



# BRACE

Dementia Research

AUTUMN 2024  
MAGAZINE



# Together We Will Defeat Dementia

CHARITY NUMBER: 297965

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

In June 2024, Voitek, the dedicated Leisure Manager from Bristol's Audley Redwood retirement village, embarked on an extraordinary journey to climb Mount Tetnuldi. The mountain is one of Georgia's tallest and most formidable peaks, standing at 15,938 feet. His motivation behind such a challenge? To raise funds and awareness for two dementia charities, BRACE and Alive Activities.



“It was this first-hand experience that ignited a fire within me - a determination to make a difference in the lives of those affected by dementia.”

# Conquering Peaks, Conquering Dementia!

Mount Tetnuldi is renowned for its rugged terrain and extreme weather conditions, making it a daunting challenge for even the most seasoned climbers. Voitek faced the mountain's fiercest elements: altitude sickness, relentless winds, bitter cold, and treacherous icy ridges. Despite his training and significant preparation, the mountain had one more challenge in store. As he ascended higher, the weather took a dramatic turn for the worse. Heavy snowfall and increasingly dangerous conditions forced Voitek to make a difficult decision. For his safety and the safety of his team, he was unable to reach the summit and had to turn around after reaching a staggering height of 13,799 feet.

Reflecting on the experience, Voitek shared:

“There was no visibility and the snow was falling heavily. Tetnuldi summit was not for me this year, but I'm still proud that I came, and we pushed for it and we raised a lot for the two charities. As a team we did well and next time, we'll make it happen.”

The inspiration behind his challenge comes from his own grandmother, who battled dementia with courage and grace.

Voitek says: “Witnessing her journey opened my eyes to the profound impact of this condition, not only on the individuals it afflicts but also on their families and caregivers. It was this first-hand experience that ignited a fire within me - a determination to make a difference in the lives of those affected by dementia.”

An incredible effort from Voitek to raise awareness and vital funds for BRACE and Alive Activities, ensuring that his grandmother's legacy - and the legacy of countless others affected by dementia - continues to make a difference.

***A big thank you to Voitek for his valiant efforts and thank you to his sponsors.***

If you would like to take part in a challenge for BRACE please get in touch with Elin on [elin@alzheimers-brace.org](mailto:elin@alzheimers-brace.org) or call the office on 0117 414 4831



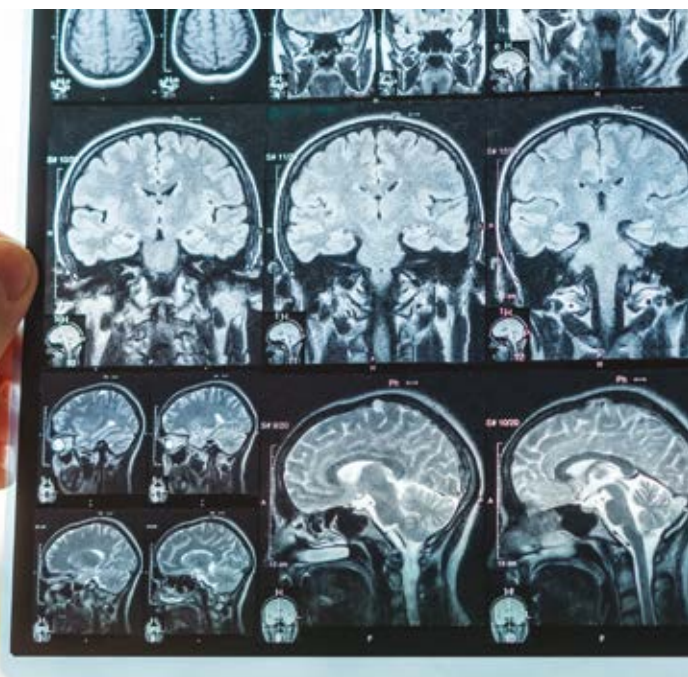
# BRACE Receives £1 Million Pound Donation

We are delighted to share that BRACE has received a landmark £1 million pound donation to support dementia research across Bristol and the South West. A life changing sum for people living with dementia, for researchers and for a small charity.

This donation will be used in research activities aimed at improving early dementia diagnosis.

Dementia is currently diagnosed too late, with Alzheimer's disease - the most common type of dementia, being diagnosed up to 20 years after the condition has begun. Quicker, more accurate ways to diagnose dementia are greatly needed, so patients can access treatments earlier and plan for their future.

