



**Together We Will Defeat Dementia**



## Fay & Jack's Wedding

**B**ack in March this year we were approached by Fay who, together with her fiancé Jack, was planning their wedding in July. She explained that both her and Jack's families have been deeply affected by dementia and for this reason, they wanted to support a dementia charity. They are passionate about supporting medical research - Jack is a doctor and Fay's brother works in medical research. Add to this the fact that BRACE is a small, local charity and they had the perfect fit!

They wanted to give their guests something other than the traditional wedding favours and so we provided our BRACE enamel pin badges and pens. Fast forward to the day before the wedding - the pens had arrived in the Brain Centre earlier that week but the delivery driver had been sent away! And this is where our staff team go the extra mile for our supporters! Jeanne, our Community Fundraiser, doesn't work on a Friday as she's normally looking after her grand-daughter BUT she was determined to get the pens to Fay in time for their wedding the next day.

So she tracked down the DHL driver and, with the help of colleague Helen, made sure the delivery was received. She then went into the office taking her grand-daughter with her (pictured on front page - probably BRACE's youngest volunteer) picked up the pens and delivered them to the actual venue right across town.



Everything was worth it because we received this lovely message from Fay after the wedding:

***"We just wanted to send a message to say thank you again for your help with the pins and badges (and particularly Jeanne for getting the pens to the venue on Friday!) We are so grateful for the effort you went to. We have had lots of donations for BRACE in lieu of gifts and these are still coming in"***

Thank you to Fay and Jack for thinking of us - you raised £1,000 for vital dementia research!



## BRACE Yourself for the Unexpected

**C**laverham Ladies Guild has chosen BRACE as their Charity of the Year, for which we are very grateful. One of their members, Nancy Thorne (pictured above), came up with the idea of creating a book to be sold in aid of BRACE. It will be a miscellany of embarrassing true stories and amusing anecdotes as well as poignant tales of living with dementia.

Nancy has spent weeks contacting people, collecting stories and collating them, along with illustrations, to compile an entertaining collection of tales from all walks of life. There are even contributions from Gyles Brandreth and Bristol Lord Mayor Marvin Rees who will also be promoting it for us.

We can't wait to read the finished article and hope you will want to read it too - it could be an ideal stocking filler gift! At just £4.95 with all proceeds to BRACE, we're sure the book will be really popular.

If you'd like to order a copy you can do so by using the Christmas card order form - it's listed on there.

With very many thanks to Nancy for all her hard work in putting the book together 🍷



## Great Gala Success!



**B**RACE hosted a successful Auction & Gala Dinner earlier this year, welcoming over 140 guests for the first 'in person' event in two years. Staff, guests and speakers descended on the Marriott Bristol for a spectacular night of music, laughs and plenty of fundraising for BRACE programmes.

Due to covid, Head of Fundraising & Communications, Chris Williams, stepped in to replace Alex Lovell as the evening's Master of Ceremonies. Chris said "It's been such an honour to be a part of this wonderful event - and on what is my 10th day working for BRACE! We know government funding for research is very limited and scientists rely on independent charities like BRACE, and to achieve that funding BRACE relies on supporters such as everyone here tonight - it's been an incredible evening!"

With generous giving, the event raised more than £15,000 for vital dementia research. Sincere thanks to Hewlett Rand for their sterling support of the evening's event and to all at the Marriott who handled the event throughout.

On behalf of BRACE, thank you to all those who attended and supported the BRACE Auction & Gala Dinner earlier this year. Look out for another sparkling event soon!

*"Wow what an evening!"*

Gala Guest

# Changes at BRACE

2022 has brought major changes to the Board that runs BRACE

## New faces and a farewell

Following the changes we announced in our Spring edition, we also have a retirement and two new appointments to tell you about.

Kingswood GP Dr Mark Norman retired as a trustee in June after completing his eight-year term of office. With his knowledge of medicine and clinical practice, Mark made a significant contribution to the charity's development, not least as a member of the Scientific Advisory Committee (SAC). He was also a creative thinker in trustee meetings, able to help change established perspectives. Thank you, Mark, for all you have done for BRACE.

