

# The Nerve



National support for all neurological conditions

January/February 2021



**Dream wedding for our volunteers  
Andrew and Pam – despite COVID-19**

**The Brain Charity's confidence-boosting  
jobs scheme**

**What is 'long COVID'?**

# **COVID-19 didn't stop TBC volunteers Andrew and Pam from having the wedding of their dreams**

**Two TBC volunteers, who met thanks to The Brain Charity, have tied the knot despite COVID-19 restrictions.**

Andrew and Pam Wennell said 'I do' at The Royal Liver Building on October 21 - exactly two years to the day since they first got together. The couple met in March 2018 after Dave Kelly, the founder of Liverpool charity Daisy Inclusive UK, gave a talk at The Brain Charity's HQ - inspiring Andrew to go along to Daisy's centre. He joined their choir, and caught the attention of Pam when he performed Bohemian Rhapsody.

Pam and Andrew discovered they both came from the south of England and had moved up to Liverpool in the same year, just 11 months apart. They introduced each other to their now-shared loves of boccia and barn dancing, before Andrew popped the question on an ABBA themed ferry cruise in April 2019.



*Pic credit: Jon Harrison Image Photography*

Their big day was originally planned for July 2020, but was moved to October due to COVID-19 restrictions. Andrew and Pam wed in front of just their two registrars, two witnesses - staff members at The Liver Building - and their photographer, but with dozens of friends and family watching via Zoom. The morning of their wedding, the happy couple travelled by train from a hotel in Chester to Liverpool, where station staff played 'Here Comes the Bride'. After the ceremony, they had pictures at the Pier Head before heading for a meal and a game of crazy golf and finally returning to their hotel.

Andrew and Pam said they're thrilled their wedding turned out to be a really special and wonderful day - and we at The Brain Charity are delighted we got to play a small role in their epic love story.

## **It's About Time we had a podcast like this**

**A Brain Charity service user and staff member have shared their thoughts on confidence and mental health as part of a new podcast.**



This summer, a group of people from across the Liverpool City Region got together online to make a new mental health and wellbeing podcast called 'It's About Time'.

Diane Richardson, The Brain Charity's Directions Project coordinator, and volunteer and Directions participant Teresa Randles feature in episode four of the series. They spoke about fun and creative ways to build confidence - a key component of our Directions employment project - and shared their own compelling stories about how The Brain Charity had helped build their confidence. National mental health charity Richmond Fellowship and their skills sharing network Our Time worked with BBC Radio Merseyside, Voluntary Arts England and Timebanking UK to support the novice podcasters to create five episodes highlighting the challenges lockdown restrictions have posed to mental health and their experiences during the pandemic.

It also gave local people experience in the media, arts and culture sector and interview skills. The whole series is available to listen to here: [www.anchor.fm/itsabouttime](http://www.anchor.fm/itsabouttime)

## Study links neurological complications to coronavirus

Researchers at the University of Liverpool have revealed new findings into how COVID-19 affects the brain.



Professor Tom Solomon

Pic credit: Liz Isles Photography

Scientists at the University - including Walton Centre neurologist Professor Tom Solomon, who has previously worked in partnership with The Brain Charity - studied 153 patients treated in UK hospitals during the first acute phase of the pandemic in early 2020.

Their research linked a range of neurological and psychiatric complications to coronavirus, including 44% of patients suffering ischemic strokes. Almost a third (31%) experienced an altered mental state including psychosis and dementia-like symptoms - with half of these patients under 60.

Professor Solomon said: “**This study provides a great snapshot of the spectrum of COVID-19 associated neurological disease in the UK.**

“**Now we can recognise these problems, we need to understand in more detail why some patients are developing these complications, and what we can do to stop it.”**

Dr Benedict Michael, who led the study, added: “**Whilst an altered mental state was being reported by some clinicians, we were surprised to identify quite so many cases, particularly in younger patients, and by the breadth of clinical syndromes ranging from brain inflammation through to psychosis and catatonia.**

“**Clinicians should be alert to the possibility of patients with COVID-19 developing these complications and, conversely, of the possibility of COVID-19 in patients presenting with acute neurological and psychiatric syndromes.”**

## What is ‘Long COVID’?

The condition known as long COVID is used to describe the long-term side effects experienced in people who have contracted coronavirus.

