

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

Newsletter
Number 54
Spring/Summer
2019

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

Our 35th
birthday!

#ALIM19:
Making
Light Work

Funding
innovative
ideas



Photograph: Junior Agogo by Jane Ferguson

Letter from our Chief Executive



large to small projects, across all neurological conditions.

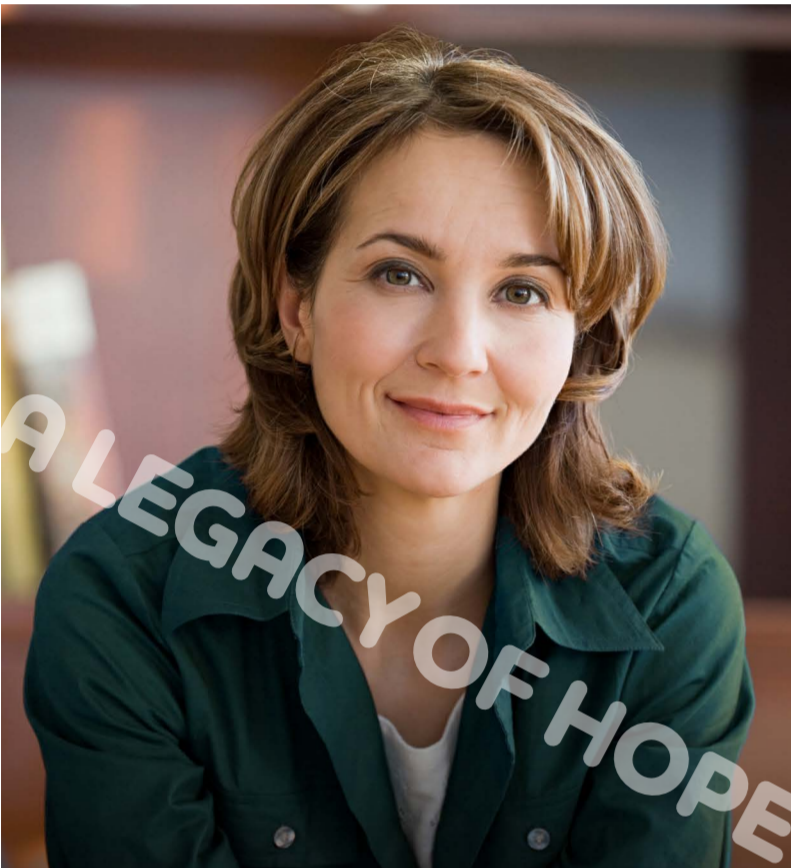
The Small Acorns Fund, which celebrated its fifth anniversary last year, is helping lots of staff to pilot smaller, exciting projects and its great success has led to the creation of The Innovation Fund for large-scale, solution-focused ideas. Read this issue to find out more about the events planned to celebrate and support new initiatives this year.

Thank you everyone.

Theresa

Theresa Dauncey
Chief Executive
The National Brain Appeal

In our 35th year, we are doing all three! Your support has enabled The National Brain Appeal to do so much over the years, from



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

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

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

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

To find out more about leaving a legacy, see nationalbrainappeal.org/how-to-support-us/legacy/

Contact us

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

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Regular Giving

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

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

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



Our fundraising art exhibition, A Letter in Mind, returns for its sixth year.

This year's theme is 'Making Light Work'. Starting with a simple envelope, we're inviting visual responses from artists, patients and supporters to show us what 'making light work' means to them.

Capturing specific light conditions and light effects have continuously fascinated artists. Leonardo da Vinci studied our perception of space through light. Joseph Wright of Derby created drama through candlelit and moonlit subjects. Monet captured the changes in light across varying times of day, season and weather. Man Ray placed everyday objects onto photo-sensitive paper, exposing them to light to create 'rayographs', and James Turrell's

sublime installations use both actual and coloured light to emphasise light as space.

"My works are about light in the sense that light is present and there, the work is made of light"
James Turrell

The artwork envelopes will be exhibited at the gallery@Oxo, Oxo Tower Wharf in London in aid of The National Brain Appeal. The artworks will all be priced identically at £85 and sold anonymously at the exhibition (and online).

For full details about how to take part, visit our website to download the entry pack and register at aletteninmind.org or call us on 020 3448 4724. The deadline for entries is 28 June 2019.

All proceeds from the exhibition will fund projects at The National Hospital for Neurology and Neurosurgery and UCL Queen Square Institute of Neurology.