We also appointed two new trustees in June. Jenny Pierce is a solicitor and the Managing Partner of Wards. She has supported BRACE for many years and has worked closely with us on webinars and other information events. Professor Seth Love is a recently retired neuropathologist. He will be familiar to long-time supporters for his leading role in dementia research at the University of Bristol, where he was a director of the SW Dementia Brain Bank.

Together, Jenny and Seth represent the addition of invaluable expertise to our Board.

### BRACE Dementia Research Trustee Bio: Jenny Pierce

Date of joining the board: June 2022

Jenny Pierce is Wards Solicitors' Managing Partner as well as the head of its acclaimed Wills, Probate and Mental Capacity team.

She has worked at Wards in the Bristol office since 1999, establishing a strong reputation as an expert advocate for older and vulnerable people, including those suffering from Alzheimer's and other forms of dementia.

Jenny advises on the law around mental capacity, tax planning, trust management, powers of attorney and asset protection.

She is an appointee of the Office of the Public Guardian's prestigious Panel of Professional Deputies - a list of court-approved lawyers on call to support people who lack mental capacity - and also frequently acts as a Property and Affairs Professional Deputy.

Among many other awards, accreditations and accolades, she is a director of Solicitors for the Elderly, a full member of the Society of Trust and Estate Practitioners (STEP), specialising in succession and inheritance planning, and holds a STEP Advanced Certificate in Advising Vulnerable Clients.



### BRACE Dementia Research Trustee Bio: Seth Love

Date of joining the board: June 2022

I trained in South Africa, at Queen Square in London, and at University of California in San Diego, before moving to Bristol, where I am Professor of Neuropathology. My qualifications are MBBCh (cum laude), PhD, FRCP, FRCPath. I have published over 300 research papers, served on the editorial boards of multiple scientific journals, and received several academic awards. I have participated in national and

international reviews of brain banking, and from 2013 to 2020 I was Director of the UK Brain Banks Network. Since 2018, I have been President of the International Society of Neuropathology. My current research, focused on the use of innovative methods for analysing brain bank tissue to study the pathobiology of dementia, is supported by the Medical Research Council, Alzheimer's Research UK and Alzheimer's Society. However, my earliest dementia research activities in Bristol were funded by BRACE, whose support I now try to reciprocate.

## New foundations

BRACE has always been an unincorporated charity. In a rapidly changing world, however, we have recognised the need to create a different legal structure to protect the charity and those who give their time to run it.

As a result, a new company - BRACE Trustee Ltd - has been created to act as the "corporate trustee" and the trustees have become directors of that company. This provides a more secure framework but does not change the role of the Board or the character or work of BRACE.



**You are warmly invited to our ninth annual conference on Tuesday 1st November, 10.00am-3.00pm (GMT).**

This year the theme is **'Dementia, Frankly.'** The conference will be looking at dementia, up close and personal, from many perspectives. We will hear from researchers and dementia campaigners, including Wendy Mitchell. She will talk about: **'The Reality of Living with Dementia'**

After two years of virtual conferences we are back with a bigger and better hybrid conference! Tickets start from £10.

We have a limited number of free online tickets for carers and families affected by dementia. Please email [admin@alzheimers-brace.org](mailto:admin@alzheimers-brace.org) or call 0117 414 4831 to request one.

To find out more visit [www.alzheimers-brace.org/event/together-4-dementia-2022](http://www.alzheimers-brace.org/event/together-4-dementia-2022)

## Choosing us as their Charity of the Year...

BRACE would like to say a big thank you to Funeral Solutions Expert for choosing BRACE as their 2022 charity of the year.

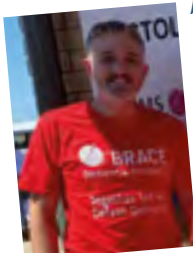
Funeral Solution Expert is an independent and unbiased research and consultancy business, co-founded by one of the UK's leading funeral sector experts. We provide support to other businesses, we produce our own market sector and consumer research, and we help consumers make informed and confident end-of-life financial choices.

Find out more:

<https://funeralsolutionexpert.co.uk/>

→ *Companies are made up of fantastic people who have made a significant contribution to dementia research over the years by raising funds, raising awareness and going the extra mile to help BRACE support scientific research to defeat dementia. Whether you are a small business or large company, you and your colleagues can get involved in fun ways that you can be proud of.*

**We need your support now!**  
Contact Chris Williams at [chris@alzheimers-brace.org](mailto:chris@alzheimers-brace.org) to find out more!



