



Leading Brain Tumour Research and Support Across Yorkshire

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BTRS NEWSLETTER NOVEMBER 2015

Meet our new team members...

BTRS is pleased to introduce you to two recent additions to our wonderful team. Ryan Marsh and Tracey Evison have both been recruited into the role of Community and Corporate Fundraiser. Ryan is covering West Yorkshire, and Tracey's area of focus is South Yorkshire.

If you would like to support your local brain tumour charity by fundraising please contact either Ryan or Tracey to find out more. They can support you in running your own local fundraiser, signing you up to one of our events, setting up a fundraising group, or getting your workplace involved.

Both are wildly enthusiastic and looking forward to hearing from you!

Ryan Marsh – ryan@btrs.org.uk – 07432 035758

Tracey Evison – tracey@btrs.org.uk – 07932 419413



RYAN MARSH



TRACEY EVISON



LUCY HARRISON TAKES A BREAK AFTER
HER MARATHON TYRE FLIP

Motive8 North goes 'flipping' mad for BTRS

Health and fitness company motive8 North of Leeds decided to support BTRS as their Charity of the Year for 2015 after one of their long-standing client's husband sadly passed away this year after a two-year battle with the disease.

As part of their fundraising motive8 North have cycled 180 miles over two days and run the York 10k.

Lucy Harrison, one of the team's personal trainers, decided to take things one step further and on Saturday 19 September, in the centre of Briggate, Leeds, she flipped a 75kg tractor tyre 2,000 times. To put this into perspective, imagine a 5kg sack of potatoes, put 15 of them into a box, and try to flip it – now do that 2,000 times! It really is a huge challenge.

BTRS and motive8 North had a team of wonderful volunteers out in force on the day spreading the word about Lucy's challenge

and collecting donations from the general public. Throughout the day a staggering £1,717.56 was raised for BTRS.

Lucy Harrison said: "I am genuinely overwhelmed by the love and support that I have received from my friends, family, and the people of Leeds. It was by far the hardest thing I have done, or believe I will ever do. The total raised on the day has made the whole experience one of the best things I have done; I'll never forget it. The strength and effort I put in is nothing compared to the bravery and determination shown daily by those affected by a brain tumour! Every flip was worth it. A huge thank you to everyone who supported me, collected money and donated: you're all amazing!"

Motive8 North have now raised £4,000 for BTRS. If you'd like to donate to their Just Giving page, please go to: <https://www.justgiving.com/motive8north/>



Incredible support from Marks & Spencer, Pudsey

After selecting BTRS as their Charity of the Year back in April 2014, the team at Marks and Spencer in Pudsey really went above and beyond with their fundraising and awareness raising.

In store, several cake and BTRS merchandise sales took place as well as a static bike challenge. Collection tins were also displayed around the store and many generous donations were made by members of the public including a kind donation of £25 from M&S shopper Mrs Haley.

Other members of the team took their fundraising to new levels. Martin Allan shaved his head to raise additional awareness and funds, while Paula Corner and Brian Colling decided to take on the extreme challenge of the 'toughest 10k event on earth', Total Warrior!

Martin said: "I got involved with helping and fundraising with BTRS as a close friend of mine from school has a terminal brain tumour and had told me about the charity that was

helping and supporting him and his family. I helped him on a charity day that he had organised and decided I wanted to do more, so I had my head and beard shaved to help raise money. I still wanted to do more, so along with some of my work friends we nominated BTRS as our Store Charity at M&S Pudsey. I love to help and volunteer with them where I can."

Not only did M&S Pudsey take part in several fundraising activities but they also donated all of the food and refreshments for our 2014 Big Bike Ride as well as the cakes for our coffee morning in March this year at the LGL.

In store the team has raised an incredible £9,417.62. Including the extra money raised out of store, M&S Pudsey has raised close to £11,000 in total.

The team at BTRS was completely blown away by the enthusiasm and dedication of the whole team and would like to say a huge thank you to them for their amazing support over the last 12 months!



MARTIN ALLAN AND OTHER MEMBERS OF THE M&S TEAM WITH A CHEQUE FOR BTRS



PAULA CORNER AND BRIAN COLLING AT TOTAL WARRIOR 2014



MARTIN ALLAN SELLING BTRS MERCHANDISE IN STORE AT M&S PUDSEY



FRIDAY 18 MARCH 2016

FIND OUT HOW YOU CAN GET INVOLVED FOR 2016...

www.btrs.org.uk/flatcapfriday

The Lemon Tree

Fundraiser in memory of owner's sister

Sharon Walsh, the owner of the lovely **Lemon Tree bistro in Tadcaster**, decided to organise her own fundraiser to raise money in memory of her sister Carol Browne, who sadly passed away from a brain tumour over two years ago.

On 17 July 2015 Sharon decided to donate the entire proceeds from that day to BTRS. This was a really personal way for Sharon and her husband Neil to raise money in her sister's name, whilst also celebrating the first anniversary of the opening of the bistro.

