

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

Newsletter  
Number 49  
Spring/Summer  
2017

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



Inside this issue:

Stroke-busting  
in Queen Square

A Letter in Mind:  
call for artists

The real impact  
of legacies

## Thinking ahead

A letter from our Chief Executive, Theresa Dauncey



As I write, the sun is shining and my windows look like they need a clean, which makes me think of two things – getting outdoors (where the windows won't bother me) and having a spring clean (a longer term solution).

If you're drawn to the first option, you might like to link fresh air with some fundraising. The National Brain Appeal has lots of challenges to get you moving (see p6) or, if you'd like to organise your own all fresco fundraiser, you can get some inspiration from *Make It Personal* (see right) – you are only limited by your own imagination!

If a tidy-up is higher up your list of priorities, you'll probably also be tackling the 'paperwork mountain' and the tasks that accompany this.

One job that is often put to the bottom of the pile is organising our Wills. Legacies are vital to all charities and we are no exception – at least a quarter of our income comes from legacies. Without these gifts we simply couldn't support so many projects or as quickly. If you're considering this, do come along to our legacy event where we'll have an advisor on hand to answer your questions (see below right).

Whatever you choose to do this spring and summer, I hope you find it rewarding and may the sun shine on you all for many years to come.

Theresa

## One year on

What a year it's been since the launch of the fund for Rare Dementia Support.

We set out to raise £100,000 and we exceeded this, aiming now for an annual target of £150,000 to grow the service.

Fundraisers' support has been overwhelming – we've had concerts, comedy, coffee mornings, cookery demos, tea and dinner dances and quizzes plus a huge number of supporters taking part in all number of challenges including marathons, cycles, triathlons, swims, walks and even mud runs.

The first event for the new RDS fund was London Medical Orchestra who performed and raised over £1,000 for support groups that help so many, including orchestra member Katrina Yates's mum who has Frontotemporal Dementia (FTD). April saw two marathon runners, Sean Hession and Robert Lauson raising over £6,000 between them. Robert's father-in-law has FTD and Sean's grandfather had vascular dementia.



Our youngest supporter of the year was 10-year-old Lucas Church-Wood who took on a mud run after his grandma was diagnosed with FTD. Meanwhile, Jill Walton (above), RDS nurse coordinator, raised an impressive £5,300 running the Royal Parks Half in October.

Your donations have been put to very good use. New regional PPA, PCA and FTD groups have now been established in Norfolk, Worcester, and Hampshire, and the first of the 'bereaved carers' support group meetings took place. The enquiry lines are receiving an ever-increasing number of calls, and preparations are underway to co-facilitate two international meetings in the summer. None of this could have been achieved without our incredible supporters. Although we have only been able to name a few, we are truly grateful to each and every one of you.

## Make it personal

Organising your own event is the perfect way to fundraise for us in your own special way.

The secret to success is to turn something you really enjoy into a fundraising event.

Love baking? Hold a cake sale and ask for donations. Or host a charity quiz night – ideal for competitive fundraisers. If you fancy an unusual one, a sponsored hair dye challenge is good fun!

Or what about taking on a year-long distance challenge? You could run a marathon over a year at your gym, swim the channel in a local pool, or pedal 'across' the UK on hometown cycle paths. Get thinking, get in touch if you need support, and then get fundraising! Email [laurarose.douling@uclh.nhs.uk](mailto:laurarose.douling@uclh.nhs.uk)



## A LETTER IN MIND



The National Brain Appeal's fundraising art exhibition, *A Letter in Mind*, returns for the fourth year.

Whether you're an artist, illustrator, designer or simply love being creative, we want you all to get involved. Using the starting point of a simple envelope, our theme this year is 'A Sense of Place' and as ever, we are extremely excited to see your visual responses. The exhibition will be held at [gallerly@oxo](mailto:gallerly@oxo) from 28 September to 1 Oct 2017.

'A Sense of Place' can be understood as a place that holds special meaning personally, socially, historically or geographically – or even simply as a feeling. You might consider your identity, character and how you engage with your 'place' in the environment. Or why not try looking at an area that has lost its 'sense of place' – one that has no identifiable character, is 'placeless' or mundane – such as a car park, shopping centre or industrial estate. This is an opportunity to share your vision with us and raise vital funds at the same time.

For full details about how to take part, visit our website to download the entry pack and register – [nationalbrainappeal.org/letter-in-mind-register](http://nationalbrainappeal.org/letter-in-mind-register) or email [letterinmind@nationalbrainappeal.org](mailto:letterinmind@nationalbrainappeal.org).

