NICCI GERRARD –

“Dementia is our collective responsibility. We can’t ignore it any longer...”

Together We Will Defeat Dementia

www.alzheimers-brace.org
What roles does sleep play in Alzheimer’s disease?

Up to date research shows that poor sleep may cause or worsen the brain changes that lead to Alzheimer’s Disease dementia. Researchers believe that having better sleep may delay or slow Alzheimer’s Disease.

The brain lays down memories during sleep, and in Alzheimer’s disease the part of the brain where memories are stored - the hippocampus - is damaged by Alzheimer’s. Research is beginning to suggest that the brain also filters amyloid proteins during sleep. This could help prevent Alzheimer’s as amyloid proteins are found in abnormally high levels in brains with Alzheimer’s disease.

How could poor sleep lead to Alzheimer’s disease?

As we drop off to sleep, we begin cycling through light sleep, deep sleep and Rapid Eye Movement Sleep. Deep sleep is also known as slow wave sleep because during this period we can record slow oscillations on the surface of the brain - waves of electrical activity occurring at a frequency of 0.5 - 4 per second. Nested within the slow oscillations are faster waves - spindles and ripples (See figure X). Coordinated activity between slow oscillations, spindles and ripples is critical for transferring memories from short to long term storage. Simply put, the brain lays down memories in its sleep.

Poor sleep is a predictor of future dementia. Recently researchers have learned that during slow oscillations, (deep sleep), cerebrospinal fluid moves through the brain and it is suspected that this helps to filter amyloid - the sticky protein that triggers Alzheimer’s disease. Interrupting slow oscillations during a night of sleep (by disturbing people with sound) interferes with the filtering of amyloid - putting that person at greater risk of developing Alzheimer’s disease. Additionally, the amount of slow wave sleep and the level of amyloid filtering during sleep reduces significantly with age. There is strong evidence to suggest that improving slow wave sleep may help delay Alzheimer’s disease.

How should sleep disorders be treated?

Sleep disorders are very common - affecting as many as 60% of people attending memory clinics. Problems include sleep apnoea, restless legs, insomnia, pain and many others. Despite this, there is not a standard way to assess and treat sleep disorders in clinic.

Many factors that affect sleep could be treated with advice or medications. More clinical research is needed to learn how best to treat sleep in memory clinics.
What roles does sleep play in Alzheimer’s disease?

Tips for a good night’s sleep

• Try to adopt a sleep-wake cycle that promotes restfulness. In other words, try and organise your sleep around your natural tendency to be a morning or evening person when possible. Working hours and family life cannot always be easily adjusted to suit a biological preference for, for example, waking at 8am.

• Create optimal environment for sleep - dark, quiet, comfortable bedroom. Sleep alone if that helps.

• Be active during the day - particularly outside. Daylight and physical activity help promote sleep.

• Don’t overeat or drink excess fluids before bed.

• Reduce or cut alcohol, caffeine, nicotine.

• Diminish stressful experiences before bed.

• Don’t stress about not sleeping – slow oscillations occur during wakeful rest too.

If you have concerns and the above measures do not help -

• Book an appointment with your GP or seek advice from a pharmacist.

Potential treatments include overnight oxygen pressure masks (Continuous Positive Airway Pressure - CPAP) to help sleep apnoea or Cognitive Behavioural Therapy to treat insomnia. Once medical sleep disorders have been treated, it is possible to start enhancing sleep to try and compensate for the effects of age.

It is unlikely the same approach will suit everyone. Treatment needs to be tailored to each sleep issue and health conditions of the individual.

Given the evidence that slow wave sleep might help protect the brain from amyloid protein, it makes sense to improve slow wave sleep. One way to do this is to play sound at low frequency during deep sleep. The sound can help slow waves sleep to take place and also enhances slow waves. Tests are starting to take place, to see if this may help patients with Alzheimer’s disease and cognitive impairment and the results are promising.

In Bristol, we have been exploring a pharmacological approach. We have found that a drug already used in Parkinson’s disease - Levodopa - can prolong slow wave sleep in healthy older people. Further research is needed, repeating the study and testing the drug on people with evidence of early Alzheimer’s disease.

Our programme of work in Bristol aims to develop effective sleep assessments and treatments - we hope this will help improve the lives of our patients within the next few years. While much research needs to be done, there are things we can all consider doing now to help improve sleep. You can learn more about how to improve your sleep in the right hand panel.
Nikki’s Nanna, Betty Marchant, was the kind of Nanna that many of us are lucky to have: funny, kind and devoted to her children and grandchildren. Betty loved making things, whether it was embroidery or baking. The whole family loved Nanna’s cooking, with every family meal and get together involving a fantastic choice of desserts lovingly made by Betty.

