



Newsletter

September 2007

BRISTOL RESEARCH INTO ALZHEIMER'S AND CARE OF THE ELDERLY

In and Around Bristol – by calendar

In 2008, BRACE will have its own calendar for the first time, thanks to John and Margaret Tappenden of Winterbourne.

John was diagnosed with dementia in 2002 but he and his wife Margaret were not prepared to sit back and let it take over their lives. John, who had been a sales manager in a life insurance company, had various hobbies, including golf, wood-turning and photography.

He continued playing golf for as long as possible, concentrated on wood-turning until it was not safe for him to continue, and then, with Margaret's help and encouragement, bought a digital camera to replace their old conventional one.

TOWER OF STRENGTH

Margaret was, and still is, a tower of strength for John as she helped him build up a portfolio of Bristol scenes and was instrumental in progressing the idea of a calendar, which has now come to fruition.

John's 12 studies of local scenes entitled *In and Around Bristol* take the form of detachable postcards and on the reverse of each date pad there is a recipe.

VERY POPULAR

The calendars are being marketed through the BRACE Appeal Office, on sales tables at local events and Margaret has persuaded 'The Galleries' to set up a stall there for a limited period.



You are invited to a
Wine Tasting

to mark the 20th anniversary of BRACE

**Friday 16 November 2007, 6.30pm to 8.30pm,
at The Merchants Hall, Clifton, Bristol**

Enjoy a selection of wines and champagne from Averys Wine Merchants, accompanied by a variety of canapés.

View selected pieces from the Science and Art exhibition.

Catch up with the work of BRACE – Isobel Gelder will give a short speech

Purchase raffle tickets on the night with excellent prizes.

Tickets £25 per person
available from the BRACE Appeal Office on 0117 975 4831

20th anniversary event

So far sales have topped £600 for BRACE, which is very encouraging, so why not help push this figure higher by placing your order with the office now? The calendar costs £5.00 plus postage.

Let's leave the last word to John: "This project has given me a feeling of pride and a sense of being. The fact that this calendar will raise funds for BRACE is the icing on the cake for me".



Welcome to Richard Varcoe, our new Treasurer



Richard Varcoe is our new Treasurer, taking over from Bob Barnett who remains a BRACE Trustee.

Richard, who is 47, was born in Bristol and educated at QEH. On leaving school he went to South Africa with Anglo American to work in gold and diamond mines for a year before going up to Nottingham University to read Mining Engineering. He went on to undertake a PhD at Strathclyde University, researching into the characteristics of rock movement at the coalface and developing hydraulic coalface supports.

The recession of the early eighties caused Richard to reassess the prospects of a career in the mining industry and his financial career began when he returned to Bristol to join Price Waterhouse in 1987. Soon after qualifying as a Chartered Accountant, Richard left Price Waterhouse to join Hawker Siddeley as an internal auditor. A year later, after Hawker Siddeley had been taken over by BTR, he moved job again,

this time joining ARC in Frome in a small divisional financial controller role. That move was the start of a career with Hanson which lasted more than 10 years and included roles as Finance Director – ARC (later re-named Hanson Quarry Products Europe) and Chief Financial Officer – Hanson Australia.

Richard returned to Bristol in 2003 determined that he should not be a father

who had forsaken his children's childhood in the pursuit of his career. He is married with two boys of three and six who he says provide more challenges to his negotiating skills than anyone he has encountered in his business life.

We welcome him to BRACE and thank him for taking on the job of overseeing our financial affairs.

How are we doing so far?

We are on course for another good fundraising year at BRACE. Our income so far this year is £277,000 compared to £263,000 for the same period last year – and we haven't had the luxury of the fantastic Gala Concert to boost the funds.

Legacies, as always, provide significant income each year and 2007 is no different. So far we have £183,354 received from legacy donations compared with £127,641 last year for the same period. This income is very unpredictable so we shouldn't read too much into this comparison.

What is good to know is that both donations and memorial donations have seen an increase this year over 2006 with donations being £35,323 (£30,476 in 2006) and memorial donations £5665 (£5127 in 2006). Regular giving through covenants, standing orders or payroll giving is down from £3556 to £2980. This is an area we would like to increase as it represents predictable income we know we can count on. If you would like to know more about any of the ways of giving regularly to BRACE, please contact the BRACE Appeal Office.

Finally, the BRACE 500 Club lottery. Numbers are climbing steadily and this is reflected in the increase in income from £4851 up to mid-August 2006 to £5771 up to mid-August 2007. Again, if you would like to know more about the BRACE lottery, please contact the BRACE Appeal Office.

Thank you for your continued support in 2007 and your generosity so far. Another good financial year will allow us to fund more projects in Bristol. We currently fund around 15 researchers at all levels of experience, from new PhD students to experienced research Fellows who carry out research over a broad area within the field of dementia.

We want to continue to support these world-class researchers in their work and to expand the numbers we support. We can do that with your help!



Out and about with BRACE

Although the Ashton Court Music Festival was washed out halfway through the event we still came away with £100. Lhotse Whittle (above) was one of our volunteers there.

In June the proceeds of a Citywide Flag Day were £1198. In the same month the Henleaze Community Fair took £165.

Sheila Rice's Pensford Coffee Morning brought in £77 and the Filtones Summer Charity Concert came in with £1041. The sales table at the Annual Meeting took £144.

The value of volunteers

by the Chairman of the Trustees



The work of BRACE depends upon the quality of our volunteers. They provide the wherewithal on which our funding of research depends. At every meeting the Trustees are given a list of events. It is staggering. There seems to be something almost every day: from big events to modest gatherings, all of which are valuable.

When looking over the figures and the events, I ask myself 'Was the result worth the effort?' On the whole I think that the answer is 'Yes'. The labours of volunteers must always reap a reward that makes the events worthwhile. Then I ask myself whether too much is expected of our volunteers? Well, I am sure that many do go the extra mile and we do reap the fruit of their labours. But we don't want to lose volunteers because of fatigue.