Important dates

Entry deadline
28 June

Private view (invitation only)
25 September

Exhibition opens to the public
26 September

Exhibition closes
29 September

Please follow us on:
Facebook, Twitter
#ALIM19 #MakingLightWork

Instagram
@brain_appeal
@aletteninmind



A LETTER IN MIND



Mission: Possible one year on...

Last May saw our fabulous Mission: Possible Gala Dinner raise a jaw-dropping £150,000!

It's been almost a year since this memorable event, but its impact will be felt for years to come in Queen Square.

Thanks entirely to the generosity of our guests, sponsors and donors, these funds will support research, staff education and patient care.

Research
A huge £80,000 is being made available to The Centre for Neuromuscular Diseases

(CNMD) to create two new research posts: clinical trials research co-ordinator and Myotonic Dystrophy Clinical Research Fellow, enabling the centre to expand – and hopefully double – the number of trials available to patients.

Staff education
The first grants towards studying for MSc degrees have been awarded to four Clinical Nurse Specialists (CNS). The CNMD is the only such centre in the UK and has a key role to play in leading the way in better nursing education. £30,000 of the funds raised will go towards the provision of these grants, ultimately improving patient care and increasing research in the field of neuromuscular diseases.

Patient care
Alongside this, £20,000 was ear-marked towards redeveloping an unused outdoor space for Day Care patients – many of whom spend up to eight hours a day in the unit. The first stage of the project to create an accessible 'garden' area has begun and works are ongoing.

The final £20,000 will be allocated at a later date.

Last but not least, we would like to take this opportunity to thank all our wonderful donors, and the Mission: Possible committee for their hard work and dedication for the event – Hadi, Barbara, Juliet, Karen, Maureen, Suzanne and Trish – we really couldn't have done this without you!

Our six funding areas

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



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



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



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



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



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



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



Neurology

Funding ground-breaking new services and clinics

In the last issue of The National, we launched our Aphasia Appeal, raising money for Queen Square's new high-intensity rehab service. Now we're delighted to announce that the aphasia clinic will open its doors to the very first patients this spring.

Aphasia is a speech and language condition that often affects those who have had damage to the left side of the

brain, as a result of a stroke, tumour or traumatic brain injury.

It will be the first clinic of its kind in the UK and will be called The National Brain Appeal Aphasia Service.

Prof Alexander Leff, who is co-leading the service alongside Prof Jenny Crinion, says, "We are very excited about starting up this service. It will mean that patients with language problems will be able to get a kick-start to help them along their recovery journey. We have appointed four of the positions (speech and language therapists and assistants) and hope to start treating our first patients in the next month."

Patients will receive 7.5 hours of therapy a day, five days a week, for three weeks – a huge



increase on the amount they currently receive in hospital before discharge. For patients who can't tolerate this level yet, there is also a low-intensity option, which will involve weekly group meetings and e-therapy.

Former Premier League and Ghanaian international footballer,

Junior Agogo, suffered a devastating stroke aged just 36. Despite recovering well physically, one of the biggest challenges he faced was his struggle to communicate clearly – leaving him isolated from his friends and former team mates. Junior, who featured in a BBC4 documentary about his experience, is supporting The National Brain Appeal's fundraising campaign.

"Since my stroke I have had difficulties with language. Even though I know what words I want to say, I'm anxious about getting the words wrong. I just want to speak like I did before the stroke, that's all. The new aphasia service would hugely benefit other people with the condition to overcome these problems."



Lend us your brain!

Our new Neuropsychology Appeal is raising money to support the digitisation of neuropsychological tests and results.

These have been mainly paper-based up until now. The aim is to get patients' test results linked directly to their own MRI brain images. This will mean brain structure and cognitive function can be fully analysed together.

As part of the project, the team are looking for volunteers who have never had a neurological illness. You would need to complete computerised tests of thinking skills at The National Hospital. It will take about an hour and a half and will be an enjoyable experience! If you do take part, you will not receive feedback on your performance, as the purpose is not to assess you, but to improve the tests. If you are interested in taking part, or have any questions, please email juliet.gillam@nhs.net or call 020 3448 4793.

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

nationalbrainappeal.org/funding-areas



Queen Square

Supporting innovative staff-led ideas to improve patient care

It's now been five years since we created The Small Acorns Fund to champion the initiatives of those at The National Hospital and The UCL Queen Square Institute of Neurology. Good ideas can be fast-tracked to 'test out' projects without impacting on already-stretched NHS budgets.



