

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

Newsletter
Number 56
Spring/Summer
2020

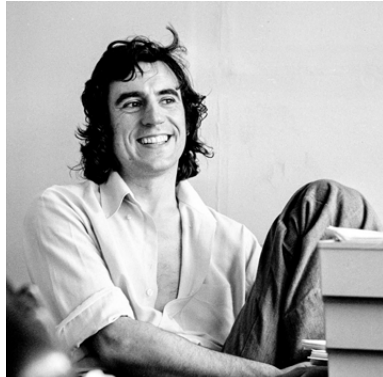
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MIGRAINE
SPINAL
MULTIPLE
SCLEROSIS

**Rare Dementia
Centre**

**A new home for
neuroscience**

**Neurorehab
makeover**

THE NATIONAL



Terry Jones 1942-2020

A tribute to the writer, comedian, film director, actor, historian and Python

"It was a great honour to meet Terry Jones but it was sad that we met because of his emerging dementia and that we did not have any treatments to slow it down.

It was a dreadful irony that someone who had used language to bring so much pleasure and laughter to so many people had a dementia that took away his language, and ability to speak and write.

Terry was a remarkable man. He was brave in going public about his frontotemporal dementia, and in raising awareness of rare dementias. He was generous in taking part in research and in wanting to donate his brain to help advance our understanding and search for treatments.

All of this was only possible because of his family, because of those who cared for, and supported him. I like to think he would have endorsed the need for more support for families, for those who care for and about people with these dementias. I am sure he would have recognised the importance of that very human need – for shared experience in care and sadness as well as in laughter."

**Professor Nick Fox,
Dementia Research Centre**

A LETTER IN MIND



This year, we are celebrating the importance of everyday things



The National Brain Appeal presents the seventh *A Letter in Mind* exhibition where artists can interpret this year's theme *Everyday Things*, using an item that fits the title perfectly. And, nothing could be more 'everyday' than a simple white envelope.

Your 'everyday thing' could be the daily ritual of a walk in the park, a favourite mug or a much-loved bag without which nothing will go right if it's not with us. Our daily 'assistants' help us navigate our everyday lives.

It might be your community, your route to work, a favourite view or your music practice. However predictable and supposedly

routine these 'things' are it's often doing, using or seeing them that gives us time and space to reflect.

When you are ill, or caring for someone who is, it is often these things that we miss, and which we are so glad and grateful to return to afterwards.

We look forward to seeing your most treasured everyday things and the various formats in which you choose to share them with us!

The deadline for entries is 31 July 2020. The exhibition will be held at gallery@oxo on 5-8 November 2020.



We raised £110,000 at a glittering gala event to help fund the expansion of Rare Dementia Support

On 29 February 2020 – Rare Disease Day – more than 200 people attended a fundraising dinner at London's Cavalry and Guards Club, including celebrities John Suchet, Patricia Hodge, Edward Fox, Joanna David and Richard Arnold. Sir Michael Palin, David Baddiel, and Wash Westmoreland (director of *Still Alice*) sent video messages of support that were screened.

The National Brain Appeal helped to establish the world's first dedicated specialist support service in 2016. The money raised from the gala will help to expand Rare Dementia Support (RDS) to reach the estimated 40,000 people in the UK living with these diseases. It will also provide support for their families and carers, particularly in parts of England and Wales not currently covered, and to set up groups in Scotland for the first time. Expanding RDS is just the first phase – the next part of the appeal is to help establish the world's first-ever Rare Dementia Centre (see opposite).

Classic FM presenter John Suchet, who lost his wife Bonnie to dementia, said, "The thing that sets dementia apart

from other diseases is that the person with it, by and large, doesn't know they've got it. My wife Bonnie had no idea she had it so I couldn't talk to her about it. We couldn't plan, we couldn't work out how we were going to deal with it. So much more work needs to be done to help the carers. There's a lot of care for people who are ill, but dementia relies on the people who are caring for that person."

Sophie Leggett, 43, gave an extremely moving speech at the event. She carries the rare gene mutation that causes young-onset Alzheimer's. Discovering RDS meetings changed her life. She said, "The first time I went to a meeting I cried all the way through. It was such an overwhelming feeling hearing people talking about thoughts, fears and experiences that were so familiar. It was really life changing. Over the years RDS has enabled me to come to terms with what lies ahead for me and my family. I don't like to think what my life would be like now without that support."