Of course people must move on and we cannot expect to keep them on the books forever. However, when the time

comes I want to make sure that people leave for what I call the right reasons: they are called to something else and not that they are worn out.

LISTENING EAR

The Trustees and staff need an early warning system to discern boredom and fatigue. I'd be glad if those volunteers who feel they are approaching these stages would also send out a signal to us. Sian MacGowan and I will always welcome your comments about BRACE, in general and in particular. The Trustees will always find time to discuss the

points made by volunteers.

As far as the events programme is concerned, we have to take account of Jess Whittle's departure. Would that she could have stayed longer but as she goes we wish her well for the future.

On the financial side we welcome Richard Varcoe as our Honorary Treasurer. The vacancy in that post has now been filled by an extremely competent person. We wish him well in his work with us.

John Rogan

Christmas card on sale

Christmas wouldn't be the same without a card by Brian Sanders. This year will be no different – the latest addition to his repertoire is this view of the Clifton Observatory from Clifton Suspension Bridge.

This was originally a snuff mill, partially destroyed in a gale in 1777. The old mill was rented to the artist William West in 1828, for use as his studio. He installed the camera obscura, which is still there today in working order. The best panoramic pictures are generated on bright days. The box on the top of the building contains a convex lens which reflects light vertically downwards onto a white surface below, giving a true (not mirror) image.

Brian's card shows another well-known feature of the gorge, St Vincent's Cave, sometimes know as the Giant's Cave. The cave sits in the side of the rock, some 250ft above the valley floor. The Observatory hill itself is 338ft above the river's normal high water mark. William West cut out an underground passage to St Vincent's Cave. Originally the only access was via the cliff face. It is said to have been connected with the ancient chapel and the hermitage of St Vincent, as some pieces of the carved masonry were discovered in the cave. This chapel is presumed to have broken away from the cliff and disappeared into the gorge beneath.

As always this card is exclusive to BRACE and represents great value



for money at only £3.75 for 10 cards. Brian's cards have been sent all over the world, keeping family and friends in touch with Bristol. Please order your cards early to avoid disappointment.

Sian MacGowan



Alex and Rosa on their 60th Wedding Anniversary.

A Gracious Gesture

Rosa and Alex Hunter of Frampton Cotterell met more than 60 years ago at a School of Dancing in Fishponds. They fell for each other and were married at Stapleton Church in April 1947.

Their daughter Liz takes up the story:

“Mum and Dad celebrated their Diamond Wedding Anniversary in April and instead of presents asked for donations to be given to BRACE. They had a truly wonderful day added to by the excitement of a card from the Queen, which was the ‘icing on the cake’.

“Mum has been attending the BRACE clinic for a few years now and without their help and tremendous support I have no doubt that she would not be as well as she is today”.

Those donations and a coffee morning organised by Liz resulted in a total of £688.65.

Our grateful thanks go to Rosa and Alex for their gracious gesture and to all those who contributed to this splendid result.

Chipping Sodbury Golf Club rises to the occasion

Clive Levan, Captain of Chipping Sodbury Golf Club, nominated BRACE as its Charity of the Year and members responded by raising £6330, which was handed over to Dr Sian MacGowan at an evening event in July.



Clive’s father developed vascular dementia some years ago and on one of his regular visits to a clinic with his wife she was diagnosed with Alzheimer’s disease.

Clive and his wife Susie managed, with help, to look after both parents for four years but, as their condition deteriorated, they needed more professional attention and went into residential care where they are being well looked after.

In presenting the Club’s cheque to Sian, Clive said that because other sufferers are not as fortunate as his parents have been in being looked after by caring relatives, he wants to help as much as possible in finding a cure for this distressing and humiliating disease.

Our thanks go to the Members of Chipping Sodbury Golf Club for this magnificent donation.



Les and Phil, looking fit and relaxed, congratulate each other at the finish.

It’s never too late to get on your bike for BRACE

Although they are both in their seventies, Les Jones and Phil Holland still enjoy a cycle ride.

In May they did one – from Land’s End to John O’Groats – and in the process raised £616 for BRACE.

It took them 17 days to cover the 953 miles from start to finish. “We had good days”, says Les, “which included lunches in the sun in Devon, and bad days, like pushing our bikes up a 1 in 4 hill into cloud and headwind in County Durham”.

They carried their own gear in panniers, but were met by their

wives en route at Barnard Castle with a change of clothing.

Les and Phil chose BRACE to benefit from their punishing ride because Les has an old cycling friend who now suffers from memory loss so Les accompanies him in case he gets lost.

Les, who with his wife is a long-standing volunteer in the Memory Clinic control group, says he and Phil really enjoyed their trip.

We say ‘Thanks for your courage and determination in taking on such a mammoth task in support of BRACE’.

As 2007 marks the 20th anniversary of the founding of BRACE, this year's Annual Meeting was held in the Council House on College Green.



A comprehensive display of the various research projects which are currently underway, supplemented by what has been achieved to date in the diagnosis and treatment of Alzheimer's disease and other types of dementia, formed a background to the meeting.

After a warm welcome was extended by BRACE Chairman Canon John Rogan and an introduction by Dr Sian MacGowan of the BRACE DVD, Trustee Robert Barnett presented the annual accounts.

However, the highlight of the evening was a presentation by Dr Judy Haworth of the Memory Disorders Clinic in which she described life at the BRACE Centre over the past two decades. Here is a resumé of what she said:



The BRACE Centre

Memory Services in the Bristol area

"The report of my death was an exaggeration" (Mark Twain, *New York Journal*, 2 June 1897).

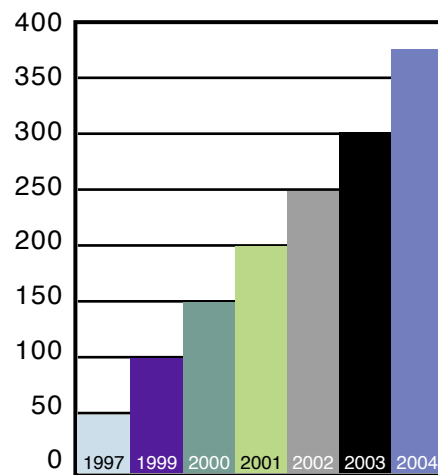
Why quote Mark Twain? Well, many people thought the BRACE Centre had closed in 2006! I can assure you that is not the case and the centre continues to provide a Memory Clinic and to conduct research into dementia.

