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BTRS NEWSLETTER WINTER 2019



reflecting on an incredible 2019 for btrs!

Happy New Year and welcome to the winter edition of the BTRS Newsletter

In this edition, we are reflecting on what has been an incredible 2019 for Brain Tumour Research and Support across Yorkshire.

Our supporter Christine Hayes kicked the year off in style raising over £3,500 climbing Mount Kilimanjaro in January. From then on it was 12 months to remember with fabulous Flat Cap Friday fundraising, our virtual Big Bike Ride, a successful Yorkshire Day skydive, plenty of 10K's and half marathons and, finally, finishing up with our most successful ball and Christmas fair yet.

We also said hello to some lovely new patients at our Leeds support group and welcomed new members of the BTRS team. In terms of research, we've funded a whole year of research by Dr. Ryan Mathew and his team at the Leeds Institute of Molecular Medicine.

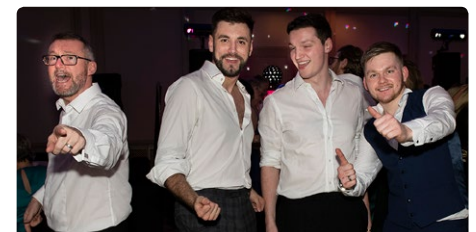
Alongside all our fundraising, support and research activities, we have seen No 31 further establish its place as one of the best-loved charity shops in Headingley. As well as selling a fantastic selection of pre-loved clothes, accessories, and gifts, we have hosted some fantastic events in the space including afternoon tea and cake decorating classes. We have enjoyed seeing so many of you make it your coffee stop of choice in 2019.

We want to say thank you to all the amazing people who have fundraised or volunteered for BTRS over the last 12 months. From cycling the Yorkshire boundary and the equivalent height of Everest to hosting party and tribute nights, marshalling our sporting events and organising our Step into Christmas Ball, we could not have done it without every one of you. We are so thankful that you chose to help BTRS this year.

We would like to wish all our patients, supporters and friends a Happy New Year and hope to continue to fundraise with, and for, you in 2020.

A sparkling success with our Christmas events

We had a thriving end to 2019 with two of our biggest fundraising events of the year; our Step into Christmas Ball and Christmas Fair.



Ryan Swain dancing with guests at the Step into Christmas Ball

Step into Christmas Ball

On Saturday 7th December we hosted this year's charity ball, The Step into Christmas Ball, at the stunning Oulton Hall Hotel in Leeds. It was our most successful ball to date, generating over £13,000 in donations. This was more than any of us could have hoped for and provides significant funds for brain tumour support and research across Yorkshire.

Sponsored by Slingsby Gin and Chauvet Europe, the ball saw over 200 guests dance the night away for BTRS. Featuring DJ and professional host Ryan Swain as the

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From Page 1... comper for the evening, he got everyone up on their feet and involved in the festivities.

The event started strong with the delicious welcome drinks of gooseberry and marmalade gin that were kindly donated by Slingsby Gin. Other highlights were the silent auction, Santa's sleigh filled with lucky dip gifts and the beautiful dancing from the Helen Lamb School of Theatre Dance.



Lucy Stead giving her passionate speech at the Step into Christmas Ball

Featuring an inspiring speech from Dr Lucy Stead, and a heart-wrenching video from one of our patients and ambassadors Ellie Sayers, we were all reminded just why the work we do at BTRS is so, so important. The night was a huge success and we have had some truly wonderful feedback from our attendees who can't wait for the next one. A huge special thank you goes out to the wonderful organising Ball committee; Christine Osmond, Lesley Shearman, Jordanna Kelly, Hilary Marton, Zoe Mason-Tinto and Charlotte Walker. The group were completely dedicated to making the ball our best one yet and worked tirelessly to make sure everything was perfect.

To view more pictures of the event, taken by the BTRS photographer Rais Hasan, head over to our Facebook page @BTRSacrossyorks.

New year, new you



Make your new year's resolutions happen in 2020

According to research carried out by ComRes the most popular new year's resolutions include; exercise more, lose weight, learn a new skill and spend more time with family and friends. Good intentions aside however, 80% of people who set new year's resolutions, drop them by the second week in February.

Christmas Fair



Becky and Marie at the Christmas Fair

On Saturday 14 December our volunteers, supporters and staff all ventured to the Heart Centre in Headingley for the second BTRS Christmas fair.

