
HEAD INJURY
STROKE
EPILEPSY
BRAIN TUMOUR
DEMENTIA
PRION
PARKINSON'S
MIGRAINE
MULTIPLE
SCLEROSIS



Transforming
stroke care

Show us some
#PyjamaPower!

Christmas
fun-raising

Transforming treatments

A letter from our Chief Executive, Theresa Dauncey



The National Hospital is invisible at the moment, covered from top to toe with scaffolding. And inside it's also a bit topsy turvy. But all for good reason – to enable the construction teams to build two new operating theatres and facilitate works to all the wards which are being reorganised to offer the most efficient layout for patients.

While our work raising the £4million towards this major project is now complete, we look forward to the grand opening next year and will update you through our website and e-letters as the development progresses.

Excitingly, we have launched two new project appeals – the

first to introduce a new acute interventional neuroradiology service for stroke at Queen Square and the second to fund the expansion of the Molly Lane Fox Unit (see right and opposite). In both cases, these projects have come about because of the success of the existing services and the desire to do even better. And that is exactly what The National Brain Appeal wants to support – projects that transform treatment and outcomes for people with neurological conditions.

Wishing you well,
Theresa

Theresa

Brain Cancer care in Queen Square

Molly May Lane Fox was a beautiful, fun-loving four-year-old when she was diagnosed with a Diffuse Pontine Glioma.

A malignant tumour that needs a million cells to see it and once you can see it it's too late. Although radiotherapy bought some precious and happy time with the

family, tragically, Molly died just after her fifth birthday. Her parents, Oliver and Hatty, felt passionately that nobody should have to go through what their daughter endured.

Molly's Fund was set up in her memory and £1million was raised to create the UK's first dedicated brain tumour ward which opened at The National Hospital in 2011.

The Molly Lane Fox Unit is an integral part of The National Hospital's Brain Tumour Unit – also fully funded by The National

Brain Appeal. It provides a centre for specialist care aimed at increasing survival rates and improving quality of life for adults with brain tumours.

Five years on from the centre opening, many more patients now use this streamlined service and access to research and clinical trials has grown significantly.

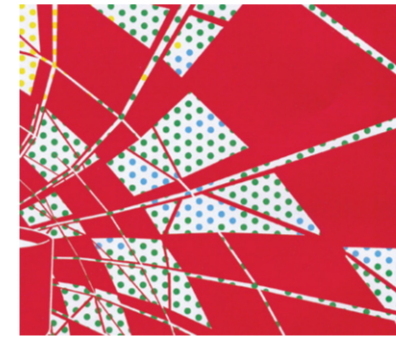
More than 400 patients were admitted to the Molly Lane Fox Unit in 2015 but demand for the unit has outgrown capacity by over 55% with more than half of patients are admitted to general wards and not able to access the unique service that is offered. And demand is set to increase further since The National Hospital successfully bid to be the specialist centre for brain cancer for intergrated cancer network London Cancer this year.

The National Brain Appeal has now committed to raise another £500,000 in order to relocate the unit to a larger space. This will provide 24 beds, a quiet room, and an assessment room as well as two single rooms with sofas/beds which can be used by friends and family of those patients requiring a longer stay in hospital, with more complex needs or during end-of-life care.

If you would like to make a donation to Molly's Fund, please complete the form on p7, call us on 020 3448 4724 or visit <https://campaign.justgiving.com/charity/tnba/mollysfund>.



Molly May Lane Fox



Natural wonders

We asked for your views on nature and you followed this to the letter.

From animals, birds, landscapes and maps, to detailed botanical illustrations and abstract patterns, we've been overwhelmed by the sheer breadth of creativity of our supporters.

From the starting point of a simple envelope, entries have poured in from across the UK and abroad in the guise of paintings, prints, photographs, decoupage, collage, drawings and needlework.

