

BASIC *bulletin*

BASIC (Brain And Spinal Injury Centre) - The Charity for the Neurosciences

THE NEUROCARE CENTRE 0161 707 6441 ISSUE 36 SUMMER 2006

website: www.basiccharity.org.uk webshop: www.buy.at/basiccharity

BASIC's Royal Seal of Approval

Body BASIC, the country's first Assisted Exercise Therapy Centre was officially opened by the HRH, the Princess Royal on 15th March 2006. The Princess toured BASIC's Neurocare Centre, chatting to clients, volunteers and staff members, before officially opening the Assisted Exercise Suite, unveiling the plaque and signing the visitors book. Full details on page two. Pictured right is HRH Princess Royal meeting BASIC's Chairman Derek Gaskell, his wife Dorothy and Wendy Edge BASIC's Director.



Vocational Success

One year on from securing three year funding from the Big Lottery Fund, our Vocational Project is proving to be a great success. Over 120 clients have used the service throughout its first year. 21 clients have been found secure paid employment, either full or part time, and around 8 people per week are attending Thursday's Job Talk sessions. There are 30 clients undertaking voluntary placements and 65 people who have had training in compensatory strategies for memory and other cognitive problems. Pictured right is Vocational Consultant Phil Johnson meeting HRH Princess Anne on her tour of the Vocational Suite.



Welcome Andy!

We would like to welcome Andy Golightly to BASIC's team. He is employed as a Travel Trainer and his post is funded by Greater Manchester Transport Executive (GMPTE) for twelve months. Travel training helps BASIC clients to take part fully in all that society has to offer, to make journeys so they can access services and activities that would otherwise not be available. Some people simply need travel advice like a particular bus number or information about permits and passes. Andy said "Many of BASICs clients suffer from memory difficulties, and some clients need more in-depth help with journey planning or require a companion to travel with them to help them remember the journey, that is where I come in".



Andy's 100 mile Challenge

BASIC has sponsored a racing wheelchair for Andy Golightly in order for him to complete a fundraising challenge he has set himself. Andy (pictured right in his new chair) has set himself the challenge of completing 100 miles of races to raise £1000 for BASIC. Between February and October he will compete in 10 races including three 10k, five half marathons, a 10 mile race and a full marathon. He is also doing charity collections at several local supermarkets to try and reach his fundraising target. To support Andy's 100 mile challenge visit his justgiving website and donate online at: www.justgiving.com/andy100

Tutored Tasting!

In November 2005, Brian Tittle, 67 was knocked down in Cheadle Hulme and suffered serious head injuries resulting in a blood clot on the brain. Although Brian is making an excellent recovery he realised that there were many others who were not so fortunate and decided he wanted to help. His family organised a food and wine tasting evening with an auction in Bramhall on 2nd April 2006. Dion Gunson lead the evening as the 36 guests tasted a dozen different wines all matched with food cooked by Ryan Jackson. The whole evening was very successful and raised £4000 for BASIC. Well done to all those involved!



Two new fundraising jobs at BASIC - See back page for details and contact us for further information.

Royal Seal of Approval for BASIC

“superb premises...such a pleasurable atmosphere”

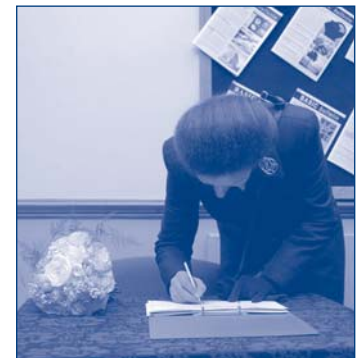
HRH The Princess Royal visited Salford to officially open BASIC's gym with a difference. The Princess together with an entourage of The Lady in Waiting, The Clerk to the Lieutenancy, The Lord Lieutenant and Lady Timmins arrived at Salford and were greeted outside BASIC's Neurocare Centre by the The High Sheriff, the Mayor & Mayoress of Salford (see right), and BASIC Chairman Derek Gaskell and wife Dorothy.

Inside the Princess was met by BASICs Director, Wendy Edge, together with Trustee Eileen Carr. Wendy gave the Princess a tour of the Centre, whilst guests in the hall were given an opportunity to hear talks including BASICs History by Derek Gaskell, the Benefits of Assisted Exercise by Neurophysiotherapist Kristina Fleming and BASICs Vocational Project by Vocational Consultant Mary Todd.