The fund has been a huge success and has supported 79 projects since it began. These vary from research to equipment and staff training. In that time, our supporters have helped us raise an amazing £243,000 to fund these projects.

One of the projects from our most recent round of funding

was to help those with Motor Neurone Disease (MND) and other progressive neurological conditions bank their voices for future use. Many neurological conditions can result in a deterioration of speech, and many patients often will need to rely on devices that communicate for them.

Many patients would far prefer to have their own voice built into this device, however unfortunately 83% of patients with MND do not have this opportunity.

Gabrielle Rossano, specialist speech and language therapist and project lead says, "Too many patients are missing a vital 'window of opportunity' to bank their voices. This new

trial will mean patients can begin immediately, so that they can continue to communicate freely long after their speech fails." Initially, around 100 patients will be given this life-changing opportunity.

If you would like more information, see our Small Acorns leaflet on our website.



Neurodegeneration

Investing in new techniques to help patients manage their symptoms

With your help, we are funding an alternative way of treating Parkinson's disease. This condition affects about 1 in 500 people in the UK. The main symptoms include tremor, along with slowness and stiffness of movement. Those with Parkinson's may also have depression, insomnia and cognitive decline.

Currently, the two main ways to treat the condition are with drugs, or with surgery called Deep Brain Stimulation. Researchers want to see if another approach called neurofeedback can work.

This is a sort of 'mental physiotherapy' – patients have a special brain scan where they are shown a display of their own brain activity as a moving thermometer bar. They are then trained how to increase the activity in a specific part of their brain called the supplementary motor area.

The aim is to raise the thermometer bar as much



as possible while using mental imagery of a physical activity that they used to regularly undertake, such as walking up a flight of stairs, gardening or playing a sport.

Patients practice these techniques at home for up to 12 weeks.

The study hopes to find whether symptoms can be improved using this approach, and early findings are showing a clinical improvement in motor ability, which is very encouraging.

More patients will be recruited to the trial over the coming year.



Unsung Heroes of The National Hospital

Ty Davies and Joyce Chapman have been our regular Information Stall volunteers for five years.

They talk to patients, their families, and staff about the work we fund at Queen Square. In that time, they've taken around £20,000 in donations! You'll find them outside Basil Samuel outpatients most Tuesdays, so please say hi to them next time you pass.

Why did you become a volunteer?

Joyce: "I did it to say thanks for the surgery and ongoing care I had received as a patient at the National Hospital. I also worked in NHS management for 35 years, so it felt like a natural role for me."
Ty: "I've been a patient here for 16 years and have had brilliant care. Now that I'm retired, I wanted to use the extra time I had to do something good and useful."

What is involved in your role as a volunteer?

Joyce: "I help to promote the work of The National Brain Appeal by giving patients and their families information about the charity, and the fundraising

they can get involved in. This helps to support projects in the hospital."

Ty: "Providing information about the charity and trying to raise funds."

What do you enjoy most about being a volunteer?

Joyce: "I like meeting people and acting as a 'listening ear' for patients and relatives. Many people stop by our stall for a chat and offload their anxieties. It's good to think I can be a help to them. I also love being a part of the team at the charity – it's so nice to feel included."

Ty: "I enjoy being part of the team, and helping to make positive changes in the hospital by supporting the charity."

What would you say to anyone wanting to volunteer?

Joyce: "You need commitment and enthusiasm. If you enjoy talking to people, then it's really rewarding."
Ty: "Having a friendly disposition and dedication is the key!"

What has been your most memorable moment?

Ty: "It would have to be helping a lady who was going into labour. She came in, and was very distressed, so I immediately alerted the nursing staff who were able to assist her to a private room. We called an ambulance which took the lady over to UCLH to give birth."

Back in August 1984, The National Hospital Development Foundation (as we were known then) was established with its first priority of raising £5m for a major new building.

The project was to create a larger and more advanced Neurorehabilitation Unit for The National Hospital. Fast forward 35 years and The National Brain Appeal (as we are now) is once again raising funds to support a major neurorehabilitation project – this time through our Alphaasia appeal (see more on p3).

Since the charity was set up, our incredible supporters have helped us to raise over £45m – through individual, corporate and trust donations, legacy and in memoriam gifts, taking part in challenges, attending events and much, much more. Thank you to every single one of you!

Your generosity has enabled us to provide funding for state-of-the-art equipment, major building programmes and life-saving research – above and beyond what the NHS can provide – making a huge difference to services and research at Queen Square

In memory

We were very sad to hear that Bernice McCabe OBE has died. She had been diagnosed with a brain tumour only a year beforehand.