Nick Fox, Nula and John Suchet and Theresa Dauncey

Caroline Blatter was part of a committee that organised the gala and she attended on the evening with her children. Her husband Andrew was diagnosed with frontotemporal dementia when he was just 51. Three months ago, aged 57, he was moved into a care home. Caroline said, "We are continually grieving for Andrew through every stage, even though he is still living. The support I have had from the specialists in Queen Square has been phenomenal. I hold on to it like gold dust." Caroline, Andrew and her children featured in a short film shown on the evening.

We want to thank everyone who gave so generously on the evening, and to Selfridges Group Foundation and Mercers' Charitable Foundation for their ongoing support. To donate to the appeal, see opposite.

You can watch the films on our Rare Dementia Appeal page at nationalbrainappeal.org/what-we-do/current-appeals/rare-dementia-support/



Mission: Possible in full swing

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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/donate or call the office on 020 3448 4724.

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Letter from our Chief Executive



At the time of going to press, coronavirus is filling every headline, so we hope this issue will provide some welcome distraction. We know that there is so much uncertainty for everyone at the moment – this is especially true for hospitals and people working in research.

Now, more than ever it is essential to continue supporting them and it's crucial that the good work at Queen Square continues. Two major capital appeals are unveiled in this issue.

The first is to create a research-focused patient facility at the new UCL Neuroscience Centre. This will be located alongside core technologies such as stem cell research to find novel treatments and cures. It will also expand neuroradiology services to provide the UK's biggest specialist neuroimaging unit. The second is to create a dedicated centre for Rare Dementia Support which will be a vital hub for support, education and research. You can read more about these inspirational projects on p3.

These are difficult times for so many of our supporters, whether they are quarantined or because their ongoing care is being delayed or reduced. We know that many of you who signed up to take on a challenge for us will be disappointed. You have been training hard for your events, but it's the right decision to postpone them because your safety comes first. Our valiant team of runners will still be planning to do a marathon one way or another, and will still be extremely grateful for any support you can give!

Wishing you all well.

Theresa

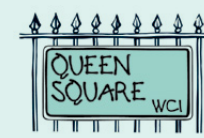
Theresa Dauncey,
Chief Executive
The National Brain Appeal

Our six funding areas

We group our funding into six areas so you can see just how broad our reach is and where your money is going.

You can donate directly to a specific funding area if you choose to.

Find out more about our six funding areas by visiting our website:
nationalbrainappeal.org/funding-areas



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



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



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



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



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



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



An RDS meeting

Neurodegeneration

World's first centre for Rare Dementia Support

The National Brain Appeal has supported Rare Dementia Support (RDS) since the first meetings in 1994. RDS runs regular, specialist support groups, in London and regionally, provides newsletters, contact networks and an online forum with access to information and advice for people living with – or at risk of – inherited, atypical and young-onset dementias. Our vision is to support all these people by substantially expanding RDS.

– **Educate and train** professionals (such as speech therapists, nurses, physiotherapists, opticians and GPs) who work with people living with rare dementias.

– **Research** the impact of support services on people living with rare dementias: both for people with a diagnosis, and for their carers and families.

Additionally, there will be dedicated space for physical, artistic and cultural activities. Live streaming of the education, training and support work taking place in the centre, will help to increase its reach and impact.

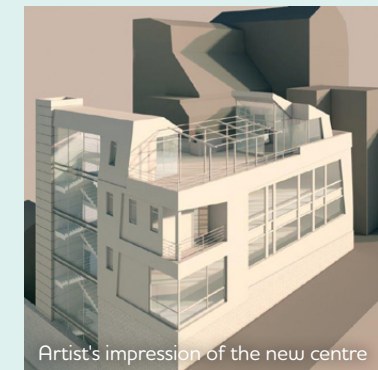
We are delighted to announce that in line with the expansion of Rare Dementia Support, the charity and trustees have also committed to raise up to £7million to create the world's first centre of excellence for rarer dementias.