We are delighted that Grayson Perry is supporting our fundraising art exhibition for the



fourth year running, and more artists will be announced in due course. Artworks will be on sale anonymously at the exhibition for £85 each – and artists' names will only be revealed once they are sold. All proceeds from sales go to fund projects in Queen Square.

**Dates of note:**  
Entry deadline: 30 June 2017  
Private View (Invitation only): 27 September 2017  
Exhibition opens to the public: 28 September 2017  
Exhibition ends: 1 October 2017



## Treating more tumour patients

You have helped us to raise almost £400,000 towards our £500,000 target to double the size of the Molly Lane Fox Unit. Until 2011 there was no dedicated brain cancer facility in the UK but our supporters helped us to raise £2.5m to fully fund The Brain Tumour and Molly Lane Fox Units. Patients can now access a dedicated service aimed at increasing survival rates and improving quality of life. In addition, the number of clinical trials has grown significantly. But demand for beds has outgrown capacity by over 50% – so we want to enable moving the unit to a

larger, space and increase the beds from 12 to 24.

One of our supporters is neurosurgeon Neil Kitchen who will be running the Virgin London Marathon for the appeal this April. This will be Neil's eighth marathon and in that time incredible people like you have helped him to raise nearly £300,000 for us. He says, "I am taking on this challenge to acknowledge the bravery and fortitude displayed by my numerous brain tumour patients. I want to pay tribute to them and their families – many of whom have been tremendous supporters of Queen Square and The National Brain Appeal over the years."

## 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.

## Workplace wonders

There are so many ways you can raise funds for those with neurological conditions – and some of them won't even cost you a penny. If your employer has a charity partnership scheme, why not nominate The National Brain Appeal? Large employers will often 'adopt a charity' for a year, and the charity benefits from staff support and fundraising. If your employer doesn't run a scheme like this, ask friends and family if their company does – and get them to nominate us.

Many companies will match the fundraising efforts of their employees. So whether you take on a physical challenge or hold a bake sale at work, ask about Matched Giving – it really is extra money for nothing!

Your employer may also consider donating a 'prize' for our raffles or auctions, and these prizes can help us raise hundreds of pounds. It can be anything from products and vouchers to an experience. Please ask if you think your workplace might be able to support us!

For more details about corporate support, please email [brooke.parsons@uclh.nhs.uk](mailto:brooke.parsons@uclh.nhs.uk) or call 020 3448 4724.

## A gift for the future

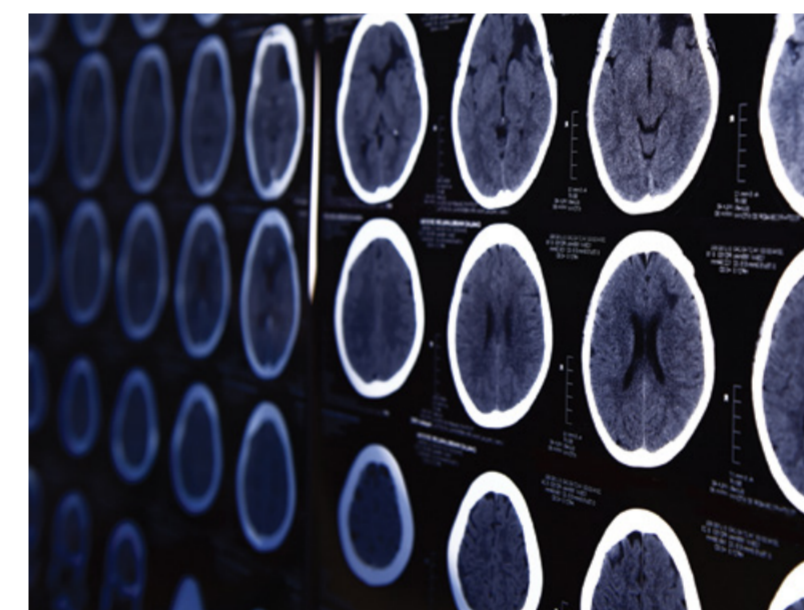
We are officially a nation of charity fans with a huge 74% of the population supporting charities.

And, when asked, 35% of those say they'd happily leave a gift in their Will once family and friends had been provided for. The problem is, only 6.3% actually do.

We understand that making a Will can be a daunting prospect, but to help you, we are holding a legacy event. We'll have a legal expert on hand to advise on what you need to consider when making a Will, and the best wording if you are planning on leaving a charity a gift. We'll also have a clinician from The National Hospital briefly outlining the huge impact that legacies make to our work.