Changes have taken place though. In 1995, the Bristol Memory Disorders Clinic accepted referrals from anywhere in the locality and sometimes beyond as part of the then Frenchay Healthcare Trust. There were four new referrals each week.

In 1997 Frenchay and Southmead amalgamated to become North Bristol NHS Trust and we were restricted to seeing patients living in the North Bristol Trust area encompassing South Gloucestershire, North Somerset and the northern half of Bristol. This was the time when Cholinesterase inhibitors were licensed to treat Alzheimer's disease and we still have these today but many of you will be aware of the controversy surrounding the restrictions in their use.

1997 to 2004 saw a rapid growth in numbers of patients treated with cholinesterase inhibitor drugs and the Clinic saw ten new referrals each week.

This meant that we were under great pressure to deliver the service effectively and provide the quality of care that patients needed. We were having to pass patients on



Numbers of patients in each year

for more specialist support from Mental Health Services and still see them for treatment reviews. In most of the UK, memory services were being provided by Mental Health Trusts by this time so our system was quite unique.

The service came under review in 2005-2006 and our local Mental Health Trust, Avon and Wiltshire Mental Health Partnership Trust (AWP) took over some of the service and we transferred the care of patients from east and north Bristol to Bristol Memory Services provided by the Mental Health Trust in various locations around the city. In 2006, AWP took on memory services for people in South Gloucestershire based on the model of services provided at the BRACE Centre and funded by South Gloucestershire Primary Care Trust. Initially AWP were going to provide this element of their

memory services from Thornbury but BRACE was very keen to maintain the clinic within the BRACE Centre, a familiar place for many of the patients and their carers. And so we invited AWP to continue to use the BRACE Centre.

AWP are now going through a re-organisation and review of the services they are providing and are working on the development of a strategic business unit for older adult services with both Bristol and South Gloucestershire services moving towards a common model of service provision. The BRACE Centre is geographically in the middle of the AWP service provision area and may or may not become the central point for memory service provision... watch this space!

In research terms the main aim of the BRACE Centre over the past year was to try and protect the assets it had so as not to compromise the trust that patients and supporters had placed in the Centre and so that it could continue and expand the clinical research. This has been achieved.

There are currently collaborations with several researchers in the University of Bristol and the University of West of England. Drug trials have restarted and the staff are looking at how they can best use the asset of the research database (currently mothballed) and perhaps reopen it for new research.

In other words, there is still a Memory Clinic in the BRACE Centre and research is on-going!

20th anniversary event

In good company



3MC, or Three Mens Company, will be performing in St Andrew's Church, Backwell, on Saturday 13 October, starting at 7.30pm.

Presenter David Higson, pianist John Marsh and vocalist Jeremy Watkins have been entertaining audiences, principally in Bristol and the West Country, since 1988.

Taking the form of a concert of stage, musical and Edwardian parlour songs, these three talented performers are guaranteed to provide an evening of outstanding entertainment.

They make no charge for their services provided a charity benefits, so the ticket money will be shared by BRACE and St Andrew's Church.



David, John and Jeremy

Tickets cost £7.50 and are available from Jean Routley on 01275 462059 and Pat South on 01275 463117

BRACE Golf Day

I was delighted to once again be at Henbury Golf Course for the sixth 'Geoff Twentyman Golf Day in aid of BRACE'. Henbury really is a cracking venue. The course is always in great condition and the catering and general hospitality makes for a perfect day.

When you are closely and actively involved in an event like this you realise how kind and generous so many people are. The generosity is not just

money but also time and effort. So many people give their time freely to ensure the day runs smoothly and on behalf of the organising committee I thank you all. Obviously those responsible for entering teams are core to the day and without their financial commitment, the day simply would not happen. Whatever your involvement I really thank you for being there.

There are so many teams who were here for another year and there are also many teams who were here for the sixth time. 'The Six-timers' know who

they are and I thank you all very, very much. There were also a high number of Henbury Golf Club members who once again showed amazing commitment to the day – paying extra money to play your own course is quite something! Thanks to one and all.

I would like to say special 'thank you's' to David Trick and Bruce Pearce who both played on the day. Bruce is President at the Players Golf Club and recently held a charity golf day there and chose BRACE as one of the two charities to benefit from his day. David adopted BRACE as the charity at his sporting dinner in February and amazingly donated over £1500 to the total fund. It is heart-warming to be the recipient of such levels of generosity. I would also like to thank the local football, rugby and cricket clubs who once again supported the day with some superb nearest the pin prizes.

I am a Patron of BRACE which is significantly important to me. The charity does invaluable work in assisting research into Alzheimer's. This form of dementia is an indiscriminately ruthless illness. My late father –

a one time Liverpool footballer and incredibly gifted football talent scout – suffered with Alzheimer's for over a decade before he died a frail, relatively helpless man who knew nothing of the life he lived or the people within it.

The Golf Day is a special and poignant day for me. I am infinitely proud of my father, he was a fine man who taught me a great deal. He did not deserve to suffer such a pitiful illness and die in such a harrowing way. The day is about raising money in the hope that one day the fight against Alzheimer's will be won. There is a mighty long way to go but I thank you for helping me to help those less fortunate than you and I.

Congratulations to the winning team Emerald Park (Andy Elliott, Joe Hastings, Mark Baber and their captain Graham Anstey, who is shown on Geoff Twentyman's left in the picture). Graham and the boys have supported the day over several years and came out deserving winners in 2007. Well done!

Geoff Twentyman



Geoff Twentyman (centre) presents the Noel Elliott Memorial Rose Bowl and Bristol Blue Glass decanters to the winners.



