

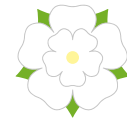
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BTRS NEWSLETTER
SPRING 2018



btrs.org.uk
braintumourresearchandsupport
.....across Yorkshire



Making Big Strides Towards Change

Welcome to the Spring Edition of the BTRS Newsletter

From fantastic Flat Cap Friday fundraising events to the launch of new support initiatives, BTRS has already made some big strides towards change in 2018. Everything we do comes together for one reason; to fund brain tumour research and support across Yorkshire.

With that in mind, we want to start this edition by sharing a story with you. This is Roy Clark's story, and we hope that through his eyes, you can see just why what we do matters.

Roy Clark's Story - In June 2016, Roy Clark was a keen cyclist living a healthy life. Suddenly, after being misdiagnosed with a stroke that left his speech confused, everything changed. He was told he had an astrocytoma brain tumour that was inoperable so Roy and his wife made the brave decision to move ahead with radiotherapy treatment. Eighteen months on from diagnosis, Roy received a positive scan that showed his tumour had reduced in size. In his own words, Roy tells us how important the work we do at BTRS has been to him, his family and his recovery.

"Even though every brain tumour case is different, the BTRS support group has been a safe and free place for us to talk to people who have gone through similar experiences. As our daughter often joins Dawn and I, we're thankful that BTRS has given all of us the space we need to deal with what is happening to me as a family.

We also visit No 31 regularly. Helen and the team always greet us with a smile and kind words, and Dawn enjoys baking cakes to donate to the coffee shop. We've been involved with fundraising for the charity too. My daughter did a 10K and Dawn and I marshalled the Big Bike Ride last year. I'm hoping I might be well enough to ride it in the future!"



Roy out on his bike

Flat Cap Friday Fundraising

We had an incredibly successful March taking part in Brain Tumour Awareness Month. Over the last few years BTRS has marked the occasion with our Flat Cap Friday events - where we ask our supporters to don a flat cap and host gatherings to raise money for, and awareness of, BTRS - and in 2018 we carried on this tradition.

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So many of you took part and we are very thankful to everyone for generously giving up your time, and donating your money, to our cause.

Flat Cap Friday had a bit of everything this year, from pub quizzes and head shaves to competitions and sporting events. In total we raised a staggering £2,300 so far for BTRS – an amazing achievement!

We want to give a special shout out to all the schools that got involved in our 'Design a Flat Cap' competition. We challenged lots of local children to create a design to be made into a real flat cap by our fantastic partners over at Kempadoo Millar. The winners were Ella Wraithmell – 11 years old, Phoebe Pickering – 7 years old and Alice Foley – 3 years old. Congratulations to all of you, we can't wait to share the final pieces on our website over the next few months.



The winning designs

Hat's Off to Our Flat Cap Friday Supporters

Flat Cap Friday was a great success this year, with our supporters getting more inventive than ever. Below is a round-up of some of the highlights that got you spreading the word about BTRS.

Hari's Headshave – Harriet Jonkers, one of our fantastic office volunteers, stepped it up a level by shaving her gorgeous goldi-locks to raise money and awareness for BTRS. In total she raised a whopping £1092.50 with the help of the lovely Emma at Oasis Hair in Headingley, who supported Hari by shaving her head for free.

Ravenscliffe High School – The school held a dress down day where all the students wore flat caps!



Students from Ravenscliffe High School

Easterfield Court – An independent living development for the over 60s, the residents held a tea, raffle and bingo session and raised a fantastic £175.50 for BTRS.

A Sad Goodbye and a Happy Hello



Good luck Sorrell!

We are sad to share that BTRS has said goodbye to Sorrell Coulson, our Events & Fundraising Manager. Sorrell had been with BTRS for four fabulous years and in that time has contributed so much to the charity. From her dedication to making sure all of our supporters feel valued, to her hard work in guaranteeing our big fundraising events happen without a glitch. She is leaving us for a fantastic career opportunity with an international animal welfare charity. We want to send out thanks to Sorrell, who has been an exceptional member of our team, and we

Leeds Beckett University – Ran a flat cap photo booth to raise awareness on campus and through their social media channels.

Motiv8 North – One of our long-time supporters, Motiv8 North held a quiz night in Leeds featuring some very inventive rounds – guess the film made out of plasticine and 'what's that smell?' were just a few that got people laughing on the night. They also auctioned off some fabulous prizes donated by their kind clients and suppliers. In total the event raised £815.

Jolly Tots Nursery – This nursery in Burley in Wharfedale dedicated a whole week to Flat Cap Friday activities with lots of mini-fundraisers taking place across each day. They also got involved with the 'design your own flat cap' competition and raised £192.12 – a fantastic achievement!