At least a quarter of our income can come from legacies. These incredible gifts enable us to provide funding for projects that have the most urgent need in Queen Square.

If you would like to attend our legacy event on 8 May from 3-5pm at The Mercure Hotel on Southampton Row, or if you would like more information, please email [brooke.parsons@uclh.nhs.uk](mailto:brooke.parsons@uclh.nhs.uk) or call 020 3448 4724.



## Stroke-buster: thrombectomy

The National Brain Appeal is raising £1.5m to create an acute interventional neuroradiology service for stroke at Queen Square. This is going to make it possible for far more people to receive the new 'thrombectomy' procedure at The National Hospital.

### What is a thrombectomy?

The majority of strokes happen because a clot blocks an artery, cutting off part of the flow of blood to the brain. Depending on which part of the brain is affected, and how long the blood is cut off for, a stroke can have devastating consequences. Strokes are usually treated with medication to clear the artery, but this does not always work. Thrombectomy takes a different approach because it

involves removing the blood clot. Using a fine metal mesh to trap the clot, it's pulled out via a catheter, and the blood flow is restored.

### How successful is it and who is suitable for the treatment?

Not everyone is suitable for thrombectomy, but it can be very effective for strokes caused by clots in large blood vessels; and these are the strokes which can very often be fatal or leave people severely disabled. Some of those treated with thrombectomy at Queen Square have gone back to a normal life within days – something which would have been unheard-of before.

Anna Maini, 50, a local government officer from Islington in north

London, was brought into UCLH in February as she was having a serious stroke. A few hours later, following a thrombectomy, she was talking to her husband again.

"I'd known for four years I was at risk of a stroke, because I had atrial fibrillation and I was on aspirin for that. The day I had my stroke I was working from home, but I was very lucky because a friend had dropped round. She told me, 'You're not looking well, and you're dribbling'. I didn't really realise what was going on because I'd become quite confused – I still can't remember much about it – but she called for an ambulance and they rushed me into hospital. I'd lost a lot of motor control by this point, my face was drooping and although I was still just about conscious, it's all very hazy looking back. I kept trying to say 'I've had a stroke' but my speech had become very slurred.

"At UCLH I was scanned and put on clot-busting medication. Then they decided that I was a candidate for this procedure, and told me they were going to move me to another hospital because they wanted to try to get the clot out through the artery in my groin. I was taken to The National Hospital in the same ambulance I'd arrived in and given a local anaesthetic while they put the catheter in. It took about 40 minutes in total. The only thing I really felt was the flush as they got the clot out – it felt like a warm sensation in my head.

"After that I was moved to intensive care and my husband was able to join me again. I was awake, and people kept coming in to do tests to find out how much I could feel,

and if I could follow their fingers moving. Within a couple of hours I was speaking clearly enough for other people to understand me, and my face started feeling better too. Quite quickly I got the feeling and control back in my arm and leg. Three days later I started walking, and the following day I managed a flight of stairs. All those day-to-day things like washing and eating were normal again.

"It's miraculous. I know many people have strokes and sometimes don't get their function back at all. I'd thought that would

be the same for me: that I'd be permanently disabled. I was very worried that I wouldn't be able to work or feed myself. Instead, I've got hope for a full recovery, doing most of the things I used to do. I want to go back to work and do ordinary things again."

If you can, please make a donation today to help more people like Anna. You can donate to the Stroke Appeal online: [justgiving.com/campaigns/charity/tnba/strokeappeal](http://justgiving.com/campaigns/charity/tnba/strokeappeal), or use our donation form on p7, making sure you tick the 'Stroke Appeal' box.



## Celebrating our volunteers

Two of our current supporters deserve a big thanks!

We are extremely proud to announce that one of our longest-serving volunteers – Ty Davies – was shortlisted from more than 700 nominations for a ‘Going The Extra Mile’ volunteer award.

The annual Celebrating Excellence ceremony is held for staff of UCLH Trust, and its volunteer award is designed to reward those who show remarkable commitment, devotion and service in their role. Congratulations to Ty for the well-deserved recognition. We wish him the best of luck for the big night in March, which took place as we went to press.

We also wanted to applaud another volunteer, Lisa Upton. Lisa lives with husband Mark and their six-year-old twins. She is approaching the one-year anniversary of the day that changed her life. In spring 2016 she underwent brain surgery – while she was awake – to remove a cavernoma, a cluster of abnormal blood vessels, that had been causing seizures almost every day since she was 14 years old.