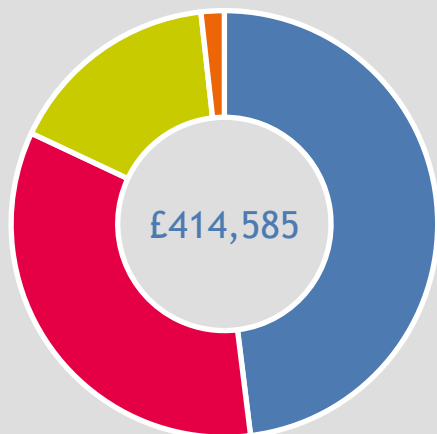
FUNERAL  
SOLUTION  
EXPERT



# Financial performance 2021

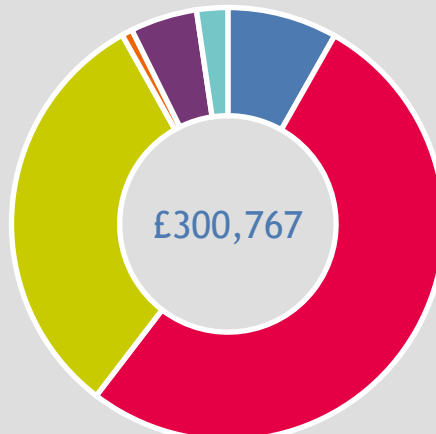
You can read our accounts in detail online using the link from the “What We Do” page on our website.

Income



- Gifts & donations
- Legacies
- Community fundraising
- Investments

Charitable spending



- Bristol
- SWDBB (Bristol)
- UWE
- Swansea
- N Bristol NHS Trust
- Other

**T**his tells part of the story of how the pandemic affected BRACE and how we survived to emerge stronger in 2022.

With community fundraising difficult through much of last year, we were delighted that our income from this source was recovering and up by over 20% on 2020. At the same time, our general donations fell by £20,000 perhaps affected by the rising cost of living. Income from legacies (gifts in wills) was much lower in 2021. As a result, we had our lowest income in many years.

We managed to reduce our operating costs but the big fall in income meant that we needed to use a greater proportion of income to keep the charity going.

The good news is that we have seen a real increase in support this year and are on track to climb back to pre-pandemic levels over the next couple of years.



**F**rom its very beginning in 1987, BRACE has supported the work of the South-West Dementia Brain Bank. Over the past 35 years BRACE has provided core funding to the SWDBB and supported research projects associated with it.



# West Dementia Brain Bank

The SWDBB is one of the most important dementia research facilities in the country and its work supports researchers around the world.

Research on brain tissue has played an invaluable role in helping scientists to understand dementia, thereby supporting efforts to find treatments for dementia.

The founder of the SWDBB was Professor Gordon Wilcock, who also played a key role in founding BRACE. Nearly 30 years ago he was joined by Seth Love, who later became Professor of Neuropathology and a Director of the SWDBB. In a distinguished career, Seth became a leading figure internationally in the management of brain banks for a range of neurological conditions. He retired last year and has recently joined the Board of BRACE (see page 4), where we are delighted to have the expertise of such an eminent scientist of the brain.

Research on brain tissue has played an invaluable role in helping scientists to understand dementia

When Seth joined it, the SWDBB was based at Frenchay Hospital. In 2014 it moved to more spacious and suitable laboratories in the Learning & Research building at Southmead Hospital, where it remains today.

In the wake of Seth's retirement, we are delighted to learn that another highly regarded dementia researcher, Dr Liz Coulthard, will be stepping into the role of SWDBB co-director. She joins current co-director Professor Patrick Kehoe and

Brain Bank Manager Dr Laura Palmer.

Liz is Associate Professor in Dementia Neurology at the University of Bristol and brings a wealth of clinical expertise to the role. She leads the ReMemBr group (Research into Memory, the Brain and Dementia) which has been supported by BRACE since we helped initiate it in 2010. The group comprises neurologists, psychologists and researchers and runs a cognitive disorders clinic focusing on early, accurate diagnosis of dementia.