Bernice felt passionately about supporting The National Brain Appeal's fundraising for



and directly benefitting those affected by neurological and neuromuscular conditions.

And we won't stop there. We've got some exciting 35th anniversary fundraising ideas we'd like our supporters to get involved with including an auction of 35 'promises', taking on a 35-mile challenge (swim, cycle, run or walk the distance in one go or over a period of time) or why not organise and host a 1980s-themed fundraising party! Watch our website for more ideas.

Lew Gray, a former patient, was treated at The National Hospital in 1984. He says "Back then it was regarded as the best place to go if you had any neurological issues – The only hospital in London

with more doctors than beds' they used to say! I'm delighted that its reputation as a centre of excellence has only increased over the years. I have seen so many changes in that time, and am extremely grateful for the care and expertise from the fantastic staff and doctors. I am delighted to now be taking on a different role – one as an Ambassador for Innovation. This gives me the opportunity to support projects which make an immediate difference to patients' lives."

We really hope you will want to be part of our ongoing journey to find new treatments and search for cures for these life-changing and life-limiting conditions and look forward to sharing our plans and outcomes with you in the years ahead.



the first immunotherapy clinical trial for NHS brain cancer patients and threw her support behind this appeal.

Bernice was a great inspiration to so many and her immediate legacy is that the clinical trial she and The North London

Collegiate School (where she was the headteacher for 20 years) fundraised for throughout her illness started to recruit patients in January this year.

Our thoughts are with her husband, Rod, and her family and friends.

Pascal James

We'd like to thank the family of Pascal James for raising £3,800 in his memory. Pascal died at the age of just 48 from a brain tumour.

Donations in his memory have gone towards our Immunotherapy Appeal.

including leading neurosurgeon Joan Grieve, consultant neurologists, Professors John Duncan and Mike Hanna – an extremely difficult decision to make. They chose to award the grant to Pituitary Fellow and Speciality Registrar in Neurosurgery, Hani Marcus.

Over the next two years, Hani will be working with engineering PHD student Manios Dimitrakakis to develop a 'smart' instrument to improve the safety and efficiency of the extended transsphenoidal approach – keyhole surgery done through the nose for tumours on and around the pituitary gland. Over 500 patients every year undergo surgery for brain tumours in this area. Long term this will mean that more

patients will be able to have this kind of keyhole surgery and avoid the more risky option of open brain surgery. The difference this will make to people's lives is enormous.

The tricky process of selecting just one project to fund from the 21 applications has reiterated just how important it is to grow the Innovation Fund so that we can support even more of these ground-breaking projects. If you or anyone you know is interested in becoming an Ambassador for Innovation we would love to hear from you.

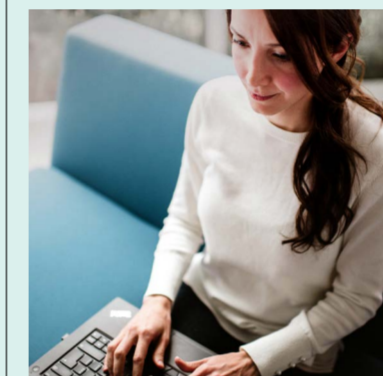
Please contact jane.ferguson9@nhs.net or read more about the Innovation Fund on our website www.nationalbrainappeal.com/InnovationFund

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



Dementia in focus

Queen Square dementia research teams have been awarded more than £11m for projects seeking to create an online support network, improve end of life care, and learn more about how lifestyle changes can prevent dementia.



The projects are part of an Economic and Social Research Council (ESRC) grant in collaboration with the National Institute for Health Research (NIHR) for the ESRC-NIHR Dementia Research Initiative 2018. The initiative has funded four projects, three of which are based at UCL and another at the University of Sussex.

Sebastian Crutch, the Rare Dementia Support lead, is running one of the projects. Working with people living with dementia, his team will develop an online support group that can be accessed anywhere. The project builds on face-to-face support group meetings that the research group runs around the country, and that our Rare Dementia Support Fund raises money for.

"We're thrilled that the ESRC-NIHR have agreed to fund this work," says Professor Crutch. "The support groups

grew initially out of our local London clinic, but we have a vision that everyone living with, or at risk of living with, a rare form of dementia has access to specialist information, support and contact with others affected by similar conditions."