The Rare Dementia Support Centre will exemplify how best to support those living with a rare dementia, through the involvement of its members and visitors in research and will lead in the bespoke education of families, healthcare and other relevant professionals.

The centre will also pioneer research into the impact of support services on people living with a rare dementia: both for those with a diagnosis, their carers and families.

The new centre has three key aims:

– **Support:** guide and empower people living with rare dementias and their families.



Artist's impression of the new centre



Artist's impression of UCL's new neuroscience centre. All rights reserved by UCL

Queen Square

A new home for neuroscience

The National Brain Appeal has committed to raise £7million towards the creation of UCL's new, state-of-the-art neuroscience hub on Grays Inn Road.

Bringing together research scientists, clinicians and patients, the centre will house a world-leading facility for dementia and neurological disease research, with more than 500 neurological research scientists from UCL Queen Square Institute of Neurology and the UK Dementia Research Institute (UK DRI).

Prof Alan Thompson, UCL Faculty Dean and National Brain Appeal trustee says, "Bringing these powerhouses together under one roof will create the leading translational research centre in the world, delivering innovative new discoveries and translating these into treatments that improve the health of patients suffering with dementia and other neurological diseases."

Our commitment will fund three key facilities/services:

– A pioneering stem-cell facility that will enable researchers to study diseases in a petri-

dish using stem cells taken from skin biopsies. The cells can then be used to test treatments more rapidly and develop new therapies for patients. The facility will be co-led by Professor Rickie Patani who specialises in motor neurone disease research, and works within the motor neurone disease clinic at the National Hospital.

– A facility that will promote patient-oriented research from first appointment onwards, staffed by dedicated ambassadors who will answer questions on trials and encourage enrolment in projects in a welcoming and informative setting

– The purchase of two of the MRI scanners, part of a suite of scanners forming a new research-focused neuroradiology scanning facility.

The centre will be instrumental in allowing clinicians and researchers to investigate the global health challenges of disabling neurological conditions such as dementia, stroke, neuromuscular diseases, multiple sclerosis and epilepsy, along with many others.

These diseases currently account for 13% of global disease prevalence – more than cardiovascular disease and cancer combined.

A range of core facilities including stem cell, genetics, gene therapy and imaging will be available to be shared by researchers across disciplines. This will enable neuroscience teams to collaborate, improving diagnostic and therapeutic advances and translating science to clinical practice – directly benefiting patients. A truly bench to bedside approach.

It will also be an inspiring environment in which to train the next generation of translational neuroscientists and will maximise critical partnerships with industry and philanthropists.

The centre will be key to fulfilling the Queen Square 20-year clinical vision and strategy: to establish a research hospital that is pre-eminent in clinical care, research and teaching, and aims to improve the clinical outcomes and quality of life for every individual with a neurological disorder.

If you would like to donate to these major capital appeals, head to our appeals page at nationalbrainappeal.org/current-appeals



A new day room

The Neurorehabilitation Unit (NRU) provides rehab for those with life-changing brain and spinal cord disorders.

Creating the NRU was the very first project The National Brain Appeal funded back in 1984.

People admitted to the unit have a range of disorders including the most severe form of stroke (which may have required surgery to remove a large part of their skull to allow the brain to swell and recover), traumatic brain or spinal cord injuries, brain tumours, infections of the brain (encephalitis or meningitis) or inflammatory brain disorders, such as catastrophic relapses due to multiple sclerosis.

Many of the patients are young and in work or have the responsibility of a young family. So, it is essential to work not only with them, but also their families or carers to minimise the impact their devastating condition or injury has on them and their carers.

The plan is to redevelop the NRU to improve the working and clinical environment for patients and staff, and most importantly, to the day room, which is the main living space and hub of the unit.

"All of our patients and their families suddenly find themselves in an extremely distressing situation," explains Dr Val Stevenson, consultant neurologist and Clinical

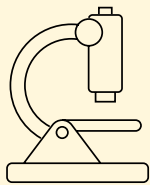
Director for Rehabilitation at The National Hospital. "It is vital that we can provide not only an effective clinical therapeutic space, but also a welcoming feel where people can live the next two to six months of their lives. NHS resources are understandably directed at providing the best clinical input and the right staff skillset given the extreme complexity of the patients cared for on the unit."