The operation was a complete success and although it took her time to fully recover, she is finally seizure-free. Lisa is hugely grateful to The National Hospital and she is saying thanks by volunteering and fundraising for us. In May she is planning to trek across the



Grand Canyon to raise money and says: “Doing this trek is a privilege. It will be a challenge but it is the very least that I can do to say a small thanks for all the care I have received.”

In addition, Lisa has set up a ‘brain buddy’ scheme so that she can support others who are facing similar decisions about brain surgery. She said: “I searched high and low to find someone to talk to when I needed to decide whether to go ahead with ‘awake surgery’. It is such a rare thing. So I want to be a resource for others who need support.”

To get in touch with Lisa for support and advice about awake brain surgery, see [brainbuddyuk.com](http://brainbuddyuk.com)

Donate to Lisa’s Grand Canyon trek at: <https://www.justgiving.com/fundraising/Lisa-Upton2>

## Focus on – POEMS syndrome

Some of the conditions seen at The National Hospital are extremely rare. We look at POEMS.

### What is it?

A disorder of the plasma cells, which are a type of white blood cell and part of the immune system. POEMS stands for:

- Polyneuropathy: nerve damage to peripheral nerves which control muscles and sensation
- Organomegaly: enlarged organs (like the liver or spleen)
- Endocrinopathy: dysfunctional endocrine (hormone-producing) system
- Monoclonal plasma cell disorder: can include the blood cancer myeloma
- Skin changes.

### Symptoms

“Nerve damage and paralysis can come on in the space of weeks and be disabling to the point where people cannot walk,” says Dr Michael Lunn, Consultant Neurologist and Clinical Lead in Neuroimmunology at The National Hospital. “If the condition isn’t recognised and treated appropriately that disability becomes relatively fixed and it’s not possible to reverse it.

It is possible to arrest the condition relatively quickly but it takes a couple of years before people start getting better. We see too many patients who haven’t been diagnosed early – in fact about a third of my patients have diagnosed themselves.”

### The treatment

“The definitive treatment is autologous stem cell transplantation and we have now performed about 40 of these procedures which can cure the condition for most patients. We’ve just had approval from NHS England to use lenalidomide to treat



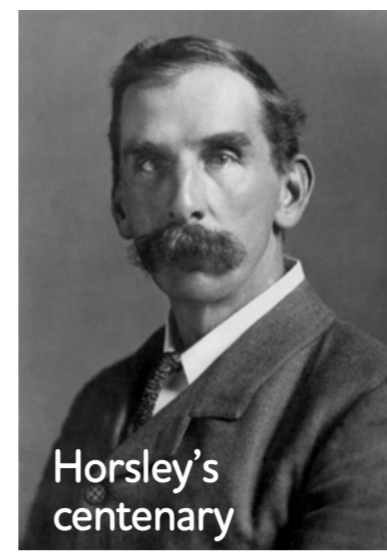
severely affected patients, which has made a huge difference.

“The National Hospital has the only clinic in the UK for patients with POEMS, and provides a full service from diagnosis to treatment, rehabilitation and follow-up. We have also developed a new blood test for early diagnosis. We are lobbying NHS England to recognise our clinic as a highly specialised service, so it can become the national centre. We want to appoint researchers to study the disease further and we also have a POEMS disease patient interest group.”

### ‘I lost all feeling in my feet’

“My symptoms started with pain in my heels,” explains Richard Campbell who was treated in Queen Square in 2013.

“Then my ankles gave way when I walked. Soon after it spread further up – at its worst I had no feeling up to my knees. I was eventually diagnosed with POEMS in 2012. They started me on medication, and I spent a week in Queen Square the following year. Now I have some sensation back in my legs; but I have problems with my fingertips too. The most important thing is to be diagnosed early. That’s what would help people like me most.”



Horsley’s centenary

Last year marked 100 years since the death of Sir Victor Horsley (1857-1916) – an important figure in the history of The National Hospital and in the world of neurosurgery. Horsley was appointed to The National Hospital for the Paralyzed and Epileptic (the former name of NHNN) in 1886 and performed his first brain operation here. There was no operating theatre at the time so he adapted a day room.

He was the first ever person to remove a tumour from a spinal cord in 1887 and also bind an artery for a cerebral aneurysm. In fact, he carried out pioneering operations for many neurological conditions – all in an era when there were no x-rays or antibiotics. He also invented an antiseptic compound of beeswax and almond oil, known as ‘Horsley’s Wax’ which is still used to this day to stem bleeding in the cranial vault.

When Horsley was 57 he volunteered for active service in WW1 and fought hard to improve conditions for wounded troops. He died of heatstroke in Baghdad while he was serving.