The charity has, in recent years, had a breakthrough in early dementia diagnosis through the development of an early Alzheimer's test called Fastball, which is currently being investigated by the NHS for possible future use. The £1 million donation will be put towards projects such as this one, to make a real impact in the fight against dementia.



Professor in Dementia Neurology at the University of Bristol, Dr Liz Coulthard said:

*"Diagnosing dementia and Alzheimer's earlier can offer many benefits to both the patient and their loved ones. Delays in diagnosis can be stressful for families who are left in limbo, knowing something 'isn't quite right,' while being unable to access support and treatment."*

*"With the development of new dementia drugs, which in the future may be available on the NHS, earlier diagnosis offers dementia patients hope for a better quality of life for longer."*

Chief Executive, Chris Williams, says - *"A £1 million donation to BRACE Dementia Research will undoubtedly have a profound impact on advancing dementia research, not only in Bristol and the South West but also globally. The focus on improving early diagnosis is particularly crucial, as it can significantly enhance patients' access to new treatments that are being developed, such as the revolutionary new dementia drugs."*

While we are incredibly grateful for the donation, in 2023 BRACE received almost £3 million pounds of research requests for funding of which we could only fund £700,000. Until a cure is found for dementia, we need to invest as much money as possible into research.

Please know that every single donation is deeply valued and appreciated, regardless of the amount. It is the collective effort of all our supporters, each contributing what they can, that enables us to continue making progress.

**Thank you to each and every supporter for making research possible.**

To find out more about the donation please visit: [www.alzheimers-brace.org/1-million-pound-donation](http://www.alzheimers-brace.org/1-million-pound-donation)



# BRACE Charity Gala 2024

On Thursday 5th September, BRACE welcomed almost 200 guests to the grand and historic Sansovino Hall, in Bristol, for the BRACE Gala.



The unforgettable evening was a celebration of community, generosity, and the relentless pursuit of defeating dementia.

Guests arrived to a sparkling reception with beautiful, live music from a string trio who played throughout the event.

Chris Williams, Chief Executive of BRACE, took to the stage to share an impassioned speech about the charity's impact on dementia research, the successes of 2024 and the urgent need for more research to bring us closer to a cure.

*“Dementia is not just a medical condition; it’s a profound human challenge that touches every aspect of our society. It affects our parents, our grandparents, our friends and neighbours, reshaping relationships and communities.*

*It challenges our healthcare systems, strains our social structures, and tests our emotional resilience.*

*But it also brings out the best in us - our empathy, our solidarity, and our relentless pursuit of answers.”*

*Chris Williams CEO*

Researchers from across the region attended the Gala as both guests and speakers.

Professor Pat Kehoe and Dr Laura Palmer from the South West Dementia Brain Bank (SWDBB) took to the stage to share the impact the bank has on thousands of research projects around the world, each year thanks to BRACE funding.

During dinner service, BRACE ambassador Beth Britton shared her personal experience of caring for her father who lived with dementia and how, despite the heartbreak, it eventually led her to become a dementia trainer and campaigner.

A live auction took place post-dinner which saw a bidding war over a tour of the Brain Bank, World Champion Snooker tickets, and many more lots, which had been generously donated.

As the night went on, guests were invited onto the dance floor, with our very own DJ playing music, to round off an incredible night of celebration and support for dementia research.

A big thank you to our generous sponsors - Wards Solicitors who provide expert legal advice, Laura Wilder from Marmalade restaurants and Bristol business owner of McDonald's on Fishponds Road and Emersons Green. Last, but not least, thank you to Care Campaign for the Vulnerable (CCFTV) who do an incredible job supporting families, ensuring people living with dementia receive the best possible care.

**WARDS**  
SOLICITORS



*Thank you to everyone who attended, contributed, and made the evening a resounding success. Your generosity will go far beyond the night and has helped to support hundreds of hours of research, taking us one step closer to defeating dementia.*

# The search for the causes of dementia



Every 3 seconds someone in the world develops dementia. By the time you have finished reading this article, sixty more people around the globe will have received a dementia diagnosis.

A lifelong diagnosis for a condition without a cure.

To defeat dementia, researchers must first understand the causes of the condition.

Research has shown that dementia is not a natural symptom of ageing, and it is very different to eyesight or knee joints changing in later life.

Getting older is a risk factor for dementia but it is not a 'cause' of dementia.

Studying the causes of dementia will help researchers to one day develop treatments which could slow, prevent or even cure dementia.

## BRACE Research: looking into the causes of dementia

In the past 5 years alone, BRACE has funded more than £1 million pounds worth of research into the causes of dementia. This includes 9 projects which are currently being funded on this specific area.