Treating CJD

In a world-first, four UCLH patients have been given a pioneering treatment for Creutzfeldt-Jakob disease (CJD). CJD is a rare but devastating disease that causes brain damage. Sadly, most patients die within six weeks of diagnosis.

Researchers at the Medical Research Council (MRC) Prion Unit at University College London (UCL) have developed an antibody, called PRN100, for treating CJD. Laboratory testing of the antibody has been encouraging, but it had not yet been used in patients. Staff had to appeal at the Court of Protection to be able to use the drug. The judge agreed it was in the patients' best interests to receive the unlicensed treatment.

Sporadic CJD, the most common form of the disease in humans, is caused when healthy proteins (which exist normally in the human

body) become spontaneously misshapen and build up in the brain. These misshapen proteins, which are called prions, stick to other healthy proteins causing them to become misshapen too and the disease spreads through the brain.

Our immune system produces antibodies to fight infections which invade the body. However, as abnormal prions are made from the body's own proteins, our immune system does not make antibodies to fight them. This new treatment provides patients with an artificial antibody created in a lab.

Professor John Collinge, director of the MRC Prion Unit at UCL, says, "All of these patients were at different stages of their disease when they began to receive the antibody. It is too early to determine if, or to what extent, the treatment has had an impact on their condition." It is hoped that initial results will be available by the end of the year.

Welcome!

Our newest trustee is the Divisional Clinical Director of Queen Square, Chris Turner. He has been a neurologist at The National Hospital for 12 years and runs neuromuscular clinics at Queen Square. His specialist clinical and research interest is in myotonic dystrophy (DM) and he runs the largest clinic with DM patients in the UK. Dr Turner has published widely on neuroscience topics, reviews research papers for several journals and is one of the editors for *Neuromuscular Disorders*. He has a strong interest in medical education, especially in demystifying the teaching of clinical neurology. We are delighted to have Chris on board and look forward to working with him.

The relatively new role is based on an established programme in the US. There are expected to be around 3,000 physician associates in the UK by 2020.

Feeling Epic!

In March 2019, a new electronic health record system (EHR) called Epic was rolled out at The National Hospital, and across UCLH Trust as a whole. All the information about your care will be brought together into a single electronic health record, giving your care team – across the UCLH site – secure access to the latest data in one place.

The new system will also offer patients an online portal accessible on a computer, smartphone or tablet. You will be able to access your own data safely and securely, to help manage and improve your condition, and communicate with your care team.

Another major benefit of Epic is that it will also make it easier for clinicians to identify patients who are eligible and interested in taking part in clinical research studies.



Alex Reynolds says, "We carry out similar duties to junior doctors. We take medical histories, perform examinations, interpret test results and diagnose illnesses, under the supervision of a consultant. We usually stay in one speciality and so can provide continuity of care."

"Alex and I have had the privilege of observing the medical teams across the services for neurosurgery, stroke and neurology at The National Hospital," adds Alex Gillingham. "We are now based in the neurology and neurosurgery teams with a third physician associate working in stroke services. We've been warmly welcomed by the teams and are enjoying the opportunities to provide medical care to patients in this unique and specialist hospital. We're also working with managers and senior staff to look at the potential for more physician associate posts in the future at both Queen Square and UCLH, so keep a look out!"



Stepping up

Meet Alex Reynolds and Alex Gillingham. They are The National Hospital's newly-appointed physician associates – a new role that we have funded to improve patient care in Queen Square.

"We'll be looking at the value of support groups by, with and for people with young onset and rare dementias"

Professor Sebastian Crutch, Rare Dementia Support



Since it launched last June, the Innovation Fund has gone from strength to strength.

With 15 Ambassadors for Innovation now on board, we are delighted to have been able to award a second Innovation Fund grant. When we opened up the application process in December last year we were inundated with applications from the clinical and research teams here in Queen Square.

All of those that applied proposed truly innovative and inspiring projects. This gave our Innovation Fund panel –

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

EVENTS



Marathon fever

The 2019 Virgin Money London Marathon is fast approaching and our team is ready to take on this iconic challenge.

Many of our 22 runners have a very personal connection to Queen Square and all are running the gruelling 26.2 miles to raise awareness and money to support the hospital.

Neurosurgeon Mr Neil Kitchen, is running as part of #TeamBrainAppeal for the ninth time and has so far raised £13,000 for our neurosurgery

fund. Not only is he running the London Marathon, but he also ran the Royal Parks Half Marathon in October 2018 and the London Landmarks Half Marathon last month!