When asked about her new role, Liz said "I am delighted to work more closely with the Brain Bank. Brain tissue is a vital resource in dementia research. As a clinical researcher I also find the clinical data collected on brains for dementia research participants is immensely valuable.

"My research focuses on early diagnosis of Alzheimer's disease and improving sleep to help prevent or delay Alzheimer's disease.

We have already used data from the brain banks to better understand the link between ApoE genetics, sleep, and dementia neuropathology.

I look forward to supporting this unique and carefully curated resource, spanning clinical and laboratory data to further illuminate the diseases that cause dementia and develop potential treatments."

We would like to say thank you to the committed researchers at the SWDBB, both past and present, and to our supporters for making the research possible.

# 2022 Christmas Cards

*This year's new designs to choose from are:*

## **Marching Penguins**

Size: 195 mm x 86 mm

*With Best Wishes for Christmas and the New Year*

10 cards & envelopes £3.95



## **Star over Bethlehem**

Size: 140 mm x 140 mm

*Wishing you Peace and Love at Christmas time*

10 cards & envelopes £3.95



## **Winter Hare and Robin**

Size: 126 mm x 126 mm

*With Best Wishes for Christmas and the New Year*

10 cards & envelopes £3.95



## **Love, Peace and Joy Doves**

Size: 140 mm x 140 mm

*Wishing you Love, Peace and Joy at Christmas time*

10 cards & envelopes £3.95



## **Decorative 12 Days**

Size: 195 mm x 86 mm

*With Best Wishes for Christmas and the New Year*

10 cards & envelopes £3.95



# now on sale!

## Snowy Garden

Size: 126 mm x 126 mm

*Sending Warm Wishes for Christmas and the New Year*

10 cards & envelopes £3.95



## Christmas Cupcakes

Size: 126 mm x 126 mm

*Sending Warm Wishes for Christmas and the New Year*

10 cards & envelopes £3.95



Buying cards really makes a big difference to dementia research.

Christmas cards raise more than £10,000 for research each year.

Thank you for your support.



## Gifts from Afar

Size: 100 mm x 152 mm

*Wishing you Peace and Love at Christmas time*

10 cards & envelopes £3.95



## Baby Jesus is Born

Size: 172 mm x 126 mm

*Wishing you Peace and Love at Christmas time*

10 cards & envelopes £3.95

As well as using the order form enclosed, our 2022 cards are available from the following sources:

Melanie's Kitchen  
2 Downend Road  
Downend  
Bristol BS16 5UJ  
0117 957 2662

Tourist Information Office  
The Clock Tower  
High Street  
Chipping Sodbury  
Bristol BS37 6AH  
01454 326336

Wilmslow Library  
South Drive  
Wilmslow  
SK9 1NW

And our full range is available from:

[www.alzheimers-brace.org/Pages/Shop](http://www.alzheimers-brace.org/Pages/Shop)

[www.christmas-cards.org.uk/brace-alzheimers](http://www.christmas-cards.org.uk/brace-alzheimers)

[www.ebay.co.uk/sch/the-brace-charity-shop](http://www.ebay.co.uk/sch/the-brace-charity-shop)

*These cards can be ordered using the order form included with this magazine.*



This is one of the easiest fundraisers to organise as it can be as small or as large as you like. You can hold one at home, at work or at a venue of your choice - such as a school or church/village hall. Everyone loves a cuppa and cake. All funds raised will go towards vital dementia research.

## Here is a step-by-step guide to help get you started...

Set a date, a beginning and end time

Find a place to hold the event - home, work or at a venue?

Are you going to run a raffle?  
If so, ask friends/colleagues for donations

A 'decorate a tea cup' competition is great for getting children involved (BRACE can give you a template)

What help will you need?  
e.g. tea makers, raffle ticket sellers, bakers

Ask friends and family for help

Local supermarkets can be very generous and donate cakes, tea, coffee and sugar. We can provide you with an official letter to give to them

Cakes - put out a request for people to bake/bring cakes

Finally: advertise, let everyone know you are holding the event!  
We can provide you with a customised official poster

For more info, please email [jeanne@alzheimers-brace.org](mailto:jeanne@alzheimers-brace.org)



# Hopes for BRACE and Dementia Research

“As a solicitor, I see at first hand the difficulties that Alzheimer’s or dementia can bring and am passionate about raising awareness of how this debilitating disease affects not only sufferers but their families and carers too.

