



Brain and Spine Foundation
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Support and Help

Each year an estimated 350,000 people in the UK require help for a neurological condition. With NHS resources overstretched many receive little or no information about their condition. Whether they have a brain tumour or an illness such as Alzheimer's or have experienced a more sudden condition like a head injury, brain haemorrhage, stroke or meningitis, the Brain and Spine Foundation works tirelessly to give people with neurological problems and their carers the help they need. Established in 1992, the Foundation also raises public awareness about neurological problems as well as running education programmes for doctors and other health professionals. It also funds a research programme into the causes and possible cures of brain and spine conditions.

Contacting the Brain and Spine Foundation

**7 Winchester House,
 Kennington Park, Cranmer Road,
 London SW9 6EJ**

Telephone: 020 7793 5900

Email: info@brainandspine.org.uk

Fax: 020 7793 5939

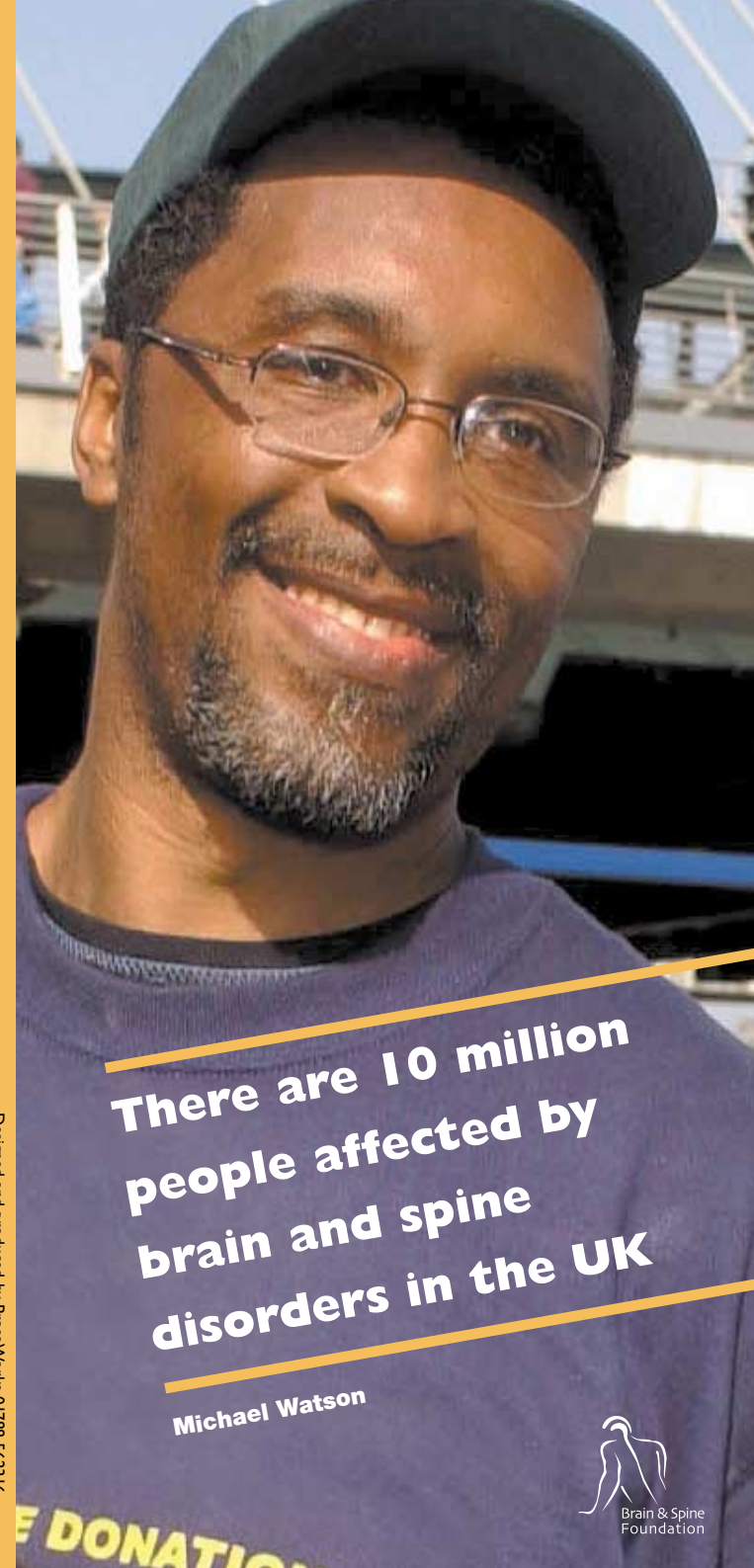
Website: www.brainandspine.org.uk

Brain and Spine Helpline: 0808 808 1000

A company limited by guarantee and registered in England
 (Company no. 4432677)

Registered Charity no. 1098528. Registered Office: Columbia House
 69 Aldwych London WC2B 4RW

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**There are 10 million
 people affected by
 brain and spine
 disorders in the UK**

Michael Watson



THE DONATION

The Brain and Spine Foundation provides a service that people can rely on

Michael Watson's injuries – and his struggle to recover – are well known. Yet the effect of brain or spine problems on people's lives rarely receives much attention even though these conditions are the most common cause of disability in the UK. For people with brain and spine problems – or neurological disorders – the treatment and services on offer can be patchy. There is a need to find impartial, reliable information, advice and support. The Brain and Spine Foundation is on hand to help them cope.