Our new Headliner, former BBC arts correspondent and journalist, Rosie Millard, is also running. She was a patient at The National Hospital and had an apple-sized brain tumour removed in September 2018. She said, "Running was crucial for my recovery. Not only that, I deliberately applied to run the London Marathon when I knew I had a brain tumour. I needed to have a goal. It was so important for my mental optimism before facing surgery."

Rosie has some encouraging words for anyone else running the Marathon, or indeed any other challenge. "It is very important to remember the cause you are running for as it helps you get through the tough moments of the race. I will feel blessed and privileged to be running for The National Brain Appeal who support

the fantastic team at Queen Square. Focus on why you have chosen to run for the charity and envisage yourself holding your medal at the end. That will help you. Also, by getting to the starting line you have won. There are so many people who want to run and don't get around to it. You have done your training and you are there. It will be a fantastic life memory."

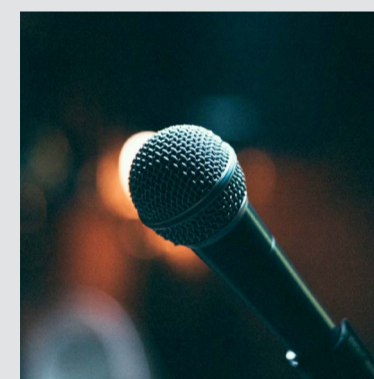
Other #TeamBrainAppeal runners this year include: David Archer, Justin Barker, Anouska Casanova, Joseph Costello-Bromwich, Bob Hancock, Rachel Irwin, Rosie Kavanagh, Lily Kemp, Sophie Leggett, Kathy McClintock, Melody

McLaren, Neil Minister, Amie Penfold, Nathan and Nathaniel Pooton, Sean Synnott, Alex Vipurs, Tom Wallace, Harry Wigan and Hannah Wolverson. Good luck to all of you!

We would love a strong cheer team for our Marathon runners, so if you would like to come along on 28 April and lend your support, please email alexis.gebbie@nhs.net. The more the merrier!

To donate to Neil Kitchen, visit justgiving.com/fundraising/neilkitchen

To support Rosie Millard, go to justgiving.com/fundraising/rosiemillardmarathon10



Talking recovery

Our fifth Christopher Sporborg Memorial Lecture will take place on Tuesday 18 June 2019.

This year's theme is Recovery & Support – highlighting developments with the new Aphasia clinic we are funding.

We'll also be revealing plans for the new Rare Dementia Support Centre, and how this will have huge benefits for dementia patients across the UK

Speakers include Profs Alex Leff, Jenny Crinion, Nick Fox and Sebastian Crutch.

This is a free event, but if you would like to attend please register by emailing abigail.bell@nhs.net with your name and those of any guests.

The event starts at 6.30pm at 33 Queen Square Lecture Theatre.

#UseYourBrain

Nicki Waterman was well-known as *The Sun's* fitness guru. Sadly, she died three years ago from glioblastoma, the most aggressive form of brain tumour.

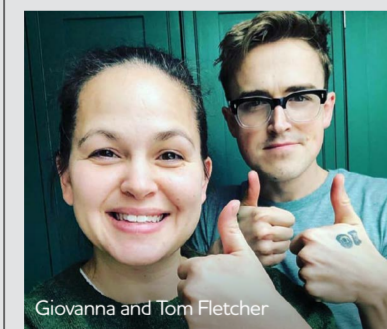
Her daughter Alex, along with friend Hayley, who also lost her mum to the disease, are now supporting us. They have come up with a social media #useyourbrain fundraising campaign to support a groundbreaking new trial for a glioblastoma treatment.

To promote the campaign, Alex has appeared on Heart Radio's breakfast show, Sky news and *Lorraine*. She also got lots of celebrities (below) to back the campaign by posting thumbs-up selfies on Instagram and donating to the appeal.

We'd love you to get involved on social media too! All you need to do is:

- 1 #UseYourBrain to take part in a random act of kindness.
- 2 Then post a thumbs-up selfie on social media with the hashtag #useyourbrain
- 3 Finally, donate by texting "NICKI" plus the amount you want to give to 70085. For example, to donate £5 text "NICKI 5".

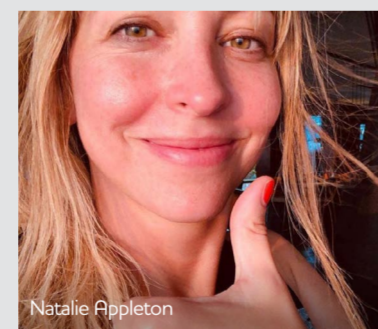
See more of these fabulous thumbs-up selfies by following us on Facebook, Twitter or Instagram – details on p2.