As Betty got older she was sadly diagnosed with vascular dementia. In the early stages of dementia she remained a very strong and independent woman living at home, where she continued her love affair with cooking. When Betty’s dementia developed further, the family decided it would be best for her to move into a care home. Betty enjoyed her time there, where she was well looked after, before sadly passing away with dementia.

After seeing what her lovely Nanna had gone through, Nikki felt passionately about supporting dementia research in the hope of finding a cure for all Nannas like hers.

Nikki began a personal challenge in 2017 to start running; going from a complete beginner to running the London Marathon aged 40 in 2020. With the London Marathon turning 40 in the same year as her, it seemed perfect. When her Nanna sadly passed away, running a marathon in her memory for dementia research was an easy choice.

When Nikki got the news that she had a 2020 London Marathon place, she started adding in more training runs, with lots of great support from her running club Waverley Harriers. Having a London Marathon place also spurred Nikki and her family on to do something with Nanna’s handwritten recipe book that the family had found when she moved into her care home.

With close friends kindly finding their own family recipes to go alongside Nanna’s, they created an adventure recipe book. A recipe book where you’re not entirely sure you have all the instructions or even what it will look like - which is all part of the fun of cooking with Nanna! All profits from the recipe book are going towards Nikki’s London Marathon 2020 fundraising efforts for BRACE.

The recipe book is a unique one with lots of quirks. Nikki doesn’t have a favourite recipe as there are just too many to choose from, however her favourite ingredient is “a little bit of mustard on the end of a knife”.

What a lovely and unique way to honour the memory of her Nanna.

We wish Nikki the best of luck for the London Marathon in April. Thank you for being such a wonderful supporter, going above and beyond to make a difference for dementia research.

To find out more about the recipe book and to order your copy please go to http://bit.ly/nannasrecipebook
A huge thank you to all our kind and generous supporters who donated so much of their time to support us helping to raise vital funds for world class dementia research throughout 2019. We truly appreciate all that the volunteers have done for BRACE and we love our volunteers so much we are looking for more!

Volunteers Help Make Dementia Research Possible

Volunteers are the backbone of our charity. Without their help we would not be able to do half the things we do. A big thank you and shout out to all of you who have been there for us; parcelling up Christmas Cards, helping at various fundraising events - from the Autumn fair to supermarket collections and at the Thornbury Christmas lights switch on. Last, but not least, thank you to our speakers who expertly and kindly spread the word about our work at various events throughout the year.

Do you have an hour or two a week, a month or a year to volunteer at our many and varied events in 2020?

Our wonderful community fundraisers, Jeanne in Bristol and Kym in Devon would love to meet you to tell you more about what we do, why we do it and how you can help. Arrange a Cuppa for a Cure at home, at work or in the community, there’s so many ways you can get involved!

We’ve got an interesting year coming up - which you can see from the events page in this magazine. Why not join us as a volunteer - you’d be very welcome - and help defeat dementia for good. For more information please get in touch

Contact Jeanne
Jeanne@alzheimers-brace.org
0117 414 4831

Contact Kym for Devon
Kym@alzheimers-brace.org
07366 331431

Why not join us as a volunteer - you’d be very welcome - and help defeat dementia for good.
Dementia is our collective responsibility. We can’t ignore it any longer.

There’s a silent crisis in our midst. Often cunning and stealthy like Grandmother’s Footsteps, sometimes swift and brutal, dementia is all around us. One in eight people die of it. In the UK, a person is diagnosed with it every three minutes. Yet we are still collectively failing to acknowledge this self-demolishing illness, which is now the largest cause of death in England and Wales and the one we most fear. Why?

I’ve recently been doing talks around the country as part of John’s Campaign (named after my late father, who lived for 10 years with the disease), which I co-founded to encourage the NHS to collaborate more with families in the care of dementia patients. There is always time given to questions from the audience at the end. Often these turn out not to be questions at all, but confessions, or acts of bearing witness, or simply pleas to be heard, understood, recognised. In a hall in London, a young woman puts up her hand, stands, opens her mouth, then instead of asking a question she bursts into tears. In a church in the north of England, an old woman speaks of how for 15 years she cared for her husband with a particularly savage form of early-onset dementia until he died and how she was now the sole carer for her son, who has the same illness. She speaks with a terrifying calmness; it’s only when those around her offer help that her face crumples in grief. A man with white hair asks, “What shall I do? What?” A daughter asks, “How do we tell him what is wrong with him?” A son asks, “How long can it last?” He also means, “How long can I bear it?”