Jam-packed with wonderful good old-fashioned festive fun for all the family, the fair featured a wide variety of stalls run by local business people and supporters alike.

From curry kits and ornate cushions to kids toys and delicious cakes, there was ample opportunity for visitors to pick up any last-minute Christmas gifts. We also hosted an Elf Trail around Headingley and Santa spent

Volunteers needed for No 31

Want to give something back in 2020? Maybe you want to make a difference to the lives of others, spend quality time away from work or you simply want to gain confidence and self-esteem.

We have opportunities available for a volunteer to join our team, working alongside our Shop Supervisors, as well as our office team to support sales on eBay. This role can include: taking photos, weighing/packing/posting items, writing content for promotion, updating eBay and communicating with buyers.

What better way to ensure you smash the goals you set out to achieve in 2020 than to make BTRS your reason for doing it. Nothing is more motivating than knowing you are helping people in your quest for success.

Wanting to take BTRS along with you on your new year's resolution journey? Here are some ideas for what you can do:

Tidying up & decluttering

If your clutter is no longer sparking joy and your aim for 2020 is to get organized Marie Kondo style, we can provide the motivation. We're always looking for high-quality pre-loved items to sell in No 31 and will welcome all your donations from a good old-fashioned sort out.

Sustainable living and shopping

As people become more and more aware of the impact our day-to-day decision making has on our environment, expect to see a rise in new year's resolutions dedicated to sustainable living. Try second-

the day in No 31 handing gifts to little ones. Our 'guess the name of the unicorn', tombola and raffle games were all also a big hit with visitors.

Finally, we want to say a big thank you for the team at Motive8 Leeds who not only donated all the gifts for Santa but who also cycled for 5 hours and 10 minutes consecutively at the event, a total of 88 miles!



Kate from Motive8 cycling for BTRS

Altogether the fair raised a fantastic £1,350 for BTRS – what a wonderful way to finish our festive celebrations!

This is a great chance to develop office and retail skills, whilst helping us to maximise funds raised from donations of items. Hours available between 9am and 5pm, Monday to Friday. To find out more please contact Marie, our Charity Manager on 0113 340 0111 or email info@btrs.org.uk

We also have opportunities for volunteers to join our shop team at No 31 Otley Road, Headingley, Leeds. The hours available are between 10am and 5pm, Tuesday to Saturday, as well as 11am-4pm on a Sunday. To find out more please contact Becky or Sammy, our Shop Supervisors, on 0113 340 0111, email them at shop@btrs.org.uk or call in to see us.

hand shopping at No 31 and collecting your everyday rubbish to turn into money for brain tumour research for our Ellie's Fund recycling initiative.

Getting fit and healthy

One of the best ways to stick to your fitness goals in the new year is to have a goal to work towards. And what better goal than raising money for brain tumour patients in Yorkshire through one of our challenges. From 10k's and half-marathons to skydives and walks, we have plenty of activities to keep you fit in 2020.

Giving something back and socialising

If you aim to give something back, why not consider volunteering for BTRS? We have several positions available including shop staff at No 31, marshalling at events and being one of our ambassadors. Our volunteers also find new friends along the way as well.

The female Headingley Golf Club Captain making history



Kimberley Hill outside Headingley Golf Club

Kimberley Hill – a golfer from Bramhope – is set to make history in 2020 as she becomes the first-ever female captain of Headingley Golf Club. This is the first time in the club's 127-year history that they have had a female captain.

Founded in 1892, Headingley is the oldest golf club in Leeds. We are thrilled to share

that Kimberley has also chosen BTRS to be the charity of the year for the club in 2020.

Our partnership starts in March so keep your eye out in the new year for more information about all the wonderful fundraising Headingley Golf Club will be doing for brain tumour patients in Yorkshire.

If you are interested in putting BTRS forward as the charity of the year at your place of work in 2020, please get in touch with Nicki on nicki@btrs.org.uk

A thrilling Tina Turner tribute

Having been diagnosed with a brain tumour three years ago, Fliss Chaffer organised an incredible Tina Turner tribute evening in September to raise money for BTRS and Myeloma UK.

The event took place at Main Pine, The Green in Hammerton, York and included:

- a world-class Tina Turner tribute act
- a drinks reception
- a hog roast supper
- an auction of promises
- a gin bar

In her own words, this is why Fliss chose BTRS: "My chosen charity, which has been an extremely difficult decision as there are so many worthy causes, is Brain Tumour Research & Support based in Yorkshire.

