

Looking to the past and future!

This will be my last Supporters' Newsletter as Phil Edge, our Head of Therapy, is taking over as Brainwave's Chief Executive Officer and I retire at the end of January. I wanted to take the opportunity to thank all of our supporters for the wonderful funds they have raised for us, whether it was £5 or £5,000, it all counts!

As always, people have been doing lots of different things for Brainwave and this Newsletter covers some of those activities but it also looks forward to some of the things that we will be doing to celebrate our 30th birthday in 2012. Hope you like the logo for the year - see opposite.

The BBC Lifeline in August raised over £6,300. If you missed it, you can still see it at: <http://www.youtube.com/watch?v=A6pRTjylTFk>. Our Patron, Olly Murs, did a great job, as well as all our families and staff who were real stars. Also, over the summer, we had our National Raffle, which raised over £8,000. A really big thank you to everyone who sold a ticket. We are now starting to work on our birthday raffle! But the big idea for 2012 will be the fun Brainwave's Big Cupcake Bake and you can find more details in this Newsletter about how you can get involved.

There are lots of things planned throughout the year, from walks and runs, to dinners and Family Fun Days. A calendar for the year is included so that you can put the dates in the diary.

Finally, thanks to everyone who contacted anyone they knew who worked at Shoosmiths for their Charity of the Year vote. They chose us as one of two charities to support and we will be working with them over the next year. We hope to raise £50,000 so don't forget to keep putting us forward for those charity of the year adoptions - it does work.

Have a great Christmas and New Year and if our paths don't cross before the end of January, all the very best for the future

Christine Cryne

PS If we have missed anything, let us know!



Company Adoptions

- Employees of Independent Clinical Services and Pulse have begun raising funds for



Brainwave through activities including a Bristol to London cycling challenge. Our Lycra clad heroes began their adventure on 17 November along the back roads from Bristol to Basingstoke. The next day the team followed the Olympic route into London. We welcomed them at the offices of Pulse Jobs on New Oxford Street. They raised more than £14,000.

- Redburn, an equities broker, is supporting Brainwave as its Charity of the Year during 2011/12. To date, Redburn has funded therapy for four children. In addition, the firm sponsored the 5k Santa Dash that took place in December in the City of London, where many of their employees took part.

Nick Harley undertook a climbing challenge from Chamonix to Zermatt, raising £1,075. The total commitment of Redburn exceeds £22,000!



- Brainwave has been selected as Charity of the Year by Shoosmiths solicitors. The company aims to raise £49,000 to fund Guardianships for 14 children. A dinner auction in November raised more than £14,000.

- The new Asda store in Witham, which opened in July 2011, has adopted Brainwave for the year.



- Morris & Spottiswood also chose Brainwave as their Charity of the Year. The company is a shop fitting facilities, management and property support business. As part of the adoption they have put the Brainwave logo on their vans.

Being energetic (and sporty) for Brainwave

Border Bike Ride 2011.

In the first week of September, four friends cycled down the English/Welsh border; 170 miles in three days, from Rhyl down to Chepstow. Organiser, Stuart Hawker's little girl, Erin, attends the South West Brainwave Centre and came up with the idea with a friend Richard Powell. They were joined by Richard's brother Steve (who incredibly did the ride on a mountain bike!) and experienced rider, Jamie Squibbs.



The ride itself took in some breathtaking (literally) scenery and the four had all sorts of weather thrown at them. They were ably assisted by a back up van driven Tristan Morgan and Stuart's brother Steve on the last day. Graham Hawkins also joined them for the last day cycle down to Chepstow. They all had a great time despite being very tired and the pub in Chepstow had rather good takings at the end of the ride! They estimate that they raised just over £3,500 and there are murmurings in the team about another challenge next year....Anyone fancy the Alps?!!!!

Running for Oscar and his friends

On 25 September, me and 5 amazing friends (Pebbles, Amal, Ruth, Andy and Si) ran the Windsor Half Marathon to raise money for Unique and Brainwave. It was hot, the route very hilly but we had great support along the way from friends and family. We have now raised over £2,100 for Brainwave and the money is still coming in.

Oscar has the 5q14.3 microdeletion syndrome and without Unique and Brainwave, Oscar would not have made the progress he has made so far. So this is our way to say THANK YOU VERY MUCH!!!
Chantal van Bragt Windsor

Walking from Uig

Kenna MacKinnon and Mairi MacLeod raised a total of £2,340 for Brainwave by walking from Uig around the Trotternish area. Kenna's great nephew, Liam, is on the Brainwave Programme and his mum, Helen, joined the walk for part of the way.

Warrington Half Marathon

Three members of staff from MEPC Birchwood Business Park ran the Warrington Half Marathon in October 2011, raising a wonderful £1,067. The picture shows Linda and Jonathan Black.

Big Brother supports Little Brother

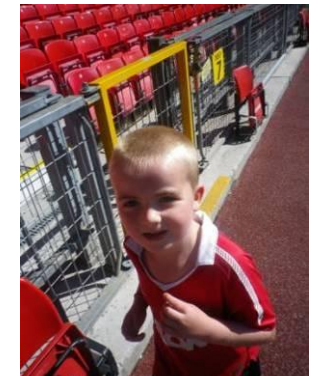
In July this year, Oliver Sweeney did a charity fun run at Manchester United's Old Trafford ground.