The redevelopment plan follows patient, family and staff feedback and is over and above what NHS funding could cover. Patients and families consistently rate the staff and clinical treatment received as excellent, but often highlight issues such as the day room feeling cluttered, the lack of quiet or private space for people to spend time with their families, as well as the need for a designated play area for children who are visiting.

The National Brain Appeal has committed to raise £120,000 for this project.

To find out more about this appeal or make a donation visit: nationalbrainappeal.org/what-we-do/current-appeals/neurorehab/

Hundreds of neurological conditions are treated at Queen Square. This issue, we focus on...



Huntington's Disease

What is it?

Huntington's disease (HD) is a condition that results in the brain becoming gradually damaged over time. If a parent has the Huntington's disease gene, there's a 50% chance of each of their children developing the condition – affected children are also able to pass the gene to any children they have. Around 8,000 people in the UK have HD, with around 25,000 at risk. About 10% of new cases are diagnosed when there is no known family history.

The symptoms usually start at 30 to 50 years of age. The condition gradually gets worse over time and is usually fatal about 15 to 20 years after symptoms start. The National Hospital sees about 500 people with HD a year.

Symptoms

These include difficulty concentrating and memory lapses, stumbling and clumsiness, involuntary jerking or fidgety movements of the limbs and body, mood swings, personality changes and depression, issues with swallowing, speaking and breathing. The jerky movements are called chorea, from the Greek word for "dance", and the disease used to be called Huntington's chorea. Full-time nursing care is needed in the later stages of the condition.

Getting a diagnosis

If there is a family history of HD, there is a genetic test that can tell a person whether they will develop HD. It's up to the individual to decide if they want the test. Lots of people at risk of HD decide they'd rather not know.

If they do want to know, they can be referred to a genetic counsellor via their GP. The test involves checking a sample of blood for the genetic difference that causes the condition.

If someone is displaying symptoms, they will be referred to a specialist who will carry out an examination, testing thinking, balance and walking ability. The same genetic blood test is then used to diagnose the disease.

The treatment

At present, the condition is incurable. No effective treatments currently exist to slow it down, although there are drugs to help relieve some symptoms. The biggest benefit comes from being cared for by a multidisciplinary HD clinic with neurologists, psychiatrists, physiotherapists, occupational therapists, speech and language therapists and research participation.

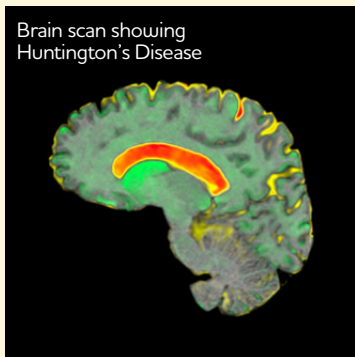
Research

The UCL HD Centre in Queen Square is at the forefront of ground-breaking research, and a trial led by The National Hospital is looking very promising. The results for the Ionis-HTTRx trial have been hailed as enormously significant because it is the first time any drug has been shown to suppress the production of the huntingtin protein, which causes damage to the brain.

A large 800-person 'phase 3' trial is now underway, testing whether the drug slows progression of the symptoms of Huntington's. Results are expected in mid-2022.

"This trial is the first of a new generation of 'designer' drugs targeting the known genetic cause of Huntington's," explains Dr Ed Wild, consultant neurologist at The National Hospital and the UCL HD

Centre. "These drugs have the best chance of success yet, and real potential to change the future for people impacted by Huntington's."



"We hope for a cure"

"My husband, Adrian is 39 and has HD," says Philippa Selfe, from London. "Lots of people in his family had HD – his grandfather, father, and two aunts have been affected by the condition too.

"Adrian goes through phases of being quite bad (easily confused, hard to understand his slurred speech, irritable) and times where he's more engaged. He is unsteady, so often falls. People can't understand him when he talks, which frustrates him. He still manages to shower and get dressed, but needs help with buttons and shoelaces.

"Adrian has been part of the research at Queen Square for 10 years now. He's joined the Digital HD study, so he wears a watch and completes daily tasks (cognitive and physical) and it tracks his movements.

"We believe there will eventually be a treatment to reduce the effects. I'm hopeful that there will be a cure for our children, who are 5 and 7 years old. The thought of them having HD is devastating."