It's our biggest year yet with over 260 artists submitting works. Some very well-known names have supported us: Antony Gormley, Grayson Perry, Tom Hammick, BP Portrait Prize finalist Lewis Chamberlain; Sarah-Armstrong Jones and Daniel Chatto, David Mach RA; Natasha Kidd and Gill Rocca; artist and magazine editor Harry Pye; artistic director of the Royal Drawing School and BP Portrait Award winner

Catherine Goodman; illustrators Tim Hopgood, Sarah Massini and Polly Dunbar; actors Sophie Thompson and Kevin Eldon; and RIBA award-winning architects Amin Taha, Laurie Chetwood and Andrew Grant.

The exhibition at gallery@oxo on London's South Bank opens to the public from Thursday 6 to Sunday 9 October (11am-6pm). All the works will be exhibited anonymously and available to buy for £85 each.

If you can't get to the exhibition, you can still browse the works (and buy online from 11am on Thursday 6 October) by visiting nationalbrainappeal.org/letter-in-mind.

A Letter in Mind 2016 – A View on Nature
gallery@oxo,
Oxo Tower Wharf,
Bargehouse Street,
London SE1 9PH

Thursday 6 October to Sunday 9 October (11am-6pm). Admission free.

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

Leave a lasting legacy of hope

Around 12.5 million people in the UK suffer from a neurological disorder. It can be present from birth. It can develop slowly or primarily affect the elderly. It can occur through accident or injury.

The National Hospital for Neurology and Neurosurgery is the UK's leading neurological

resource. It is a recognised world leader in neurological research and development and in teaching.

You can help provide hope to so many people by leaving a legacy, a covenant or a donation to The National Brain Appeal. Please call 020 3448 4724 for more information.

Contact us

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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.

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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/regular-donation or call the office on 020 3448 4724.



Rise and shine



Yes, it's Pyjama Party time! Pyjama Party has raised a whopping £80,000 since it began in 2012!

However we need you now more than ever to host your own pyjama party and raise crucial funds for The National Hospital.

Fundraise from the comfort of your own home, at work or school. It's easy. Just pop on your pyjamas and invite everyone along to your event! Here are some ideas to inspire you:

Happy at home

Invite friends and family round for a fun night in and ask them to donate what they would usually spend on a night out. Have some games ready to play or cosy up and enjoy a film. Last year Kelly Davis created her own game of human hungry hippos!

Wild at work

Take dress-down Friday to a new level and get colleagues to donate. Combine with a bake sale to maximise your fundraising efforts! Nedbank Private Wealth (above) raised £1,000 last year!

Silly at school

Lots of schools have been hosting Pyjama Parties, raising much-needed awareness and

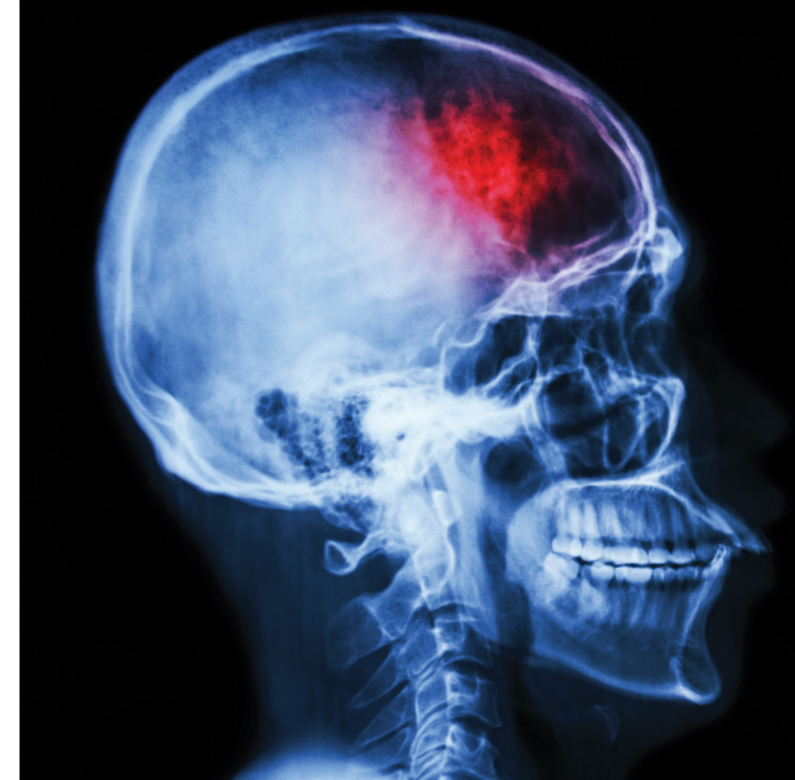
funds. So whether you're a parent or student, why not suggest that your school, college or university holds a Pyjama Day?