Dementia is a terminal illness; there is no cure yet, only care. It usually comes gradually, a radically slow-motion form of dying in which the patient is increasingly at the mercy of those who look after them. Along with its particular medical symptoms, it can gather up fear, guilt, shame, loneliness, and a desolation that spreads out from the person who lives and dies with it to the people who love them. Its costs are enormous - not just the staggering financial cost to the individual and their family and to society, but the psychological and emotional ones.

We turn away from dementia because we fear it and feel helpless in the face of its advance. It is not simply that it is so common (about 900,000 people in the UK have the diagnosis), but that it uniquely threatens our identity and reminds us of our vulnerability. We spend our lives building up our defences and learning how to be a social being: we are continent; we keep some thoughts to ourselves; we have secrets and compartmentalised lives; we tell the necessary lies and perform the self that we want to be.

All of this control gradually (or sometimes not so gradually) unravels during the dementia years, until at the end the boundaries are breached so that the self pours unmediated out into the world, the world flows into the self. It can be terrifying to see a person in the end stages
of dementia because they show us the chaos and shattered meanings that always lie just beneath our own constantly patrolled surface. We know they could be us one day; we push away that knowledge.

We live in a society that values youth, success, health, vigour, self-sufficiency and purpose. So what about the person who is old, frail, confused, increasingly dependent on others? And what about ourselves when we come to that state, as most of us will, whether we have a diagnosis of dementia or not? Perhaps we fail to properly acknowledge dementia because to do so would be to acknowledge our own vulnerability. The frequently demeaning terms for the man or woman who has advanced dementia (they are bed blockers; they have lost their marbles; lost the plot; they are vegetables; the old dears; old fools; bodies in a bed; burdens on the state; are no longer “us” but “them”) reduce them to objects, not subjects of their own lives. As objects, we can ignore them, and ignore our future disgrace. In making them less than human, we make ourselves so as well.

Dementia does not just happen to old people – around 5% of people with Alzheimer’s are under 65 – but it usually does. It is easier to turn our faces away from the suffering of the old; even the old don’t feel themselves old. Moreover, people who have dementia are quite often unable to speak for themselves. They, and often those who care for them, become missing people. The illness progresses out of sight: in kitchens and bedrooms, in residential homes on the edges of towns, in hospital wards, on the fringes of our collective consciousness.

Dying is what we all do, but we need to do it better. The diagnosis of dementia need not be a terrible sentence, but the beginning of a new chapter. People can live well, happily and adventurously with it for years and even decades.

They can also live in loneliness, loss and desolation. One day there may be a cure for the illness - or many cures, because there are many different forms of dementia. For now, there is only care. Across the country, in thousands of homes, men and women are invisibly performing this most difficult act of care with scant support. They often labour alone, feeling that it is an individual piece of unfairness and bad luck, one of life’s ambushes.

Dementia should be and must be our collective responsibility. A good place to start is in collectively facing up to the fact that it is in our midst and that each year hundreds of thousands of men and women are living with it and dying with it. If not you, someone very near you. If not now, soon.

For more information on John’s Campaign please go to www.johnscampaign.org.uk

Nicci has kindly recorded a radio advert to help raise money for BRACE Dementia Research. You can hear the advert on Bristol’s Heart FM and Bath’s Smooth FM from 1st April 2020.
Why should I bother making a Power of Attorney? There is nothing wrong with me.”

“I wouldn’t want to be treated like that!”

“It’ll never happen to me…”

Powers of Attorney are documents whereby you nominate trusted individuals to make decisions on your behalf. There are two types - one for property & financial affairs and another for health and welfare.

Property & Financial Affairs

If you are struck with an illness, or perhaps are unable to get to the bank, how will you manage to pay your bills or arrange for payments to be made on your behalf? What if you need to sell your house, but you are struggling with the paperwork? By choosing ahead of time who you would want to help you, you can ensure that if the time comes when you are unable (or unwilling) to manage your finances that you have put in place a mechanism to ensure that the world can carry on.

Health & Welfare

If you are unable to make your views known about your health and welfare and you lose capacity because of dementia or another illness, then who will be making decisions about how and where you live or what treatment you should receive if you are in hospital? Are these people that you know well, or are they people that would perhaps be making a decision on your behalf in a well-meaning fashion, but not doing what you would want?