It is known as the 'Silent Killer', but not so silent now... over 9,000 new cases of primary brain tumours are diagnosed in the UK annually. The vision is to quote "clear and simple" to cure a devastating disease, and whilst they work tirelessly for funding to find a cure, BTRS offer the invaluable support to those affected.

Raising significant funds to support dedicated research projects into treating

and curing child and adult brain tumours has already heralded the facility to research brain tumour with a laboratory based at the LGI and Institute for Molecular Medicine in Leeds, whose job it is to lead and guide the future for this research. Accomplished medical experts whom work with brain tumour patients every day inform the trustees of the charity! Medicine meets science!



Fliss presenting the BTRS team with their cheque

Mr Paul Chumas has been my Neurosurgeon and is also the co-founder of BTRS so it is extra pertinent and special that this is by way of an infinitesimal way of saying thank you for all his and his amazing team of colleagues for giving me the opportunity to continue to say thank you. Words don't cut it, but action and doing something worthwhile does."

In total the event raised a whopping £14,000 which has been split between BTRS and Myeloma charity.

Upcoming 2020 events

If you have started to think about what you want to achieve in the new year, why not consider adding a BTRS event to your list of resolutions? Below is what we have to offer in 2020.



Community

The year kicks off with a fantastic **Ellie's Fund concert** on 18th January at Scarborough YMCA, marking 10 years since Ellie passed away.

As we move into Brain Tumour Awareness Month in March it is all about **Flat Cap Friday**. For this event, we want to improve the odds for brain tumour patients in Yorkshire and we need your graft to do it! All you have to do is grab a flat cap and hold a fundraising event, on any Friday in March. Register your interest by emailing Nicki at nicki@btrs.org.uk.

Following a couple of new events and challenges along the way (keep your eyes peeled!) we will end the year with a new **Christmas Market at No 31**, to be held over three consecutive Saturday's. This will be jam-packed with gorgeous festive gifts for your loved ones and seasonal games.

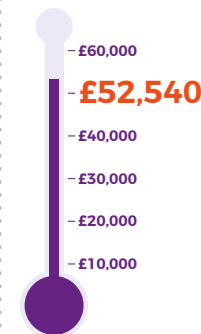
Ellie's Fund Recycling



If you are a supporter of BTRS, chances are you are familiar with our Ellie's Fund recycling initiative. If you aren't, we turn all your everyday rubbish into money for brain tumour research – the biggest cancer killer of children in the UK today.

Launched by Heather Othick and her daughter Ellie, who was diagnosed with a grade four glioblastoma when she was just 11, Ellie's Fund raised an astonishing £25,000 before Ellie died in 2010.

Her family have continued to raise funds and awareness in her memory ever since. After it became part of the BTRS family in 2017, Ellie's Fund has been focused on raising money through its recycling initiative.



We're absolutely over the moon to announce that as of December 2019, Ellie's Fund has raised a phenomenal £5,317 this year, and a total of £52,540 since 2017.

To find out more about how you can turn your empty crisp packets, biscuit wrappers, toothpaste tubes, baby food packets and much, much more into funds for young adults affected by brain tumours, please visit the BTRS website. This is the perfect initiative if you are looking to be more sustainable in 2020.

Visit www.btrs.org.uk/Support-Us/Recycling-in-Yorkshire

Running

BTRS is involved in several races throughout the year, providing the perfect event for anyone who is looking to move more in 2020. Our running events kick-off on 20th June with **Total Warrior** at Bramham Park and continue into July and September with the **Leeds 10k** on 5th July and the **Great North Run** on 8th September. We have already filled four of our 10 places in this iconic event.

Cycling

Whether you already love cycling or plan to get on the saddle in 2020 our **Big Bike Challenge** will be running all year round. Pedal your bike this year and raise sponsorship for BTRS.

Skydive

This has now become a yearly tradition, up to 16 brave daredevils will be jumping for joy on 1st August with our **Yorkshire Day Skydive**.

News from the lab

To celebrate the end of a fantastic year of research for BTRS, here is an overview of where your fundraising money has gone in 2019...