With such an invaluable contribution to medicine, Horsley is often referred to as ‘the father of neurosurgery’, and The National Hospital has a ward and department named in his honour.

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

### Impressed by first impressions



We asked Professor Marcel Levi, the new Chief Executive of UCLH Foundation Trust, how his first five weeks in post had gone.

“First of all, I’m really impressed. The level of sophistication and healthcare here is outstanding. I’ve seen a lot of hospitals around Europe, and UCLH is one of the best.

“I feel very welcome, and at home here. In fact, even though I’ve come from the Academic Medical Centre of the University of Amsterdam my biggest surprise is how similar this is to my last hospital. The challenges are much the same, and one of those is how to find a balance between super-specialist care and good general care for the community

“I’m also particularly impressed with The National Hospital and the Institute of Neurology. I don’t have any immediate plans for UCLH overall – of course I’ve got some ideas, but I need to get my feet under the table first! I do think it is very important to develop further the translation of the fantastic research that happens here into clinical work. Queen Square is a real example of how this can be done. The research is very innovative, and it really trickles down into the hospital as a whole. It’s an example for the rest of UCLH.

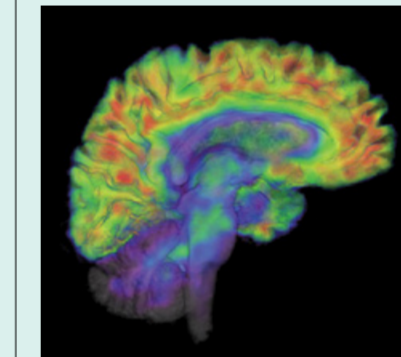
“We’re in a very exciting time for medicine in general.

There are so many new things going on, and so many things being translated into clinical applications, and that’s particularly true for neuroscience. People often don’t realise that we are able to treat diseases that were untreatable a few years ago. It’s great to have a place where academic research and clinical care come together.”

### Wellcome renewal

We’re very pleased to announce that the Wellcome Trust has committed to funding the established Wellcome Centre for Neuroimaging at UCL for a further five years. The centre, which is headed by Professor Cathy Price, brings together clinicians and scientists who use neuroimaging techniques to investigate all the different aspects of higher cognitive function: including vision, hearing, memory, language, reasoning, emotion, decision making and social interactions.

### Defying dementia



The Medical Research Council, Alzheimer’s Society and Alzheimer’s Research UK, have launched a new £250m UK Dementia Research Institute and UCL has been successful in being awarded the hub for the Institute which will be based in Queen Square. The Institute will lead the UK’s research efforts into diagnosing, treating, caring for and ultimately preventing the different forms of dementia. It will build on the work that has already been conducted at The National Hospital and the Institute of Neurology and other key centres across the UK into the neurodegenerative disorders that result in dementia. The Institute, headed up by Professor Bart De Strooper, will connect researchers working across different disciplines (including some which are not usually associated with dementia).

“Right now, our understanding of these diseases is not dissimilar

to what we knew, or thought we knew, about cancer several decades ago,” explains Professor De Strooper. “Just as we realised that a range of factors is responsible for how cancers occur and progress in an individual, we now need to take a more holistic view of dementia and accept that a wide range of approaches may be needed. We have a huge amount of discovery science to do – and I want to see real surprises.”

### In memoriam



Robin Althaus, trustee and tireless supporter of The National Brain Appeal, died on 9 January 2017. He was a man with a long-standing family connection to The National Hospital, but this was only one of the many charities and other causes which he supported, alongside his career in stockbroking.

A staunch member of his local community in the village of Marsh Benham, where he lived for over 25 years, he lived life to the fullest – but also did his

best to ensure that others around him could enjoy life too.

Professor Geoffrey Raisman, who pioneered some of the most striking work in spinal nerve regeneration, died on 27 January 2017. It was his team that discovered that the olfactory ensheathing fibres – the ‘nerves of smell’ – which are continually renewed through adult life, could be used to regenerate severed nerve fibres. The team is now working on the practical steps for using this approach to tackle damage in the spine and the eye.

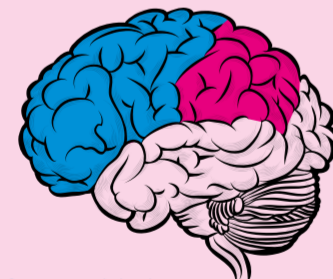
### New ward opens



With the £23m redevelopment of Queen Square in full swing, the fruits of the labour are starting to show. The beginning of the year saw the opening of the new John Young Ward, a 14-bed neurology ward.