Carol, a mother of one from York, died at the age of 52 after battling against the disease for 12 years. Over 300 people attended her funeral, which raised around £2,000 for BTRS.

Not only did all proceeds from the Lemon Tree fundraiser go to BTRS, but all of the staff volunteered for the day to help raise even more money for the charity. Sharon had initially hoped to raise £1,000, but far exceeded this target, raising a staggering £1,672.58. On top of this Lloyds Bank has match-funded £500, taking the total raised from the day to £2,172.58.



SHARON AND NEIL WALSH

BIG BIKE RIDE

Saturday 21st
May 2016



Register today - www.btrs.org.uk/bbr

A second year of success for the Leeds Fundraising Committee Masquerade Ball

A magical evening was had at this year's **Masquerade Ball**, which took place on Friday 9 October at the Cedar Court Hotel in Bradford and raised over £10,000.

All 125 guests really got into the spirit of the event, with the majority of people arriving sporting their own masks, making for some brilliant photos throughout the evening.

Guests enjoyed a drinks reception, three-course evening meal, photo booth, auction and raffle as well as music from the

captivating Big Party Band. The band had everyone up and dancing: in fact the dance floor was always full!

A huge thank you has to be given to our official BTRS photographer Rais Hasan, who captured the night wonderfully.

The event also had two sponsors - Turner & Townsend, who are currently supporting BTRS as their charity of the year, and Robertson Baxter: a big thank you to them for their continued support.



GUESTS AT THE MASQUERADE BALL

Last but by no means least, a huge thank you to the Leeds Fundraising Committee; without them this event would not have been possible. Their support of BTRS has been incredible!

**Help fight Brain Tumours
in Yorkshire**

Text BTRS11 £2 / £5 / £10 to 70070 to donate now eg BTRS11 £5



JustTextGiving
by **vodafone**

News from the lab...

2015 has been an exciting year for BTRS.

We have awarded £116,000 to the Leeds Institute of Cancer and Pathology to fund three projects that focus on brain tumour research.

Jenny Williams is a Grade 5 technician supporting two brain tumour research groups in Leeds investigating brain tumour metastases and brain tumour stem cells. Jenny also works with Barbara de Silva, who this year became the recipient of the Ian Meek Phd. The funds for this placement were raised by our dear friend Ian Meek for a

project that focused on understanding why low-grade brain tumours become high grade. Ian passed away in 2012 having raised over £110,000 for his Phd Project.

BTRS has also collaborated this year with Yorkshire Cancer Research and Ellie's Fund Brain Tumour Trust to fund Dr Lucy Stead in her project on analysing single cells from patient brain tumours. This work hopes to lead to new therapies aimed at treating patients based on specific characteristics of their tumour in order to best eradicate it.

Most recently we have funded Euan Polson, whose work focuses on exposing vulnerabilities in high-grade brain tumours and understanding how these can be targeted using compounds which he has discovered destroy brain tumour cells. Both Dr Stead and Euan Polson's work focuses on Glioblastoma (GMB), which affects a high proportion of those we support at BTRS.

Would you like to visit the Leeds lab and see brain tumour research in action? Contact the BTRS office for further information 0113 247 3766 or info@btrs.org.uk.

Good luck!

The BTRS team would like to send our best wishes to our Events & Fundraising Manager Sorrell Coulson as she takes a break in November to go off on maternity leave. We can't wait to meet baby 'peanut' in time for Christmas.

Otley Athletics Club race support

Otley Athletics Club has been supporting BTRS over the summer through their Otley 10 Mile Race on 10 June and their Round Hill Fell Race on 9 August.

The club chose to support BTRS as a club

member, Laura Hind, sadly lost her partner John to a brain tumour in 2014. Thank you to Hannah Lupton for organising the bucket collections at the races and donating part of the entry fee from the Fell Race registrations. Otley AC raised £720.

Tax-free giving with Gift Aid!

Increase the value of your donation by more than 25% – and it won't cost you a penny!

As long as you are a UK taxpayer, Brain Tumour Research and Support across Yorkshire can claim back at least 25p for every £1 you give, at no extra cost to you. All you need to do is complete this form and return it to Brain Tumour Research and Support across Yorkshire. Thank you.

First name: _____

Surname: _____

Address: _____

Postcode: _____

Amount donated £ _____ . _____

I want all donations I have made since 6 April 2000 and all donations in the future to be Gift Aid until I notify you otherwise.

Signed _____ Date ____ / ____ / ____



Leading Brain Tumour
Research and Support
Across Yorkshire



To qualify for Gift Aid, the amount that you pay in income tax or capital gains tax must at least equal the amount we will claim in the tax year.

Please make cheques payable to:
Brain Tumour Research and
Support across Yorkshire.