Feeling more active?

Then take part in one of our challenges while wearing your pyjamas! Check out the variety of challenges on our website. Whatever you end up doing, make it fun, keep it simple and wear your pyjamas!

Register today at pyjamparty.org.uk to receive your Pyjama Party pack! For more information or to ask us anything about your #PyjamaParty idea, email pyjamparty@nationalbrainappeal.org

The future of stroke treatment



The National Brain Appeal has committed to raise £1.5m to create an acute interventional neuroradiology service for stroke.

What will the service do and why is it so important?

Stroke is the fourth largest cause of death in the UK. Those people who do survive may be brain damaged or disabled in some other way. Immediate and specialist care makes a huge difference though because it reduces the damage caused by cutting off the blood supply to the brain.

The Hyperacute Stroke Service at The National Hospital manages patients in the first 72 hours

after a stroke, providing them as soon as possible with medication to remove blood clots. This medication works very well for many patients, but not for some people who have large clots blocking major arteries – and these strokes are often the most serious as well.

However, the new 'thrombectomy' treatment is proving very effective at treating these strokes, through physically removing the top of the blocked blood vessels. Thrombectomy requires highly skilled neuroradiologists, specialised equipment and neurosurgical and critical care backup close at hand. In addition, explains neuroradiology consultant Dr Peter Cowley: "It has to be done as quickly as possible to get the maximum benefits. Time really is of the essence."

The procedure is already available to a small number of patients at Queen Square – some of whom have seen incredible results. These patients have seen a complete reversal of the stroke's effects, and been able to return to normal life within days, despite having strokes which would usually have caused a long hospital stay and long-term damage. The number of patients the hospital is able to treat will expand when the stroke service at Queen Square becomes 24/7, but adding a new interventional neuroradiology service will increase its capacity by 800 percent, providing thrombectomies for at least 400 patients a year.

To make a donation to the Stroke Appeal please complete the form on p7, or call us on 020 3448 4724.

"Stroke is an acute emergency"



Q&A with Dr Peter Cowley

How did you decide to specialise in your field?

"I did my first degree in physics. Then it took me a little while to decide that I really wanted to do medicine, and when I finished I eventually settled on interventional neuroradiology, which combines different interests of mine. I've always been fascinated and drawn to the fact that you're dealing both with scans and with patients, which means a great balance of clinical contact, patient contact and intellectual challenges."

Is there one thing you'd like everyone to know about stroke?

"It's very important that people realise that stroke is an acute

medical emergency, and you need to get someone to a stroke unit as quickly as possible."

Is there one thing you'd like fellow-professionals to know about stroke?

"From a colleague's point of view, I think it's important to know that in the past few years we've made vast steps forward in seeing stroke as a sub-specialist area. It's no longer part of general medicine, and those specialist resources are there to be consulted."

If you weren't doing this job, what's your fantasy alternative?

"Sailing slowly around the world."

Dr Cowley is the Interventional Neuroradiology Lead at The National Hospital

Building bricks of our corporate support



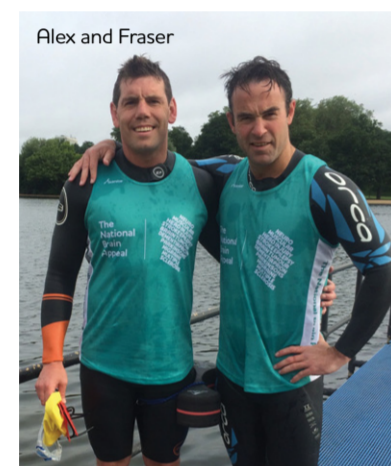
We rely on the generosity of our corporate partnerships to raise vital funds.