Giovanna and Tom Fletcher



Alex Waterman and Hayley Costa



Natalie Appleton



Matt Julliss



Gethin Jones and Hayley Costa



Lucy Horobin and Jamie Theakston

Diary dates

April

28: Virgin London Marathon

May

27: Vitality London 10,000

June

18: Annual Lecture
28: A Letter in Mind (entry deadline)

August

04: Prudential Ride London

September

26-29: A Letter in Mind

October

13: Royal Parks Half Marathon

November

Christmas sales begin at The National Hospital

December

12: Carol Concert

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

SUPPORT

A Letter in Mind artworks

We still have some amazing envelope artworks available to buy from previous exhibitions. Here is a small selection that haven't been snapped up yet.

You can view all the artworks from 2015-2018 by visiting aletterinmind.org and clicking on 'gallery'.

Why not take a few minutes to browse through the artworks that are still available online – they are all originals for just £85! Simply use the artwork number to find and buy on our online gallery.



No.183 (2016)



No.57 (2018)



No.242 (2018)



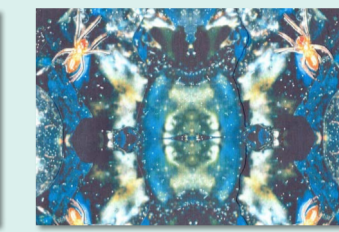
No.284 (2018)



No.152 (2016)



No.138 (2018)



No.227 (2016)



No.133 (2018)



No.179 (2017)



No.296 (2018)



No.305 (2017)



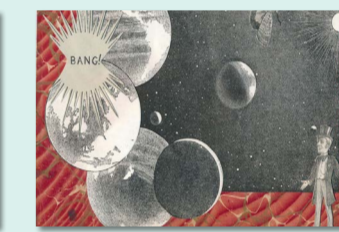
No.145 (2017)



No.110 (2018)



No.151 (2018)



No.177 (2016)



No.332 (2018)

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.

I enclose a donation of (tick appropriate box)

£20 £30 £50 £100 other £_____

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

General Fund Neurodegeneration Neurosurgery
 Queen Square Technology & innovation
 Neurology Education & Staff Development



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

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

Signature _____ Date _____

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

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

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

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

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

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Please send me information on... (please tick boxes)
 leaving a gift in my Will
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The National Brain Appeal is committed to protecting your privacy. We use personal data to communicate with our supporters – like you – keeping you up-to-date with our news, campaigns and fundraising information.

You can unsubscribe by calling the office on 020 3448 4724 or emailing info@nationalbrainappeal.org

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

You can read our full privacy policy at: nationalbrainappeal.org/privacy-cookies-policy

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

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

THANKS

Going for gold

Former Olympic swimmer Simon Militis completed the gruelling Jersey Triathlon for us last summer! Simon's wife Vikki is a patient at Queen Square and he has raised a fantastic £2,380 to thank the hospital staff for her care.



Simon Militis

He said, "I wanted to take on a challenge that would push me, and raise money for a charity which is close to my heart." Thank you Simon.



Will Lowe

Ultra trek champion

Will Lowe took part in the Wye Valley Challenge and ran a whopping 100k in just over 13 hours back in August! Will ran in memory of his mother, Ann, who sadly passed away from Frontotemporal Dementia (FTD). Thank you for raising a wonderful £2,300 towards FTD Research Will!



Kiran Fothergill

Icelandic adventure

In August, Kiran Fothergill challenged himself by running the Reykjavik Marathon in aid of our Rare Dementia Support Fund.

Following Kiran's aunt's diagnosis of Primary Progressive Aphasia (PPA), he decided to raise money to help others facing difficult diagnoses and has since raised an outstanding £4,850.

Tough brothers

Congratulations to Chris Tuwydell, Alex Harris, Roberto and Antonio Tella, aka the Tough Brothers, for completing the Tough Mudder course.



The Tough Brothers

The four of them took on the challenge to raise money and awareness after a family member was diagnosed with Frontotemporal Dementia at just 56. Well done to all the team – you raised a fantastic £2,100!

Swimming the Serpentine

A huge thank you to Frances Hamilton for swimming one mile in the Serpentine, Hyde Park on a chilly September morning! Frances made sure she got in lots of outdoor swimming practice in the lead up to her challenge as well. All that hard work paid off, as she raised a very impressive £3,650.



