

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

Newsletter
Number 57
Autumn/Winter
2020

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

Covid-19 special

New chair
appointed

Celebrities
support
Queen
Square

Covid-19: the impact on the hospital

2020 has been a year like no other. We discover how Covid-19 has affected our patients, staff and day-to-day life in Queen Square

Finding the positives



Theresa Dauncey, Chief Executive, The National Brain Appeal

"There is no doubt that the Covid-19 pandemic has had an impact on everyone in some way or another. I've been reflecting on what good could come from this tragic situation. The answer, I think, is empathy. For the first time in our living history, the entire population has experienced the fear of contracting an illness that could change or curtail your life.

Normally, if we want, most of us can mentally put aside such negative thoughts. But it can only be a good thing to have a deeper understanding of the emotions people with life-long or life-threatening illnesses (or those living with the threat of genetically inherited diseases hanging over them) experience all the time. Now these fears affect us all and never has there been a greater thirst for scientific knowledge –

better treatments, quicker research outcomes. The experts in every medical field have been striving for these results for centuries. Only now can many truly understand why people are so passionate about striving for better outcomes for the conditions that affect them and their families. This could make a huge difference to future research.

You will read a lot in these pages about the direct impact of Covid-19 and how staff at the hospital and UCL have changed the way they work, and sometimes their actual jobs. At The National Brain Appeal we have been working differently too but we have been amazed and humbled by the support you have continued to provide for the work we fund. I strongly believe this is because so many of you already have that heightened empathy I talk of, having lived with (or cared for people who have) often little-understood conditions. So you haven't draun back but stepped forward to make sure that the work continues and grows. We are so grateful.

I hope you will find lots of positive news in this issue to inspire and encourage you. Keep looking after yourselves and others and, until next time, I wish for everyone good health, love, hope and understanding."

How you've helped support Queen Square

In March, we launched our Emergency Fund to provide practical support for staff and patients during and after the coronavirus crisis.

A National transformation



Dr Chris Turner, Divisional Clinical Director for The National Hospital and Consultant Neurologist

"Life at Queen Square was never going to be the same the moment the roads, trains and streets became eerily empty and beautiful in their silence."

"We knew we would need to prepare ourselves for the likes of which we had never experienced. Neuroscience

ITUs and recovery areas became Covid ITUs. Neurology and neurosurgery wards became Covid wards.

Outpatient departments and therapy gyms were empty. Neuroscience doctors, nurses and therapists became Covid doctors, nurses and therapists. Initially there was palpable uncertainty and sometimes fear in the teams, uncertain of what to expect.

However, in a matter of days, we changed from an internationally-renowned neuroscience centre to a full-scale Covid-19 treating hospital. The patient-focused dedication by all the teams in delivering this change cannot be underestimated and I am immensely proud of the whole division. Even when we were pushed to our limits, there was always a great sense of solidarity, humour in the face of adversity and every challenge had a solution. It was an example of humanity at its best.

We are currently restoring our services to support our patients but we know that we cannot return to previous practices. The Covid-19 outbreak was tragic, but it gave us an

opportunity to create change for the benefit of patients.

For example, the Hyper Acute Stroke Unit (HASU) was moved from UCLH to The National Hospital over a few days during the Covid outbreak. This was an outstanding and remarkable achievement by all the teams. Stroke and other acute neuro patients are now treated by teams who can work together in one location.

Another example of a positive change was the move towards virtual (telephone and video) clinics which was rapidly developed during the height of the Covid outbreak. We are now conducting over 2,500 virtual consultations per week which has made a positive impact on many of our patients who found the commute to London challenging and unnecessary.

The Covid-19 outbreak was very tough for staff, patients and relatives but has brought the best out of our teams and improved how we deliver care. We thank everyone who has supported Queen Square over the past six months and we look forward to building a brighter future for all our patients."



National Hospital staff with the amazing rainbow balloon arch at the hospital entrance

Thanks to our incredible supporters – including the Danny Sullivan Group – more than £25,000 has been raised to date! The fund was initially set up to help provide practical support such as snacks and toiletries for staff and patients, however many of these items were donated by generous companies and there was no need to buy them. As the situation started to come under control, so the remit of the fund evolved.

We now want to support Queen Square's recovery moving forwards, as the team adapt to the new ways of working including delivering crucial services for patients

while social distancing is still in force. To date, the funds have been used to buy practical clothing following emergency admissions to the neurorehabilitation unit (as patients were unable to have visitors or bring items from home), iPads to increase the number of remote video clinics that can be run from home by the Therapies team and microwaves so that more staff can prepare meals for themselves when there is no time to go out. In addition, we are delighted to have been able to fund a short information film introducing the Critical Care team. Many of their patients are unconscious and, due to

ongoing restrictions, relatives are unable to visit and spend time with them. The film will explain the care that the team deliver and aims to reduce anxieties and the fear of the unknown. It will also benefit patients who are likely to be admitted to critical care as part of a planned procedure.