This support makes a huge difference to The National Hospital, and in recent months our corporate partners have been busy fundraising. They have reached incredible heights and achieved so much as individuals and as a team.

We welcome Wedlake Bell to our corporate partners list this year who kicked off their first year in style! Their annual cricket day was held at The Oval, where private clients were invited to take them on. Off the field, the fun continued with afternoon tea and a raffle. Next, a team of six staff will take part in The Royal Parks Half Marathon in October. To round off the year, the company has donated boxes of new Lego sets to be sold at our Christmas bazaar in December, all contributing to their yearly target of £20,000.

We also say hello to the staff at PriceWaterhouseCoopers' regional office in Crawley who have already sent in proceeds from their Summer Ball plus other donations, and we've only been their Charity of the Year for a month at the time of going to press. Keep it up, PUUC!

Talbot Underwriters are in their second year of fundraising for The National Brain Appeal and have already smashed their target of £40,000 through a number of activities. One hugely successful event was the Scilly Swim Challenge that Alex MacLennan and Fraser Waters took on, running across the Scilly Isles and swimming the sea between each island! They raised over £10,000 - an amazing amount.



Talbot brought their team together for a day of golf and teed up at their local club, managing to raise over £1,500 as a result. On top of this, a formidable team is taking on the Royal Parks Foundation Half Marathon. As well as all of the fantastic runners that take part, thousands of spectators also join the event for the Food & Fitness Festival to cheer on their friends and family and share this amazing day, so please come down to support Talbot, Wedlake Bell and The National Brain Appeal.



Creative approach to dementia

A group led by project director Sebastian Crutch from the Dementia Research Centre and project manager, Caroline Evans, have been invited to take up a residency in The Hub at Wellcome Collection.

They have been awarded £1million to develop a project exploring dementia and the arts for two years from 2016.

Artists, writers, scientists, broadcasters, clinicians and public health experts will examine and challenge

perceptions of dementia through scientific and creative experimentation. There are over 44million people worldwide with dementia; this is predicted to increase to over 75million by 2030 and over 135million by 2050.

The inspiration for the project comes from the experiences, questions and uncertainties of people living with dementia. The team hope to enrich understanding about dementia by raising provocative questions about the brain, our emotional reactions to change in ourselves and others, and the attributes by which we value and define humanity.

The Hub space at Wellcome Collection will provide a base to perform rigorous, creative research and to stage scientific and artistic experiments, data-gathering and public events. The group will also have unique access to resources

in Wellcome Collection, the Wellcome Trust and the Wellcome Library.

Sebastian Crutch, project director, says, "We are thrilled to have the opportunity to bring together people from so many different disciplines and backgrounds to engage in a practical and authentic piece of interdisciplinary research. This project was spurred by hundreds of conversations with people living with different forms of dementia, and it is only by developing, deepening and broadening those conversations that we can achieve our goal of delivering novel toolkits, methodologies and ways of thinking to enable us to better understand and use the arts in dementia."

The group start their occupancy in October 2016. They will be the second residents of the Hub, following Hubbub, a group exploring rest and busyness.

Unsung heroes of The National Hospital



Nick Welch
General Porter

What do you do in the hospital?
"I'm a linen porter - I take all the fresh linens each day to every ward in the hospital, taking away all the dirty ones."

What does your day-to-day job involve?
"Most days I deliver eight full cages of clean linens to the wards, and wheel away 12 cages of linens that need washing. It can be physically demanding! When I first started here six years ago I was exhausted after a shift, but now I've got used to it, and it's not so tough."

Sometimes I take on other porter responsibilities to help ease backlogs in certain areas. They may be short of staff in the mailroom so I'll help out there, or furniture may need shifting from one part of the

hospital to the other. It's good because it mixes things up a bit."

What do you like best about your job at The National Hospital?
"The best part is talking to the patients - there are quite a few 'regular' in-patients and they start to recognise me after a few visits so we have a chat. They always seem to appreciate the job I'm doing, which is nice. It's enjoyable talking to them and it all helps to make the day go faster! I'm also very lucky that I work with a great team, they're good fun and team players. My boss and supervisor are great to work for too."

