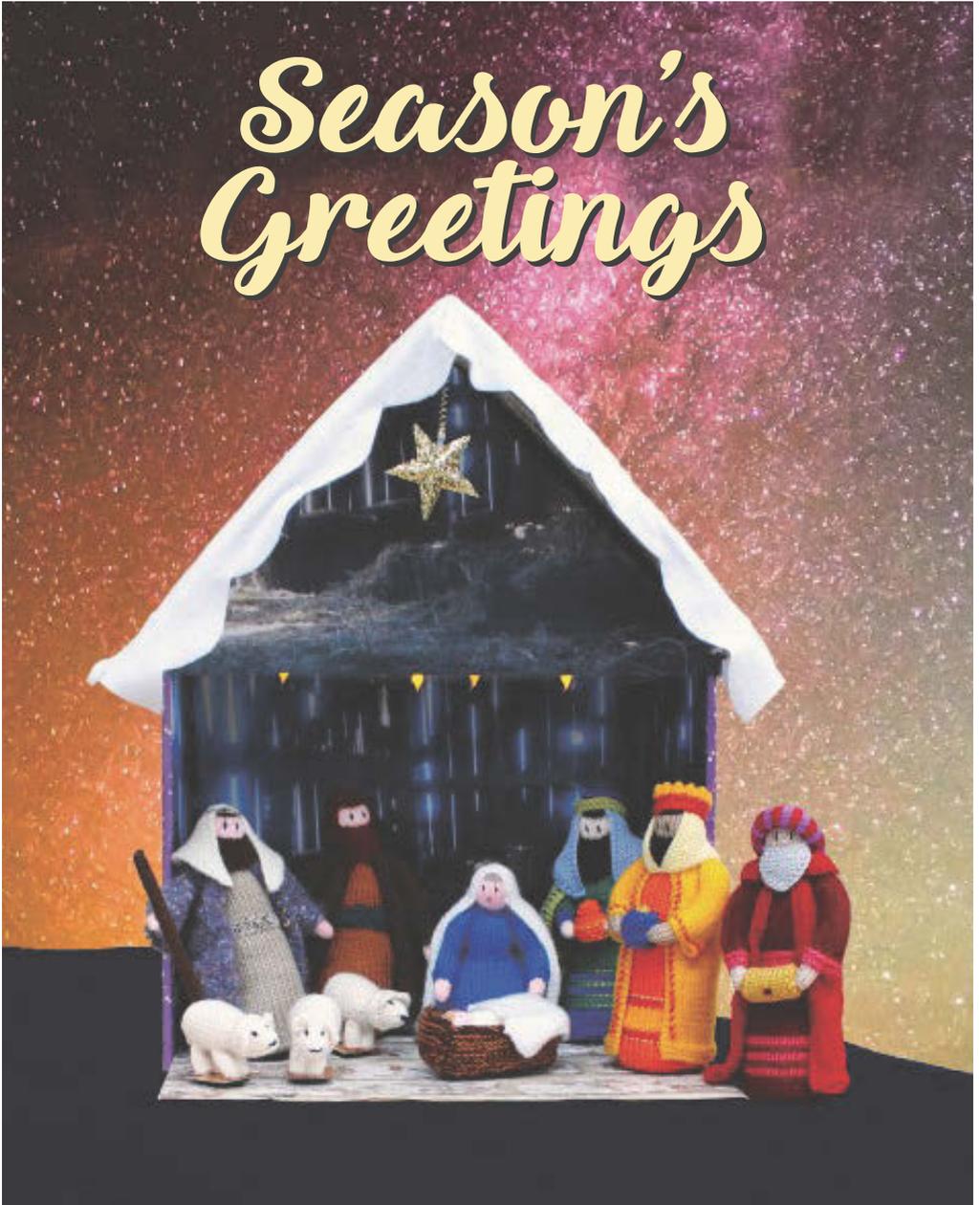


Season's Greetings





The Brain Charity *Carols by Candlelight Concert*

The Brain Charity is hosting a magical candlelit carol service at the historic Church of Our Lady and St Nicholas, located on Liverpool's iconic waterfront.

This wonderful evening will feature all of your favourite carols, Christmas readings and festive treats that will be sure to get you and your family feeling the magic of the season. There will be performances from The Brain Charity Choir featuring the Church of Our Lady Immaculate Choir and The Circle of Voices Gospel Choir, formed of pupils from St Hugh's and St Clare's RC Primary Schools.