Would you rather a friend or family member make these decisions for you so that you can tell them exactly what you want?
I don’t have a Power of Attorney - what then?

If there is no power of attorney in place and decisions need to be made about you, then these decisions will need to be made in your best interests. Who will make them? To enable access to your finances, an application will be needed to the Court of Protection for a Deputy to be appointed. This can be a lengthy process and in the intervening period, it can perhaps be difficult to access finances, such as bank accounts or savings.

If decisions need to be made about your health, these will often be made based on what other people consider to be in your best interests. Their view of best interests may be very different to yours, but if you have nominated an attorney, then this can be someone that knows you and your wishes well.

What do I do now?

The choice is yours. If you are happy to ask someone to make decisions on your behalf in the event that you are unable to, a power of attorney is for you.

If you are happy for decisions to be made for you, then it is entirely reasonable for you not to prepare a power of attorney.

It is worth remembering though that you or your family may be left in a difficult position if they do not have authority to make decisions on your behalf.

If you would like more information on Lasting Power of Attorney, please go to this government site here: www.gov.uk/power-of-attorney

A rare opportunity to find out about all the best help and support that’s available for those living with dementia, their families, friends and carers.

Free expert advice: legal, lasting powers of attorney, financial, coping with the costs of care, choosing the right kind of care for your loved one, information on the latest clinical trials and world class dementia research.

Supported by Actor and BRACE Ambassador John Challis (Boycie from Only Fools and Horses) who will be attending this event.

FREE Advice Workshops:
• Dementia Wellbeing Service
• Solicitors for the Elderly
• Society of Later Life Financial Advisors
• Choosing the right in-home or residential care
... And much more

Exhibitors include:
• The Dementia Wellbeing Service
• Bristol City Council Adult Social Care
• Society of Later Life Advisors
• Solicitors for the Elderly
• The Good Care Group
• St Monica’s Trust
• Wiltshire Farm Foods
• Heartfelt Products
• Fellowship of Professional Celebrants
• Homelinstead
• Stone King
• Barcan + Kirby
• Harold Stephens
• Brand Biology
• Bristol BAME Dementia Working Group
• Carers Support Centre
• Gregg Latchams
• Brunelcare

Brought to you by BRACE and Bristol Dementia Action Alliance (BDAA)

To book free places please go to: www.alzheimers-brace.org/Event/lets-talk-dementia
email: enquiries@brace-alzheimers.org
or call: 0117 414 4138
Dementia Brain Waves: THE FASTBALL PROJECT

In 2018 we were fortunate enough to be awarded a BRACE pilot grant to develop a new way of measuring memory problems in dementia using EEG. EEG involves placing sensors on a person’s scalp, which measure the electrical activity of the brain as it performs different tasks. This works in exactly the same way as electrocardiograms (ECG) do with the heart.

You may be asking, why would we need to measure memory using something as complicated as EEG? Surely we can just ask people if they do, or do not remember something. The answer is that EEG can tell us about tiny differences in the brain activation that drive memory, differences we could never pick up on simply by asking people questions. Our method is also completely passive, this means that the participant does not need to understand the task at hand, or provide any response. Finally the method is also very quick, we can get the measures we need in just 1 minute of EEG recording. Ultimately EEG has the potential to provide a more sensitive measure of memory. If we have a more sensitive measure we might be able to diagnose dementia more accurately, and, most importantly, earlier.

Who we are and what we do

Dr George Stothart
Chief Investigator

Dr Laura Smith
Research Associate

Volkan Nurdal
PhD student

We are a team of Psychologists at the University of Bath who work with a technique for measuring brain waves known as electroencephalography, or more simply, EEG.

Research volunteer Ernest Hamlet wearing our stylish EEG cap!
The project

The project we undertook used a technique we refer to as the Fastball technique (short for Fast Periodic Oddball Paradigm). Fastball involves showing a participant some images to remember and then presenting the images to them at a very fast rate mixed up amongst images they have not seen. The rate is slow enough so that you can recognise the images, but too fast to name them or press a button in response to them. Using EEG we can identify rhythms in the brain waves that reflect whether the participant remembers the images or not.

The diagram below (Figure 1) shows how this works. First the participant saw an image of a calculator for 3 seconds, they were then shown two images and asked which one they had just seen. They then repeated this for 7 other images, 8 in total. Next they viewed a very rapid sequence of images onscreen, 3 images per second, and occasionally the images they had seen previously popped up. We then analysed the EEG data to see whether the brain signals showed any sign of recognition to the previously seen images.