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



Caroline Levitt was helped by the aphasia programme



Talking success

The National Brain Appeal Aphasia programme began last summer

The team, led by Profs Alex Leff and Jenny Crinion, have completed work with their 11th intake, and have observed clinically significant improvements in language ability and confidence among those who have taken part. Each group usually has four patients and lasts for three weeks (with four groups every quarter). Currently, 43 patients have finished the intensive, three-week therapy.

Initial results are promising. The team have seen clinically meaningful improvements on the impairment-based measures (speaking, listening, reading and writing) both at three weeks and three months after entering the programme, with most patients continuing to improve after the three-week intensive therapy period. Measures of confidence have also significantly increased over this time period.

The team at The National Brain Appeal were recently lucky enough to hear personally from one of the programme's participants, who achieved her goal of delivering a speech to the charity about her recovery.

Caroline Levitt, 54, from Petersfield, had a stroke six years ago caused by a hole in her heart. As a result of the stroke, she struggled with aphasia afterwards. "I couldn't speak at all," she explains. "I had to learn how to cook again, and even be a mum again. The condition

is frustrating, and I find speech so difficult. I need far more time to talk and answer back."

Caroline took part in the aphasia programme last November and says she feels 'enlightened'. "I want to push myself to get my speech to 90%. I have made lots of everyday changes which have helped so much – such as going out for dinner alone, chatting to strangers and using a phone. My confidence in talking used to be about 4/10, but now I feel 8/10. I really want this service to be commissioned by the NHS so others can benefit too. If people can get physio for their knees and hips on the NHS, why can't we have a therapy for aphasia?"

The intensive aphasia treatment programme is due to continue until May/June 2021. To be considered for the programme, you need to have some meaningful speech output and first need to be referred to your GP for an initial assessment in the outpatient Aphasia Clinic. Your GP can do this using the NHS electronic referral system.

Our fundraising target for this appeal is £600,000 and so far we have raised almost £350,000. We'd like to thank everyone who has made a donation, in particular The Tavistock Trust for Aphasia who supported us with a generous lead gift.

THE TAVISTOCK TRUST FOR APHASIA

If you would like to support this appeal by making a donation, please visit nationalbrainappeal.org/what-we-do/current-appeals/aphasia/

"I couldn't speak at all. I had to learn to be a mum again."

Caroline Levitt

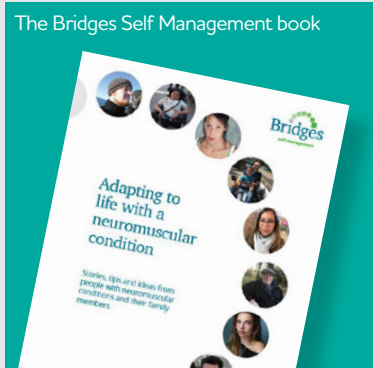
Neuromuscular support

A new Bridges Self-Management book and app has been launched for those living with neuromuscular disease. The handbook was developed following preliminary research funded by our Small Acorns Fund.

Adapting to Life with a Neuromuscular Condition, consists of stories, advice and resources from those who live with NMD (either themselves or their close family), from people of all ages and backgrounds. Many of the contributors are patients at The National Hospital, and the advisory group was formed of health professionals at the hospital, in particular Dr Gita Ramdharry, Consultant Allied Health Professional in Neuromuscular Diseases.

"To be truly relevant to people living with the conditions every day, we need to work in a genuine partnership to develop materials together. What I've enjoyed most about this project is being led by the group. I've learned so much from them."

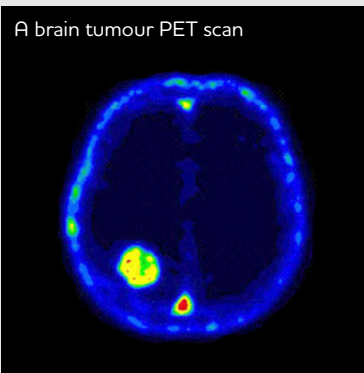
For more information, visit nmd.bridgesselfmanagement.org.uk Contact Bridges using the online form to get a copy: bridgesselfmanagement.org.uk and check out the app via Google Play/App Store.