Rose has been part of the choir for four months after discovering it through a friend. Rose had a stroke whilst she was at work just two years ago. "Everything fine then all of sudden - boom," she explains. Rose's speech has been significantly affected since her stroke, which left her unable to walk or speak. "I didn't have anyone, just my daughter and I didn't want her to have to look after me."

However, through attending The Brain Charity Choir, Rose has been able to find her voice. "A friend sang to me and I thought 'I know that'. Somewhere in the back of my brain from when I was a small child I knew the song. And I could sing it! I know I can't talk but I know I can sing." She says it feels good that through the lyrics of the song people are giving her the words that she wants. Rose says she likes being part of The Brain Charity Choir because "they have all been friends to me. I can talk like I'm free to talk". The Brain Charity's Carols by Candlelight Concert will provide the perfect opportunity to raise awareness of the challenges faced by people like Rose, and highlight how the social activities that The Brain Charity provide create a much needed network of support and understanding to help people live their life to the full.



**The Brain Charity
Carols by Candlelight Concert.
Our Lady and St Nicholas' Church,
Old Churchyard, Chapel Street, L2 8TZ**

Friday 16th December, 6.30pm

Free (donations invited)

**Festive refreshments available
after the concert.**

Win our front cover!

We are raffling the amazing knitted nativity scene that's pictured on the cover of this edition of Glance.

It was knitted specially for us by a very talented friend of the charity and would be a fabulous addition to anyone's Christmas décor. We will be raffling the scene complete, as shown, with its very own stable.

Tickets are just £1 from The Brain Charity reception and the winner will be drawn on 19th December, so one lucky ticket holder will have their prize in time for Christmas. It could be you!



Tea, Coffee and Company

The monthly coffee morning at The Brain Charity is one of our busiest, and friendliest, events. It's a chance to meet new people, or catch up and learn about how we can help you. We're delighted to let you know that a recent grant of £4,618 from The Morrisons Foundation gives our monthly meet up a boost to continue serving tea, coffee and company for many months to come.



Our Christmas coffee morning is on Monday 5th December, 10.30am - noon.

Come and get some advice, or just relax and have a mince pie and a chat in good company. For more information about The Morrisons Foundation visit www.morrisonsfoundation.com and have a look at our online calendar for details of our coffee mornings:

www.thebraincharity.org.uk/whats-on/events

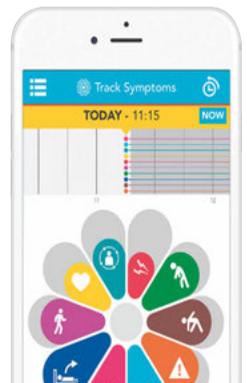


Pain study app

Cloudy With a Chance of Pain is a citizen science project which is trying to find an answer to the age-old question: "Does the weather affect pain?"

If you have a chronic pain condition, such as fibromyalgia, you can take part by entering how you feel on a daily basis into a smartphone app. Over time this builds into your own personal diary of symptoms, which the app stores along with a record of the local weather. This information will be combined anonymously with that of all the other users of the app to provide a huge amount of data for investigation. Its creators hope that this project will provide real insights into the widely held belief that our symptoms are influenced by the weather.

If you don't have a condition, you can still help by looking for patterns in the data online. For more details visit: www.cloudywithachanceofpain.com



Fantastic Fundraisers

Friend of the charity Steve Smith ran the Wigan 10k in September. He finished in a very respectable 1hr 12mins and raised an amazing £649!

This was Steve's second fundraising challenge of the year as he'd already climbed Snowdon in June. We want to say a really big thank you for your efforts Steve; they're very much appreciated!

Our volunteer Sharon Campbell has also been busy. She ran the Scouse 5K recently and raised a fabulous £175 for The Brain Charity! A big thank you to her too!

Our fundraising stars make a big contribution to the charity, whether it be £20 or £200, every bit helps us to provide our ongoing services and activities. If you're planning to fundraise for The Brain Charity, let us know what you're up to and we'll give you lots of support via our social media. **It's great to hear your stories and the reasons why you're raising funds for us too, so please do get in touch.**



Getting Creative with The Bard

People have a need to express themselves and make themselves heard. Creative writing is a great way to do this and it is widely accepted that it is good for us, feeding and nurturing our minds and souls.

We can write about our dreams, about what we may be thinking, our beliefs or even fanciful stories. Writing helps us to reflect on our thoughts as well as what may be going on in our lives. Professor of Psychology Joshua Smyth believes that writing is good for your mental and physical health. In a study, he concluded that if people write about things that are on their mind, in their thoughts or happening in their lives, it helps them to make sense of things, gain perspective, or simply relax through escapism.