Christmas Appeal

This Christmas the charity urgently needs your help to raise funds for a special telephone service.

Whatever the problem, whatever the condition, anyone can call our free phone helpline.

Open 24 hours a week, callers can talk directly to our specialist staff. As qualified neuroscience nurses, they are able to talk through the issues which concern them and their families.

They can explain sometimes complex medical conditions and procedures in a way that people can understand. Once people leave hospital helpline staff can also give practical assistance about how to adjust to normal life and manage their condition.

This service needs your help. Whether you can commit to a regular monthly gift or prefer to give a single donation, the Brain and Spine Foundation needs over £30,000 a year to fund this vital service.

Please give generously.

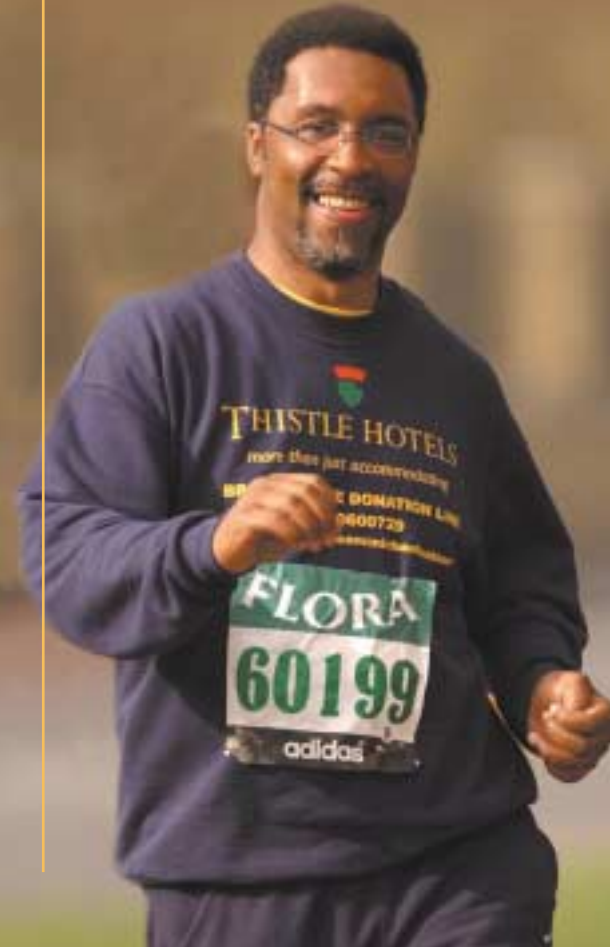
**WE CALL IT OUR HELPLINE...
OTHERS CALL IT THEIR LIFELINE**



Michael Watson was a professional boxer. In 1991 he suffered a blood clot on the brain during a super-middleweight fight with Chris Eubank.

He required six brain operations. Earlier this year, despite still experiencing dizzy spells and only having one "good" leg, he completed the London Marathon to raise funds for the Brain and Spine Foundation.

"The Brain and Spine Foundation was there for me when I most needed help. It made a real difference and helped to keep me going when times were bad. Please make a donation. There are millions of people out there still needing the Foundation's help."



Supporting the Brain and Spine Foundation

In order for the Brain and Spine Foundation to continue to fund its vital work in brain and spine disorders, we need your help.

YES! I would like to help. Please find enclosed a gift of:
£10 £15 £25 £ other

Please accept this as a Gift Aid donation. I am a UK taxpayer and would like the Brain and Spine Foundation to reclaim the tax on all donations I have made since 6 April 2000, and thereafter until future notice. Yes No

Note: All donations now qualify for Gift Aid if you are a tax payer. Please sign and date this form below as confirmation.

Signature

Name (Mr/Mrs/Miss/Ms)

Address

Postcode

Or you may donate by Visa/Mastercard/Amex/CAF credit card or Solo/Switch debit card by filling in the details below or calling our donation line on 020 7793 5900.

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I am also interested in:

- Setting up a standing order
- Opening a Charity CAF account
- Organising a fundraising event
- Participating in a running event

Thank you for your support

- It is our usual policy to acknowledge donations. However if you do not wish to receive an acknowledgement please tick the box.
- I understand the Brain and Spine Foundation will hold and use data provided by me for administration purposes, to keep me informed of its activities and for occasional fundraising appeals. If you prefer us not to contact you in the future please tick this box.

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