“In my day-to-day life as a specialist lawyer, I am often asked to advise in emergency situations when someone has had a diagnosis of dementia and their health is rapidly declining.

I always wish I could wave a magic wand and make this cruel illness disappear - but of course, that’s just not possible.

That’s why becoming a trustee of BRACE Dementia Research is so important to me. The incredible progress made by this Bristol-based charity in the last 30 years has been remarkable.

A significant breakthrough could be on the horizon. I’d like to be around when this happens and fully believe, with the momentum of BRACE’s research gaining pace as it is, that one day a cure will without doubt be found.”

*Jenny Pierce, solicitor and BRACE trustee*



“Currently there is no cure for dementia, there isn’t even a way to definitely diagnose what type of dementia a person has. Dementia research is underfunded even though most of us know someone who has a form of dementia. Despite this we are seeing breakthroughs from dedicated researchers that promise a much brighter future. From tests that give an accurate diagnosis to vaccines that prevent some forms of dementia to drugs that make the development of diseases easier to cope with, all of these things are on the horizon. Every small piece of the puzzle that we can put together gives us hope that one day we will understand enough to make these diseases a thing of the past.”

*Dr Candida Tasman, South West Dementia Brain Bank*



“The emotional impact of a dementia diagnosis affects all concerned. So, the person living with dementia, their carer, and wider family must be given the necessary support at all stages. I would like to see equality in the provision of dementia care so that all sectors of society receive the assistance they need.”

*Dr Gary Christopher, Senior Lecturer at Swansea University, researcher, gerontologist (a person who studies old age) and BRACE trustee*

“I am proud to have had a long association with BRACE, from my early days as a dementia researcher, through contributions as a scientific reviewer, to my present role as a director. I have seen how BRACE harnesses local expertise and motivation to nurture those at the start of their scientific careers, whilst also supporting the infrastructure that underpins world-leading, international research and scientific breakthroughs. In essence, BRACE is a lever, a humble but extraordinarily effective means to advance dementia research, and as said by Archimedes “Give me a lever long enough and a fulcrum on which to place it, and I shall move the world.”

*Seth Love, neuropathologist and BRACE trustee*

Andrew Sutton is pictured in the middle, with his friends Chris and Stephan at John O'Groats having completed their 1200 mile journey from Land's End.



Andrew's parents  
Joan and Clive Sutton at the  
Bristol City Football Club

## For my Father: Land's End to John O'Groats

**F**or several years Andrew Sutton had said, when he reached the grand old age of 50, he would cycle from Land's End to John O'Groats. Before he knew it, his 50th birthday arrived and plans for his challenge began.

As with so many families, Andrew's family has been touched with dementia on a number of occasions.

When Andrew's father sadly passed away from a short illness, in May 2021 the family began thinking of ways they could continue supporting BRACE, a charity that was so close to his heart.

His father, Clive Sutton, was an active and healthy volunteer for dementia research projects and strongly believed research really could make the difference.

Andrew's 50th birthday challenge felt like the perfect way to remember his father and support a cause he strongly believed in.

Land's End to John O'Groats is an awfully long way to cycle by yourself, so two of Andrew's friends and mad accomplices, Chris and Stephan were drafted in to take on the challenge.

In mid-June, the intrepid trio set off from Land's End on their 15-day challenge. Whilst the journey is a well known one, it is not one for the faint hearted with beautiful, yet challenging rides.

Determination, grit, and lots of food was needed to take the team from the southernmost point in England up into the northernmost point of Scotland.

On the penultimate night, with energy low, the trio stopped overnight in Bettyhill and went to the local pub for their dinner. Whilst sat enjoying their food, the jukebox started unexpectedly playing the Wurzels.

This may not mean much to some, but the Wurzels are from the West Country of England and the song is famously embraced by Bristol City football supporters.

Andrew's father was a big Bristol City fan and the song felt like a sign that he was there in spirit, to give him that final, much needed encouragement for the last day!

On 1st July, the team victoriously touched base in John O'Groats, after some 1200 miles and 15 days of cycling.

Incredibly, the cycling efforts have raised £3,000 for dementia research and we really cannot thank Andrew and his accomplices enough.