Oliver, who is six, actually chose himself to raise money for Brainwave. His little brother, Alex, attends Brainwave's Warrington Centre and has Cerebral Palsy.



His parents said 'We deliberately avoided pressuring him into raising funds for Brainwave by asking him did he want to do it for his school or his football team as, sometimes, we are conscious that a lot of attention is made towards his little brother Alex and not Oliver. We are both so proud of both our boys and Oliver is also especially proud of his little brother Alex'.

Alex ran in style and managed to raise £120. Well done Oliver.



Wild West and Beer



DLA Piper, 25 staff dressed up as Wild West Characters and walked 10 miles as part of the Saddleworth Beerwalk and raised £1,338. Left is a picture of Tim Buckingham accepting the Certificate of Thanks on their behalf.

Mount Kilimanjaro here we come!

CBeebies presenter Katy Ashworth ('I Can Cook') is tackling her biggest challenge by climbing Mount Kilimanjaro in January 2012 in aid of Brainwave.



Katy was inspired to find out more about Brainwave when she was signed up by Face to Face Fundraising to be a regular donor.

On a recent visit to the Centre in Bridgwater she was delighted to see the work of the Charity and spurred on in a quest to reach the summit of the great mountain in Tanzania.

Katy has been touring the country with her own show and promoting Brainwave and her climb at the same time and, in between times, trying to up her fitness levels for the challenge.

If you would like to support Katy, do visit her Just Giving site: www.justgiving.com/katys-Kilimanjaro-challenge. By sponsoring Katy, in

her words 'You will be making a difference and spurring me on.'

And Mount Kenya, we were there!

Brainwave Trustee, Mike Clarke, recently climbed Mount Kenya for Brainwave, raising more than £5,000 for Brainwave. He began his ascent in the dark in order to arrive at the summit for sunrise. The weather turned when he was at the top, and the descent took place in the mist.



Raised an amazing £1,000 for Brainwave.

Lymm Charity Golf Day



Brainwave's Second Clay Pigeon Shoot

Team GB Olympic hopeful, Charlotte Kerwood gave her support and some excellent shooting tips at Eaton Park, home of the Duke and Duchess of Westminster, when Brainwave held its second Annual Clay Pigeon Shoot on Friday, 30 September, raising over £40,000.



The Duke and Duchess of Westminster generously provided the backdrop to Brainwave's second Annual Clay Pigeon Shoot where 140 top businessmen and women participated in the glorious sunshine for the honour of Top Gun or simply to avoid the accolade of 'Bottom Duck Team' or the 'Should have gone to Specsavers' Award for the person with the lowest score!

Ahoy there!

The London RIB Voyages Experience was offered to us for Children In Need. 56 Brainwave children and families from Oxfordshire, Hertfordshire, Essex and London took part in the five rides that were organised. They also met Pudsey Bear and were helped by pirates plus the Mad Hatter, who came along for some of the time. The weather was brilliant and everyone had a great experience.



The Bikers

Goldwing Bikers held a raffle at our South East Family Fun Day for seven 2 hour motorbike rides, raising £100 on the day.

Below shows the lucky winners. Everyone had a brilliant Sunday morning with the sun shining - a great time had by all.



eBay sellers

Anyone selling on eBay can help Brainwave by donating a percentage of a sale to the Charity. So how does it work?

- The seller lists an item as normal (using 'Advanced Sell').
 - They then go onto the 'My Favourite Charities' page in their eBay Donation Account and choose **Brainwave** and the percentage to donate.
 - The item sells. The seller receives payment from the buyer
- MissionFish collects the donation from the seller. The payment method on file with eBay is used unless the seller has chosen otherwise.
 - If the seller ticked the Gift Aid box, MissionFish claims Gift Aid for the charity.
 - After a short period to ensure all has gone through successfully, the donation and Gift Aid is transferred to the chosen charity (minus a small deduction to cover administrative costs incurred by MissionFish).



Wilton and Paignton

Over the last few months, we opened new shops in Wilton and Paignton making a total of 23 shops.

These shops, and many of our others in the South West, are looking for volunteers.

If you can spare just a few hours per week, then please contact our Retail Centre: 01308 867 984. No experience is necessary and it's a great social activity.



Shanghai Ball

The first North West Ball took place near Knutsford, Cheshire, at the Mere Court Hotel. The decorations matched the Shanghai theme and after the meal there was dancing and a fun casino.



The event was attended by almost 100 people including Stoke City footballer and Brainwave Ambassador, Carlo Nash and his wife. Over £5,300 was raised.

Badges and car stickers



For 2012, Brainwave has produced some car stickers and lapel badges. These are available at the three Centres and will be at all our events. We are asking for £1 donation for each item.

Brainwave's Big Cupcake Bake

The simple idea behind this 30th Anniversary event is to make cakes, sell them, and donate the money to Brainwave. It really is, as simple as that.