Data from the COVID Symptom Tracker App - used by around 4 million people in the UK - suggests 1 in 50 people are still dealing with symptoms 90 days or more after contracting the virus.

Typical symptoms of long COVID, also known as post-COVID fatigue syndrome, include fatigue, breathlessness, anxiety, depression, palpitations, chest pains, joint or muscle pain, muscle weakness, joint stiffness, a persistent cough, weight loss, memory problems and ‘brain fog’.

The symptoms are very similar to those felt by people living with ME and Chronic Fatigue Syndrome - conditions which result in overwhelming fatigue.

A Kings College London study researching the impact of ‘long COVID’ estimated one in 20 people can be ill with COVID-19 for at least eight weeks - and many much longer than that. Reports suggest some people with long COVID are even being diagnosed with ME or CFS if their symptoms last longer than three to four months.

However, an ME Association report said long COVID is not the same as ME or CFS - although it does appear to be the same as post-viral fatigue syndrome (PVFS), where an infection is the trigger for developing the condition.

The British Lung Foundation said it was too early to say whether breathing difficulties seen in people recovering from COVID-19 were caused by the virus itself or by its treatment.

If you are struggling with long COVID symptoms, The Brain Charity can support you. Call our free helpline on **0800 008 6417** email **info@thebraincharity.org.uk** or for more information, go to **www.bit.ly/NerveLC**

# 6

# Six reasons to be cheerful this January: shining a spotlight on six of our fabulous #Sixmas fundraisers

On December 1, The Brain Charity launched its #Sixmas appeal to raise £6,000 for the 1 in 6 people living with neurological conditions.

We invited our supporters to plan any COVID-safe or virtual six-themed fundraising event - whether active or from the comfort of their own sofa.

We were blown away by the support we received and are delighted to have smashed our target by raising over £6,000.



**Our fundraisers Jordan and Russell (not forgetting their pooch Rudy too!) aimed to walk 600 miles in December to raise money in memory of Jordan's nana, who passed away in July from a burst brain aneurysm.**

The trio have already raised more than £300, smashing their £100 estimate.

Young fundraisers Ulliana and Alison, sixth form students with a passion for photography and medicine, supported The Brain Charity with a virtual exhibition of 25 images of the natural world which represented 25 parts of the human body.



And closer to home, Greg in our fundraising team set himself the mammoth challenge of doing 600 star jumps a day for six days – and has already raised more than £1,000 single-handedly.

From everyone at The Brain Charity, thank you for your support. If you didn't get a chance to fundraise for us, you can pledge to donate £6 a month here:

[www.bit.ly/sixmas20](http://www.bit.ly/sixmas20)

# **The fun didn't end in December - here's how you can help us in 2021**

This year, we hope for a partial return to fundraising normality. Here are some of the public races and events known to be taking place COVID-safely in 2021 which you can participate in, in aid of The Brain Charity.

## **Liverpool Half Marathon • September 12**

This run starts and ends at Pier Head on the waterfront in front of the Liver Building, and takes in landmarks including the Albert Dock, the Liverpool Museum, and Liverpool ONE.

[www.bit.ly/NerveLH](http://www.bit.ly/NerveLH)

## **Liverpool Chester Liverpool Bike Ride 2021 • July 4**

The 28th anniversary of the iconic annual Liverpool Chester Liverpool Bike Ride includes 8 different cycling route options suitable for all ages and abilities, covering 5 miles for families with children and beginners, to 100 miles for serious cyclists. It's a great experience to cross the Mersey through the Queensway tunnel traffic free, before cycling across stunning landscapes in the Wirral and Chester.

[www.liverpoolchesterliverpool.com/register](http://www.liverpoolchesterliverpool.com/register)

## **Royal Parks Half Marathon • April 11 and October 10**

The team behind the Royal Parks Half Marathon, a half marathon around some of London's most iconic parks, are planning to split the event into two runs this year. Final decisions will be made in February, but at the moment they believe April's event will be able to go ahead. If it doesn't, all places will be rolled over to the October 2021 race.