Any bad bits to the role?
"Erm... I'm struggling to think of any. Honestly, I really enjoy my job!"

National nostalgia



This photo, taken in about 1910, shows The Chandler Ward. It was named after Johanna Chandler, one of the founders of the hospital back in 1859. The ward took in female patients in 'straightened circumstances' who were able to contribute a small amount towards their stay in hospital. Patients who were able to access this care included: 'Impoverished gentlewomen, the

widows, wives and daughters of poor professional men; and governesses.

The hospital was strict on who it would admit, too: 'Chronic, incurable cases, and patients suffering from epileptic mania, imbecility or weakness of intellect will not be received.' Good to see that attitudes have changed now!

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



News from Queen Square

Parkinson's progress



A new study into treating Parkinson's is starting at the Leonard Wolfson Experimental Neurology Centre in Queen Square.

All 40 patients on the trial will be given a drug, EPI-589, twice a day. The researchers are investigating whether this will affect their levels of glutathione, an antioxidant chemical which the body produces naturally. Previous studies have shown an association between nerve cell damage in the brain caused by 'oxidative stress' (when energy production in the nerve cells is disrupted) and Parkinson's symptoms. Glutathione is one of the chemicals that clear out the free radical molecules that contribute to this oxidative stress - and significantly, it is shown to be lower in the brains of patients with Parkinson's; in fact the lower the levels of glutathione, the more severe a patient's symptoms usually are.

The team will look at blood, cerebral spinal fluid and urine samples to assess oxidative stress in study participants over a period of three months.

Young people's services

In April, an open day for patients from The National Hospital and Great Ormond Street Hospital (GOSH) was a real success.

Patients aged between 14 and 25 were given the opportunity to get to know each other and to discuss some of the bigger issues that they face in day-to-day life.

"We aim to provide a seamless service, taking them from children's into adult services. Any young person with a chronic illness has some vulnerabilities," explains Dr Ros Quinlivan, who is based at The National Hospital but also works at GOSH. "Personalities and self-confidence and self-awareness are still developing at that age, so our patients need to be able to talk in a safe environment and in ways that's appropriate to their level of development. Psychosocial support is an important part of our work, and so is encouraging them to become more independent. We support them with applications for grants to go to university, to learn to drive, to study more and so on.

"The open day came from our wish to improve the services we provide. It was open to all service users from 14 to 25, and we offered talks on a range of topics: from the services available at Queen Square to driving with a disability, or going to university with a disabling condition. And we also just gave these young people the opportunity to meet and talk to each other - a support group has now been set up as a result of the open day."



Development update

As ever, planning work to expand and maximise the use of space at Queen Square continues! Currently, Queen Mary Wing is being gutted and remodelled (above) to create new wards in calm, neutral colours where every patient has a view of Queen Square (see below). Professor John Duncan gives us an update on the latest developments.

"UCL's current chief executive, Sir Robert Naylor, will be retiring at the end of September 2016, and the new permanent chief executive, Prof Marcel Levi will

take up his post at the beginning of 2017. At the moment, we're looking at the different options for taking forward the Queen Square development once Professor Levi is in post.

"In particular, we're exploring how we can best align clinical needs with academic needs, with a new building that will be constructed on the site of Queen Square House. The hospital needs to expand its clinical space over the next 20 years and, alongside that, we need to expand the space in which our clinical academic and research colleagues work. We are exploring with UCL how these functions can be best integrated in a new building and we are examining the different options and costings for this."



Working together

On 17 June this year, neurosurgeons, neuroscientists and engineers all came together at The National Hospital to discuss their work and get to know a bit more about each other. The forum 'Neurosurgery. Open for

Research', was organised by Professor Robert Brownstone, who explains: "Since I've arrived at Queen Square I've noticed how few the interactions are between neurosurgeons and scientists. Yet UCL has one of the largest and most successful neuroscience communities in the world, and the key thing we need to be able to do is to work across both clinical areas and the research aspects of our work in order to collaborate and maximise the effects of the work we all do."