The improved layout includes smaller bays – two and four beds per bay, a patient lounge for family visits and TV viewing and views over Queen Square.

## Brain Box



frontal lobe  
parietal lobe

This is the second in the series of our easy-to-follow snapshot into your brain. We have four lobes within the brain, which do not function alone – it’s a complex relationship between all parts. Here we look at just two of them:

**The frontal lobe** is where your personality ‘lives’. It’s where your behaviour and emotions come from, and also higher-thinking concepts such as judgement, problem-solving and planning. It is, in essence, the ‘control panel’ of your personality and ability to communicate. The frontal lobe is also responsible for primary motor function, the ability to consciously move your muscles, and the two key areas related to speech and writing, including Broca’s area. In humans, the area is larger and more developed than in any other living creature.

**The parietal lobe** is responsible for language, helping you form words and thoughts. It also deals with touch and how you recognise sensations, and helps you be aware of your body’s position. When you accidentally pick up a hot saucepan handle, it is this part of the brain that perceives the danger and sends an urgent message to your muscles to move your hand. If this area gets damaged, it’s likely you would have problems with reading, doing maths and struggle with language.

Next issue: occipital and temporal lobes

## Unsung Heroes of The National Hospital



Mohamed Ali Medirest Catering Assistant

### What’s your role at The National Hospital?

“I work in catering – one of the many support services which help to keep the hospital running smoothly. I serve patients their food and drink. I take their menu orders and deal with any dietary requirements. I’ve been here for nine months now – I used to work at The Dorchester Hotel, so it’s very different!”

### What does your day-to-day job involve?

“Apart from serving patients I also work in the kitchen, supporting the chef when needed; I also do portering and cleaning. When the kitchens need a deep clean, I’ll be the one who does it. I was so happy. I can honestly say I have never worked anywhere before with such a nice team.”

### What’s the best part of your job?

“I love everything about it. But I especially enjoy talking to the patients – they are the most important thing. When I come into work I’m always smiling. I enjoy my job so much that I often come into work on my days off, when I know they’re short-staffed. Once I worked three weeks without a day off due to staff shortages – my manager was very grateful but she made me stop and have a rest! I’m just happy to help out.”

### What’s the best thing that has happened to you since you started working here?

“I recently won an award – The Medirest Star of the Year. I couldn’t believe it! I got a certificate, gift voucher and flowers, and the best thing was all the lovely comments from everyone. I was so happy. I can honestly say I have never worked anywhere before with such a nice team.”

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



## Pyjama Party

Last year's Pyjama Party was officially our most successful ever! It raised an impressive £12,400 for Queen Square.

We loved hearing your inspirational stories and seeing your brilliant pictures. Here are just a few of our favourites:

1. Sara Spencer who runs Cychocycle put on a fundraiser after two of her spin class clients were treated at The National Hospital – and raised more than £1,100.

2. Our top Pyjama Party fundraiser last year was Jane Walker – she donned her nightwear every day for two weeks around her local

town and brought in a fantastic £3,480!

3. Here in The National Brain Appeal office we had a dress-down day in our PJs, followed by a delicious team lunch – where we all made a donation for the pleasure.

4. Bindmans LLP put on a Pyjama Party Breakfast-Brunch fundraiser, which looked utterly delicious and raised nearly £500.

5. St Gildas School held a pyjama party and donated money for the privilege. A total of £283 was raised. Thank you so much, kids!

6. Amy Taylor wore her PJs every time she walked Harry the dog during Pyjama Party fortnight – and raised £435.

Pyjama Party is back for the whole month of October later this year. Join us at [nationalbrainappeal.org/pyjama-party](http://nationalbrainappeal.org/pyjama-party)

## Lecture: The impact of donations



Join us in June for our annual lecture

The annual lecture in June is our chance to thank you by showing you the true impact of your amazing donations – we'll be outlining some of our most successful projects, and have invited a panel to debate the role of charity funding within the NHS.

After the lecture there will be a drinks reception and the opportunity to speak to the clinical and research teams. We will also be launching our Annual Review.

Places are limited and admission is by ticket only. If you would like to attend the lecture, please email brooke.parsons@uclh.nhs.uk

Tuesday 27 June, 6.30-8.30pm, Lecture Theatre, 33 Queen Square, WC1N

## Get fit and have fun

We are proud of everyone who takes on a challenge for us, and when you sign up, you become part of #TeamBrainAppeal, with dedicated support from our fundraising team. If you want to join the team and take on a challenge for us, we have a great choice of events:

**Superhero Run, 14 May:** Grab that cape and enjoy the most fun run of them all. The perfect event for the whole family with its 5k or 10k option to run, jog or walk around Regent's Park. Best of all, there are free costumes for every participant.