[www.royalparkshalf.com](http://www.royalparkshalf.com)

## **Three Peaks Challenge • Anytime**

As of December 2 2020, all Three Peaks Challenge events are taking place again, as long as all government advice is followed. If you fancy climbing the three highest mountains in England, Wales and Scotland, you can organise your own socially distanced walk or take part with your own bubble.

[www.threepeakschallenge.net](http://www.threepeakschallenge.net)

**If you'd like t-shirts, collection boxes or support with your fundraising,  
email [fundraising@thebraincharity.org.uk](mailto:fundraising@thebraincharity.org.uk)**

**If none of the above ideas take your fancy but you have a great sponsored challenge you want to do for The Brain Charity, sign up to be a fundraiser here: [www.justgiving.com/thebraincharity](http://www.justgiving.com/thebraincharity)**

# Maintaining wellbeing over winter

By Rosie Palmer from The Walton Centre's Pain Management Programme

If you are having trouble dealing with worries about the coming months, you are not alone. Winter can be a challenging time, with darker and colder days, and this year we are approaching it with the added challenge of COVID-19 and the uncertainty around what this will bring. Therefore, it is more important than ever to place extra focus on maintaining our physical and emotional wellbeing.

## Sleep

Not getting the right amount of sleep affects our mood, behaviour, brain function, levels of pain, wellbeing and immune system functioning. The most important thing is to improve sleep quality as much as possible. Try to stick to a routine with a regular bedtime and waking time, block out all distracting noise, reduce screen time before bed, and keep a notepad next to the bed to write down anything that is worrying you. Daylight is essential for regulating our sleep/wake cycles - getting outside during the day can improve sleep quality. This can become much more difficult over the winter months, but try to get outside even if it's cloudy.

## Keeping active

Involving regular movement in your daily routine will improve sleep quality, as well as overall physical wellbeing. During the winter months it can be helpful to think about exercises you can do indoors – walking up and down the stairs, doing some stretching or an at-home video workout. Considering the level and type of activity that is right for you is fundamental. Gentle, low intensity exercise is a key component of chronic pain self-management and will provide you with both physical and psychological rewards.

## Valued activities

During periods of lockdown, it's important to keep ourselves busy and continue doing things that bring us joy. Thinking about what your values are can help ensure you are still engaging in activities that fulfil you. You might have to adapt your usual activities slightly, but you can still live a life that is in line with your values. For example, if you usually value a weekly social event, organise a social meet up online to continue this.

Lastly, it's important to remember to be kind to yourself. Remember this isn't forever and it's okay to be finding this situation challenging. Take things step by step and talk to other people if you're finding things difficult.

Read more: [www.bit.ly/NerveWB](http://www.bit.ly/NerveWB) More about the Pain Management Programme: [www.bit.ly/NervePMP](http://www.bit.ly/NervePMP)

# Music Makes Us! Our ground-breaking musical dementia workshops are going virtual

By Kym Ward, dementia project coordinator at The Brain Charity

We understand that the past year has been especially tough for people living with dementia. We also know music can play a vital role in their daily care – it stirs memories, reduces agitation and creates moments of joyful connection. That's why over the last few months, our small dementia project team has been busy recording and filming the music-based therapy workshops we usually do in the community, so they can be shared in households and care homes across Merseyside and all over the UK.

Our 12-week video programme is made up of six singing workshops, with a focus on speech and language therapy, and six dance workshops coupled with physiotherapy – all set to familiar classic tunes to keep participants engaged. If you sign up to take part, you will receive one email per week containing a specialist exercise video and guidance on how to join in safely.

During the 12 weeks, you will also have the opportunity to consult with our speech & language therapist and physiotherapist, to speak about any specific issues you, or the person you care for, might be facing. We hope that now they can be useful for loved ones at home, for residents in care homes and, when it's safe again, for participants in community settings.