'Something for the Weekend' star Simon Rimmer is backing a campaign to encourage children and adults alike to take on the task of creating their own range of cupcakes to sell at schools, within companies or between friends to raise vital funds for Brainwave. Simon has created an easy to follow recipe especially for making the perfect cupcake - see opposite.



Simon said of the challenge:

'Anyone can take on the Cupcake Bake – it's quick, fun and you can make the cakes in your own individual style. The ingredients are both easy to find and inexpensive—follow my recipe to create a batch of cupcakes to sell on to friends, family and work colleagues—by doing so you can put a smile on someone's face as well as raise funds for Brainwave and support the fantastic work they do'.

If you'd like to take part, simply, contact one of our Community Managers; details on the events page on our website (www.brainwave.org.uk), www.eatthechef.com website or Alexis Hawkes: alexishawkes@brainwave.org.uk; 01278 726923 for more details and a pack. We would really like to know when and where you are holding your event as we can update you on our map of events being held across the country.



Brainwave
Marsh Lane, Huntworth Gate, Bridgwater, Somerset, TA6 6LQ;
01278 429089
www.brainwave.org.uk
Join our Facebook Group:
<http://www.facebook.com/charitybrainwave>

Cupcake Recipe

Ingredients

125g butter
275g sugar
2 eggs
125ml milk
200g flour
2tsp baking powder
200g raspberries
Pulp from 8 passion fruit
2tsp red food colouring

Frosting

200g icing sugar
tiny drop of food colouring
125g butter
1 vanilla pod



Method

Cream the butter and sugar in a mixing bowl, add the eggs and milk.
Beat for 5 minutes
Add the flour and baking powder, mix, then fold in raspberries, passion fruit and colouring.
Spoon into cup cake papers and cook for about 15-20 mins at 180c/gas mark 4.

Frosting

Take out the vanilla from the pod. Whisk the butter and icing sugar until creamy, add the vanilla then beat in the colouring.
Spoon into a piping bag and pipe (star nozzle) over the cool cupcakes.
Decorate with either stars, 100's & 1000's or any other toppings you fancy!

Hey presto! They are now ready to sell and raise funds for Brainwave!

Visit: www.eatthechef.com



Dinner at Earle

In November, Simon Rimmer very kindly hosted a dinner at his restaurant, Earle, in Hale, Cheshire. It was attended by Coronation Street stars, Samia Smith and Will Thorp.

The photo shows Family Facilitator, Sally Preston, speaking about her daughter, Natalie. You can just see Simon in the background. Natalie's story can be found on our website:
http://www.brainwave.org.uk/families_casehistories.aspx#.



Future Events - 2012

Why not get involved during our birthday year

January

27	Burns Night hosted by Birchwood Park Business Conference Centre
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February

2	Art Exhibition - Essex
18	Model Railway Fair - Warminster
22	NW Ladies Night
TBC	NW Friends - Chinese New Year Dinner

March

9	Ladies Thai Lunch Witham
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April

6	Spinningfields Duck Race, Manchester
14	Jamie Hill - Land's End to John O'Groats Bike Ride
15	Brighton Marathon

May

1	Shops Bike Ride Launch - if you'd like to ride around some of our 23 shops in the South West (and maybe do some shopping as well) this is for you
25/26	Bridgwater Variety Show
TBC	NW Friends Curry Night
TBC	NW Friends Charity Football Tournament, Warrington

June

10	Taunton Rotary Club 50/50 Cycle Ride
16	Summer Open Day - SW Centre
29	Fashion Show Essex
TBC	NW Ladies Lunch Event
TBC	Walk for Kids - London

July

12	Billericay Fun Walk
TBC	NW Ladies Lunch Event
TBC	Walk for Kids - London
TBC	Launch of Anniversary National Raffle
TBC	NW Friends Cycle Challenge from Warrington to Bridgwater - 3days

August

17	World Wedding Dress Day - Bridgwater
24	World Wedding Dress Day Taunton
23	Pearls of Wisdom campaign

September

8	SW Sky Dive
15	SE Family Fete and Open Day
14/16	Weston Quilters Exhibition
26	Bollywood Dinner - London
27	Clay Pigeon Shoot
30	Classic Vehicle Show Junction24, Bridgwater

October

13	Black Tie and Pearls Dinner at Essex County Cricket Ground
25	Open day in NW: coffee morning for families, afternoon tea for community groups, evening reception for local companies and supporters,
TBC	Gala Concert - Wellington School
TBC	Clay Pigeon Shoot - South East

November

TBC	NW Friends dinner
TBC	Beer Tasting

December

TBC	Beer Tasting
TBC	NW Santa Dash: London
TBC	NW Santa Dash: Birchwood

Contact the following Community Managers for this and other events in the area

South West

Paul Smith: paulsmith@brainwave.org.uk; 07725 956 015

North West

Joanne Freeman: joannefreeman@brainwave.org.uk; 07872 411 580

South East

Gerry Gould: gerrygould@brainwave.org.uk; 07725 956 014