Staff are invited to submit a simple application for the funds and these are assessed by senior matron, Cathy Beaton and deputy divisional manager Andy Davey alongside our Chair, Jackie Ashley and CEO, Theresa Dauncey. There is no deadline for applications and the funds will be awarded until spent down.

Coronavirus linked to stroke



Dr Arvind Chandratheva, Consultant Neurologist (pictured on front cover)

"Early in the pandemic we witnessed a highly unusual pattern of stroke presentations. A number of days into their Covid-19 illness, some previously healthy patients, without conventional vascular risk factors normally associated with stroke, seemed to have an aggressive pattern of clotting affecting more than one area of the brain and often other parts of the body such as legs and lungs. One marker – the D-dimer – was noted to be exceptionally high. Most unusually, the brain clots appeared to be occurring despite conventional blood thinning treatment.

Over a two-week period we identified six cases of strokes occurring after the typical

Covid-19 illness in the context of exaggerated inflammation and clotting markers. Five of the six patients had an unusual antibody 'lupus anticoagulant' that typically causes clotting in younger patients. This was another surprising complication of this deadly virus. There are still many unanswered questions, such as why are certain patients affected more than others? Can the brain clotting be prevented? And what is the best blood thinning treatment?

"Worryingly, there was a noticeable reduction in the number of strokes presenting to the hospital compared to the same period last year."

This is most likely due to the fear of coming into hospital. The message we have learnt from our experience is that sudden onset symptoms of face arm, leg weakness or speech disturbance need to be seen and evaluated urgently – our services are open and ready for action."

Brain inflammation and delirium with Covid-19



Dr Mike Zandi, Consultant Neurologist

"Six months into the Covid-19 pandemic, we're still learning what the disease can do. There are now detailed reports of brain illness emerging in people with relatively mild lung illness, in those who are critically ill and also in those in recovery.

When it comes to the brain and nerves, we've noticed the virus has a number of effects: a confused state (known as delirium or encephalopathy), sometimes with psychosis and memory disturbance. We also saw inflammation of the brain (known as

encephalitis), including a type showing inflammatory lesions called acute disseminated encephalomyelitis (ADEM) alongside the effects of low oxygen in the brain. It also seemed to potentially damage the nerves in the body, causing pain and numbness (for example in the form of post-infectious Guillain-Barré syndrome, in which your body's immune system attacks your nerves).

However, the virus was not detected in the cerebrospinal brain fluid of any of these patients tested, which suggests the virus did not directly attack the brain to cause the neurological illness. In some patients, we found evidence that the brain inflammation was likely caused by an immune response to the disease, suggesting that some neurological complications of Covid-19 might come from the immune response rather than the virus itself. But we need to know more about what's going on in people's nervous systems before we can accurately predict any long-term effects."

The recently published article by Dr Michael Zandi, Dr Hadi Manji, Dr Ross Paterson and Dr Rachel Brown entitled *The emerging spectrum of Covid-19 neurology: clinical, radiological and laboratory findings* in the journal *Brain* was well received worldwide and has generated great interest. Following on from this, we are now funding a new Covid-19, Infectious and Autoimmune Encephalitis Service. Find out more on p5.

Reflections from Queen Square

Neurosurgery



Hani Marcus, Consultant Academic Neurosurgeon

"The Covid-19 pandemic put a tremendous strain on services. In order to accommodate patients with life-threatening Covid, many of our intensive care beds were reallocated, and our anaesthetists with them, which meant fewer were available for patients requiring neurosurgery. At the peak, we only operated on neurosurgical emergencies, and did so wearing full protective gear, which made things difficult!

With the reduction in neurosurgical activity, we reorganised into teams, alternating between covering emergency neurosurgery and helping our anaesthetic colleagues with the management of patients with Covid as best we could. All of us – from the most junior of doctors to the most senior of consultants – pulled together, working night and weekend shifts to ensure the service was covered. In many ways, this was just as rewarding as the day job, and I think the crisis acted as a great leveller of sorts, and resulted in a lot of camaraderie.

Now there is a stepwise recovery in our activity as the number of patients with Covid has fallen. It was always going to be more difficult to restart elective neurosurgery than it was to stop it, but I've been very impressed by the way our management team have pulled us through this, and we have ramped up our number of operating lists in recent months.

The most important difference in working for us has been the dramatic shift to telephone and video consultations and meetings. I think there are certainly some major advantages to this – many of our patients come from far and wide to see us and it is much more convenient arranging things virtually. However, I do think there is a lot to be gained from face-to-face contact with patients and colleagues, and I hope more of that returns as the pandemic wanes!"

Rare Dementia Support



Nikki Zimmermann, Direct Support Lead

"For some time, our team at Rare Dementia Support (RDS) had discussed running 'virtual' meetings to reach our increasing global membership, however lockdown catapulted us into that virtual reality immediately! We were due to hold our frontotemporal dementia (FTD) Annual Seminar, with more than 100 people attending – so we quickly moved it online and it was a great success, encouraging us to move forward with more virtual meetings.