The Brain Charity will be holding our second annual Burns Night celebration on the evening of Saturday 28th January 2017. Join us for fantastic food, company and atmosphere, in what is a great opportunity to get creative by writing something unique for the night. Be it your thoughts, a short story or poem, put pen to paper for our 'open mic' and set your imagination free.

Burns Night Celebration at The Brain Charity
7pm, Saturday 28th January 2017
Tickets: £5 per person, including Burns Supper

Thanks Sovini



We first met the Sovini company back in 2014 when our Building Manager Chris Wall won a Pride of Merseyside Echo Award which they had sponsored.

Since that time they've helped in numerous ways to maintain our building, everything from supplying us with paint and rollers for decorating to installing a new immersion heater and wiring in our new oven.

The company are a great example of a not-for-profit business that believes in social responsibility and doing things for the good of the community.

We wanted to take the opportunity to say a big thank you to Peter Baker and his team from Sovini for all the help they've given us and to let them know that there's a cuppa with their name on it if ever they're passing!

Brainy Christmas Cards

At our little town of Brainyhem we have decided to get all winter wonderland wacky this year with our radical range of far out, festively funky, quirky Christmas cards.

To get yours, at just £2.49 for ten, jingle your bells down to The Brain Charity, or let it snow, let it snow, let it snow and buy online from our new easy-to-use webstore:



www.thebraincharity.org.uk/shop



Positive changes to the benefits system

Employment Support Allowance (ESA) is a benefit for those whose ability to work is limited due to ill health or disability. At present, claimants of ESA have to provide evidence of their illness every six months. Recently however, work and pensions secretary Damian Green announced that ESA will continue automatically for those with lifelong and severe health conditions.

It is no secret that the benefits system often falls under intense criticism for failing the most seriously ill and disabled in society. In fact, it is hard to miss the horror stories which flood the media of inept disability benefit rejections.

Currently, the testing process involves pages of questions to complete and an intensive face-to-face assessment. Unfortunately for some claimants the pressure doesn't end there. Often individuals have to appeal their unfair decision which can again be a lengthy process. Recent figures show that over 58% of ESA claimants won their appeal highlighting a definite problem with current testing. Many claimants call it a 'waiting game', the wait for dreaded letters, for yet another assessment. Working alongside such claimants and their families, we see how this process causes stress and anxiety on a daily basis.

Now the Minister responsible, Damian Green, has stated: "If someone has a disease which can only get worse, then it doesn't make sense to ask them to turn up for repeated appointments. If their condition is not going to improve, it is not right to ask them to be tested time after time. So we will stop it."

I am sure this change will be more than welcomed by the majority of people we support and their families.

Sian Jenkins, Information and Advice Officer

More exciting developments for The Brain Food Café

The Brain Charity has received £19,946.96 of funding from The People's Postcode Trust, supported by Players of the Postcode Lottery, to make our café even better! Last year we were awarded a grant from The Postcode Community Trust to purchase new equipment for the café, such as a fridge display, salad bar, and our ever popular potato oven! This year we were awarded another grant to continue with our café project to develop it into a café serving delicious and nutritious food for all.



The funding from The People's Postcode Trust includes the salary for a development officer to create a menu offering food that is healthy, good for the brain, and tasty too. We'll also be purchasing a new electronic till to make things a little easier for our café volunteers. These exciting developments will help us to serve up healthy food for the whole community, as well as continue to keep the café as a place for everyone to meet and have a lovely cup of tea.



We are now very proud to be selling loose leaf teas in The Brain Food Café. Expertly blended by local company Lady Liver Tea, each of our lovely new flavours has been developed with neurological benefits in mind.

The positive effects of drinking tea have been known for thousands of years, and is a huge part of many cultures around the world. One of our amazing volunteers, Tarek, did some research into which teas will have benefits for people living with neurological conditions, and with some help from Lady Liver Tea we came up with five delicious and beneficial blends.

The new blends include an Earl Grey featuring antioxidant-rich black tea, a zingy green tea thought to aid healthy brain function, a refreshing mint tea, and a nerve-soothing tea made with delicate linden flowers. As well as serving these lovely brain brews in The Brain Food Café, the teas are available to buy from our online shop. With all proceeds going to the charity, you can give a gift knowing that with every brew, The Brain Charity is able to help more and more people.

www.thebraincharity.org.uk/shop



Christmas Prize Draw

With five great prizes on offer in our Christmas Prize Draw, some of our supporters will be getting an extra present in their stockings this year!