BRACE Autumn Fair



Once again the Fair last year was an outstanding success money-wise. Over £2200 was raised for BRACE funds. Well done everyone!!

Without the support of our willing stall-holders and of course customers on the day, none of this would have been possible.



Susan Marshfield

There were a few disappointed faces when it was realised that the Fair was not to be opened by Chris Vacher, but he has been so supportive during the year's fundraising that we could not ask him yet again, so he went off sailing, for one last trip in his 'old bath tub'.

The Fair was opened by Susan Marshfield, BRACE Vice Chairperson, who assured everyone that she was not Chris Vacher. Susan is an amusing speaker and ably opened the Fair for business.

GOOD TURNOUT

We had a steady stream of customers throughout the morning, some of whom were drawn by the recital marathon at the church next door!!

We tried to vary the stalls and the ribbon butterflies made by Olive Middleton were a great success with the young female customers and became almost a

badge of office for stall-holders! The Bottle stall was missed by some, so it looks like we shall bring it back this year – we will need donations of bottles to the BRACE office in good time.

The BRACE stall did exceptionally well and sold out of Brian Sanders' Christmas cards, so more had to be fetched from the BRACE office!

TIME AND EFFORT

Thank you to all the stall-holders for all your hard work, getting together the requirements for the stalls, whether it was jewellery, beauty products, bric-a-brac, cakes, books or toys. It all takes time and effort without which the Fair would not be a success.

Once again we thank C J HOLE for their sponsorship. We are indeed indebted to Chris Hill and Tim Pepper for not only supporting us financially but also giving of their time to come along to the Fair

and bringing their children – we need to catch more young BRACE supporters!!

Sonia Matthews



We look forward to seeing you all at this year's Autumn Fair on 13 October.

If you have any items suitable for one of the stalls please contact the BRACE office on 0117 975 4831 or Sonia Matthews on 0117 956 0718.



Out and about with BRACE

In August, the BRACE tent at Bristol Balloon Fiesta (above) took off with £559.

QUIZ evening

Friday 9 November 2007

7.30pm at Downend Folk House, Lincombe Barn, Overdale Road, Downend, Bristol

Join us for an evening of fun with questions to suit all interests. There will also be a Tombola on the night.

Tickets £20 per team of 4. Price includes a ploughman's supper (please notify us in advance of any special dietary requirements). You are invited to bring your own wine.

Tickets available from The BRACE Appeal Office on 0117 975 4831. Numbers are limited so please book early!



London Marathon – Katherine Earley's view from the finishing line

It was a perfect spring day as crowds of spectators lined the streets of the capital, waiting eagerly to catch a glimpse of the first runners to make it round the gruelling 26.2 mile course, which started in Greenwich and finished in The Mall, taking in some of London's best known landmarks, including Big Ben and Buckingham Palace.

I was in the lucky position of being able to watch the finish from the grandstand in St James Park, courtesy of BRACE!

I could hear the progress of the women's race over the loudspeakers as the leaders drew closer to the finish. As the first of the elite group powered across the line, I was struck by what a very significant achievement this was.

POWERFUL FINISHES

Sparks flew as the men's elite race rocketed towards the finishing line. As the police motorbikes careered round the bend into the straight, spectators strained forward in anticipation to see the world's fastest runners battle it out.

Over the next few hours came the 46,000 or so other competitors, most running to raise money for charities. The enthusiasm of their supporters grew throughout the morning, as more and more runners reached that final stretch of road; some waving and smiling, others with faces of grim determination and a few whose legs could barely hold them up!

BRACE had its own Golden Bond runners for the day – Robert Baxter, William Baugniet, Christian Rogers and Gemma Peck, each of whom had a different and interesting experience of the race.

MIND OVER MATTER

Robert describes the support of the London crowds as 'unbelievable': children screaming, bands playing, cameras snapping. There were runners 'in tears' around him towards the end, people collapsing at the side of the street from 'sheer mental and physical exhaustion'. His determination to finish the race however never faltered. His feet were bleeding, the

sweat pouring off his back, and still he carried on doggedly to the end. This was the culmination of weeks of training and hard work, and as the adrenaline kicked in to push him across the line, he felt absolutely euphoric. Having raised £1200 for BRACE and put his body on the line for 'others less fortunate than himself', Robert asks 'Would I ever go through the pain again?' Answer: 'Of course I would'.

WHERE THERE'S A WILL...

William also had a very intense experience of the race. He makes reference to the 'immense support' of the crowds, a real source of encouragement, particularly when, after a steady and well-run race, his body told him enough was enough, and he walked the stretch up to Buckingham Palace. Determined to finish the race in style, William attempted a sprint for the last 100 metres, and promptly fell over at the finishing line, where a fellow runner 'opted to sacrifice a few seconds of his finishing time in order to help pick me up' so that he could finish the race. He was then whisked away by St John Ambulance staff



William Baugniet heads for the finish.

who cleaned him up and gave him some water to drink. 'What a day!!', he exclaims. This was a remarkable achievement,



Gemma in jubilant mood after crossing the finishing line...

having raised £2306 for BRACE and pushed his body to the limit running a marathon in the searing heat. A truly unforgettable experience.

OVERWHELMING EXPERIENCE

For Gemma the marathon already seems like a surreal memory. In the space of a day she experienced many different emotions, aches and pains, adrenaline highs and crashing lows! She remembers feeling overwhelmed by the atmosphere at the start, the announcer psyching up the huge crowds of runners, all buzzing with nervous energy. Three miles in she thought the heat was going to end all her hopes of a sub-four hour time, but did her best to stay positive and thought about the great tan she would get! The encouragement received from the public was a real boost, and the last 400m past Buckingham Palace was phenomenal. Gemma thoroughly enjoyed the day and raised £1800 for BRACE. She's definitely been bitten by the marathon bug: 'something tells me it won't be the last marathon I do...'

Christian, our other Golden Bond runner, together with Sarah Coultart and Ashley Slaughter (who had their own Marathon places but chose to support BRACE), together added another £1792, giving a grand total of £7098.