RDS members, who face daily struggles even in a 'normal' society were now experiencing magnified problems due to the lockdown. We emailed 1,800 members to encourage them to contact us – and we were inundated. The support requests doubled overnight, questions ranging from clinic appointments, coping strategies, and care provision. Working with partners, we were able to respond and provide support.

The listening ear of support for our members has been invaluable. For many months the impact was immense, realising how the little things in life really became the big things, such as the simplicity of going to a café for coffee and cake. For carers, many saw the deterioration accelerate, with loved ones coming out the other side as changed people.

We adapted all our support group meetings to become webinars, and added in small group discussions, providing a platform for members to meet each other virtually. This was extremely popular, and as well as bringing members together to share experiences, we brought together friendships. We created a RDS global village of 'Zoom Buddies'. We also enabled a group of people living with rare dementia to meet 'virtually' every month from the comfort of their own homes to support each other.

I greatly miss the face-to-face meetings, but I'm so proud to be part of the team which has opened up a huge door of accessibility to support people affected by a rare dementia wherever they live in the world."

Neurology clinics



Dr Fergus Rugg-Gunn, Consultant Neurologist

"We have been running almost all the outpatient clinics remotely since the end of March.

This works particularly well for multidisciplinary clinics with numerous clinicians and therapists working together with patients and their carers or families, or for those with communication or learning difficulties. Video consultations are useful when we need to gauge the patient's response to a treatment plan or diagnosis – so much of communication is non-verbal.

As a result, we have been able to maintain previous levels of clinical activity so we don't have a significant backlog. Importantly, we have still been seeing urgent outpatients in the hospital with carefully segregated outpatient rooms, fastidious use of PPE and dedicated appointment slots in the MRI scanner and neurophysiology department. This means that important diagnoses, where time is of critical importance are not missed.

Throughout the hospital, there are specific green and blue pathways where green is for Covid-protected patients and blue is for Covid-risk-managed patients. The rationale is to ensure that patients coming for surgery are protected from coronavirus infection both before and during their admission.

"All of these endeavours will need to continue for some time and we may find that a number are safer and more efficient ways of working for the future."

Welcome to our new chair

Jackie Ashley



We are delighted that journalist, broadcaster and campaigner, Jackie Ashley, was appointed as the new chair of The National Brain Appeal in May. Here, we find out her plans for the charity.

What did you do before this role?
I was a political journalist for about 35 years. Then in 2015 I became President of Lucy Cavendish College at the University of Cambridge. I work with several charities, including Action on Hearing Loss, the Stroke Association and I'm a trustee of the Carers Trust.

Do you have personal reasons for taking on the position?
I feel a close affinity with Queen Square as I have had friends and family treated here and they owe their lives to the hospital. My daughter – now in her 20s – suffered a pituitary tumour and was diagnosed and operated on at The National Hospital. My husband, journalist Andrew Marr, suffered a serious stroke about six years ago and spent three months here as an outpatient in the Upper Limb Rehab clinic. There is huge gratitude from all the family for the care we have received. I also have two friends, one of whom has died, who had glioblastoma – a very aggressive form of brain cancer. I'm wholeheartedly behind all the research going on at Queen Square which will ultimately improve quality of life for so many.

What are your plans for the charity?
I want to help The National Brain Appeal to grow, raise its profile and find new supporters. I want more people to be made aware of the wonderful work being carried out at Queen Square. We also have very ambitious plans to treble our annual income over the next few years to fund some major capital projects. I'll be supporting this growth – which is going to be hard with the impact of Covid on fundraising, but it just makes me even more determined!

Our congratulations also to Edward Datnow who was recently made President of The National Brain Appeal in recognition of his role as a founding Trustee of the charity.

Fantastic facemasks!

A number of our supporters have been making and creating during lockdown – and Sandra Fowler, from Nottinghamshire, is one of them.

When Sandra found out about The National Brain Appeal's Emergency Fund to support staff at The National Hospital, she really wanted to do something to help. She decided she could make masks and donate the money she raised to the charity. To date, Sandra has made over 1,400 masks and raised £3,000. They are so popular she has even taken early orders for Christmas with festive designs!

Her husband Richard has been a patient at the hospital since the late 1990s, receiving care for an anaplastic oligodendroglioma brain tumour. Since then, he has been managing his condition with medication and undergone surgical procedures. He says, "I would not be here if it weren't for The National Hospital. I have seen my three daughters get married and my grandchildren born. I can't really put into words how grateful I am for the years that the hospital's incredibly skilled staff have given me. I enjoy my life and appreciate every day."

"The National Hospital has become a huge part of our life," says Sandra. "Through all of Richard's treatment over the last nearly 30 years, we have seen how amazing the staff are, so I wanted to do my bit to support them."