We used this technique with 20 healthy younger adults, 40 healthy older adults and 20 patients with Alzheimer’s disease, who were recruited from Southmead Hospital and the Research Institute for Care of the Elderly at the Royal United Hospital.

Our findings

We found that patients with Alzheimer’s disease showed very low levels of recognition memory to the images that they had seen before, as measured by EEG. Importantly recognition memory was no different in healthy older adults compared to younger adults.

Our conclusions and next steps

The project has been a great success. We now have a new way to measure memory that does not need the participant to understand the task, or even provide a response. This new method is clearly sensitive to memory impairment in Alzheimer’s Disease. We are busy writing up and publishing these results, with our first paper now available in the journal Neuroimage (https://doi.org/10.1016/j.neuroimage.2020.116628).

Our immediate focus is working with patients with Mild Cognitive Impairment to see if we can use the Fastball method to predict who will later go on to develop Alzheimer’s Disease, and we have recently been awarded a grant from the Academy of Medical Sciences to undertake this work.

We are immensely grateful to everybody involved at BRACE and all those of you who helped raise funds for BRACE. We are a relatively junior team and BRACE funding has allowed us to develop essential proof-of-principle data that opens many doors for further funding and opportunities to develop this method as a new diagnostic tool. Finally, and equally importantly, thank you to all the volunteers who took part, we couldn’t do this without you.
They came to hear excellent speakers and to meet one another. Under the title ‘Together for Dementia’, the BRACE conference is always built on variety in subject matter and as wide-ranging an audience as possible. With so much experience and knowledge of dementia in the room, everyone has something to teach and much to learn. By bringing together people whose paths do not normally cross, we hope to inspire new partnerships.

Former Pensions Minister Sir Steve Webb opened the day with a blunt assessment of the choice the country faces in funding social care of the elderly. He was followed by Marjorie Creek, who has experience of working with dementia as a nurse and now as a solicitor at Devon law firm Kitsons, and Dr Liz Coulthard, who spoke about her fascinating work on sleep and dementia. You can read more about her work on pages 2 & 3. Brand Biology then gave a presentation with a difference, bringing in two actors - unannounced - who enacted a scene between a woman living with dementia and her daughter.

BBC Bristol’s Ali Vowles chaired the afternoon session, starting with an interview with journalist and author Nicci Gerrard. You can read more about Nicci’s moving insights into dementia on pages 6 & 7 in this magazine. We finished with a lively debate in the ‘Question Time’ session.

Our seventh conference will take place on 3rd November 2020, and you are invited.
Steve Ireland is making this year one to remember, with 50 challenges at 50 to raise money for dementia research. BRACE has held a very special place in Steve’s family for many years, with his parents involved in BRACE from the very beginning of the charity.

When Steve’s grandfather Len Wyatt was diagnosed with dementia, he was treated by one of the founding fathers of BRACE, Professor Gordon Wilcox. Steve’s cousin was also a Senior Sister to Professor Wilcox. The family generously donated his Grandad’s brain to the South West Dementia Brain Bank when he died in 1992. Steve’s Mum feels brain donations are vital for dementia research and wholeheartedly supports this kind of research. The South West Dementia Brain Bank continues to be part-funded by BRACE.

Wanting to do all he can to support dementia research, Steve is about to embark on 50 at 50 to help make a difference in his own unique way.

Steve is a retired rugby player. With his competitive days long behind him and with two arthritic knees and other injuries, Steve felt at fifty this might be the last opportunity to take on a big physical challenge. However, Steve is very determined and he is really hoping his body will keep going for the big 50. By going for mental challenges as well as physical, he’s really pushing himself out of his comfort zone again and again for dementia research.

Inspired by cricketing legend Ian Botham’s 1985 charity walk from John O’Groats to Land’s End, Steve wanted to dream big. 50 challenges at 50 fitted the bill and could take place around his busy job as a secondary school P.E. teacher.

The challenges range from taking part in an open mic night to hitting 5 peaks in 5 countries in a supercharged version of the three peaks challenge.

The 50 challenges also include ‘Acts of Kindness’ - as 50 at 50 is all about making a positive impact this encourages kind actions to be made for donations. Steve is looking for people to pledge donations for his ‘Acts of Kindness’ and he is also looking for some inspiring ideas for his last 5 challenges that are still to be set. Steve is also looking for help, be it loaning, or sponsoring him with hiking equipment and a kilt for when he takes part in the Highland Games. Can you help him?

Steve is doing all of this in memory of his Grandad, in the hope that dementia research will find a cure. We’re sure you’ll do your Grandad proud.