### Dr Jeff Davies - Swansea University:

In 2016, BRACE funded Dr Jeff Davies and his research team's work, at Swansea University, investigating the stomach's role in brain health. Their work investigated a stomach hormone called ghrelin and its beneficial effect on cognition and brain function. They found that in patients with Parkinson's disease dementia, levels of a specific type of ghrelin called unacetylated ghrelin, are increased. They think that this might cause the cognitive decline seen in many types of dementia.

BRACE is now funding further research by Dr Jeff Davies and his team, which is investigating if ghrelin could be a possible cause of dementia. Their pilot study is looking at whether the ghrelin pathway can be used to create new dementia treatments.

### Professor Wendy Noble - University of Exeter:

Recent research shows that brain inflammation plays a key role in the development of dementia.

Professor Wendy Noble and her research team are studying a receptor in the nervous system called P2X7R, which causes brain inflammation. They are investigating how this receptor impacts Lewy body formation, and which types of brain cells are involved.

Since brain inflammation is thought to play a role in many types of dementia, their research could help with more than just Lewy body dementia. If they find this receptor is important, it could support new drug development for many types of dementia.

*A big thank you to all of our supporters for making research possible.*



“Potential dementia breakthroughs remain unfunded. We still need you.”

Chris Williams, Chief Executive of BRACE

A BRACE-funded pilot study showed a groundbreaking link between your mouth and dementia, leading to investment in a larger study called MySmile.

Yet despite the crucial impact of pilot studies, BRACE is forced to turn down countless more due to a lack of funds.

BRACE received £3 million of research grant requests last year. We could only fund £705,765.

Your support is not just an investment in science; it's hope for those living with dementia and their loved ones.

**Will you donate today to get to the root of dementia?**

“MySmile wouldn't exist if BRACE had not funded the initial pilot study. Please continue supporting BRACE.” - Dr Matthew Wright, Dentist and Researcher

Want to do more?

Set up a regular gift to offer long-term stability to dementia research, and receive exclusive perks, today!

## Dentist & Researcher

# Dr Matthew Wright

Hi, I'm Dr Matthew Wright. I am a dentist and researcher working on the MySmile research study in the Bristol Brain Centre.

Prior research has shown the same bacteria that causes gum disease is found in the brains of those with Alzheimer's.

45% of people in the UK have gum disease. What if treating it could slow, or even prevent, Alzheimer's disease?

### My top tips for healthy teeth and gums:

1. Wait at least 30 minutes after eating before brushing your teeth.
2. Toothbrushing only cleans 60% of the tooth, so use either interdental brushes or floss between the teeth.
3. If you use a mouthwash don't use it straight after brushing, or you will rinse away the protective fluoride in the toothpaste.





**£15** could help researchers store and analyse saliva samples from patients.



**£45** could help fund a specialist computer, increasing accuracy and speeding up research.



**£85** could help fund the training of the next new dementia researcher like Matthew.

## Interested in learning more?

Sign up for my **free, online talk with BRACE, 12.30pm-1.30pm on Friday 25th October** to find out more about the MySmile research and the most up to date advice on looking after your teeth and gums.

Reserve your place now by:

- calling 0117 414 4831
- emailing [events@alzheimers-brace.org](mailto:events@alzheimers-brace.org)
- [www.alzheimers-brace.org/events/mysmile](http://www.alzheimers-brace.org/events/mysmile)

**Yes, I will help get to the root of dementia.**

Thank you so much for your support.

You can donate online in a few seconds at [www.alzheimers-brace.org/donations/get-to-the-root](http://www.alzheimers-brace.org/donations/get-to-the-root) or complete and return the form below.

**I would like to give a donation of:**

**£15**  **£45**  **£85**  **My choice of £** \_\_\_\_\_

*See opposite for what these could help fund.*

**I would like make this donation**

**monthly**  **annually**  **once only**

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

*giftaid it*

Gift Aid is reclaimed by the charity from the tax you pay for the current tax year.