Dewsbury and District – The 3rd Age Local History Group hosted a fundraiser that added £150 to the BTRS total. Meanwhile the 3rd Age Choir carried out a performance and the Reading Group did a play, completely in Yorkshire dialect. So far, they have raised a phenomenal £800.

We would like to thank all the generous people who supported us during our Flat Cap Friday fundraisers in March, especially our corporate sponsors, A W Hainsworth and Kempadoo Millar.

hope you will join us in wishing her the very best for the future.

In happier news, we are extremely pleased to share that we have welcomed a new team member to BTRS. Nicki Hood is joining us as a community fundraiser with over 17 years' experience in the charity sector. She says of her new role: "I've had the privilege of working for some amazing and diverse causes across the North of England over the last 17 years, but my heart lies in community fundraising for a local charity. The best part of my job is meeting and working with the people closest to the charity, by helping to support their fundraising. When the chance came up to join the BTRS team, I jumped at it! I am already overwhelmed by the welcome I've received, it's great to be part of a small team with big ideas and to reach and support even more people across my home county of Yorkshire."

News from No 31

No 31 continues to be a fabulous space for BTRS supporters and locals alike to meet, grab a coffee and enjoy a delicious piece of cake. At the moment we are focused on the Ellie's Fund Recycling initiative, where you bring us your plastic recyclables and beauty packaging, and we turn it into money that funds childhood brain tumour research'. For more information see www.elliesfund.com/recycling or email helen@btrs.org.uk.

No 31 continues to run successful afternoon tea events with over 80% of the ticket costs going to BTRS. These events are usually

themed, with the one coming up in June and August being based on a 'summer picnic'. Please call into the shop for the menus and a bit more information. We are also becoming further engaged with the local community and now have various groups – including a knitter natter group – popping in to catch up over a coffee. The space recently had a bit of an overhaul too, with more stock displayed and new items added every week.

We are also launching our eBay site this month, so please watch out for further details coming soon.

Lastly, you will be pleased to hear that we now serve cake to suit all kinds of dietary needs – including gluten-free and vegan diets – so you can tuck in to our cake guilt-free, although these are subject to availability.

Make sure you remember to bring your loyalty card if you are a regular, which gives you a sixth coffee for free. If you don't have one yet, make sure you pick one up during your next visit but please note, you will need to give us your email address when you sign up so we can keep you informed of upcoming events for BTRS and No 31.



Matt promoting his big ride

Matt Hodkinson Cycles a Poignant Route For BTRS

On Tuesday 17 April, exactly 14 years since he lost his beloved mum to a brain tumour, Matt Hodkinson cycled over 90 miles to raise money for BTRS.

Matt, who works as a performance analyst for the Newcastle Falcons, has garnered much support from his friends, family and workplace. The Newcastle Falcons rugby union team has been raising awareness of Matt's challenge by taking part in Flat Cap Friday, donating a signed shirt and publicising Matt's journey across their social media accounts and on match days.

With the continued support of everyone around him, he has raised a phenomenal £2440 for BTRS so far.

This event saw Matt travelling between Sefton Park in Liverpool and Collingham

Memorial Gardens in Wetherby, the two places where his mum's ashes are scattered.

Matt said of his challenge: "I trained as hard as I could to get ready for the bike ride. I prefer mountain biking, so I had to shift to my road bike to make sure I was prepared for the ride. This challenge was very personal to me as my mum lost her life to a brain tumour at a very young age. I wanted to do something to give back to BTRS and show my support for the people who cared for her when she was ill."

He continued: "My main feeling after completing the ride was being very grateful to everyone who sponsored me to raise over £2,000 is incredible especially since my initial target was £500. A lot of people made very generous donations which was humbling and a big motivator during the ride. I'm really grateful to the family and friends who supported me on the day, either coming out to see me or meeting me along the way."

Walking 30 Miles For Molly

On Saturday 12 May, members of the Yorkshire and Humber police procurement team with family and friends, walked 30 miles to raise money for BTRS.

The team of 25+ travelled from their office in Wakefield to their Sheffield office in support of their colleague Katrina Hearson, seven year old Molly was diagnosed with a low grade brain

tumour in November last year following headaches and sickness.

Neurosurgeon Paul Chumas (one of the BTRS trustees) and his team at the LGI undertook three operations on Molly within a week of diagnosis. After several months of recovery Molly has now returned to school full time and is back to her happy and cheery self!

Katrina's work colleagues have all been very supportive and were very excited to take on the 'Molly's Miles for BTRS' challenge, which has raised over £1,500 for BTRS so far.