Katherine Early is a BRACE Supporter who ran the Bristol Half Marathon for the Charity last year.

Remember Me

Science, Art and Alzheimer's Disease

An exhibition of scientific and artistic installations to raise awareness and increase understanding of Alzheimer's disease.

It marks the 100th anniversary of the first published description of the disease by Alois Alzheimer in 1907 and celebrates the 20th anniversary of BRACE.

The probability of developing Alzheimer's disease markedly increases with age. Because more people are living longer, more of us are at risk of developing the disease. In order to reduce our risk we all need a better understanding of the disease process and how to combat it.

Remember Me will contain accessible scientific information on symptoms, memory, diagnosis, pathology, genetics and causes of the disease, and information for carers. In addition, there will be an exhibit on treatments which will explain how the current drugs work, what may be available in the future and how we can all help ourselves now. In response to the science, a network of artists, including the women artist group Catalyst, and artists from the University of the West of England, have produced exhibits which allow the visitor to reflect, and hopefully to see the disease from a different perspective.



Sunny Goldney

The annual Amnesty Goldney Garden Party was held on Sunday 5 August and as usual BRACE had a sales table at the event. It was a wonderful sunny day and the event was very well attended and busy throughout. The stall was manned by Joyce Ablett and Joan Phelps with support from Jess, Lesley and Lynda from the Appeal Office. The sterling effort put in by Joyce and Joan in raising £259 for BRACE funds deserves our grateful thanks.

Having a stall at this event is one of the BRACE highlights of the year and we look forward to being there again in 2008.

Lynda Checkley



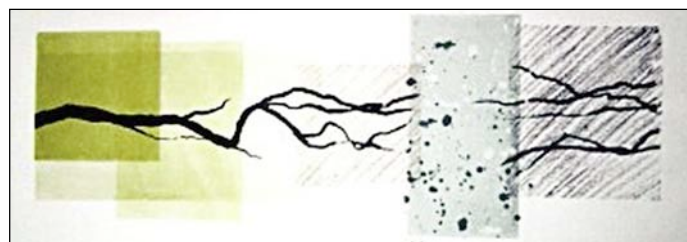
Judith Ratledge: Mind Web

This follows on from three previous collaborations with artists in Portsmouth exploring the brain, Alzheimer's disease and memory (for more details see www.catalyst.inportsmouth.co.uk). Selected artworks from these very successful art exhibitions have now been integrated into this science-based exploration of Alzheimer's disease.

Shelley Allen



*The people involved, left to right.
Top row: Sian MacGowan (BRACE), Gordon Wilcock (BRACE Trustee), Shelley James (co-ordinator; UWE).
Bottom row: Shelley Allen (University of Bristol), Elizabeth Turrell (UWE), Jenni Catlow (Catalyst artists).*



Lyn Stevenson: Flow

Remember Me

The exhibition will be at the Create Centre
Smeaton Road, Bristol BS1 6XN
from 22 October to 1 November

Private View: Monday 22 October, 5.00pm to 7.30pm

Open daily: 9.30am to 5.00pm Entry is free

20th anniversary event

60 not out

Congratulations to BRACE Trustee Brandon Lush and his wife Margaret who recently celebrated their 60th wedding anniversary.



They met when they were both working at King's College Hospital in London and, after marrying, pursued their individual medical careers, Brandon as a physician and Margaret as a psychiatrist.

Brandon subsequently became Principal

Medical Officer of the Medical Research Council before the family, comprising son Patrick and daughters Bridget and Penelope, moved to Bristol in 1972.

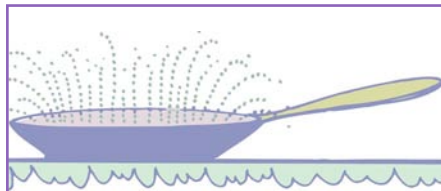
Brandon became consultant physician to Frenchay and Manor Park Hospitals and set

up Frenchay's first Care of the Elderly Department, while Margaret worked at Barrow and Southmead Hospitals.

Brandon's work in Bristol NHS brought him into close contact with the University of Bristol where he was instrumental in setting up the Department of Care of the Elderly and subsequently BRACE, of which he is a Founder Trustee.

Brandon and Margaret live in Lower Hazel near Thornbury, where they are keen gardeners.

We wish them many more happy years there.



Pancake Party

On Shrove Tuesday this year, Dorothy Hunt from Downend raised £570 by holding a Pancake Party at her home.

Mrs Hunt's husband, Herbert, is a patient at the Memory Disorders Clinic at Blackberry Hill and this is the reason that she chose to donate the proceeds of this event to BRACE.

Guests were certainly spoilt for choice with the variety of pancakes on offer, from traditional lemon to such fillings as bolognese or sweet and sour, and they were all equally delicious (not that I tried them all!). A willing team of helpers cooked the pancakes from lunchtime until well into the evening, keeping everyone well fed, so thank you for your hard work, and special thanks to Mrs Hunt for contributing such a fantastic sum to BRACE funds.

Lesley Whybrew

BRACE patron Jay Tidmarsh retires as HM Lord Lieutenant

Jay Tidmarsh, who is a Patron of BRACE, has been HM Lord Lieutenant of the City and County of Bristol for the past 11 years.

A passionate Bristolian, Jay has long been involved with many of the City's charitable organisations, having served as Master of the Society of Merchant Venturers, President of the Dolphin Society and Master of the Antient Society of St Stephen's Ringers.

He was the last High Sheriff of the County of Avon and when that county was dissolved in 1996, took on the role of Lord Lieutenant as the Queen's personal representative in the City and County of Bristol.

The Lord Lieutenant has a wide range of responsibilities in addition to escorting the Queen and other members of the Royal Family when they visit the City.

For example, he is responsible for the 600 or so magistrates in Bristol and the



surrounding area and for the local reserve forces. He presents honours and medals on behalf of various bodies and attends civic and other functions.

Now, as he approaches his 75th birthday, Jay must retire from these duties in which he has been so ably supported by his wife, Virginia.