"I still can't believe how much the masks have taken off – I've had orders from all over the UK! I'm so pleased they have proven so popular. It is nice to be able to show my gratitude and we're thankful for all the work The National Hospital has done for us as a family."



Sandra Fowler

Fast and effective neuro diagnosis

We are delighted to announce that our third Innovation Fund grant has been awarded to Professor Michael Lunn.

Professor Lunn is a consultant neurologist at the National Hospital. The £53,000 grant will fund his work in improving the diagnosis, prognosis and treatment of many neuromuscular, neuro-degenerative and inflammatory neurological disorders.

In many neurological diseases cell damage releases tiny amounts of molecules into surrounding fluids. Some of

these molecules are specific to the disease (huntingtin in Huntington's Disease or amyloid proteins in Alzheimer's disease) and some represent more general damage to cells (for example neurofilament in MS or inflammatory neuropathies). These molecules are some of many disease markers we call 'fluid biomarkers'.

Accurate diagnosis, prognosis and getting the treatment right for many neurological conditions depends on detecting measurable 'disease characteristic' biomarkers in blood or spinal fluid. However, the amounts released are often too tiny to measure using traditional laboratory techniques.

This grant will be used to purchase a machine called a SiMOA (Single Molecule Analyser) for the Neuroimmunology and CSF Laboratory based in Queen Square where tens of thousands of medical investigations take place every year.

Benefits to patients
The sensitivity of this machine means that biomarkers found in the cerebrospinal fluid in higher amounts can be measured in much lower amounts in the blood, avoiding the need for lumbar punctures, which can be painful, time-consuming and distressing for patients.

Patients will benefit from a far greater accuracy of prognosis, and treatment plans for conditions including CIDP, MS, dementia and inflammatory peripheral neuropathies. For patients receiving IVIG, it will help tailor their therapy, and assess when and which treatment is necessary.

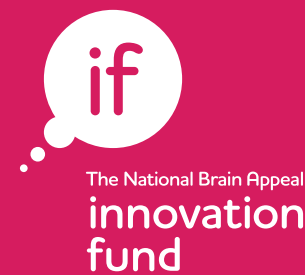
The SiMOA also means far more patients can be assessed more quickly with less risk and at far less cost to the NHS. The SiMOA can test up to 32 patients a day, and can 'read' a sample in just 45 minutes.

"This ultrasensitive machine can detect levels of biomarkers equivalent to dissolving a teaspoon of sugar in an Olympic swimming pool"

Professor Lunn, consultant neurologist



The Innovation Fund is funded entirely by Ambassadors for Innovation – individuals who pledge to donate a minimum of £2,500 per year, for three years. For more information please contact Jane Ferguson at jane.ferguson9@nhs.net or visit nationalbrainappeal.org/innovation-fund.

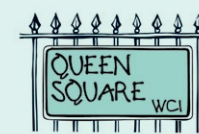


Our six funding areas

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

What we are funding: update

Not surprisingly, there have been some adaptations and delays to projects at Queen Square. Our aim is to help support the hospital to bring programmes back on track as quickly as possible. We have been working hard to ensure that funds are available to those projects most in need, while also forging ahead with plans for our more major appeals. Here are just a few of the projects we have recently agreed to fund.

Neurosurgery

New 'smart' shunt design

About one in 1,000 newborns develop the condition hydrocephalus and most will rely on a shunt for life. A shunt is a thin piece of plastic tubing that drains excess cerebrospinal fluid (CSF) in the brain to another part of your body, usually your stomach. From here, it's absorbed into your blood.

Currently, 40% of shunts fail within two years and 98% fail within 10. From this joint research project between hydrocephalus neurosurgeons at Queen Square and the whole-body sensorimotor lab at UCL, the aim is to develop an algorithm to design implantable 'smart shunts' for hydrocephalus patients in order to accurately measure and understand the exact timing of over or underdrainage.

We have provided nearly £60,000 funding to create a research associate post to support this study and to undertake collection, storage and analyses of the data.



A 3D printed model of a spine

Queen Square

Small Acorns projects

During lockdown, the committee met via Zoom and the 15th round of funding was finalised. This included an eight-week mindfulness course to equip neurosurgical trainees with the skills required to cope with stress, combat burnout and improve operative performance.

We also funded a biocompatible 3D printing lab (pictured above) to enable the use of 3D models for pre-operative planning and training, simulation, and research. It will also be particularly important and helpful for improving informed consent during video clinic consultations.

The charity is also providing funding for an online support forum for carers and people with Parkinson's Disease who are treated with Deep Brain Stimulation.

These were just three of 10 successful projects to be supported with our Small Acorns Fund during the latest round of applications. Since it was established, the fund has supported 95 projects identified by staff at Queen Square and provided more than £323,000 in funding.

