The Nerve

The Brain Charity

National support for all neurological conditions

January/February 2024



Our Neuro Gym is now open!

Meet volunteer Charlotte

Music Makes Us! project round up



NEUROGYM

Come and visit our Neuro Gym!

The Brain Charity's Neuro Gym is now open with clients and volunteers already having gym inductions.

At the gym you can join us for personal training, rehabilitation, physiotherapy, group sessions, fitness testing and health and wellbeing services.

Speak to Scott Black to learn more about the equipment or send him an email on **gym@thebraincharity.org.uk.**

Couples counselling now available

Carers and partners often experience an impact on their own mental health when a loved one is diagnosed with a neurological condition. We are now able to offer free emotional support to couples affected.

Our pay it forward service has now also launched for anyone who would like to receive counselling from us. These contributions will help us continue to provide free counselling services for those with a neurological condition. Speak to a member of our team if you would like to be referred, or email **counselling@thebraincharity.org.uk.**

Volunteer voices: Meet Charlotte



"Volunteering at The Brain Charity puts a smile on my face every week"

Third-year psychology student Charlotte started volunteering at The Brain Charity after moving to Liverpool.

She said: ***"I came to The Brain Charity as I had some free time and wanted to use it in a productive way and The Brain Charity provides just that.***

"I've been with The Brain Charity for nearly two months now and I have absolutely loved my time here so far."

Charlotte helps run boccia classes once a week - a precision Paralympic ball sport played indoors.

She said: ***"I absolutely love running this class there is always a good sense of friendship, laughter (and competitiveness) every week. It puts a smile on my face and I hope it does to those who come along as well."***

5 things you didn't know about epilepsy

Written by Sharon Ross, who lives with epilepsy and is passionate about raising awareness of the condition

1. There are many different types of seizures. The tonic-clonic seizure is when a person becomes stiff and convulses. Other seizures involve staring blankly, twitching or jerking.
2. Only 3% of people with epilepsy have seizures triggered by lights. Other triggers include stress, lack of sleep, alcohol and hormonal changes.
3. More people have epilepsy than multiple sclerosis (MS), Parkinson's and myalgic encephalomyelitis (ME) combined. Over 633,000 people in the UK have epilepsy.
4. People with epilepsy are more likely to have economic challenges. ONS data illustrates that only 34% of people with epilepsy are in employment, compared to 76% of the overall population.
5. People with epilepsy (and their carers) are stronger than average. There is a saying, "You don't know how strong you are until you have no choice", and many people with epilepsy have faced the situation where they have had no choice but to be strong. Some others might feel that they don't have the strength yet. **But they will.**

How we ended 2023...



CEO Pippa Sargent speaks at our annual celebration event



Parents and carers of children with additional needs were given a free tour of Liverpool FC's Stadium with The Brain Charity



Steve Johnson, disability manager at Everton FC, speaking to clients at The Brain Charity during the opening of the Neuro Gym



Staff members Jess and Esme singing at The Brain Charity's 2023 Christmas Concert

Thank you to our fundraisers and donors!



Homes for Students' BOOgie for a Cause raised £3,950 with their epic dance-a-thon



Thank you to everyone who came to our Night at the Electro Circus fundraiser and helped us raise more than £3,500!



HSBC's UKCS Risk Operations & Complaint Handling Team chose us as their Charity of the Year in 2023 and raised an incredible £15,137 through abseils, sweepstakes and bake sales



Freemasons' Cleddau Lodge donated £500

Music Makes Us! project supports 671 dementia patients

Across Merseyside 671 people living with dementia have benefitted from the Music Makes Us! project by The Brain Charity.



The 3-year project promotes the use of music-based therapy in dementia care, championing the effects which music can have in caring for people with the condition.

"It was brilliant - we did every session together. When you're caring for a partner with dementia, it means so much to have that connection through music with them and see them smiling and happy." *– Hazel, who gave up her job to care for her husband Robert, after he was diagnosed with vascular dementia*

"It must have been fate, that I met this lady on a train who told me about the workshop. It's changed my life." *– Tom, who was homeless and living with Parkinson's with Lewy Bodies dementia when he joined the workshops*

"Music Makes Us! has brought dad joy, connection and a renewed sense of life. My family and I are eternally grateful for this wonderful initiative from The Brain Charity." *– Caroline, whose dad John, 96, attended the sessions*



Hazel and her husband Robert, 92



John, 96, had a 'new lease of life' after taking part in Music Makes Us!

SPOTLIGHT ON...

Merseyside Dementia Friendly Radio

Merseyside Dementia Friendly Radio (MDFR) was founded by Nat Gavin in 2020 after caring for his mum and his gran, who both had dementia.

M.D.F.R Merseyside Dementia Friendly Radio

He said: **"I was looking for a reliable source of dementia-friendly music and not finding one, so I decided to set one up myself."**
MDFR provides a simple listening experience and does not air content with confusing or distressing themes.
You can listen online at **mdfr.co.uk** online - soon to be on DAB. If you would like to volunteer as a radio DJ, contact Nat on **nat@mdfr.co.uk**

Activities for January - February 2024

	Monday	Tuesday	Wednesday	Thursday
Mornings	**Art for wellbeing** 10.00am - 12.00pm		**Crafts and upcycling** 10.00am - 12.00pm	**Ukulele** 11.00am - 12.00pm
			Boccia (indoor bowls) 12.30pm - 1.30pm	
Afternoons	**Shared reading plus** 12.30pm - 1.30pm		**Drawing group** 1.30pm - 3.00pm	**Kurling** 1.00pm - 2.00pm
	Maths 1.30pm - 3.00pm	**Tai chi** (standing or seated) 2.30pm - 3.30pm	**Aphasia social** 2.30pm - 3.30pm	
	Shared reading 3.00pm - 4.00pm		**Sing and social** 4.00pm - 5.00pm	

For more information on any of our activities, please email **activities@thebraincharity.org.uk** or call us on **0151 298 2999** and choose activities from the menu.

13.3.2024

FREE HOT DRINK & CAKE @ HEAD MATTERS 2024

Show this voucher at The Brain Food Cafe during the event on 13th March to redeem!

The Brain Charity

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.thebraincharity.org.uk/donate** to give an amount of your choice today!

Give as you live

Give as you Live is a simple way for you to support The Brain Charity every time you shop with any of the major brands - at no extra cost to yourself.

Getting involved is easy - just register at **www.bit.ly/GAYLTBC** to start raising money for The Brain Charity today.

Donate by text

Give just £3 now by texting **BRAIN** to **70460**. Texts cost £3 plus one standard rate message. If you'd like to give £3 but do not wish to receive any marketing communications, text **BRAINNOINFO** to **70460**.

Website shop

We offer all our charity-branded items for sale through our online store: **www.thebraincharity.org.uk/shop**

Donate via QR code

Scan the QR code (right) on your mobile phone camera now to donate:

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**

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** or ask our information team (on the number and email address below) to add you to the list.

The Brain Charity
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Email: **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**

Connect with us: @thebraincharity

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

The Brain Charity

Responsibly sourced paper

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