Nosing around Peggy's garden

Once again Peggy Pounce's garden was open for 'nosing around' in June and raised £1005 which, as usual, will be split three ways between BRACE, the Alzheimer's Society and Dementia Care Trust.

Well done, Peggy.

The sound of Wales



The Choir and (inset) conductor Elaine Robins and accompanist Sian Davies.

We are in for a musical treat when the famous Côr Meibion De Cymru (The South Wales Male Voice Choir) comes to Bristol in October to stage a concert in aid of BRACE.

Formed in 1982 to bring together men from a multitude of different choirs from across the country and beyond, this 130 plus strong choir has established itself over the years with performances in prestigious venues in the United Kingdom and around the world.

In addition to its performance schedule, the choir places high on its list of priorities the promoting of young musicians, which includes the annual organisation of the Texaco Young Musician of Wales competition.

The choir will be supported by mezzo-

soprano Ann Atkinson who studied singing at the Royal Academy of Music. She has performed with many of Britain's leading opera companies and is currently Artistic Director of the North Wales International Music Festival and Musical Director of the Froncysyllte Male Voice Choir, among other appointments.

The concert will be held at Broadmead Baptist Church on Saturday 20 October, at 7.00pm.

Tickets cost £8 and are available from the BRACE Appeal Office.

DRG Stapleton Football Club score for BRACE

On Saturday 9 June BRACE was invited to DRG Stapleton Football Club to accept a very generous cheque worth £1635!

Members and support staff of this popular local football club raised the money to help fund BRACE to find a cure for Alzheimer's disease. It has become somewhat of a tradition for DRG Stapleton FC to raise money for charity every year,

but this was the first time they chose BRACE.

They raised the money in several ways. Ten ladies from within the club took on the challenge of doing a sponsored walk from Bath to the Horseshoe Inn at Siston Common; they also held a race night and a band night and if that wasn't enough three members ran in the Bristol half marathon!

When we arrived at the Club to receive the cheque, we were immediately welcomed by manager John MacArthur. Inside there was live music, plenty of good food and a great atmosphere.

Apart from donating to BRACE, the yearly awards were also being given to the players, members and staff of the club,



John MacArthur hands over the £1635 cheque to Jess.

so there was plenty of reason to celebrate. A raffle was held with many prizes to be won and the food was free for everyone to enjoy.

Without the generosity of the people behind DRG Stapleton FC and all the other organisations and individuals who make

donations such as these, BRACE would not be able to continue supporting vital research into Alzheimer's disease, so a big thank you again to them. We wish the club all the best for the future.

Jess Whittle



Something to crow about

It's been another very successful year for our Chick Knitters who turned out hundreds of birds, bows, scarves and hats ready for the Easter festivities, raising £1987 for BRACE in the process.

As promised, Somerfield, our local supermarket company, donated 1500 chocolate eggs, with Carol Seel and Gill Bonham masterminding the production and distribution teams respectively.

"We would sincerely like to thank all those who knitted for us", says Gill, "especially those for whom it was their first time; the groups who packaged for us, those who took the chicks to the shops, clubs, opticians, hairdressers, libraries, leisure centres, surgeries, chemists, florists, etc. and everyone who displayed and sold them for us. Production and sales at St Monica's topped £300 and Lynda Riddle collected over £400 from her various contacts."

Carol adds: "We were pleased that several new people answered our plea for help this year. We always welcome help with sewing up chicks and making eyes and beaks."

Top of the producers' team was Barbara Gibbs of Cardiff who knitted over 400 chicks, while Mrs Alma Russell of All Saints House, Brunswick Square, although she is 80, produced over 100 chicks for the second year running, which is a fantastic achievement.



Alma Russell with some of the 100 chicks she knitted this year.



Delivering the goods. Somerfield's Jane Davis (left) and Brian Benjamin hand over 1500 chocolate eggs to Lesley Whybrew at the BRACE Appeal Office.



Get signed up for our weekly draw

The BRACE 500 Club is growing slowly in numbers and at the end of July there were 189 members. This means that each week there is a winner receiving a cheque for £47.25 and each week BRACE receives £141.75, or £7371 for a full year.

If you're not a member already, please consider joining the Club. It costs just £1 a week and, if there were, say, 250 members, you would stand the chance of winning £62.50 each week, and BRACE would benefit to the tune of £9750 each year.

This is an exciting and inexpensive way to help BRACE fund the crucial research needed to combat Alzheimer's and other forms of dementia.

It only takes a few minutes to fill in the entry form and send it back to the BRACE Appeal Office and then from the following week you're in with a chance.

Go on – have a go!

Bee Lang

Since the last listing the following draws have taken place. If you would like a complete list of winners please contact the BRACE Appeal Office.

	Date of draw	Amount £	Winning no		Date of draw	Amount £	Winning no
Quarter 1				Quarter 2			
1	03/01/2007	£42.00	85	1	04/04/2007	£45.00	165
2	10/01/2007	£41.75	166	2	11/04/2007	£45.25	80
3	17/01/2007	£41.75	99	3	18/04/2007	£45.25	139
4	24/01/2007	£41.50	27	4	25/04/2007	£45.25	97
5	31/01/2007	£41.50	15	5	02/05/2007	£45.25	59
6	07/02/2007	£41.50	83	6	09/05/2007	£46.50	101
7	14/02/2007	£42.00	167	7	16/05/2007	£46.75	177
8	21/02/2007	£42.00	112	8	23/05/2007	£46.75	9
9	28/02/2007	£42.00	117	9	30/05/2007	£46.75	45
10	07/03/2007	£43.00	78	10	06/06/2007	£46.75	80
11	14/03/2007	£45.50	10	11	13/06/2007	£46.75	175
12	21/03/2007	£45.00	173	12	20/06/2007	£46.75	172
13	28/03/2007	£45.00	105	13	27/06/2007	£46.75	89
Quarter 3							
	04/07/2007	£46.75	8				
	11/07/2007	£47.25	12				
	18/07/2007	£47.25	128				

It's a terrific year for soft fruit – please remember BRACE when jam making and support our Autumn Fair.