To sign up for this email package, please visit: [www.bit.ly/NerveMO](http://www.bit.ly/NerveMO) or email [kym@thebraincharity.org.uk](mailto:kym@thebraincharity.org.uk)



# Pedal power!

busby

The Brain Charity has partnered with cycling safety app Busby, which was created in Liverpool after one of its founders had a serious cycling accident. It prevents and reports incidents on the roads and has already saved three lives.

The team at Busby wanted to support The Brain Charity, so we're promoted on their app which means their users can now fundraise for us and raise donations while cycling. They also have access to exclusive discounts in The Brain Charity's café and website shop.

The Busby team also wanted to help keep people with neurological conditions safe on the roads, so our service users, volunteers and staff can also download the premium version of Busby (usually £19.99) for free here: [www.bit.ly/Busby20](http://www.bit.ly/Busby20)

## SO WHAT IS busby?

### INCIDENT DETECTION



### INCIDENT PREVENTION



### THREE LIVES SAVED



### DISCOUNTS & REWARDS



## LOOKING FOR LIFE OR TRAVEL INSURANCE?

We know it can be more difficult finding insurance if you have a pre-existing medical condition.

That's why The Brain Charity has partnered with several life and travel insurance brokers to help you find the best deals if you need specialist cover.

If you do purchase cover with them via the links below, a proportion of your fee will be returned to The Brain Charity as commission. You will not be charged any extra for this.



The Insurance Surgery:  
[www.bit.ly/NerveTIS](http://www.bit.ly/NerveTIS)



Just Travel Cover:  
[www.bit.ly/NerveJTC](http://www.bit.ly/NerveJTC)



The  
Brain  
Charity

## #SeeingSound aphasia project

The Brain Charity is running an innovative new artistic project for people with aphasia called #SeeingSound.

Participants meet on Zoom (not having used it before is no barrier, we will ensure you're set up and comfortable with the technology) and use art to respond to sounds from the natural world taken from The British Library's incredible sound archive.

They are also sent a pack of art materials to create their work - entirely free.

Sessions take place on the following Saturdays in January, from 10am-1pm: 9th, 23rd and 30th

If you or someone you care for has aphasia, please feel welcome to still join in, even if you've missed previous sessions.

Email [shaun@thebraincharity.org.uk](mailto:shaun@thebraincharity.org.uk) to book your place now.

# Are you unemployed?

**Sign up to The Brain Charity's new confidence boosting jobs scheme:**

## The Directions Project



**European Union  
European  
Social Fund**

We hope our Directions Project will help more than 100 jobless people with neurological conditions into employment, training, education or volunteering by 2022.

Overall, we estimate less than one in five people with a neurological condition are currently in work - with confidence the single biggest barrier to re-entering the workplace after a diagnosis.

The Directions Project will help you improve your self-esteem to help you come to terms with any change in circumstances and forge a new path.

Our Directions Project coordinator Diane Richardson will provide you with personal mentoring so you can access work experience opportunities, education, training and eventually employment.

All sign-ups will also be given access to free one-to-one counselling to address any specific emotional or psychological barriers to work.

And through The Brain Charity's wider services, you'll be able to get advice on topics like employment rights, reasonable adjustments, health expectations such as pain management and fatigue needs in the workplace.

Jon Dobson, Acting Services Manager at The Brain Charity, said: **"The impact of being diagnosed with a neurological condition can be devastating, and often means much more than losing your health – your independence and work life may have changed too."**

**"This can have a huge impact on self-esteem. We find low confidence is the single biggest barrier faced when re-entering the workplace.**

**"For some people with a neurological condition it can be difficult to know where to start when making those first steps towards employment.**

**"It is important you get support to learn new skills and gain confidence through training courses and volunteering, which can make all the difference when looking for a job in future. This is particularly true as people are faced with an uncertain job market, so the Directions Project is providing our clients with confidence at the right time."**

The Directions Project is open to anyone living in the Liverpool City Region, aged 18 to 65 and currently receiving unemployment benefits.