Neurodegeneration

A new dementia iPad app

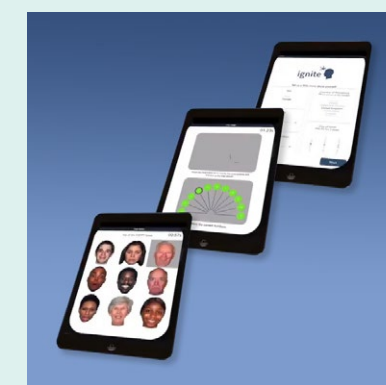
Following a generous annual donation from a private individual, three FTD Studentships In Memory of David Blechner are being fully funded to conduct research into frontotemporal dementia.

Dr Jonathan Rohrer and his team at the Dementia Research Centre have launched a cognitive assessment app called IgniteFTD. It is designed to detect early signs of dementia. Rhian Convery is developing the app while conducting her PhD research which focuses on digital biomarkers of FTD. They need a large group of healthy controls from the general population to test the app before they can use it in dementia research.

IgniteFTD tests a wide range of cognitive domains, from attention and problem-solving to emotion recognition, through fun, game-like thinking tasks.

By using remote methods of testing, IgniteFTD has the

potential to reach a large number of people as it can be done at home without the assistance of a researcher.



"We are asking as many people as possible from the general population to help test IgniteFTD by downloading the app and completing the assessment at home," says Dr Jonathan Rohrer, Principal Investigator at the Dementia Research Centre. Ignite takes 30 minutes to complete, and participants need to have an iPad and be aged between 20 and 80 years old.

The Ignite app could be extremely important, not only in helping to restart dementia research at UCL following Covid-19, but as a new tool that can detect early signs of dementia. Please download the app from the App Store and help to further research.

RDS Centre progresses



An RDS meeting

The National Brain Appeal has committed up to £7m to fund the world's first centre for Rare Dementia Support. The team are visiting various sites to find the perfect home for the new centre. The first meeting of the new RDS Advisory Board took place in September and was chaired by the former CEO of the Royal Society for Public Health, Shirley Cramer.

A Development Committee for the centre has also been established to work alongside

the charity on major donations towards the capital appeal. It will be chaired by Marcus Agius, former group chairman of Barclays and former chairman of the trustees of the Royal Botanic Gardens, Kew.

The Rare Dementia Support Centre will exemplify the best in support for people living with a diagnosis, living at risk of an inherited condition, and everyone who cares for or about them. The Rare Dementia Support Centre will also pioneer the development of support by promoting research into the experiences of people living with rare dementias (including into the impact of support services), and the bespoke education of families, healthcare and other professionals.

To donate to The Rare Dementia Support Centre appeal, go to justgiving.com/campaign/RDSCentre



Patients who have also been very ill in the Intensive Care Unit (ICU) will also need follow-up care looking for any long term consequences of the virus. This service has been invaluable in establishing expertise at Queen Square for the neurological complications of Covid-19, providing advice at a national and international level.

Dr Manji says, "This is an exciting new development for The National Hospital which will hopefully lead to a wider neuro-infectious service which has been lacking."

We are running fewer physical events due to current restrictions, and instead are making the most of virtual events – please join us!

A Letter in Mind: Get ready to buy!



This year's theme, Everyday Things, could not have come at a more apt time. It managed to tap into the importance of our home and its comforts during lockdown, and attracted some well-known creatives, who have used their talents to support The National Brain Appeal.

One of these is artist Julie Held, a painter who teaches at the Royal Drawing School and is a member of artists' collective The London Group. Julie has very personal reasons for taking part. Last year, her brother Professor David Held, died at the age of 67, within months of being diagnosed with glioblastoma, a form of brain cancer. Julie's two sisters, Veronica Held and Susan Usiskin MBE, have also both been affected by neurological conditions. Veronica had life-

saving surgery to remove a spinal tumour at The National Hospital and Susan had treatment for epilepsy and set up a counselling service for epilepsy patients at the hospital.



"Taking part in A Letter in Mind is so important and personal to me. The National Hospital has played such a central role in the lives of my family. We were devastated to lose David to brain cancer last year.