The afternoon included an overview of The National Hospital's neurosurgical activity, talks on specialist areas such as pituitary surgery, epilepsy and paediatric neurosurgery, and technical advances such as collaborations with the UCL Institute of Health Care Engineering.

"That's another very important aspect of our work: how do we make things better in the operating area?" says Professor Brownstone. "Those technological advances in producing cutting-edge equipment are an essential part of our work."



"UCL has one of the largest and most successful neuroscience communities in the world"

Prof Robert Brownstone

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

EVENTS



Christmas at The National Hospital

Come and find us every Tuesday from 1 November to 13 December outside Basil Samuel Outpatients and in the Old Boardroom with our info stall and Christmas Bazaar.

as-new gifts, books, jewellery, beauty, toys and Christmas cards. We may even have the odd cupcake or two! We will also have a raffle and a golden envelope draw.

loved one or a fantastic treat for yourself. Christmas at The National Hospital wouldn't be the same without a visit from Nicky Buckingham who will also be selling a range of her delicious cakes and homemade jams and chutneys on 22 November.

We will be selling a great selection of new and good-

It's a great opportunity to buy some Christmas gifts for a

Carol Concert

Join us for our favourite Christmas event – The National Brain Appeal Carol Concert.

This year it takes place on Thursday 15 December and we're delighted that the wonderful St George's Church, Queen Square, will host our festive evening once again.

The evening concert looks set to be a star-studded event (watch our website, Facebook and Twitter for details) and will feature the wonderful Mary Ward Singers, conducted by Holger Aston. There will be a drinks reception from 6.30pm with a prompt start at 7.15pm. Tickets cost £20 and always sell out very



quickly, so please complete the form on the opposite page to order yours as soon as possible.

A night of Haydn

We are looking forward to an evening of sublime music!

Set in the magnificent Middle Temple Hall on 16 November, this will be an evening to remember. The Bar Choral Society, the Temple Players and a superb line up of soloists – soprano Any Howarth, tenor Andrew Tortise and bass

DeAndre Simmons – will come together to perform Haydn's *The Creation* under the baton of Music Director, Greg Morris.

The concert is being held in aid of The National Brain Appeal and the Motor Neurone Disease Association and funds raised on the night will go towards a Queen Square research project to develop a biomarker for Motor Neurone Disease.

See you on Wednesday 16 November 2016 at Middle Temple Hall, London EC4. Prices range from £15 to £35 and include interval drinks. To book, visit barchoralsociety.co.uk/tickets



The Great National Christmas Bake Off

Get ready for a festive bake off, facing stiff competition from consultant Ian Appleby who has previously won at our bake off events.

Your challenge will be to beat him and be in with the chance

to win a bottle of Prosecco. The cakes will be anonymously taste judged by a special guest.

Our bake off will take place on the 13 December in the boardroom between 10-4pm. Each slice costs £1 so please bring along your lemon drizzles, Victoria sponges and glorious chocolate cupcakes and indulge yourself on a colleague's entry. Just remember, we need to save a piece for the judge!

To take part, register your interest with laurrose.dowling@uclh.nhs.uk today!



Team time!

The third annual Simultaneous Global Virtual Quiz for Rare Dementia Support is taking place on 12 November 2016.

So, wherever you are in the world, set your clock for 8pm GMT and invite family and friends to join you in taking part.

This year the organisers of the quiz, Di Garfield and Susie Shaw, want to make it their best year yet in loving memory of their mother. Myrtle Ellis passed away in August after living with PCA for more than a decade. To enter, simply email sgvq16@gmail.com to register your team. Then donate a minimum of £10 per person online at www.justgiving.com/fundraising/SGVQ16 or text SGVQ61 £10 to 70070. All the details on how the quiz works can be found on the JustGiving donation page. Good luck everyone!

Christmas Cards: the 2016 collection

Our Christmas cards have now arrived and are available for you to buy.

This year sees two new designs: Keeping Warm at Christmas and Stained Glass. There are old favourites available too, including Shopping in the City – one of last year's top-sellers.

Order soon – the top picks always go fast! For all details and to order, see opposite.

And don't forget, every penny of the profits goes back to The National Hospital. While you're making a much-needed donation, you're also helping to spread awareness of The National Brain Appeal, so thank you!