Trial callout

We are currently part-funding the first NHS clinical trial using immunotherapy to treat newly-diagnosed glioblastoma brain tumour patients.

The aim is to recruit 120 patients to the IPI-GLIO Immunotherapy Trial before it ends this summer – this is the biggest number of UK patients ever recruited to a brain cancer clinical trial. Patients from seven centres across the UK including Mount Vernon Cancer Centre, Middlesex; Addenbrooke's Hospital, Cambridge; Western General Hospital, Edinburgh; Guy's Hospital and University College Hospital, London; Churchill Hospital, Oxford; and The Christie, Manchester.



The trial currently has 74 patients enrolled, so more are needed to reach the target. If you think that you, or someone you know, might benefit from this trial, talk to your oncology team to discuss a referral. You can also read about the eligibility for this trial at oncology.ox.ac.uk/about-us/overview/clinical-trials/clinical-trial-portfolio/ipi-glio

International links

The National Brain Appeal is delighted to support The International Centre for Genomic Medicine in Neuromuscular Diseases (ICGNMD). We are allocating £250,000 towards this new programme – and it's had an exciting start.

The centre officially launched in June 2019 with the aim of linking centres of excellence in the UK (at UCL Queen Square Institute of Neurology, UCL Great Ormond Street Institute of Child Health, Cambridge and Newcastle) to 14 international centres across India, Turkey, Brazil, South Africa and Zambia.

Together they are building an international cohort of participants with neuromuscular diseases (NMDs) and their families. Many of these people will be able to access genetic testing for the very first time. The centre also supports international training in clinical genomics of NMDs, and with The National Brain Appeal's support earlier this year, Queen Square welcomed 11 newly-recruited International Fellows to the UK for a month-long study induction.

Principal Investigator of the study, Professor Mike Hanna, says, "As well as ensuring our study is conducted to the same high standards worldwide, the induction was a fantastic opportunity for the Fellows to meet one another and their UK partners. This is just the start – we hope the study will deliver exciting clinical research outcomes, and lasting benefits for our international participants, for many years to come."

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

#TeamBrainAppeal head for London

With the London Marathon postponed until October, our 19-strong team now get extra time to train and be in the best health possible

We have seven staff from Queen Square running, and two of those seven are from The National Brain Appeal. Our Chief Executive, Theresa Dauncey, along with Senior Fundraising Officer Alexis Gebbie, will be pounding the 26.2 miles through London in aid of our Neurorehabilitation Unit Appeal.



This will be Theresa's third time running a marathon raising funds for Queen Square, and she says, "Although the postponement of the London Marathon was a disappointment for many, it was the right decision. We now have extra time to be fully fit and ready for the race on 4 October. I'm counting on Alexis to speed ahead to meet and greet the runners at the end, while I will carefully and slowly wend my way around the route making sure none of our runners have been left behind! I'm so pleased the money we raise will go towards transforming the neurorehab unit. The challenges that the people staying in the unit face – and work so hard to overcome – are so much bigger than my marathon challenge."

This will be Alexis's first ever marathon attempt. "I've been

working as a fundraiser, supporting all the amazing people taking on challenges for the last four years," she explains, "and I'm looking forward to taking on the challenge myself and lead by example! I see what an incredible charity this is first hand, and how the money we raise directly benefits patients here at The National Hospital – so I am determined to put in the ultimate effort!"

Professor Seb Crutch, Chris Hardy, Anna Volkmer and Nikki Zimmerman from Rare Dementia Support/The Dementia Research Centre are all taking part and their fundraising will be going towards the new dedicated centre for Rare Dementia Support. (see p3 for more info).

National Hospital physiotherapist, Anne Rodger will also be taking on the challenge and this will be her first marathon! Anne said, "I've worked as a physio here since 2002. In that time I have been aware of the amazing fundraising that The National Brain Appeal has undertaken and the direct effect this fundraising has had

for patients and many services. I feel very nervous but also very privileged to be able to run it with the team."

Other #TeamBrainAppeal runners this year include: Oliver Carr, Cois De Lange, John Hagues, Thomas Hallam, Bruce Jacob, Eamonn Kearney, Andrew Murrell, Whitney Nobbs, John O'Neill, Stuart Parkinson, Neal Tarr and Gregory Vartsos.