**Yes - I am a UK taxpayer and would like to Gift Aid my donations now and in future.**

*I understand I must pay enough income tax and/or capital gains tax each tax year to cover the amount of Gift Aid claimed on all my donations, and I am responsible for paying any difference.*

NAME (BLOCK CAPITALS PLEASE):

ADDRESS:

POST CODE:

**I would like to donate by:** (please tick) CHEQUE/CASH

MASTERCARD  VISA  AMEX

CHARITY VOUCHER  CAF CARD  MAESTRO

NAME AS ON CARD

CARD NUMBER

MAESTRO

VALID FROM

EXPIRY DATE

ISSUE NO

CVC NO

SIGNATURE

DATE

**CVC number is required if donating by card**

Please send me an acknowledgement by email\*  in the post  not at all

\*EMAIL ADDRESS

**FR** Registered with FUNDRAISING REGULATOR

0117 414 4831  
[contactus@alzheimers-brace.org](mailto:contactus@alzheimers-brace.org)  
[www.alzheimers-brace.org](http://www.alzheimers-brace.org)

[www.alzheimers-brace.org/privacy-policy](http://www.alzheimers-brace.org/privacy-policy)

Registeredcharity297965

call the BRACE charity office on 0117 414 4831

AUTUMN 2024 | 7



# Capital One partners with BRACE to support dementia research

**BRACE is over the moon about our new, ongoing charity partnership with Capital One, and the significant impact their support will have on our small charity.**

A dedicated team of 40 Capital One associates took part in the Lake District Triple Challenge, which is no small feat, at the beginning of July.

Their journey began by trekking to the summit of the Old Man of Coniston, one of the Lake District's most iconic peaks at more than 2,600 ft high. This was followed by a mountain bike ride through Grizedale Forest - a real test of their endurance. To complete the challenge, they took to the water, kayaking across the Coniston Water Lake.

Dave Richards, Head of Corporate Social Responsibility at Capital One, said:

*"Following our business wide vote early in 2024, Capital One is thrilled to be working with BRACE Dementia Research as our new charity partner. We've started our fundraising off with a bang by raising more than £23,000 through our annual Charity Challenge. We are looking forward to adding to this total in the months ahead, to help the charity's work. In addition, we're looking forward to exploring how this partnership can help us further support our staff and communities whose lives are affected by dementia."*

In addition to the physical challenge, Capital One also got creative with their fundraising, organising events such as an office samosa sale! The team's efforts have raised an incredible £23,932 and we cannot thank them and their generous sponsors enough.

We are deeply grateful to Capital One for their support. The funds raised will go directly towards vital dementia projects and research opportunities. We look forward to working closely with Capital One in the coming months. Together, we will defeat dementia.

If you would like to take on a challenge event like the Lake District Triple, please get in touch with Elin at [elin@alzheimers-brace.org](mailto:elin@alzheimers-brace.org).

Or, if you work for or own a business that is looking for their next charity partner, please consider supporting BRACE and dementia research.

To discuss different ways your company or workplace can get involved, please contact our Head of Fundraising, Lib at [liberty@alzheimers-brace.org](mailto:liberty@alzheimers-brace.org).





# You're Invited!

## BRACE Christmas Carol Service

Join us on Sunday 8th December from 3.00 pm for a traditional Christmas Carol Service, plus the reading of names from the BRACE Book of Remembrance. The service is taking place at Trinity-Henleaze United Reform Church, Waterford Road, Henleaze, Bristol BS9 4BT.



Write a tribute to a loved one to hang on our BRACE Christmas tree and enjoy festive refreshments afterwards as well as the chance to buy last minute Christmas cards.

This event is free but for those wishing to attend in person we recommend booking tickets in advance. *For those unable to attend, the event will be live-streamed.*

Please come along, to celebrate and remember loved ones and enjoy a beautiful carol service.

For more information, please go to:  
[www.alzheimers-brace.org/events/christmas-service](http://www.alzheimers-brace.org/events/christmas-service)  
email [events@alzheimers-brace.org](mailto:events@alzheimers-brace.org)  
or call the office on 0117 414 48 31

We hope to see you there.

## The Book of Remembrance: We are here to support you in preserving the memory of your loved one

At BRACE, we offer a heartfelt tribute to those who have passed away from or with dementia through our Book of Remembrance. Each name is carefully inscribed by a skilled volunteer calligrapher, ensuring a personal and beautiful commemoration. It is completely free to have your loved one's details entered.



*An entry in the BRACE Book of Remembrance*

The book is displayed at our annual Christmas carol service, where new entries are read aloud. This moving ceremony provides solace to many.

*If you would like to honour a loved one in our Book of Remembrance or learn more about other ways BRACE can support you in remembering someone special, please contact us by:*

- Calling our office at 0117 414 4831
- Writing to BRACE Charity Office, The Brain Centre, Southmead Hospital, Southmead, Bristol, BS10 5NB
- Emailing [elise@alzheimers-brace.org](mailto:elise@alzheimers-brace.org)
- Visiting [www.alzheimers-brace.org/in-memory](http://www.alzheimers-brace.org/in-memory)



# 2024 Christmas Cards

*This year's new designs to choose from*

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.*

The Christmas cards and envelopes are manufactured in the U.K. from materials carrying the FSC® (FSC-C003675) Chain of Custody certification. The Forest Stewardship Council® (FSC) is an independent, non-governmental, not-for-profit organisation established to promote the responsible management of the world's forests.