The tour of the centre included a visit to the Counselling Room, where she met Centre Manager, Linda Kelly with two clients. Then it was onto the Aromatherapy Suite, where she met BASIC's Complimentary Therapists Ann Brehaut and Bernadette Beard together with clients, Mohammed, Val and Peter (pictured left). She then visited the Vocational Project Room and met Vocational Consultant Phil Johnson and Travel Trainer Andy Golightly who together with six current clients explained the advice and guidance offered on a return to employment. Thereafter it was onto the Sensory Relaxation Room where Wendy explained the facility and then Sandra Buckley in the Information Library explained her role. A group of six clients were waiting in the I.T Room where she met BASICs Fundraiser Faye Cassidy, tutors and viewed clients using laptop computers.

The final stop of the tour, was of course Body BASIC, our Assisted Exercise Suite where she met Physiotherapist Sally Ogram and Gym Assistant Laura Parry together with four clients demonstrating the machines. The Princess then greeted some of the 70 guests in the main hall and proceeded to unveil the plaque and sign the visitors book before heading off back to London (see pictures right).



A letter was received a week later from Buckingham Palace saying

"HRH thoroughly enjoyed her time with you all and was very impressed with the marvellous facilities and superb premises. Everyone involved at the centre was so enthusiastic and there was such a pleasurable atmosphere".

Body BASIC is open Mon-Thurs 10am-5pm
Call 0161 707 6441 for more details or visit our website
www.basiccharity.org.uk and click on Body BASIC logo

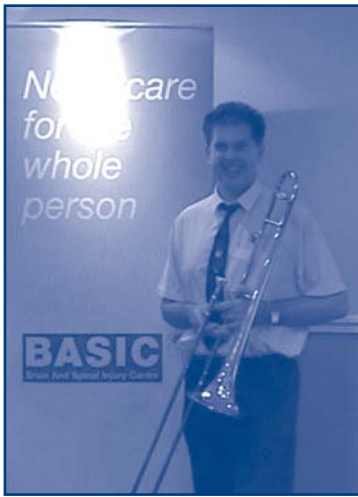
I have lost inches from all over my body!



Royal workout: Princess Anne meets Glynis Shaw

Glynis Shaw, 52, is a BASIC client who has benefited greatly from using Body BASICs machines. Glynis has recovered from a brain tumour and a stroke (she suffered during surgery) which left her with a weakness down her left side. She started attending BASIC for aromatherapy massages and then came to the centre volunteering on reception a couple of days a week. She started using Body BASIC to lose weight and build muscles in her weakend side and has been very impressed with how it has improved her mobility.

Glynis said *"Without dieting I have lost 10 inches from around my body and this is only after 3 months. All anybody in my position can really do is walk to the car and back, theres no way I could exercise on my own. At Body BASIC it's safe as the staff assist me on the machines and I have my own programme of exercise. The gym has been a real boost!"*



WILL I BE ABLE TO PLAY THE TROMBONE AFTER MY SURGERY?

by Paul Farrell, BASIC Client

That was the question I asked Mr Jones before agreeing to have life saving brain surgery. Like many of us, I wanted to know how surgery was likely to affect me. I remember Mr Jones smiling back and saying "Only if you are able to play it now". 13 years later and after a second round of surgery I am still playing the trombone. Since having surgery in 1992 and again in 1996, I have always looked to ways of how I could say thank you to the people who helped me. Like so many of you, I have found this by supporting BASIC in any way I can. I have been playing the trombone in the Ashton On Mersey Showband for over thirty years, since starting as a schoolboy. Each year we do an annual concert to raise money for a local charity and it also gives us the opportunity to play and remember the music of our founding Musical Director - Ernie Waites. The AOMSB features music in every style - from big band to sing-a-long to songs from the shows. We supported BASIC again on May 14th with a charity concert. A cheque for £3000 was presented on the evening and it also gave people a chance to decide whether I can still play the trombone! Details of our band can be found at: www.aomshowband.co.uk or call Audrey on 0161 928 5233 or Beryl on 0161 962 6651.

A note from Wendy Edge "Having attended Paul's concert on Sunday I can definitely confirm that Paul can play the trombone. It is always humbling for us at BASIC to meet people like Paul who, often in the face of life threatening conditions, not only overcome these challenges but go onto help others. Paul is an inspiration! and what a fantastic band! Not only do they sound amazing they have been raising money for charities over many years - its all voluntary but their sense of fun and friendship is evident. An evening with AOMSB is guaranteed to be an evening to remember!

CHAPLAIN CHANCES VIETNAM CYCLE



In November, Hope Hospital Chaplain John Grant (left), and Louise Chance (right) both successfully completed the Vietnam Cycle to raise funds for BASIC. John raised £1931.70 and Louise raised £ 1330.00, towards BASIC's work. John said "I really enjoyed the The Vietnam Cycle although in parts it was tough with plenty of uphill challenges. I found the experience very rewarding to do something like that for BASIC and the locals were supportive especially the vietnamese children who came to the edge of the road to wave and cheer us along which was a great boost, and the views along the route were spectacular".