You must have evidence of your economic status and right to live and work in the UK e.g. a current passport, birth certificate, national insurance number, residency permit or marriage certificate.

To sign up to take part, enter your details here [www.bit.ly/directions2021](http://www.bit.ly/directions2021) or email [diane@thebraincharity.org.uk](mailto:diane@thebraincharity.org.uk)

# **“Thanks to my dyslexia I’ve been called stupid since I was young, but The Brain Charity helped me build my confidence!”**

**Former care home worker Teresa Randles, 55, was diagnosed with dyslexia in 2011 after Job Centre staff realised she struggled with writing and her short term memory.**

This diagnosis brought sudden clarity to experiences she’d been having her whole life: being called stupid, struggling at school before leaving age 15 and feeling forced to abandon her successful job as a carer because she couldn’t keep up with the admin and digital technology.

The paperwork piling up and use of tablet computers in the workplace caused Teresa extreme anxiety, leading to her having to take an extended period off work.

This is when she discovered The Brain Charity, first volunteering in our Brain Food Café every week before joining The Directions Project.

Liverpool resident Teresa said: **“For me to learn something, I need it repeated over and over. It can take me quite a bit of time to pick up new things. My short term memory can be a massive problem when learning.”**

**“My manager at the care home wanted to find a way to keep me working there as he said I was great with everyone, but the admin was just too difficult to work around at that time. After the meeting I was shaking, but The Brain Charity kept me together.”**

**As part of Directions, Teresa was enrolled on another employment course which resulted in her receiving a brand new smartphone and learning Zoom - as well as taking her first ever selfie (pictured).**

**This allowed her to develop her digital skills so she is better placed to work with technology in her future career.**

**She also got the chance to record her own podcast, despite not knowing what a podcast was before (see page 2).**



Teresa said: **“Now, I want to work supporting children with learning difficulties. It was hard for me growing up with dyslexia and knowing what I had to go through, I want to do what I can to care for people going through that.”**

**“Struggling with the written side of jobs can been a massive barrier, but I know with The Brain Charity’s help that I can get there.”**

# David Williams' Clatterbridge diary

**A brain tumour survivor has shared a video diary filmed as he underwent six weeks of radiotherapy.**

David Williams was diagnosed with an acoustic neuroma, a tumour on the nerve between the brain and the inner ear, in December 2019 aged 57.



He filmed 46 videos of himself as he had radiotherapy treatment at the Clatterbridge Cancer Centre on the Wirral, with his final clip posted two weeks post-treatment.

David, who previously attended a support group at The Brain Charity, has also changed career since his tumour was discovered and is now sharing his story to prove life does not have to end after a diagnosis.

He said: "When I was diagnosed, it took a while to sink in.

"For the first time in my life, aged 57, I couldn't see a future for myself.

"In 2014 I'd left my career behind. I'd had 12 hours of open heart surgery in 2012, and my marriage of 25 years had broken down. I needed a break.

"I am still going through a period of readjustment, and in many respects starting again.

"I hope very much that the video diary is of help to others."

David, who previously worked in training, development and coaching for 20 years, has now set up a life coaching website, Positive Conversations.

He said: "After the dust settled with the tumour diagnosis, perspective regained, a return to coaching was the obvious solution.

"A positive conversation was something I needed after my diagnosis. Anyone needing the same can find it with me."

To view the video diaries go to:

[www.bit.ly/DWYT21](http://www.bit.ly/DWYT21)

and to find out more about Positive Conversations go to:

[www.positive-conversations.co.uk](http://www.positive-conversations.co.uk)

## Elephants dancing in the snow

Circus family's raising the Big Top  
in another country and another day  
Singing in another language  
No one understands except them  
Facing the crisp kick of the winter's morn  
Hearing the airy morning alarm of the early bird  
Looking forward to a beautiful day  
Finding food hidden by snow  
Digging for the green, hiding worms and beetles  
Waking up happy not to be fooled

## Elephants dancing in the snow

The trapeze artists adding powder onto their  
steady hands  
So they can fly up into the air forever  
They dance, they sing  
To meet in the middle  
They say hello and goodbye in mid-air  
Audience applause with unbeatable happiness