Fashion Show and Sale

**Thursday 27 September
7.00 pm for 7.30pm**

Once again we are pleased to present S & D Fashions who will be staging a fashion show for BRACE at The Greenfield Centre, Winterbourne.

This evening event has proved popular over the last few years and we often sell out of tickets for what is usually a fun evening. A full range of sizes will be available with prices ranging from about £3 to £30. There is also the opportunity to try before you buy.

The Greenfield Centre has plenty of car parking space with overflows on the adjacent road, so why not come and join us? This is not your haute couture type of show, more M & S than Harvey Nichols! and very light hearted. An evening out with the girls, although two gentlemen did once come!

There will be a good raffle with lots of prizes, a BRACE stall and refreshments on sale.

Get your ticket now and join us for an entertaining night out with a clothes show thrown in.

Tickets £5 available from the BRACE Appeal Office or from Susan Marshfield, telephone 01454 773538.

Look forward to seeing you!



Summer Soirée
at Brookside
Cottage



Jane Hodder's Summer Soirée in early August was a great success and raised £1838 for BRACE. Susan Marshfield was there and describes the event.

It was supposed to rain on the evening of the first Sunday in August and so Jane and her family had motored to Telford on Saturday to get a suitable marquee. However, on Sunday the weather was perfect, the sun shone throughout. Drinking Pimms on the lawn and generally having a



good chat, about 100 people enjoyed listening to the music provided by a cousin of Jane and three friends.

FAMILY AFFAIR

The Soirée was a real family affair with son Tom running the car parking and daughter Lois along with friends, all in red tops with BRACE across the front, serving canapés. There was an excellent Tombola run by another son, Jack.

One of the highlights of the evening was an auction, which Jane ran herself. An autographed Bath Rugby shirt and an autographed England Rugby shirt got the bidding going and fetched £80 each.

LOTS TO DO

Good events do not happen by accident but are the result of planning and hard work. Jane's husband Dave worked away in the background, frequently accompanied by his Irish Wolfhound Alfie.

A big thank you to Jane Hodder and her family for making this happy and enjoyable event happen, and to all who came or contributed to it in any way.

WANTED – YOUR OLD GREETINGS CARDS!

Browsing the BRACE sales table your eye might just have caught sight of the beautiful greetings cards made by BRACE supporter Barbara Kingston. Barbara collects used greetings cards and cleverly turns them into new cards which are then sold to raise funds for BRACE.

When you have a birthday or anniversary and don't know what to do with the cards afterwards, don't throw them away; send them to us at the Appeal Office and we will pass them on to Barbara so that she can continue converting them into new cards. (Please note that we cannot use old Christmas cards).

Just a reminder that we still collect used postage stamps, postcards, cigarette cards, inkjet cartridges (but not Epson), and mobile phones. The money we raise by selling these items helps to support essential research into Alzheimer's disease and other forms of dementia.



A selection of Barbara's lovely cards.



Bridge Day proves to be another successful fundraiser for BRACE

On Friday 23 March Valerie Windo took on the challenge of organising yet another fantastic Bridge Day for BRACE. The event was a great success and raised a whopping £2230!

Around 100 enthusiastic Bridge players turned up to enjoy a full day's play plus culinary delights prepared by the catering team, a super bunch of ladies led by Barbara King. A big thank you to them for all their hard work in the kitchen!

A Tombola was also held on the day with

some excellent prizes. Loads of delicious and fabulous looking cakes had been donated to sell on the cake stall, and, not surprisingly, were sold very quickly. Thank you to all the volunteers who prepared and donated their cakes, great work!

Thank you also to Bristol Bridge Club for allowing BRACE to host this event in their venue and to Mike Elliot who did a fantastic job of compering the day. And lastly a big thank you to Valerie for organising the event.

Jess Whittle



Gill Dix is a local artist living in Horfield. She recently saw a programme on TV about dementia and Alzheimer's disease and how some of the drugs to treat it were not being paid for by the NHS.

Gill had previously held coffee mornings for other charities but after seeing this programme decided to donate the proceeds from a coffee morning in July to BRACE.

Gill had plenty of help from her husband, Henry, from friends who belong to an art club of which she is a member and also ladies from the Westbury Fielder Club.

After the previous day of continuous rain, the sun shone on the coffee morning, helping to make the event a very successful one with £206.60 being raised for BRACE. Guests were able to choose from the many items on sale – including some BRACE items, plants, books, cards and cakes, together with a raffle and bring & buy stall.

Thank you very much Gill. Your support for BRACE in this way is greatly appreciated.



Book of Remembrance

The following names have been added to the Book of Remembrance during 2007.

John Edward Derry of Wellington, Shropshire

Geraldine Ruth Hedges of Bristol

Maurice Gordon Down of Plymouth

The BRACE Book of Remembrance is normally available for viewing in the Lord Mayor's Chapel, College Green, at the following times: Wednesday to Saturday 10.00am to noon and 2.00pm to 4.00pm. Please telephone the Lord Mayor's Chapel on 0117 929 4350 to ensure that someone is there to assist you.

A Big Thank You

To all those who give their time to raise money for BRACE – unfortunately we cannot mention everyone individually, but you are all very much appreciated.



Out and about with BRACE

Paul Rugman's Plant Sale at Waterford Hall in May brought in £269 including £113 kindly donated by Paul.

Abseiling for all – and we do mean ALL



Thankfully the sun was shining for the first time in ages on a July Saturday morning as people started to gather at the Avon Gorge to watch the brave abseilers going over the edge to raise money for BRACE.

There was a good atmosphere, moods were high and lots of people turned out to support their daring loved ones even though the wind was quite gusty to say the least. At one point we were nervous that Chris from the



Bristol Climbing Centre was going to put a halt to the proceedings. However, luckily the wind remained at a safe flurry and it all went ahead.