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

SUPPORT

Christmas order form

Name of cards	Price (per pack of 10 cards)	No. of packs	Sub total £
Stained Glass	£4.00		
Keeping Warm at Christmas	£3.50		
Skating	£4.00		
Shopping in the City	£5.50		
Postage for cards	£3.50 per order / Free for orders over £40		£3.50 / £0

Cards will be dispatched from mid-October. To guarantee pre-Christmas delivery, please order by Monday 12 December.

Event	Price (per ticket)	No. of tickets	Total £
Carol Concert – 7.15pm, Thursday 15 December	£20.00 (Including drinks reception)		

Please continue below to add your payment and contact details



New for 2016: Stained Glass £4.00 127mm x 127mm



Skating £4.00 125mm x 125mm



New for 2016: Keeping Warm at Christmas £3.50 90mm x 90mm



Shopping in the City £5.50 165mm x 118mm

Each design comes in a pack of 10 cards with the message 'Season's Greetings' except Keeping Warm at Christmas which reads 'Merry Christmas' and Stained Glass which reads 'With best wishes for Christmas and the New Year'

To guarantee pre-Christmas delivery, please order by Monday 12 December. Cards will be dispatched from mid-October. 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 The Small Acorns Fund
 Molly's Fund Rare Dementia Support
 Stroke Appeal

You can make your donations worth 25% more to people with neurological conditions – simply tick, *giftaid it* sign and date below.

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

Signature _____ Date _____

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)

making a regular donation by Direct Debit
 making a regular donation by Give as you Earn
 leaving a bequest in my Will

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. If you would prefer not to receive updates, please tick here

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!

For office use only

NHNN

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

Our amazing supporters have pushed themselves to the limits to raise vital funds for Queen Square

Thank you #TeamBrainAppeal!

THANKS

Marathon medals



Janet Avery



Rosie de Galleani and Sophie Charlesworth

Passion and sheer determination was shown by all #TeamBrainAppeal members in this year's Brighton Marathon, resulting in an amazing £9,415 being raised! Team members included Janet Avery, Sophie Charlesworth, Rosie de Galleani, Nicola McKeogh, Joanne Ross, and Catherine Traynor. Congratulations!



Virginia Goldsack and Freddie Mead

The National Brain Appeal's biggest fundraiser – The Virgin Money London Marathon – didn't disappoint this year. With a fantastic team of 25 runners they managed to raise an incredible £86,600! Each runner smashed both their fundraising target and the race itself, all

crossing the finish line in amazing times.

We were immensely proud of our team this year who consisted of; James Allen, Ellie Baker, Edward Brown, Simon Dockrell, Audrey Falkner, Olly Fathers, Daniel and Joseph Flaherty, Tammy Ford, Marie-Claire Gallagher, Alys Gannev, Virginia Goldsack, Katie Herron, Sean Hession, Hannah Kavanagh, Robert Lawson, Lynne Mallery, Robin McCoy, Freddie Mead, Mark Mooney, David Moss, Shazad Rafiq, Alison Renshaw and Andy Rowley and our very own Mini Marathon runner Leo Hanson.

If you would like to join #TeamBrainAppeal in the 2017 London Marathon please visit the challenges section on our website and fill in the application form – deadline Friday 4 November 2016.

Biking for brains



Huez

Riding Santander London Hire Bikes, cycling clothing company Huez* along with National Hospital consultant neurologist, Dominic Heaney, tackled an extreme climb up Alpe d'Huez. Their incredible challenge raised an astounding £15,000!

Thomas Marks began his 950 mile cycling journey from John O'Groats, ending in Lands End. The cycle took him 10 days and raised £1,653.

Serious pedal power was needed from Warren Dagul who

cycled from London to Paris. He brought in a truly phenomenal £14,190!