We would love a strong cheer team for our Marathon runners, so if you can come along on Sunday 4 October and lend your support, please email alexis.gebbie@nhs.net – the more the merrier!

To support Theresa Dauncey and Alexis Gebbie, please visit bit.ly/TNBA-LM

To donate to the RDS/ Dementia Research Centre team, please visit justgiving.com/fundraising/raredementia

Building a new future

Our sixth Christopher Spborg Memorial Lecture will now take place in the autumn.

This year's theme is 'A Research Hospital for the 21st Century' and will reveal the new plans for UCL's exciting Grays Inn Road development (see p3 for more details) as well as the charity's £7million commitment to this capital project.

Professor of Neuroradiology, Tarek Yousry.

If you would like to register your attendance for this free event, please email julia.lipton@nhs.net with your name and those of any guests.

We will contact those who have RSVPd with a date once it has been agreed. You can also check our website for updates about the lecture, and register your attendance there too.



Calling all quizheads!

We are excited to announce our new fundraiser – Brains of Britain – and would love you to get involved!

We often encourage people to exercise their bodies by signing up to challenge events, but we would also like to encourage you to exercise your brains!

The idea is simple – gather together your nearest and dearest and host a quiz, while raising vital funds in

aid of The National Brain Appeal and awareness of the one in six of us in the UK who will experience a neurological disorder.

Whether you decide to host the quiz at home with a few friends or in a pub with a bigger gathering, we can guarantee that you will have a great evening while testing your knowledge – and it's all for a fantastic cause!

Get in touch with us for tips, ideas for quiz questions and fundraising materials which will help to make your quiz a success – email alexis.gebbie@nhs.net or visit nationalbrainappeal.org/get-involved/fun-raise/

Dates for your diary

With the uncertainty surrounding large gatherings currently, these events are subject to change.

Please check our website at nationalbrainappeal.org for the latest information.

August

16: Prudential Ride London

September

27: Berlin Marathon

October

4: Virgin Money London Marathon
11: Royal Parks Marathon

November

5-8: A Letter in Mind
15: Service of Remembrance Christmas Sales begin at The National Hospital

December

6: London Santa Run
15: Carol Concert

Your donations and support have been funding major new developments, patient care and research at The National Hospital for the last 35+ years

Hospital takeover!

The next time you are in Queen Square, you won't be able to miss our new awareness campaign throughout The National Hospital.

We have teamed up with creative agency Bond & Coyne to make an impact on the slightly drab hospital walls – and lifts!

The initiative combines eye-catching wall vinyls featuring these colourful images (right).

and large posters of various hospital staff members – from a neurosurgeon and nurse to a radiologist and a porter.

All of these feature innovative 'tappable' technology – which means anyone with an Android or iPhone X (or newer) can simply tap the posters to get the answers to an intriguing set of questions. The answers reveal the hidden sides of the hospital, and give you the opportunity to meet some of the staff virtually. And don't worry if you don't have the latest phone, you can also interact with the campaign by visiting our microsite at discovernationalbrainappeal.org

Let us know what you think of the campaign by emailing info@nationalbrainappeal.org



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.

Contact and payment details

Title _____
Forename _____
Surname _____
Address _____
Postcode _____
Telephone _____
E-mail _____

☐ Please tick the box if you would like to receive email updates about our fundraising activities, events and the latest clinical breakthroughs

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

Payment by credit or debit card

Name on card _____
Card number
Expiry date on card /
Security/CVV code (last 3 digits)
Total amount £ _____
Signature _____

Please send me information on... (please tick boxes)
☐ leaving a gift in my Will
☐ making a regular donation by Direct Debit
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Please return this form with your donation to
The National Brain Appeal
3rd floor, Ormond House
26-27 Boswell Street
London WC1N 3JZ

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

THANKS



Liz Sherwood and friends

Magnificent mountaineers

In July, Liz Sherwood gathered together a group of friends and embarked on the Three Peaks Challenge. Despite challenging weather conditions with heavy rain and low cloud, the team completed the trek with smiles on their faces and raised a fabulous £15,200 towards our Rare Dementia Support Fund. Congratulations team!