BIG AGE GAP

Everyone did extremely well on the day and, even though there were some anxious faces at the start, after people completed their abseil there were big smiles of relief and accomplishment all round. Harriet Clutson was the first to go down and looked like she had done it a million times already – what a trooper! Second to descend was David Legg, our star of the day. David was 90 one month after completing his abseil and brought along a crowd of people to support him.

NO PROBLEM

I must say how impressed we all were that a man of his distinguished years would attempt to haul himself over a 100ft cliff and walk down it as casually as he did. Well done David! What a fantastic effort and all of us at BRACE appreciate him taking on the challenge and raising over £1000. Fourteen year old Edward Griffin was the youngest to abseil and he was very

David Legg (left) and Edward Griffin (right) – 76 years between them but equally confident.

quick to come down showing all the adults how it should be done!

LOOKING GOOD

We would like to say a big thank you to everyone else who took part on the day and although we don't know the exact total yet we know we have raised a good sum for BRACE which will be in the region of £2000.

Thanks so much everyone and bravo!

Jess Whittle



BRACE Gift Aid Declaration

The Government's Gift Aid rules mean that BRACE can recover an additional 28% of every donation made by a UK taxpayer. YOUR COMPLETION AND RETURN OF THIS GIFT AID DECLARATION WILL ENABLE BRACE TO RECOVER THAT 28% TAX ON EVERY DONATION YOU MAKE IN THE FUTURE. *Thank you.*

Full name

Address

Post Code

I wish BRACE to treat (* delete as appropriate) –

the enclosed donation of £

the donation(s) of £.....which I made on (dates)

all donations I make from the date of this declaration until I notify you otherwise* as Gift Aid donations.

I confirm that I am a UK taxpayer, resident in the UK for tax purposes and that I will advise BRACE if this situation should change.

Signed

Date

Please return this form to the BRACE Appeal Office, Blackberry Hill Hospital, Manor Road, Fishponds, Bristol BS16 2EW

giftaid it

September

Sunday	9	Bristol Half Marathon
Friday	14	BRACE Collection at Clifton Down Shopping Centre
Saturday	22	BRACE Collection at Almondsbury Garden Centre
Thursday	27	BRACE Fashion Show and Sale, The Greenfield Centre, Winterbourne (7.00pm for 7.30pm)

October

Saturday	13	BRACE Autumn Fair, Waterford Hall, Henleaze (10.00am - 12 noon) The 3MCs Concert, St Andrew's Church, Backwell (7.30pm)
Saturday	20	Bristol Welsh Society Charity Concert, Broadmead Baptist Church (7.00pm)
Monday	22	Science, Art and Alzheimer's Exhibition starts at The Create Centre for 11 days
Saturday	27	BRACE Sales Table at St Peter's Christmas Card Sale, St Peter's Church Hall, Henleaze (10.00am - 12 noon)

November

Thursday	1	Science, Art and Alzheimer's Exhibition ends
Friday	9	Quiz Evening, Downend Folk House, Lincombe Barn, Overndale Road, Downend (7.30pm)
Friday	16	BRACE Wine Tasting Evening, Merchants Hall, Clifton (6.30pm - 8.30pm)

December

Sunday	16	BRACE Carol Service, St Mary Redcliffe Church, Bristol (3.00pm) – contact the BRACE Appeal Office for free tickets.
--------	----	---

Information on all events is available from The BRACE Appeal Office, telephone 0117 975 4831.

Alison Neil in THE SHAKESPEARE LADIES CLUB

On Monday 18 June we enjoyed the latest of Alison Neil's well known one-woman shows, which exhibit her talent for 'populating' a stage in an almost hallucinatory way. We are in Georgian London, in the years leading up to the coronation of George III – a time of war, but also hope. Mary Cowper tells us the authentic tale of the Shakespeare Ladies Club, which initiated a revival of the bard's work.



Led by the Countess of Shaftesbury and abetted by Mary and other 'women of quality', they insist on the plays in full, and not being patronised by extracts. Craftily, they use patriotism as a weapon to persuade the men to put up the

money. They then move on, using plays as a fundraiser (sounds familiar!) to commission the statue of Shakespeare in Westminster Abbey. We also saw young David Garrick starting out as a stand-in harlequin, before sweeping the stage (as well as Mary's heart).

The second half took us to the seedy end of London, the fictional life of Kate Worthing, a girl whose family is displaced to Devon by the growing city, but who returns and struggles to survive in the seething demi monde of London. Moving from whoring to seedy shows, the debtors prison and a lost child, she encounters John Wesley and faith, and enters the nascent social welfare movement.

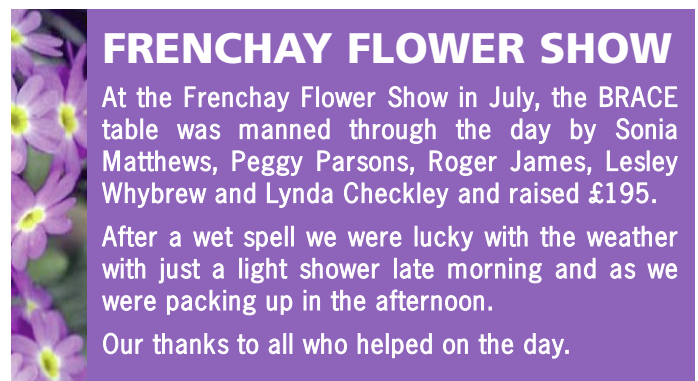
The play manages to be at once authentic and optimistic. It also touches on the rise of science in medicine through electricity, and a humane perception of disability in the early rise of Methodism, themes with which BRACE Supporters can all identify.

Jonathan Seagrave



Out and about
with BRACE

In April we were at the Bristol Italian Automotive Festival where a draw netted £185.



FRENCHAY FLOWER SHOW

At the Frenchay Flower Show in July, the BRACE table was manned through the day by Sonia Matthews, Peggy Parsons, Roger James, Lesley Whybrew and Lynda Checkley and raised £195.

After a wet spell we were lucky with the weather with just a light shower late morning and as we were packing up in the afternoon.

Our thanks to all who helped on the day.