Prizes include: A nights stay for two at the Crowne Plaza to recuperate following the festive season, a bottle of bubbly to celebrate the New Year and some Stella & Dot sparkles, so there is something for everyone. Tickets are just £1 each and can be purchased from our reception or by post from The Brain Charity. Why not take a couple of books to share with friends, family or work colleagues?

Just make sure counterfoils and cash are returned to The Brain Charity by Friday 16th December. Prizes will be drawn on Monday 19th December.



Christmas & New Year

The Brain Charity will be open until 5pm on Friday 23rd December. We will then be closed over the Christmas period and reopen at 9am on Tuesday 3rd January 2017. The staff and trustees of The Brain Charity would like to send the warmest seasonal greetings to our readers and offer best wishes to you all for 2017.



The
Brain
Charity

0151 298 2999

E: meetings@thebraincharity.org.uk

The income from our room hire directly funds our charity work, supporting people with neurological conditions



**MEETING AND CONFERENCE
FACILITIES FOR HIRE
For 2-100 people**

www.thebraincharity.org.uk

Let's stay in touch

Get our latest newsletter delivered free, straight to your inbox, every two months. Sign up online today at: www.bit.ly/TBCemail



THE BRAIN CHARITY CALENDAR

December 2016

- Fri 2nd** Parkinson's Support Group,
Christmas Lunch, 2-4pm
-
- Mon 5th** Tea, Coffee & Company Morning, 10:30am-12pm
Aphasia Support Group, weekly, 1-3pm
Alzheimer's Society Support Group, 2-4pm
Choir, weekly, 5-6pm
-
- Tues 6th** Craft Club, weekly, 10.30am-12.00pm
-
- Wed 7th** Merseyside Spinal Injury Group, 2.30-4.30pm
O.C.D. Support Group, 5-7pm
-
- Mon 12th** Aphasia Support Group, weekly, 1-3pm
Choir, weekly, 5-6pm
-
- Fri 16th** Migraine Peer Support Group, 1-3pm
Advice Drop-in, weekly, 1-4pm
**Carol Concert, Our Lady and St Nicholas'
Church, 6:30pm**
-
- Tue 20th** Craft Club, 10:30am - 12pm
-
- Fri 23rd** **Close for Christmas and New Year break,
5pm**

January 2017

- Tues 3rd** Reopen after Christmas and New Year break, 9am
Craft Club, weekly, 10.30am-12.00pm
-
- Wed 4th** O.C.D. Support Group, 5-7pm
-
- Fri 6th** Parkinson's Support Group, 1-4pm
Advice Drop-in, weekly, 1-4pm
-
- Mon 9th** Tea, Coffee & Company Morning, 10:30am-12pm
Aphasia Support Group, weekly, 1-3pm
Alzheimer's Society Support Group, 2-4pm
Choir, weekly, 5-6pm
-
- Fri 13th** Migraine Peer Support Group, 1-3pm
Advice Drop-in, weekly, 1-4pm
-
- Mon 23rd** Aphasia Support Group, weekly, 1-3pm
Choir, 5-6pm
-
- Thurs 26th** Epilepsy Action, coffee and chat drop in,
11am-12.30pm
-
- Fri 27th** Migraine Peer Support Group, 1-3pm
Advice Drop-in, weekly, 1-4pm
-
- Sat 28th** **Burns Night at The Brain Charity, 7pm**
-
- Mon 30th** Brain Tumour Support Group, 1-3pm
Aphasia Support Group, 1-3pm
Choir, 5-6pm

About The Brain Charity

The Brain Charity offers practical and emotional support to people with neurological conditions and to their families, friends and carers. For more information contact the Centre or visit our website: www.thebraincharity.org.uk

Get Social with us:



thebraincharity



thebraincharity You can also find us on:



Instagram



The Brain Charity, Norton Street, Liverpool L3 8LR Tel: 0151 298 2999 Fax: 0151 298 2333

Email: info@thebraincharity.org.uk

The Brain Charity is registered as a charity (No: 1114999) and a company limited by guarantee in England and Wales (No: 5741930) Glance is available in large text or braille on request.

Glance is available on The Brain Charity website: www.thebraincharity.org.uk

If you wish to be added to the Glance mailing list, please contact our Information and Advice Officer using the telephone number or email above.

The Brain Charity does not necessarily share all of the views or opinions expressed in Glance.



The
Brain
Charity