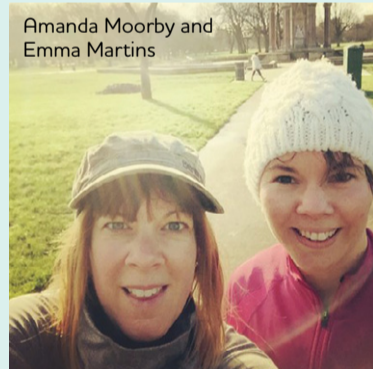


James Plunkett

12 year old James Plunkett, along with the rest of his 'Tour de Plunkett' team cycled 300 miles and raised £10,000 in memory of James' Dad, Tim Plunkett. Well done to all the team; James, Will Butters, Philippa and Harry Cardno, Sami Mitchell, Caron, Preet and Prabh Sandhu and Matthew Wordsworth.

Our team of four riders rode their way to success in this year's Prudential Ride London After a gruelling 100 miles they raised a fantastic £3,000. Thank you Thomas Billins, Chris Hardy, Richard Lewis, George Padelopoulos and Pedro Tomaselli.

A step ahead



Amanda Moorby and Emma Martins

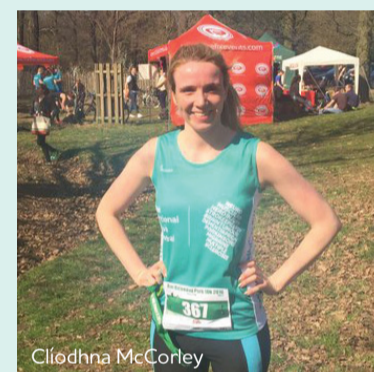
Emma Martins and Amanda Moorby completed the Hackney Half Marathon to raise awareness of Emma's condition, ABI (Acquired Brain Injury). Together they raised £2,766.

Charlie Wells is a long-term supporter of The National Brain

Appeal and continues to amaze us with his determination. Charlie ran 100k – that's 2.5 marathons and about 14 hours of running. His 'Mind Over Matter' challenge raised an unbelievable £18,500!



Charlie Wells



Clíodhna McCorley

Clíodhna McCorley celebrated a year after her surgery by completing the Edinburgh Half Marathon. She has raised £6,803 so far but has now begun organising a charity ball for next year. Watch this space!

Nirmal Jalaf along with family and friends trekked Snowdon to show their appreciation to The National Hospital for the great care Nirmal received. "The level of care and professionalism has been superb by all the nurses, doctors and surgeons. What



Nirmal Jalaf with family and friends

a great bunch of people."

For the eighth consecutive year the Centre for Neuromuscular Diseases team participated in the Vitality 10,000 and have raised a fantastic £7,500 so far. Since they first set themselves this annual challenge, the team and its supporters have helped to raise over £137,500. This has helped the centre to maintain its commitment to training the next generation of scientists, nurses, therapists and doctors.

Splash out!



Centre for Neuromuscular Diseases team

Hannah Osmond Smith swam two miles across Lake Windermere as part of the Great North Swim and raised an unbelievable £4,000! "This hospital has given my mum fantastic ongoing treatment, and I am immensely grateful to all the staff there."

The Outlaw triathlon is a long-course triathlon, using the same distances as an Ironman race. Jake Amos raised £3,739 by swimming 2.4 miles, cycling 112 miles, and then running a marathon. It was all in memory of his father-in-law, Melvyn Hoffman, who sadly passed away last year.



Hannah Osmond Smith

Dates for your diary

We have events – big and small – throughout the year so if you can, please join in! Our programme is updated regularly, check our website for the latest news.

October

- 6-9: A Letter In Mind
- 8-15: The National Brain Appeal Grand Canyon Trek
- 9: Royal Parks Foundation Half Marathon
- 17-31: Pyjama Party
- 31: Zombie Evacuation Race

November

- 1: Christmas Sales begin (every Tuesday until 13 December)
- 12: Simultaneous Global Virtual Quiz
- 16: Bar Choral Society perform *The Creation*

December

- 4: Santa Run
- 8: Afternoon Tea in aid of RDS Fund
- 13: Final Christmas Sale
- 15: Carol Concert

March

- 5: Paris Half Marathon

April

- 9: Brighton Marathon
- 23: Virgin Money London Marathon

May

- 28: Edinburgh Marathon
- 29: Vitality London 10,000