**Vitality 10,000, 29 May:** This race follows a clockwise route around the City of Westminster and the City of London.



**Prudential Ride London, 30 July:** An amazing 100-mile cycle ride starting in Stratford, heading out into Surrey and then back into central London for a thrilling finish on The Mall.

**Royal Parks Half Marathon, 8 October:** One of the most popular in London due to the opportunity to run past the city's most important landmarks.

**Skydive:** The extreme fundraiser! last year, 88-year-old Elizabeth did her first-ever skydive to raise money for us. Contact your local skydive company to get the ball rolling.

To sign up for any of these events, go to [nationalbrainappeal.org/challenges](http://nationalbrainappeal.org/challenges) or give us a ring on 020 3448 4724.



## A Night for Life

Secure your spot at one of the most exciting fundraising events on our calendar this year.

A Night for Life ball is set to be a spectacular black-tie event organised by brain tumour survivor, Clíodhna McCorley – two years after successful surgery at The National Hospital.

Taking place in the beautiful art deco ballroom at The Park Lane Hotel on 8 June, Clíodhna has organised a magical evening that kicks off with a Champagne reception, followed by Michelin-

starred chef-designed meal, along with comedy and musical entertainment. Sports presenter Ed Chamberlin will be your host, and guests will be treated to entertainment from the stars of *Aladdin*, *Wicked*, *The Book of Mormon* and *Dreamgirls*, among many others. There will also be a fantastic after-party, hosted by DJ Sophie Ellis-Bextor. Don't miss out – buy your tickets today at [anightforlife.com](http://anightforlife.com).

If you are unable to attend A Night for Life ball you can still support Clíodhna by spreading the word or if you know someone who might support the event with sponsorship or donations, please email [info@anightforlife.com](mailto:info@anightforlife.com)

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

# SUPPORT

## A View on Nature: last chance to buy!

You can view all the artworks from 2015 and 2016 in our online gallery.

There are still some incredible works available to buy and we've picked out just a few of them. Don't miss out on this opportunity to own an original artwork for only £85 – while supporting a very good cause:

[nationalbrainappeal.org/product-category/2016](http://nationalbrainappeal.org/product-category/2016)

A Letter in Mind is back for 2017! The new theme is 'A Sense of Place'. To take part, see p3 for more information.



## 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](http://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)

Stroke Appeal  The Small Acorns Fund  
 Molly's Fund  Rare Dementia Support  
 General Fund

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

*giftaid it*



## Contact and payment details

Title \_\_\_\_\_  
 Forename \_\_\_\_\_  
 Surname \_\_\_\_\_  
 Address \_\_\_\_\_  
 Postcode \_\_\_\_\_  
 Telephone \_\_\_\_\_  
 E-mail \_\_\_\_\_

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

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

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

**Payment by credit or debit card**  
 Name on card \_\_\_\_\_  
 Card number   
 Expiry date on card   
 Security/CVV code (last 3 digits)

Total amount £ \_\_\_\_\_  
 Signature \_\_\_\_\_

Please send me information on... (please tick boxes)

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

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

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!

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

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

Once again, our incredible supporters have gone above and beyond to raise money for research, treatment and care in Queen Square

Thank you #TeamBrainAppeal!

THANKS

## Global giving

Alexis Alexandrou



Alexis Alexandrou's grandmother was treated at The National Hospital over eight years ago for a subarachnoid aneurysm. Despite a poor prognosis, she defied the odds and learnt to walk and talk again. In her honour, Alexis decided to trek the Great Wall of China and also run the New York Marathon – and has raised an astonishing £4,000 for us. Thank you!

## Santastic!

Santa runners

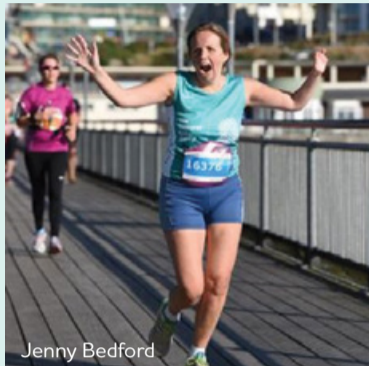


14 runners braved freezing weather to dash around Victoria Park just before Christmas in the Santa Run. Thank you to everyone who took part – you brought in a spectacular £3,270 – and all looked the part.