We are so very grateful to Andrew and his family for all of their support over the years.

**→ If you're feeling inspired to take on a challenge for dementia research, we would love to hear from you. Please email the team on: [enquiries@alzheimers-brace.org](mailto:enquiries@alzheimers-brace.org) or call 0117 414 4831 Thank you.**

**BRACE**  
Dementia Research

# Autumn Fair

**Saturday 8th October 2022**  
**10.00 am - 1.00 pm**

Redmaids' Junior High School,  
Grange Court Road, Bristol BS9 4DP

**\*\* Shopping stalls \*\* Raffle \*\***  
**\*\* Tombola \*\* As New \*\* Games \*\***  
**\*\* Cake stall \*\* Refreshments \*\* and more ....**

Sponsored by:

## HELP DEFEAT DEMENTIA!

*As with many people, I have seen first-hand what a horrible disease dementia is and the impact it has on the person and those who care about them. Organisations like BRACE are so important in their mission to find more effective treatments and eventually a cure for dementia. It's an honour to help in some small way with something exciting like a bungee jump.*

James Kenward

Discover hundreds of events and find your perfect challenge...  
[www.alzheimers-brace.org/events/category/challenge-events](http://www.alzheimers-brace.org/events/category/challenge-events)

**Join #TeamBRACE TODAY!**

# Amazon Smile

AmazonSmile is a simple way for you to support BRACE every time you shop, at no cost to you!

**smile.amazon.co.uk**

AmazonSmile is available at [smile.amazon.com](http://smile.amazon.com) on your web browser and can be activated in the Amazon Shopping app for iOS and Android phones. When you shop at AmazonSmile, you'll find the exact same

low prices, vast selection and convenient shopping experience as Amazon.com, with the added benefit that AmazonSmile will donate 0.5% of your eligible purchases to BRACE Dementia Research!

- 1**

**Join AmazonSmile**

If you are not already an AmazonSmile member, sign up on your web browser. Simply select your favourite charity to start generating donations, at no cost to you.
- 2**

**Get the App!**

Download or update to the latest version of the Amazon Shopping app on your phone. You can find it in the App Store for iOS or Google Play for Android.
- 3**

**Turn on AmazonSmile**

Open the app and find 'Settings' in the main menu (☰). Tap on 'AmazonSmile' and follow the on-screen instructions to turn on AmazonSmile on your phone.

# Exclusive Artist Cards for Dementia Research

Internationally renowned artist, Sarah Boden, has kindly donated three beautiful artworks for BRACE to create packs of six Any Occasion cards, left blank inside to add your own personal message or greeting. The cards are just £4.95 a pack with 100% of proceeds going towards dementia research. These would make an ideal Christmas gift or stocking filler!



Size 140 mm x 140 mm

Sarah creates dynamic abstract landscapes in oil, mixed media, watercolour and ink which explore narratives gained from living overseas in Asia, Australia and Europe. Living back in the UK since 2017, her work focuses on raising the awareness of the fragility of our planet whilst exploring the differences and similarities between cultures and landscapes in the east and west.

Art therapy plays a key role in her work which includes teaching and workshops. Sarah knows first-hand how hard it is to find help for children and adults who are coping with learning issues or anxiety.

Sarah says, "I believe that art is such an incredible form of expression and relaxation and available to everyone. I hope that my work inspires you to start on a journey of your own and create authentic art which is personal to you!"

Sarah's many beautiful paintings are featured on her website. Please visit <https://sarahbodenart.com/> and Instagram/Facebook at SarahBodenArt

If you'd like to order a pack you can do so by using the Christmas card order form - they are listed on there.

giftaid it



# Don't Forget to Gift Aid!

## What is Gift Aid?

Gift Aid allows UK charities to reclaim an extra 25% in tax on every eligible donation made by a UK taxpayer. Gift aid is a form of tax relief and does not cost the donor a penny.

## How do I Gift Aid my donations?

### Online donations:

If you make an online donation, you will be given the option to 'tick the gift aid box.' By ticking the box, you are confirming you are a UK taxpayer. Gift aid will then be automatically added to the donation. Please note that Gift Aid can only be claimed on donations made by individuals and not group donations.