A fantastic effort from them both. On behalf of all at BASIC thank you and well done!

SAHARA SUCCESS



CASINO 36 very kindly sponsored a place on BASIC's Sahara Trek in March 2006, by donating £2000. The place was originally for BASIC client, Gareth Hunt, however he had to forgo it due to injury. The place was then taken by Gordon Walker (left) who works as Pit Boss at the Casino. Gordon said "The trip was great,

despite the sand storms and steep uphill sand dunes, I really enjoyed the challenge and met some great people on the trip. I would definitely do something like this again". Gordon has also raised a further £640 which included a donation from the P&M Hiller Charitable Trust.

Christmas BOND-ING EVENT



Over 400 partygoers partied till the small hours at BASIC's Bond Evening on 23rd December 2005. Spectacular Cabaret Acts included Robbie Williams, Shirley Bassey and a Sean Connery lookalike who posed for photos with people and drew the grand raffle. The evening raised over £6700 towards BASIC's work which is great!



Fundraising Vacancies at BASIC

Fundraising Manager, salary up to 30k

Do you have a proven track record of fundraising including applications to charitable trusts and companies?

Fundraiser, salary negotiable

Are you good at organising events, encouraging others to raise funds and do you have excellent computer skills?

If you are interested in working for BASIC as a fundraiser please send your CV to wendy@basiccharity.org.uk or speak to Wendy Edge in confidence on 0161 707 6441 by 28.7.06

A Special Thank You for Your Support

Bowled Over for BASIC

Crumpsall Constitutional Club held a Charity Auction and also a Bowling Event in aid of BASIC in 2005. The Auction raised an amazing £1280 and the Bowling Event added a further £118 towards our funds. Many thanks to the members of the club and Prestwich Bowling Team for all their support and hard work.

Church Support

Many thanks to St Clements Church who supported BASIC throughout July August and September 2005 raising £57 for BASIC.

Final Brass & Beatles Concert

The Rotary Club of Manchester organised their 10th and final Brass and Beatles Concert in 2005 and raised £2500 towards our work, many thanks for their support of our work throughout the years.

Special Tree Planting Ceremony

Last year a number of events were held in memory of schoolboy Lee Nicholls who passed away following a brain haemorrhage. Events included a tree planting ceremony and a brain injury awareness day at Nailsea School in Bristol which raised £115.37. Grove Junior school raised £100 and Nailsea Youth House raised £485.70. His mum Kate is continuing to fundraise for BASIC in memory of Lee. Family friend Dave Bear raised £868.30 through a sponsored event, and Lee's mum Kate will continue to fundraise for BASIC.

Biking for BASIC

More participants took on the Manchester to Blackpool Cycle Ride for BASIC including Micheal McLean, Brian Jarvis & Thomas Pennington who raised £220, and Linda Whittle & Victoria Johnson from Betesh Fox & Co Solicitors who raised £301 towards our work.

Disco Dosh

Thank you to Kate Wilson who raised £347 by organising a Halloween theme night and disco at the pub where she works.

27th May 2006

Collection at Manchester Airport

18-26 August 2006

Iceland Trek

30 August-3rd Sept 2006

London to Paris Cycle Ride

15th-25th February

Bike Ride in Cuba

Various dates throughout the year
in locations all over the UK
Parachute Jumps &
Whitewater Rafting

For details of any of the above events
contact us on 0161 707 6441
email:fundraising@basiccharity.org.uk

Dates For Your Diary 2006

Please contact
us with your
fundraising
ideas!

MEMBERSHIP MARCH 2006 - If you still want to receive a hard copy of this newsletter by post, then please return the below slip with your membership fee of £15. Alternatively email your name and details to: faye@basiccharity.org.uk and we will forward you the newsletter via email.



Membership April 2006 Reply Slip

NAME: TEL NO:

ADDRESS:

.....

..... POSTCODE:

Please tick appropriate box:

I would like to become a new member of BASIC

I would like to renew my membership

I enclose £15 membership fee / donation*

I wish to remain on BASIC's Mailing List

I would like to remain on BASIC's database**

I wish to be taken off the Mailing List

* Cheques are payable to BASIC

To pay by credit card call 0161 707 6441

** You can remain on BASIC's Mailing List

even if you can't pay the membership fee

Please return this slip to: BASIC (Brain And Spinal Injury Charity), The Neurocare Centre,
554 Eccles New Road Salford, Manchester M5 5AP Tel: 0161 707 6441 Helpline: 0870 750 0000
Website:www.basiccharity.org.uk Webshop: www.buy.at/basiccharity