## Beside the sea

After Jenny Bedford's friend Fran was treated at The National Hospital for an acoustic neuroma, she wanted to give something back. So she decided to challenge herself by signing up to the Bournemouth Half Marathon. "I was sore for days afterwards," says Jenny, "but I was relieved to finish and delighted with all the donations and support." She

collected £3,312 in sponsorship money – well done, Jenny!



Jenny Bedford

## Little wonder

One of our youngest fundraisers recently was Lily Dannreuther, aged just 9, who walked from Brighton to Eastbourne in memory of family friend Will. Will was treated at The National Hospital for a brain tumour and raised money for The Molly Lane Fox Unit five years ago. Sadly, he died last summer. Lily walked for two days with her dad Charlie and raised £1,650 towards our appeal to expand this specialist unit.



Lily Dannreuther

## Hardcore hero

Chris Hardy got tough and took part in IronMan Wales last year.



Chris Hardy

He works at the Dementia Research Centre, and wanted to raise funds for Rare Dementia Support. 'The work that RDS does is so, so important and the support everyone gave was much appreciated,' he said. An amazing £3,150 was raised after he swam for two miles, cycled for 100 miles and then ran a marathon!

## Getting 'neuro-fit'



Fundraisers from the Nikki Penny Clinic

The Nikki Penny Clinic put on a fabulous 'NeuroFit' fundraiser – where patients from the clinic, who are affected by a range of neurological conditions, pushed, walked, ran or cycled the distance from Hove Recreation Ground to Paris – a total of 175 miles. Many Queen Square patients took part and the event brought in more than £4,000. Wow!

## Thames trek



Rebecca Banks

Brain tumour patient, Rebecca Banks, had an operation last autumn which successfully removed her tumour, and wanted to say thank you. She did a great deal of training, and then walked The Thames Path – from Oxford to Henley, which is about 52 miles – and raised a staggering £5,850. "This was a big challenge for me – effectively

a double marathon! But I'm one of the lucky ones, and I wanted to give something back."

## Bike buddies

Emma Flynn, Adam Flynn and Graham Callum



Emma Flynn, her husband Adam, and friend Graham Callum cycled from London to Brighton. Emma was a patient at The National Hospital and was treated for a rare condition called ADEM, which causes inflammation of the brain and spinal cord. "Without The National Hospital, I wouldn't have received the fabulous treatment I had last year," she says. Together the friends brought in £1,220.

## A home run



Two exceptional teams ran in the Royal Parks Half Marathon last October. Both were corporate supporters: a team of six from Wedlake Bell raised £1,200, and an 11-strong group from Talbot Underwriting raised nearly £3,800! (see below for more on Talbot). We also had many other runners taking part to make this a bumper year – which saw £23,800 in total donations! We can't thank everyone enough for their efforts.

# Dates for your diary

We have events – big and small – throughout the year so if you can, please come along and join in. Our programme is constantly updated, so keep an eye on our website for the latest information.

## April

23: Virgin Money London Marathon

27: Charity gig at UCL Student Union

## May

14: Superhero Run

29: Vitality 10,000

## June

8: A Night for Life Ball, Park Lane Hotel.

27: Annual Lecture.

33 Queen Square

30: A Letter in Mind (entry deadline)

## July

30: Prudential Ride London

## September

28 Sept-1 Oct: A Letter in Mind

## October

Pyjama Party (a month-long event this year)

8: Royal Parks Half Marathon

## November

TBA: Christmas sales in The National Hospital

## December

14: Carol Concert, St George's Church, Queen Square

## Triumph for Team Talbot!

This February marked the end of a fantastic two-year partnership between The National Brain Appeal and Talbot Underwriting.



More than £80,000 has been raised

Talbot organised a huge range of fundraisers such as client golf days, Christmas raffles and darts tournaments. They



Royal Parks Half Marathon team

also encouraged employees to take on challenges - Marie-Claire Gallagher ran the London Marathon, and Fraser

Waters and Alex MacLennan completed a Swim-Run in the Isles of Scilly.

Talbot's employees have shown determination, passion and dedication which has resulted in them raising an astonishing £80,693! The money will fund our Small Acorns Appeal for almost three years, and make a huge impact on new projects that benefit patient care.

This partnership would not have been possible without the help of Matthew Hillier, who nominated

The National Brain Appeal for Talbot's charity partnership.

"It's been a pleasure to work with Talbot and get to know staff individually," says Brooke Parsons, fundraising co-ordinator for The National Brain Appeal. "This personal connection with many of the staff made our partnership hugely successful. Congratulations Team Talbot, what an amazing achievement!"

\*See p2 for more information about how to get your/your partner's/friend's employer to support our work.