You can keep up to date with Steve’s many challenges, make a pledge or offer a challenge idea here: Sififty4brace.simplesite.com
Dementia Matters Conference Honiton
Tuesday 21st April 9.30am - 12.30pm
The Beehive Community Centre, Honiton
An informative event for those living with dementia, carers, families and professionals working in dementia related fields.
Free to those with dementia and carers.
A small charge of £5 for those working in the field.
Please see website to book or email Kym Lee to reserve a place on kym@alzheimers-brace.org

Brought to you by BRACE, Honiton Dementia Action Alliance and Everys Solicitors.

Dementia Matters

Online Auction

Exciting news!
Launching on 1st June, we will be running an online auction with all proceeds to BRACE.
Lots will be available to bid on - meal vouchers, afternoon teas, days out, pamper treatments, cinema tickets, sports tickets just to mention a few.
Please keep an eye on our website and Facebook page for details on how to join in the fun!

GREAT DAY CHOIR CONCERT in aid of BRACE

Saturday 6th June, 7.30pm
Christ Church Parish Church
Downend, Bristol
A fun and feel good concert with supporting local choirs, including the Bristol Military Wives Choir.
Tickets go on sale in April. Please see website for details and to book tickets.

Monday 4th May 2020, 2pm
Afternoon Tea
Preceded by Flower Arranging Demonstration with SALLY TAYLOR, NAFAS demonstrator

The event will be held at: Double Tree by Hilton - Bristol North Woodlands Lane, Bradley Stoke BS32 4JF and it will start at 2.00pm for 2.15pm
Tickets £25.00 (Includes free parking on site)
Please see event page of website to book a place

Brought to you by: BRACE, Honiton Dementia Action Alliance and Everys Solicitors.
# List of Events

Please visit www.alzheimers-brace.org/events for more information and to sign up to challenge events.

## MARCH

### SUN 15:
**Bath Half Marathon**, Great Pulteney Street, Bath. 11 am - 3 pm. Come and support BRACE’s runners and visit BRACE’s table in the charity hall.

## APRIL

### SUN 5:
**Frenchay 10K, 40th Anniversary run in aid of BRACE**. To sign up for a place or to volunteer as a race marshal please see our website.

### TUE 21:
**Dementia Matters Conference**, Beehive Community Centre, Honiton, EX14 1LZ. 9.30 - 12.30pm. Places are free for families affected by dementia and just £5 for professionals. To book a place please see our website.

### WED 22:
**Supporters’ Forum - Raleigh Room**, The Greenway Centre, Doncaster Rd, Bristol BS10 5PY. 6.00 pm start. Please confirm attendance by emailing admin@alzheimers-brace.org

### SUN 26:
**London Marathon**, Pall Mall, London. BRACE has several runners in the marathon, see if you can spot them!

## MAY

### MON 4:
**Afternoon Tea & Flower Arranging**: 2.00 pm - 4.45 pm at the Double Tree by Hilton Woodlands Lane, Bradley Stoke, BS32 4JF. Please see website for details on how to book.

### MON 11 - 17:
**DEMENTIA ACTION WEEK**

### TUE 12:
**DEMENTIA ACTION WEEK, Dementia: Fight Back** - free public information event with the University of Exeter. Reed Hall, Streatham Drive, Exeter EX4 4QR. Speakers from the University, Blue Bird Care and BRACE. See our website for details and booking.

### SUN 17:
**DEMENTIA ACTION WEEK, Abseil for BRACE** at Uphill Wharf, Weston-super-Mare, BS23 4XR. Please see website for details on how to join in or call Amanda on 0117 414 4831.

### THU 21:
**DEMENTIA ACTION WEEK, Cuppa for a Cure**, 10am - 12 noon. The Camborne Service, The Old Magistrates Hall, Adelaide Street, Camborne TR14 8HH.

## JUNE

### TUE 2:
**Annual Celebration**: Dings Crusaders RFC, Shaftesbury Park, Frenchay Park Road, Bristol BS16 1LG. 6.00 pm start. To book a place please email admin@alzheimers-brace.org

### SAT 6:
**Great Day Choir**, a fun and feel good concert in aid of BRACE with supporting local choirs, including the Bristol Military Wives Choir. 7.30 pm at Christ Church Parish Church, Downend Road, Downend, Bristol BS16 5UF. Tickets will be on sale in April. Please see website for details on how to book or email jeanne@alzheimers-brace.org

### SUN 7:
**Nailsea & Backwell Rotary Charity Walks & Runs**, sponsored event to race funds for BRACE. Please see website for more details and to sign up

## AUGUST

### SAT 16:
**Ride London Surrey 100, 2020**. Queen Elizabeth Olympic Park, London, E20 2ST. 5.45 am - 6pm. To apply for a free place and cycle for BRACE, please see the website.