## Elephants dancing in the snow

They bring the elephants in from the cold  
The dancing is over  
They pack their trunks  
The Big Top falls once more to close  
The families sing another song in their own  
language  
The elephants move on  
So they can dance in another county on another  
day  
Maybe in snow or maybe not  
There is nothing left  
The snow has melted  
Taking their foot prints with them  
Off go the dancing elephants and the Big Top  
Any singing we hear is the early bird tweet  
As they cheer to be on the uncovering of the  
green  
The food, popping their heads up  
Above ground, is it safe?  
Who cares  
All we want to do is to remember them  
Remember

## Elephants dancing in the snow

A poem by Gary Boutin from The Brain  
Charity's Directions employability project.



# The Brain Charity Calendar

# January - February 2021

As the coronavirus vaccine becomes increasingly available, we expect to be able to have more of our activities return to the building in the coming months. To get involved in any of the items listed below, just email [Shaun@thebraincharity.org.uk](mailto:Shaun@thebraincharity.org.uk) to find out where they'll be held and how you can join in. You will need to use the Zoom app or software on your phone, tablet or computer to take part in our online groups. This video meeting software is free to download from [www.zoom.us](http://www.zoom.us)

If you have any problems getting on to Zoom, get in touch with our information team for help.

To see The Brain Charity's up-to-date list of events, visit: [www.thebraincharity.org.uk/whats-on/events](http://www.thebraincharity.org.uk/whats-on/events)

## January 2021

### Mon 4th

Centre Reopens	9.00am
Coffee Morning	10:30am - 11.30am

### Tues 5th

English Class, weekly	9.30am - 12.00pm
Online Exercise, weekly	11.00am - 12.00pm
IT Class, weekly	1.00pm - 3.30pm

### Wed 6th

Adult Craft Sessions, weekly	11.00am - 12.00pm
Yoga Workshop, weekly	2.00pm - 3.00pm
Spinal Injuries Support Group, weekly	2.00pm - 4.00pm
OCD Support Group, weekly	5.00pm - 7.00pm

### Thurs 7th

Online Exercise, weekly	11.00am - 12.00pm
OT through Arts and Crafts	5.00pm - 6.00pm

### Sat 9th

Ataxia North West Support Group	12.00pm - 2.30pm
Aphasia Workshop	10.00am - 1.00pm
Online Exercise	11.00am - 12.00pm

### Mon 11th

Mindfulness, weekly	2.00pm - 3.00pm
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### Tues 12th

English Class, weekly	9.30am - 12.00pm
Online Exercise, weekly	11.00am - 12.00pm
Online Hat Making, weekly	1.00pm - 3.00pm
IT Class, weekly	1.00pm - 3.30pm

### Thurs 14th

Online Exercise, weekly	11.00am - 12.00pm
OT through Arts and Crafts	5.00pm - 6.00pm

### Sat 16th

Online Exercise	11.00am - 12.00pm
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### Thurs 21st

Online Exercise, weekly	11.00am - 12.00pm
Open Eye Art Project, weekly	1.00pm - 2.00pm
OT through Arts and Crafts	5.00pm - 6.00pm

### Fri 22nd

Dance Sessions	1.00pm - 2.00pm
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### Sat 23rd

Online Exercise	11.00am - 12.00pm
Aphasia Workshop	10.00am - 1.00pm

### Thurs 28th

Online Exercise	11.00am - 12.00pm
OT through Arts and Crafts	5.00pm - 6.00pm

### Fri 29th

Dance Sessions	1.00pm - 2.00pm
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### Sat 30th

Online Exercise	11.00am - 12.00pm
Aphasia Workshop	10.00am - 1.00pm

## February 2021

### Mon 1st

Coffee Morning	10:30am - 11.30am
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### Tues 2nd

English Class, weekly	9.30am - 12.00pm
Online Exercise, weekly	11.00am - 12.00pm
Online Hat Making, weekly	1.00pm - 3.00pm
IT Class, weekly	1.00pm - 3.30pm