The cards have been independently certified as coming from forests that meet the internationally recognised FSC Principles and Criteria of Forest Stewardship.

All cards are printed on FSC certificated board, by an FSC certificated printer. The cards are then packed with envelopes manufactured from FSC certificated paper.



**Bethlehem at Dusk**

*Size: 140 mm x 140 mm*

*Wishing you hope, peace and love at Christmas time*

10 cards & envelopes £4.25



**Santa Claus**

*Size: 140 mm x 140 mm*

*Sending warm wishes at Christmas time*

10 cards & envelopes £4.25



**Cute Snowman**

*Size: 126 mm x 126 mm*

*Sending best wishes for Christmas time and the New Year*

10 cards & envelopes £4.25



**Harbour Boats**

*Size: 126 mm x 126 mm*

*With best wishes for Christmas and the New Year*

10 cards & envelopes £4.25



*These cards can be ordered using the*

# now on sale!

are:



**Festive Stag & Robins**  
Size: 140 mm x 140 mm  
Sending warm wishes for  
Christmas and the New Year  
10 cards & envelopes £4.25



**Baby Jesus in a Stable**  
Size: 152 mm x 100 mm  
Wishing you hope, peace and  
love at Christmas time  
10 cards & envelopes £4.25



**Fireside Snuggles**  
Size: 126 mm x 126 mm  
Sending warm wishes for Christmas  
and the New Year  
10 cards & envelopes £4.25



**Midnight Fox**  
Size: 126 mm x 126 mm  
Sending warm wishes for Christmas  
and the New Year  
10 cards & envelopes £4.25

As well as using the order form enclosed, our 2024 cards are available from the following sources:

Melanie's Kitchen  
2 Downend Road  
Downend  
Bristol BS16 5UJ

C J Hole  
25 Canford Lane  
Westbury on Trym  
Bristol BS9 3DQ

C J Hole  
108 Henleaze Road  
Henleaze  
Bristol BS9 4JZ

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

Wilmslow Library  
South Drive  
Wilmslow  
SK9 1NW

Macclesfield Library  
Jordangate  
Macclesfield  
SK10 1EE

And our full range is available from:

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

order form included with this magazine.



# Let's Talk Dementia 2024



On Saturday 18th May 2024, BRACE joined forces with Alive Activities and Bristol Dementia Action Alliance (BDAA) to host 'Let's Talk Dementia' at the Watershed, in Bristol. The event kicked off with ITV West News Reader, Seb Choudhury, opening the event.

Experts in 'all things dementia' attended as exhibitors and speakers. With researchers, health, care, support groups and legal organisations sharing their knowledge with attendees.

Inclusivity was at the heart of the event to ensure we could support people living with dementia, and their loved ones, to attend. Alive Activities did a fantastic job running dementia friendly arts activities throughout the day. Creative Dementia Arts Network also hosted an intergenerational activity session.



Six talks took place which included researchers, and speakers living with dementia or caring for a loved one with dementia.

BRACE funded PhD student, Oliver Hermann, spoke about his fascinating work on a BRACE developed test called Fastball and earlier dementia diagnosis using EGG.

Dentist, Dr Matthew Wright spoke about his research into oral health and dentistry as a possible treatment of Alzheimer's disease. You can learn more about Matthew's work on pages 6-7.

Huge thanks to everyone who attended and to our collaborative charities, Alive Activities and Bristol Dementia Action Alliance for their support in; 'getting people talking about dementia.'



"I love that people living with dementia were invited to speak, not as token representatives of a group, but as experts in their field - their contribution was insightful, authentic and really valuable. I also enjoyed the info stands - people were cheerful and engaging, as well as being really helpful." *LTD attendee*

*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.*

**Join Let's Talk Dementia 2025!**  
Let's Talk Dementia 2025 is taking place on Saturday 17th May and will return to the Watershed, 1 Canons Road, Bristol BS1 5TX  
For more information and to book your tickets please visit [www.alzheimers-brace.org/events/ltd-25](http://www.alzheimers-brace.org/events/ltd-25)  
email [events@alzheimers-brace.org](mailto:events@alzheimers-brace.org) or call the office on 0117 414 4831