## SEPT

### SAT 6:
**BRACE Carol Service**, 3.00 pm at Frenchay Parish Church, Frenchay Common, Bristol BS16 1NB

## OCT

### SAT 17:
**Annual Autumn Fair** (10.00 am - 1.00 pm) - Redmaids’ High Junior school, Grange Court Road, Bristol BS9 4DP (please note new venue).

## NOV

### TUE 3:
**Annual “Together for Dementia” conference** - We the Curious, One Millennium Square, Bristol, BS1 5DB. Please see website for details on how to book

## DEC

### SUN 6:
**BRACE Carol Service**, 3.00 pm at Frenchay Parish Church, Frenchay Common, Bristol BS16 1NB
Dementia Action Week

BRACE would like to invite you to take action to help defeat dementia. You can take action in various ways, whether that’s by attending our event, becoming an abseiling star fundraiser, holding a ‘Cuppa for a Cure’ or simply by talking to friends about dementia and dementia research. Every little helps.

Dementia: Fight Back

During Dementia Action Week, BRACE is hosting a free public information event - Dementia: Fight Back - in the University of Exeter, on Tuesday 12 May, between 6pm - 8pm.

This event will help you and your loved ones fight back against the issues that can arise with dementia. With talks on, ‘choosing the right care for you,’ to a talk from dementia researchers on ‘how to avoid dementia,’ there is something for everyone who is looking for more information on protecting themselves and their family from dementia.

For more details and to book free places, please see the website, or call the office on 0117 414 4831

Cuppa for a Cure

Can you help BRACE during Dementia Action Week by hosting a ‘Cuppa for a Cure,’ at home, at work or in your local community group?

Get your nearest and dearest talking about dementia and help to raise funds for dementia research at the same time over a cuppa and cake.

Please see the ‘Cuppa for a Cure’ page on the website or email Jeanne for further information on how you can hold your own event, jeanne@alzheimers-brace.org
Week

is taking place between
11 – 17 of May 2020

IN MEMORY OF
BRIAN SANDERS

We are sad to announce the death of Brian Sanders, who lost a long battle with cancer in December 2019.

Brian is best known to BRACE supporters as the man who provided a unique Christmas card design for us annually for quarter of a century. His pastel style and choice of Bristol and South Gloucestershire scenes, with added seasonal snow, made his cards distinctive. Regular purchasers would look for the cat and robin that he always placed somewhere in the picture.

We have sold hundreds of cards every year and Brian’s contribution to our fundraising and ‘brand awareness’ over such a long period was immense.

As well as providing card designs, Brian and his wife, Margaret, were frequently involved in BRACE events. We are grateful to them both for their unstinting and generous support.

Abseil Fundraiser

On Sunday 17 May, BRACE is holding an abseil with participants ranging in age between 20 - 87 years old and we are looking for more people to be daredevils for dementia research!

Are you as brave and as fearless as 87-year-old Gwyn who has enthusiastically volunteered to abseil 150 feet down Uphill Quarry, Weston Super Mare?

All our abseiling fundraisers are hoping to raise £200 each for dementia research.

If you fancy joining in on the fun, please call Amanda on 0117 414 4831 or email reply@alzheimers-brace.org

call the BRACE charity office on 0117 414 4831
Gifts in Wills make breakthroughs possible

If you’re considering leaving a gift in your will to help fund world class dementia research through BRACE, please join us at this year’s 1987 Foundation celebration. You will have the opportunity to get together with like minded people, enjoy a day out and have the chance to learn more about the dementia research BRACE funds. The Foundation is open to anyone who has decided to leave a gift to BRACE in their will.

In 2019, members met BRACE Ambassador and award-winning stage and screen actor, Stephanie Cole and it was a really lovely occasion.

BRACE supporters, Gwyn & Jim Powell came to the BRACE 1987 Foundation event last September and thoroughly enjoyed it:

“Meeting BRACE Ambassador, Stephanie Cole was a real highlight. I was very impressed with how warm and open she was about her life on stage and screen and she was prepared to talk about any aspect of her life and career, so it was a real joy to meet her.

I would recommend joining the annual 1987 Foundation to anyone who cares about dementia, it’s an opportunity to meet others who care as much as you do about finding a cure.”