Frances Hamilton

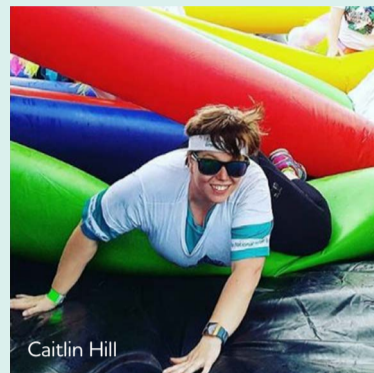
Royal Parks champions

It was a rainy day for the Royal Parks Half Marathon but the 2018 team sped around the course and raised more than £14,000! A huge thank you to the team: Mark Bentley*, Ewan Brown, Daniel and Matthew Bumpstead, Natalie Cro, Simon Elder, Ana Rita Gameiro Costa, Raquel Garcia, Ronald Graham, Tom Hallam, Jessica Harrison, Neil Kitchen, Roisin O'Connell, Beatriz Olarte, Rob Perry, Jane Walker and Vivien Wilkinson.



Daniel & Matthew Bumpstead and Tom Hallam

*This was part of Mark's year-long string of challenges, raising £3,335 for The Rare Dementia Support Fund.



Caitlin Hill

This girl can!

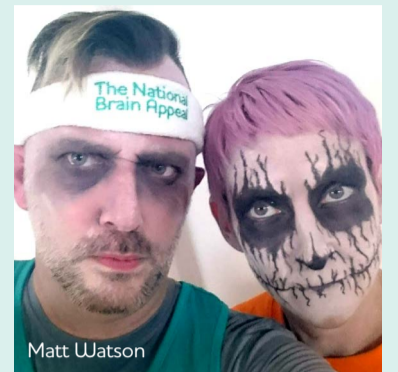
Thank you to Caitlin Hill, who took on a year of epic challenges for us. She has raised almost £1,000 so far by challenging herself to take on swims, obstacle races and treks. Caitlin said, "I had so much fun and feel so much fitter for it! I could not recommend going out of your comfort zone to 'fun-raise' enough... just give it a go!"



Barbara Busby

Swimming the Thames

Barbara Busby has been under the care of The National Hospital for a long time due to MS – yet she took on a year-long challenge to swim the length of The Thames in her local swimming pool. That's 215 miles or 13,840 lengths! She finished in December, raising a fantastic £2,750. We are beyond impressed with her dedication and water skills.



Matt Watson

Brawn for brains

On Halloween, former patient Matt Watson held a themed fun day at his gym and challenged himself to take part in every exercise class (eight in total) that day. This marked the 18th anniversary of his stroke and Matt raised a spooktacular £1,560! What a workout, Matt!

School rules!

A huge thank you to all Henderson House staff, students and parents at the Haberdashers' Aske's Boys' School for supporting The National Brain Appeal for the last two years. The boys have organised various fundraising events, including a summer fete and a fun run and have so far raised an incredible £4,660. Well done to all involved! Thank you also to Rainham Mark Grammar School, St Francis College, Langford Village Primary School, St Edwards Preparatory School, Haileybury Turnbury School, St Mary's C of E Primary School and Bishops Stortford College Prep School for your recent support.



Heroes of Henderson House

Support from Consort

A big thank you to Consort Medical for donating an incredible £50,000!

We are also hugely grateful to the team of Dayne, Michelle, Francesca, Lisa, Tracy and George – for their fantastic support and volunteering at the exhibition A Letter in Mind 2018 – A Way with Colour at gallery@oxo last September.

EDmission UK 2019 Charity of the year

We are delighted to announce EDmission UK has chosen The National Brain Appeal as their charity of the year for 2019!

Its director, Dr Lewis Owens, is kicking off the company's support with a 65 mile walk from Cambridge University to the UCL Queen Square Institute of Neurology on 21 June, the longest day!

He is also organising a piano recital with his friend and

former National Hospital patient, Colin Stone. More details coming soon!



Dr Lewis Owens

Work it out!

Corporate support makes a huge impact on the number of things we can fund at Queen Square.

Does your employer have a charity partnership scheme? If so, why not nominate The National Brain Appeal? Large employers will often have a 'charity of the year', where we can benefit 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 challenge or hold a cake sale at work, ask about Matched Giving – it's extra money for nothing! For more details about corporate support, email info@nationalbrainappeal.org or call 020 3448 4724.