Katrina said of the event: "We can't put into words how very grateful we are for the expertise and treatment that was available to us at LGI. Inspired by colleagues and friends, we are delighted to be giving back by raising money for this fabulous local charity, co-founded by Molly's neurosurgeon, to help fund future research and help others facing this horrific ordeal."

To support the Miles for Molly team, you can donate on Just Giving here:
www.justgiving.com/fundraising/btrswalk



The Miles for Molly team!

The Big Bike Ride 2018

We are disappointed to share that The Big Bike Ride, which was due to take place in June 2018, has been cancelled. If you were looking forward to taking part, please don't be disheartened as there are a number of cycling challenges across the country that you can still take part in to raise money for BTRS. For more information about participating in a national cycling event, please contact Nicki Hood at nicki@btrs.org.uk.



Dewsbury and District Third Age Dialect Group Flat Cap Friday event

Support News

Although many of you are aware of the work BTRS does to support brain tumour patients and their families, we have recently widened the services we offer and wanted to take this opportunity to

share all the different ways in which we can help.

Our patient support specialist is called Samantha Wilson, she is a nurse with over 20 years' experience caring for, and supporting, patients and their families following a brain tumour diagnosis. Sam

works very closely with other healthcare professionals and organisations involved in the patient's journey in order to make sure you are given the best possible advice and support.

You can contact Sam to discuss anything on this page at sam@btrs.org.uk.

How can we help you?

Telephone Contact

Sam can provide all patients and their families support over the telephone, or via email, with continued support being provided as needed through a confidential telephone clinic.

Support Groups

Leeds Support Group - Every month we host professional, friendly and informal meetings at the Crowne Plaza Hotel in Leeds. These meetings give patients, family and friends the opportunity to chat with other people going through a similar journey. We often have a guest speaker at our meeting who is able to share their expertise on relevant topics. We also host annual social events where you can join us for Christmas festivities funded by BTRS. Our Leeds Support Group takes place at The Crowne Plaza Hotel, Wellington Street, LS1 4DL, 6.30pm-8.30pm.

Meet Up and Memories - If you have lost a loved one to a brain tumour, our Meet Up and Memories group is a welcoming place of support. Offering the opportunity to meet with others who have experienced a similar journey, the group meets up three times a year in February, June and October at various venues across Yorkshire. Some of the places we have been to in the past include Tropical World in Leeds and Browns for afternoon tea.

Counselling

We understand that it is good to talk, and our counsellors are trained to listen and help you explore your thoughts and feelings in a safe, confidential setting.

Hypnotherapy

Using the power of suggestion, Hypnotherapy can create changes to your thoughts, feelings and behaviours. The process alters your state of consciousness to allow you to accept positive thoughts and feelings through natural relaxation. Some of our clients find accessing both counselling and hypnotherapy to be extremely helpful.

Patient Grants

BTRS is able to award some patients with small, one-off financial grants to help with costs caused or related to their diagnosis. Some grants we have been able to give in the past include funds for extra clothing, help paying utility bills and funding towards vital equipment. A health professional or social worker must apply for the grant on your behalf.

Benefits Clinic

The BTRS Benefits Clinic is hosted at No 31, the BTRS headquarters in Headingley, by Kath Thornton, a Macmillan Social Worker.

You can book for a face-to-face or telephone consultation (depending on which suits your needs), for advice and information about benefits. Whether it is to make a new claim, make changes to current claims because of a diagnosis or get advice about completing claims forms, our benefits clinic is here to help.

The service is aimed at patients and relatives who have been affected by a primary brain tumour. You can either refer yourself, or be referred by a health professional.

Massage Therapy Clinic

Patients and relatives can access massage sessions with Yvonne Campbell, a qualified complementary therapist who volunteers at the Robert Ogden Centre.

Yvonne provides a weekly service at No.31 in Headingley. You can either refer yourself, or have a health professional refer you, by contacting Sam who will get you booked in for the next available session. This service is aimed at patients and relatives who have been affected by a primary brain tumour.

Contact the Team...

Samantha Wilson

Office: 0113 340 0111 (Opt 3)

Mob: 07539 457239

Email: sam@btrs.org.uk

Rachel Finlay

Office: 0113 340 0111 (Opt 1)

Mob: 07436 272665

Email: rachel@btrs.org.uk

Nicki Hood

Office: 0113 340 0111 (Opt 1)

Mob: 07947 360076

Email: nicki@btrs.org.uk

Helen Brown

Shop: 0113 340 0111 (Opt 2)

Email: helen@btrs.org.uk