At the car show

A family affair

Thank you to the Cripps, Corner, Harris and Hubbard families for organising a charity car show, which included over 30 vintage, classic and supercars, a silent auction and raffle and even a Spitfire flypast – what a unique and impressive fundraising event! The day raised an incredible £12,800. Thank you so much to all involved.

Tony Corner also completed the Three Peaks Challenge, which raised an outstanding £16,500, too! The money both events raised will go to our Immunotherapy Appeal.



Tony Corner and guide Duncan Hardy

Marathon hero

Well done to Tom Winterton who smashed the Purbeck Marathon in September and

was the first male to cross the finish line. What an epic effort! Not only did he win the race, he also beat his fundraising target by raising £3,800 towards Rare Dementia Support and FTD Research.



Tom Winterton

Wheely fun

In September, Richard Abbott cycled 300 miles from London to Paris, raising a brilliant £5,300 towards education and staff development at Queen Square. Richard's son was treated at The National Hospital and nominated us as the beneficiary charity for the cycle ride as a way of saying thank you.



Richard Abbott

Mini superstar

Our youngest ever fundraiser, two-year-old Hannah ran 1.4km in October with her mum, raising a fabulous £2,600 towards our Aphasia Appeal. Hannah's dad is one of the grateful participants in the current aphasia programme (see p5 for more info on this). What a little super star!



Hannah

The big apple

Thank you to Sasha and Carly Maisel who ran the New York City Marathon in November and raised an astonishing £47,000 towards the Immunotherapy Appeal! Sasha was treated at The National Hospital and took on the



Sasha and Carly Maisel

gruelling 26.2 miles with her sister Carly to give back for the care she received. This is a truly incredible amount and we can't thank her enough!



Talya Best-Forbes, Alexis Gebbie, Mark Bentley and Chris Hardy

Half-marathon heroes

Congratulations to our 2019 Royal Parks Half Marathon team who raised £9,000 and wore The National Brain Appeal colours with pride! The team consisted of: Ayisha Al Busaidi, Mark Bentley, Talya Best-Forbes, Elizabeth Callaghan, Alexis Gebbie, Ronald Graham, Chris Hardy, Ciara Litchfield, Rachel Lucas, Kate Petts, Kate Sagovsky and Vivien Wilkinson. Well done to all!



Santa Runners

Festive fun

We were delighted to have a team of 54 runners taking part in the London Santa Run in Victoria Park, London on 8 December last year. All runners donned their Santa suits along with our teal sashes and had a lot of fun getting into the festive spirit! Collectively the team raised an amazing £12,600 – a wonderful gift for the The National Hospital.

Cycle fever

A big thank you to our 2019 Prudential Ride London team

who cycled a tough 100 miles from London to Surrey and back, raising a fantastic £5,000! The team consisted of: Cois De Lange, Kate Edmondson, Sarah Lacy, Stephen Lacy, Alex Morgan and Alex Robinson. Well done team!



Alex Robinson with Sarah and Stephen Lacy

World champ

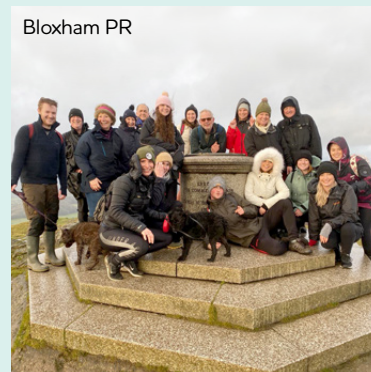
Oliver Clough represented us at the World's Toughest Mudder in Atlanta – a non-stop, 24-hour race around a five-mile obstacle course. Oliver raised £600 and completed 50 miles, with just short breaks for food. An incredible effort – thanks Oliver!



Oliver Clough

Come rain or shine

A huge thank you to Bloxham PR who completed a ten-mile fundraising walk in the sunshine, pouring rain, strong winds and hail over the Malvern Hills in December. They raised a wonderful £1,280 for us!



Bloxham PR

A LEGACY OF HOPE

"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 UCL Queen Square Institute of Neurology.

To find out more about leaving a legacy, see nationalbrainappeal.org/get-involved/leave-a-legacy