### Offline donations:

If you are making an offline donation, be it via cheque, over the phone or in cash you will need to fill in a form to confirm that you are an eligible UK taxpayer. The form will cover all previous donations in the past 4 years and the next 4 years, as long as you are a UK taxpayer over that period. That also means, if you haven't filled in a gift aid form or forgot to tick the box, and you have previously made a donation to BRACE, by filling in the form now, BRACE can still claim Gift Aid on your past donations!

## Do I need to fill in a Gift Aid form every time I donate?

No, you do not, once is enough. However, you need to contact BRACE if you have previously filled in a Gift Aid form and are no longer paying tax in the UK. If you are retired and paying tax on your private pension or shares, your donations may still be eligible for Gift Aid.

**G**ift Aid Awareness Day falls on Thursday 6th October 2022. Every year an additional £1.3 billion pounds of funds are given to UK charities through Gift Aid. BRACE receives thousands of extra pounds to fund dementia research, every year, thanks to the scheme.

*If you have donated to BRACE in the past four years, or intend to in the next four years, please take the time to fill in the Gift Aid form to really give dementia research an extra boost! Thank you.*



## Gift Aid Declaration

giftaid it

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

Gift Aid is a scheme that allows charities to reclaim tax on a donation made by a UK taxpayer, which means **your donations will be worth 25% more to BRACE at no extra cost to you.**

**Please send completed forms free of charge to:**

**Freepost BRACE, BRACE Charity Office, The Brain Centre, Southmead Hospital, Bristol, BS10 5NB**

By completing this form you confirm:

"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 complete in capitals:**

Date: \_\_\_\_\_

**Please treat as Gift Aid donations all qualifying gifts of money made (tick ALL relevant boxes)**

today  in the past 4 years  in the future

**In order to claim Gift Aid, we must have your address:**

TITLE INITIALS\*

FORENAME(S)

SURNAME\*

ADDRESS\* (HOUSE NUMBER AND FIRST LINE OF ADDRESS AT LEAST)

SIGNATURE (OPTIONAL)

POST CODE\*

PREVIOUS POSTCODE

\*Please note that the details marked with \* are mandatory.

Registered Charity 297965

Please notify [accounts@alzheimers-brace.org](mailto:accounts@alzheimers-brace.org) if you:

- o Want to cancel this declaration
- o Change your name or home address
- o No longer pay sufficient tax on your income and/or Capital gains.

If you pay Income Tax at a 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 HMRC to adjust your tax code.

# Competition Time UK Seaside Towns

Re-arrange the letters to find the names of these popular seaside towns in the UK. How many have you visited?

1 quart yo

2 blinding rot

3 swap tod

4 donna dull

5 battle wish

6 baton reuse

7 we mouthy

8 kg senses

9 mud throat

10 outnumber oh

11 big thorn

12 superwomen tears  
(3 words)

13 honey mutt

14 trout hops

15 hurts pro

16 interior mop

17 athletics summon  
(3 words)

18 opal block

19 mr core

20 grimy eels  
(2 words)

21 limbo farce

22 ants sigh

23 my author

24 foot kneels

25 rough cobras

Entry is £5.00 - closing date is  
Saturday 31st December 2022

Please send your answers together  
with a cheque for £5.00 payable to  
BRACE to:

The BRACE Charity Office,  
The Brain Centre,  
Southmead Hospital,  
Bristol BS10 5NB.

The winner will be contacted within  
2 weeks of the competition closing  
and the winner's details will be  
announced in the next magazine.  
The answers will also be published.

The winning entry will receive  
a £30 gift voucher of their choice.  
The editor's decision is final.

Thank you for your support!

NAME:

ADDRESS:

POST CODE:

CONTACT NUMBER(S):

ANSWERS FROM THE MAY COMPETITION (GIRL'S NAMES) WERE: 1. Olivia 2. Amelia 3. Isla 4. Ava 5. Mia  
6. Isabella 7. Sophia 8. Grace 9. Lily 10. Freya 11. Emily 12. Ivy 13. Ella 14. Rosie 15. Evie 16. Florence  
17. Poppy 18. Charlotte 19. Willow 20. Evelyn 21. Elsie 22. Phoebe 23. Sophie 24. Sienna 25. Alice

The winner lives in Portishead, North Somerset and chose a £30 Sainsbury's voucher as their prize.

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