Your fundraising has supported the costs of undertaking laboratory work in the Stem Cells & Brain Tumour Lab Group in Leeds by covering the costs of consumables used in the labs, like test tubes and other equipment, chemicals and even safety supplies like gloves and goggles to enable researchers to have everything they need.

BTRS has provided funding towards Dr Ryan Mathew and the work he is undertaking with projects like:

- His building of cerebral tumour organoids (mini-brains), growing them to understand what makes tumours grow and migrate and how we could exploit their vulnerabilities
- Projects developing the use of AI to diagnose brain tumours earlier using patient speech
- Using mixed reality to speed up surgical navigation that helps to identify where the tumour is so that the cut is as small and focused as possible
- Using new imaging techniques to identify tumour cells intermingled with normal brain cells to see if we can develop an automated laser to precisely eliminate these leftover cells

Early in the year we funded Jenny Williams in her role as Research Technician to support her continued work with both the Stem Cells & Brain Tumour Lab Group in Leeds and Breast Cancer Metastasis Group. Her role was to support PhD students and postdocs in their research work. We funded this for nearly three years, but Jenny has since moved on to other projects.

In the spring we concluded funding of a three-year project based in Sheffield that looked at how disrupting DNA repair in brain tumours may help improve glioblastoma response to chemotherapy and radiotherapy.

We have some exciting research news to share into 2020 – keep your eye out for more information in the early months of the year.

News from the No 31



Santa at No 31

We need your unwanted Christmas Gifts

No matter how well intended, we all end up receiving Christmas presents we just don't need. The good news is that someone else will be able to give your unwanted gifts a new home.

Please do drop yours off at No 31 where we can either turn into funds for brain tumour research in the shop or give away as prizes at one of our many events.

What has BTRS support meant to me?

Tracey Speight (54), first noticed something wasn't quite right in the early months of 2018. She was becoming forgetful, doing daft things and having hot sweats, but just dismissed it all as down to the menopause. Tracey is a hairdresser and began to worry that maybe something else was wrong when one morning she went to do a lady's hair only to realise that she had already visited the day before and cut it. But she couldn't remember.

Her symptoms began getting worse and she found herself feeling dizzy, hot and needing to vomit, sometimes up to fifteen times a day. Tracey went to see a doctor in September 2018 and was initially diagnosed with a cardio problem. After her symptoms worsened she was finally told she had a brain tumour, later diagnosed as a Diffuse Astrocytoma Gd II.

It was in her first meeting with her doctor Mr Chumas in September 2018 that Tracey first heard about BTRS.

She first attended the Support Group Christmas meal in December 2018 and went along with her friend, apprehensive of what the evening would be like. But there she found people who understood



Tracey (right) at the BTRS Christmas Party

exactly what she was going through, who were asking the same questions and having the same worries. They could relate to her completely. Tracey had yet to have her first operation and realised how lucky she was to have found the charity so early on in her treatment to help support her through the journey.

Tracey's story is inspiring, motivating and heart wrenching, please head over to the BTRS website here to read the full interview with her, carried out by Rosy Deacon: www.btrs.org.uk/News/Tracey-Speight-Story

A new partnership with vintage giving



BTRS is pleased to share a new partnership for 2020 with Vintage Giving, a sustainability-led fundraising organisation.

If you are a collector of classic vintage items and are looking to give them a new home, you can now raise money for BTRS along the way.

All you need to do is:

1. Order a free donation pack through the Vintage Giving website - vintagegiving.com
2. Fill the box with your vintage items (up to the weight of 30kg)
3. Drop it at the post office for free, or book a home collection
4. Turn the item value into funds to BTRS

Every item you send supports us, helps you declutter your mind and home AND promotes sustainability.

Find out more here:

<https://www.vintagegiving.com/en/btrs/>

A note from No 31

For the first time ever, we hosted Santa at No 31. For three consecutive weekends Santa and his elf came to our shop in Headingley to meet with families, giving gifts to children and creating lots of festive cheer.

This went so well that next year we are going to hold a Christmas Market over three Saturdays within our shop, featuring games and stalls and of course, Santa Claus! More info will follow later in 2020 but keep the 21st & 28th November and 5th December pencilled into your diaries!

We receive some fantastic donations into the shop of vintage or designer clothes. We are trying our selling on a specialist creative site called Depop to ensure we make as much as possible to fund research and support. Take a look at our Depop Shop by visiting: www.depop.com/braintumourresearchandsupport