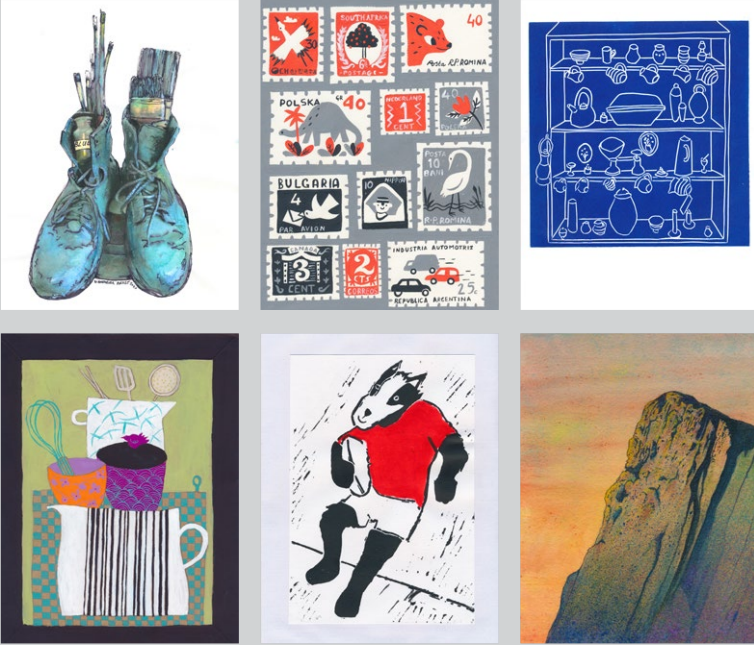
The charity not only raises vital funds for the hospital where both my sisters have had treatment and where Susan worked for many years, they are also funding the first immunotherapy clinical trial for patients with glioblastoma. New treatments for this disease are desperately needed."

Julie's anonymous artwork will be displayed alongside designer Zandra Rhodes; artists Chantal Joffe, Ishbel Myerscough, Morag Myerscough, Mark Dion, Gill Rocca, Bill Mundy and Mark Entwisle; illustrators Tim Hoppood, Polly Dunbar and Bethan Woolvin; architects Laurie Chetwood and Andrew Grant; comedian and presenter Jo Brand; journalist and presenter Andrew Marr; actors Stephen Campbell-Moore, Kevin Eldon and Sophie Thompson.

Exhibition details

At the time of going to press, the exhibition is due to take place at gallery@oxo from 5-8 November. A preview day is scheduled for 4 November to give buyers an opportunity to browse the artworks in person before buying opens online the next day. If you would be interested in attending the preview day please email letterinmind@nationalbrainappeal.org. You can browse and buy online from 11am on 5 November at aletterinmind.org

Kindly supported by  FOYLE FOUNDATION



Fundraising... with a difference

Sadly, the pandemic has put lots of fundraising events on hold, but there are still plenty of easy – and socially distant – ways for you to have fun and raise money from home! Here are some simple ideas to kick-start your fundraising:



#RuleOfSix campaign
Has social distancing affected your upcoming celebrations? If you were planning a celebration, only for it to be postponed due to the rule of six, you could join in with our new campaign! To take part, simply post a selfie on social media, tag us and #RuleOf6, donate £6 and nominate six friends to join you. See p8 for social media details.

Host a virtual quiz
This is a really fun way of getting together with your friends and family online. Why not use our brain-themed quiz that is already set up to make it even easier – just log on to our

YouTube Channel at [youtube.com/c/NationalbrainappealOrg](https://www.youtube.com/c/NationalbrainappealOrg)

Donate your lunch/coffee money
If you're still working from home, why not save the money you would have spent on commuting or buying your morning coffee or lunch and donate it?

Declutter and donate
All this time at home has given lots of people the urge to clear out their closets. With Ziffit, you can value your unwanted items, arrange for them to be collected and then the value of your items will be donated to your Virgin Money Giving page!

Ask for birthday donations
If your birthday is coming up, you could use your special day as a way of raising some money by setting up a birthday fundraising page on Facebook and asking family and friends for donations. Our supporters have raised more than £7,500 from doing this in the last year alone!

Join the Runclusive community
Runclusive is a virtual events series, bringing together your favourite licensed physical events in a virtual format. Prizes and leaderboards add in a bit of incentive for those runners needing a boost!

For more information, go to nationalbrainappeal.org/fun-raise



Celebrities in lockdown read for The National Brain Appeal

We were fortunate to have an impressive line up of celebrity storytellers who wanted to help boost donations to Queen Square during lockdown.

Almost 50 famous faces were asked to choose a short story to read for the Brain Appeal Storytime campaign, and they were only too happy to oblige! Actors Emma and Sophie Thompson, Miriam Margolyes, Charles Dance, Nicola Walker, Peter Capaldi, Alastair MacGowan, Tamsin Greig, Kevin Eldon and Gina McKee

were just a few who were kind enough to record themselves in aid of our Emergency Fund.

Actor Stephen Mangan – who recorded himself reading the classic tale, Rumpelstiltskin – says, 'I filmed my reading of Rumpelstiltskin in one go, warts and all. At one point a dog starts barking, then you hear a child screaming! I was delighted to support the campaign because I've seen the incredible work they do at The National Hospital. I can only imagine the strain they were under at the height of the crisis. While we were all thinking about the virus, the hospital still had to carry on its other life-saving work. People don't just stop having other health issues.'

"While the UK was in lockdown," says chief executive Theresa Dauncey, "we wanted to help provide an engaging distraction for people, something to look forward to each day, as well as continuing to highlight the urgent need for funds to support the staff at The National Hospital. The incredible team of doctors, nurses and pharmacists, porters, domestics and support staff were all working under enormous pressure, putting themselves on the frontline and taking on longer shifts to care for patients."