### Wed 3rd

Adult Craft Sessions, weekly	11.00am - 12.00pm
Yoga Workshop, weekly	2.00pm - 3.00pm
Spinal Injuries Support Group, weekly	2.00pm - 4.00pm
OCD Support Group, weekly	5.00pm - 7.00pm

### Thurs 4th

Online Exercise, weekly	11.00am - 12.00pm
OT through Arts and Crafts	5.00pm - 6.00pm

### Fri 5th

Dance Sessions	1.00pm - 2.00pm
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### Sat 6th

Online Exercise, weekly	11.00am - 12.00pm
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### Tues 9th

English Class, weekly	9.30am - 12.00pm
Online Exercise, weekly	11.00am - 12.00pm
IT Class, weekly	1.00pm - 3.30pm

### Thurs 11th

Online Exercise, weekly	11.00am - 12.00pm
OT through Arts and Crafts	5.00pm - 6.00pm

### Fri 12th

Dance Sessions	1.00pm - 2.00pm
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### Mon 15th

Coffee Morning	10:30am - 11.30am
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### Tues 16th

English Class, weekly	9.30am - 12.00pm
Online Exercise, weekly	11.00am - 12.00pm
IT Class, weekly	1.00pm - 3.30pm

### Wed 17th

Spinal Injuries Support Group, weekly	2.00pm - 4.00pm
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### Thurs 18th

Online Exercise, weekly	11.00am - 12.00pm
OT through Arts and Crafts	5.00pm - 6.00pm

### Thurs 25th

Online Exercise, weekly	11.00am - 12.00pm
OT through Arts and Crafts	5.00pm - 6.00pm

## Ways you can support us

We are very grateful for any support during these challenging times.  
Here are some of the ways you can help:



### DONATE ONLINE

Making a regular or a one-off donation will help The Brain Charity continue to do the amazing work it does on a daily basis.

Donating couldn't be simpler. Just visit: [www.bit.ly/give2TBC](http://www.bit.ly/give2TBC) to give an amount of your choice today!

### AMAZON SMILE

Smile is a simple, automatic way for you to support The Brain Charity every time you shop on Amazon - at no cost to you.



You can also choose to support us when shopping through the Amazon Shopping app on iPhone or Android or on Amazon's website - just be sure to bookmark the [smile.amazon.co.uk](http://smile.amazon.co.uk) site and use it each time you shop.

### WEBSITE SHOP

We offer all our charity-branded items for sale, from t-shirts to Christmas cards, through our online store: [www.thebraincharity.org.uk/shop](http://www.thebraincharity.org.uk/shop)

All sales directly help The Brain Charity, so go ahead and treat yourself!

### FUNDRAISE FOR US

Many fundraising events and activities have sadly been cancelled this year, but have you considered hosting a virtual fundraising event?

Contact our fundraising team for a virtual fundraising pack full of ideas.  
Email [fundraising@thebraincharity.org.uk](mailto:fundraising@thebraincharity.org.uk) or call 0151 207 8534

### ABOUT THE BRAIN CHARITY

The Brain Charity offers emotional support, practical help and social activities to anyone with a neurological condition and to their family, friends and carers.

For more information, contact the centre or visit our website: [www.thebraincharity.org.uk](http://www.thebraincharity.org.uk)

Connect with us:



You can also find us on: by searching for The Brain Charity

If you wish to be added to our mailing list, to receive news and fundraising updates including The Nerve, please go to [www.bit.ly/signupTBC](http://www.bit.ly/signupTBC) or ask our information team (on the numbers and email addresses below) to add you to the list.

The Brain Charity, Norton Street, Liverpool L3 8LR

Tel: 0151 298 2999 Helpline: 0800 008 6417

Email: [info@thebraincharity.org.uk](mailto:info@thebraincharity.org.uk)

The Nerve is available in large text on request and as a PDF on The Brain Charity website: [www.thebraincharity.org.uk](http://www.thebraincharity.org.uk)

The Brain Charity is registered as a charity (No: 1114999) and a company limited by guarantee in England and Wales (No: 5741930)