Every year, members of the BRACE 1987 Foundation enjoy a day with us where Trustees and staff have the opportunity to thank members for their support.

This year’s celebration will take place on Thursday 23rd September 2020 and you are warmly invited to attend.

The event includes lunch at the University of Bristol’s Botanic Garden, a day out which promises to be a real treat for those who are enchanted by plants and those that love beautiful, historic places.

Before lunch, an expert tour guide will give a 30-minute talk, taking you on a journey through the history of the gardens and a fascinating story of plant evolution, this will be followed by guest question and answers.

To join the 1987 Foundation and/or to book a place on the 1987 Foundation celebration day please email reply@alzheimers-brace.org or call 0117 414 4831 and ask to speak to Amanda.
After a delicious deli lunch with BRACE Trustees on hand to answer any questions you may have about dementia research. Guests will be invited on a one-hour tour of the gardens. With glasshouses filled with orchids, succulents and the Giant Amazon Waterlily, the unique sacred lotus collection and a range of prehistoric plants that fed dinosaurs, everywhere you turn you will see something to please the eye. The grounds are highly accessible to all and the paths around the gardens are flat for wheelchair users.

If you receive this Magazine by post or email, it is because we have you on record as having opted in to our mailing list. If you do not wish to receive our mailings in future, just send us an email or a letter and we will ensure that you do not receive further mailings.

BRACE donation and contact form

☐ Please find enclosed a donation of £_________________________ to BRACE. Thank you for your donation. Please tick this box if you do NOT want a written acknowledgement.

☐ Please add me to your newsletter mailing list
☐ Please send me the newsletter by email only

Please provide your contact details below so we can thank you or in case of query. If you are eligible to add Gift Aid, please also tick the Gift Aid box.

My Details

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If you would like us to phone or email you, please supply:

DAYTIME TEL NO

AND/OR EMAIL

Boost your donation by 25p of Gift Aid for every £1 you donate

Gift Aid is reclaimed by the charity from the tax you pay for the current tax year. Your address is needed to identify you as a current UK taxpayer.

In order to Gift Aid your donation you must tick the box below:

☐ I want to Gift Aid my donation of £__________ and any donations I make in the future or have made in the past 4 years to BRACE

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

If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

We will keep a record of your donation/enquiry but will not contact you unless you have agreed that we can.

RETURN TO: The BRACE Charity Office, Southmead Hospital, Bristol, BS10 5NB. Telephone 0117 414 4831

Registered Charity 297965
The South West Dementia Brain Bank (SWDBB) is part of the University of Bristol. It opened in 1984 and is a vital service for dementia research. BRACE has supported the SWDBB work since the start of the charity in 1987.

The Gift of Brain Donations to Dementia Research

Over the past 36 years the SWDBB has received over 1000 brain donations. The Brain Bank is grateful for these donations as they make an invaluable contribution to research. The SWDBB currently receives 40-50 brains per a year, with each brain donation costing approximately £2,430 to process. The cost of each donation is covered by BRACE and due to the expense they are currently unable to accept more than this number. It is not just brains with dementia that are used for research; healthy brains are also donated to support the work.

When the brain is received, tissue samples are frozen or fixed in formalin to ensure they can be stored for decades. This enables researchers to collect a wealth of information about how the disease affects the brain. The tissue supports research in South West England, the UK and internationally; with brain tissue being sent as far as Canada, Sweden, United States and India for dementia research.

Brain donations are crucial to dementia research. Almost all major advances in our understanding and treatment of dementia have been based on research on human brain tissue. Yet despite much progress, the precise causes of nerve cell damage in Alzheimer’s disease and other dementias remain poorly understood. Existing treatments reduce symptoms for a period of time but do not stop progression of the disease.

What is not well known is that the diagnosis of Alzheimer’s disease or other dementias cannot usually be confirmed without examination of the brain after death. Establishing an accurate diagnosis is critical to progress in research and treatment. Finding out the final, confirmed diagnosis is also often important to the relatives of the donor, helping families to obtain closure after the death of a loved one.

There are an estimated 850,000 people living with dementia in the UK today and by 2025 the number is expected to rise to over one million. The need to find better treatments and a cure for the disease is greater than ever. BRACE donated £280,000 in 2018 to the SWDBB to ensure its fantastic work could continue. BRACE will continue to support the SWDBB for as long as possible and that can only happen with the generosity of our supporters, for which we are very grateful.

To learn more about the work at the South West Dementia Brain Bank please go to this website www.tinyurl.com/brain-bank or the BRACE website.