To watch the stories, head to bit.ly/Celeb-storytime or click through from our home page at nationalbrainappeal.org

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

Face value

The National Brain Appeal charity masks are available to order now!

Face coverings have now become a way of life – so while super-supporter Sandra Fowler has been beavering away making masks (see p4), we also had the same idea!

We are delighted to bring you our National Brain Appeal branded masks which are ideal for everyday use, helping to protect you and others. We have used a Turing pattern in our brand colour for the design.

These reusable, microfibre fabric face masks are on sale for £6 each or £20 for a pack of four, including postage and packing. You can order using the form below or online at nationalbrainappeal.org/shop

All proceeds from sales will help to support the one in six of us affected by a neurological condition.

Order your face masks

Item	Price	Quantity	Total
1 face mask	£6		
Pack of 4 face masks	£20		
Order total			

Don't forget to fill in your contact and payment details in the form below before sending us your order!



Artist's impression. Final design may differ slightly.

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!

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 / CVV code (last 3 digits)

Total amount: £_____ Signature _____

Thank you for your support.

☐ We would like to send you a thank you but if you'd prefer not to receive one, please tick here

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

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

Not forgotten

Sadly, owing to current social distancing restrictions, our annual Service of Remembrance and Reflection will not be going ahead this November. This would have been the chance for our supporters to remember loved ones at an intimate service in the NHNN chapel.

In its place we have created an online dedication page to post photos and memories of loved ones. If you would like to set up a page and make a gift in memory of a loved one or celebrate someone's life, please visit: bit.ly/celebrate-a-life



Privacy Policy

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.

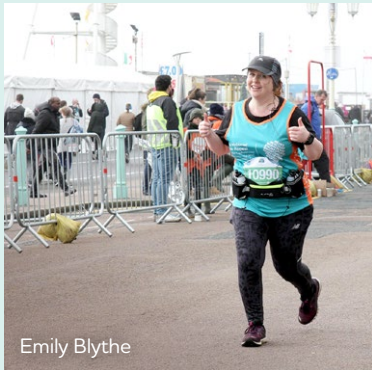
You can read our full privacy policy at: nationalbrainappeal.org/privacy-cookies-policy



Please return this 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



Emily Blythe

Blustery Brighton Half

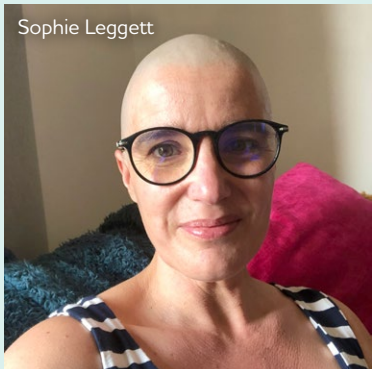
In February, Emily Blythe completed the incredibly windy Brighton Half Marathon, raising a fantastic £1,500 towards Rare Dementia Support. Emily said, "It was a challenging race due to the almost 50mph headwinds that we were facing for most of the course but all I could think about was how generous people had been in sponsoring me and that kept me jogging round to the end!"



The McKenna boys

Lockdown legends

Lockdown didn't slow Matthew and Thomas McKenna down. Sadly, due to the pandemic, they weren't able to visit their father who is in a care home with dementia. Instead, the two brothers, aged 10 and 12, raised an outstanding £2,500 in aid of our Dementia Research Fund by running 100 miles each throughout April. The boys smashed their challenge (Matthew ran 124 miles and Thomas ran 111 miles) – well done to you both.

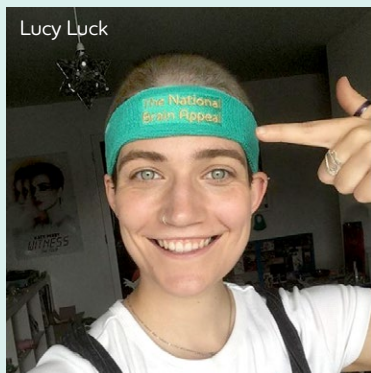


Sophie Leggett

Braving the shave

A number of fundraisers decided on a new lockdown look! Sophie Leggett shaved her head on a livestream video in April, raising a

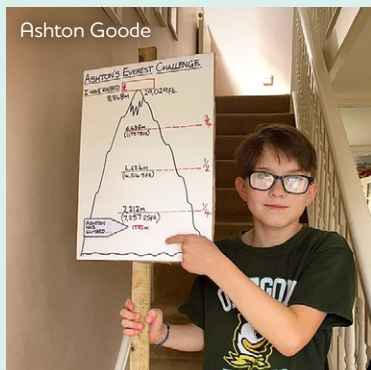
fabulous £3,200 towards Rare Dementia Support. Sophie was meant to run the London Marathon which was postponed due to Covid-19, but instead, she continued her fundraising by picking up the razor. We also saw Kate Dickinson shave her head in May, raising a fab £730. David Hayes was another one to go short in June, raising an amazing £2,245 and Lucy Luck braved the shave in August, raising £400. We can't thank you enough!



Lucy Luck

Home-based Everest

In May, 10-year-old Ashton Goode climbed the distance of Mount Everest at home by walking up and down his stairs 3,540 times, raising £2,000 for The Dementia Research Fund. Ashton says, "My grandma is suffering from dementia and I really want to try and help to find a treatment. I measured the length of my stairs and from there calculated the amount of times I would have to walk up and then I doubled it because every climber has to come back down!" We're very impressed with Ashton's summit achievement



Ashton Goode

Cooking up a storm

A huge thank you to Head Chef Fiona Moseley from The Coach House Popup



Fiona Moseley

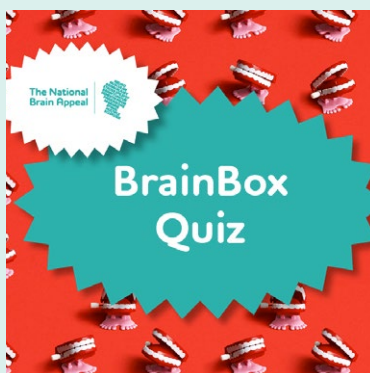
restaurant, who chose The National Brain Appeal as her beneficiary charity in 2019 and raised a brilliant £6,800 over 20 evenings. The incredibly popular restaurant in Oxfordshire is now closed due to Covid-19, but Fiona is selling some of her delicious tarts and cakes for order online at coachhousepopup.co.uk We really appreciate your support Fiona.



The Apperly family

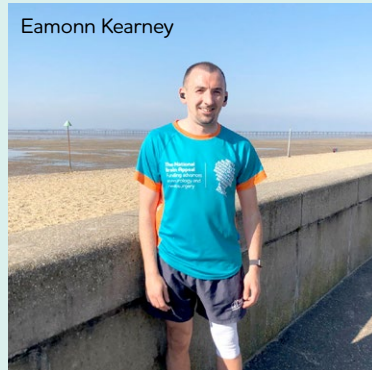
A family affair

Thank you to Lucy Apperly and her family and friends for being such huge supporters of The National Brain Appeal over the last couple of years. Not only did Lucy put in a good word for us at The Coach House Popup (see above), but she has also organised various fundraising activities and has received very generous donations from family and friends. Lucy's sister Emma got involved as well by making and selling cushion covers. A huge thank you to all for raising a grand total of £18,000 over the last couple of years – an incredible amount!



BrainBox quiz

In July, we hosted our BrainBox Quiz online and would like to say a big thank you to everyone who tuned in, got involved and helped us raise £1,600! Well done to quiz champions, Team Leggett, the winners of the best team name – Insane in the Mem-Brain and the winners of the creative round – Blackburn Hotspots – with their colourful vegetable brain photo! Missed out? The quiz is still available to watch on our YouTube channel (see box, right) – why not gather together your friends and family and play along while raising a few pounds for Queen Square?



Eamonn Kearney

2.6 Challenge Champions

A huge thank you to London Marathon runner Eamonn Kearney, who is smashing his fundraising! PE teacher Eamonn wanted to fundraise after having awake brain surgery to treat his epilepsy at The National Hospital. He is now seizure-free and signed up to run the London Marathon earlier this year.

After its postponement he decided to get his pupils at Thomas More High School in Westcliff-on-Sea involved with the 2.6 Challenge. They raised over £500 by taking on various challenges connected to the number 2.6 (based on the 26 miles of a marathon). This all contributed towards the £4,000 Eamonn has now raised as part of the London Marathon team. Eamonn took on the Virtual London Marathon and continues to fundraise!

London Landmarks and London Marathon events

Unfortunately, the London Landmarks Half Marathon was cancelled this year, but our team still trained hard and raised a brilliant £17,300. Some of them even took on the Virtual Local Landmarks Challenge, completing their half marathon in their local areas. Well done to all of you for your hard work in training and fundraising and we look forward to welcoming you back to another challenge in the near future.

Likewise, the London Marathon has been postponed to 2021, but our team had trained incredibly hard and raised £27,000. We saw some of our runners take on the Virtual London Marathon on 4 October and will resume training for the postponed London Marathon which will now take place on 3 October 2021.



Contact us

Due to the ongoing coronavirus situation, the charity team is still mostly working from home, with a limited number of staff in the office each day. We are all contactable on email and the address for any general enquiries is info@nationalbrainappeal.org

We'll do our best to respond to you as quickly as we can but it may take longer to respond to postal or telephone enquiries. Please stay in touch with us on our social channels (see below).

The National Brain Appeal
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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/donate or call the office on 020 3448 4724.



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