Mail to:
Suite 21, The Tannery,
91 Kirkstall Road, Leeds LS3 1HS

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Brain Tumour Research and Support across Yorkshire



Leading Brain Tumour
Research and Support
Across Yorkshire

BTRS Support News

NOVEMBER 2015

Welcome

Welcome to our November Support Newsletter. Since our last edition BTRS has welcomed new members to our support groups, social events and our other services as

well as continuing to support and be inspired by patients and families who we have known for a while.

If you would like to know more about any of the services that BTRS provides, or would like to share your story and journey with others in future editions of this Support Newsletter, please contact Sam Wilson, Patient Support Specialist, on 07539 457239 or email sam@btrs.org.uk

Karl Martin's Story

Hello to all BTRS November Newsletter readers!

Firstly let me introduce myself. My name is Karl Martin, I am 36 years of age and I am currently living with a Grade 3 astrocytoma which is located in my left frontal and parietal lobes. I have been married to my partner of 11-and-a-half years, Lauren, for six years, and we have two amazing children: Alisha (10) and six-year-old Alfie.

I was originally diagnosed with a Grade 2 glioma in January 2007 after a routine MRI scan showed an abnormal mass on the left hand side of my brain. This scan was booked following my first-ever epileptic seizure (grand mal) in November 2006 at the age of 27. I had no symptoms such as severe headaches, sickness or sight problems, etc, prior to this unexpected and life-changing event.

I have now suffered with the condition for the last eight years, having regular (watch and wait) MRI scans for the first one-and-a-half years on a three-monthly basis. These were extended to six-monthly due to my tumour being stable but following scan results showing a change to my tumour in January 2010 and a long discussion with my neurosurgeon about the possible treatment options available to me, I opted to have a brain biopsy which was conducted in March 2010 and showed that my tumour had progressed from a Grade 2 glioma to a Grade 3 astrocytoma. I underwent a six-week course of radiotherapy at St James's Hospital, Leeds, throughout May and June 2010. Luckily for me and my family this has halted the progression of my tumour and

five years later my condition is stable with no tumour growth in that time.

BTRS has been an integral part of my continued fight against this dreadful disease in a variety of ways, such as the monthly support group, advice both in person and via the phone, and access to funding and counselling. I have now been involved with them for over six years, and to try and pay back a little of what they have done for me and my family, I fundraise through Karl's Fund, and have raised approximately £19,500 to date. I have campaigned to raise awareness since 2008 to highlight just how devastating this type of cancer is and the lack of funding it receives. I have appeared on Radio Sheffield (the Toby Foster Show), Radio Leeds (One on One with Liz Green), Calendar News on ITV, We Are Barnsley Radio, and have been in The Yorkshire Post and The Barnsley Chronicle. In 2013, I also lobbied my local MP, who has joined the BT parliamentary group.

My children are my life and I can't bear the thought of leaving them without a daddy, so call it what you want – strength, courage or general stubbornness – I get out of bed and get myself through every day no matter how bad I'm feeling. This would not be possible without the love, support and encouragement of family, friends and BTRS.

You may think, why do I go to all this trouble with Karl's Fund when it might not help me, as my tumour may progress at some point? All I can say is I know many people who have lost their battle or are still battling brain tumours since I was



KARL MARTIN

diagnosed and I have seen the devastation it causes, so if our hard work on a daily basis means that just one other family in the future doesn't have to suffer the same heartbreak that mine has had to contend with over the past eight years, and continues to deal with, then it is all worth it.

I also believe that my children need to understand when they are older just how much I fought for myself and for others, and want to show them that caring, compassion, selflessness, desire, courage and strength are life skills second to no others, and no matter what they face in life, if I set that example for them they can conquer anything that is thrown at them throughout their lives. It's my legacy to them and I hope it will help them live happy, successful and worthwhile lives.



Our Support Groups



LAST YEAR'S SUPPORT GROUP CHRISTMAS GET-TOGETHER

As highlighted in our last newsletter, BTRS is very proud to be able to host our support groups to provide patients, relatives and friends the opportunity to meet other people who are facing similar challenges at a difficult time in their life; and also when life is not so challenging and they may just want to catch up over a coffee.

Many friendships have evolved as a result of our groups.

The Leeds Support Group is looking forward to hosting their November meeting at the Robert Ogden Macmillan Centre at St James's to gain an insight into the services that this centre provides. The December Support Group meeting is our festive gathering at the

Crowne Plaza Leeds, and in 2016 we will discuss a range of topics presented by our guest speakers throughout the year.

The Meet up and Memories group is gathering at the Leeds City Museum in November – this will be a chance to catch up since we last met in the summer, and also to plan events for next year.

A day in the life of Jennifer Williams, research technician at the Leeds Institute of Cancer & Pathology

I was always interested in science when I was young, and when my father was diagnosed with cancer I was determined to follow this path into research, hoping for any chance to make a difference in this disease that touches everyone's lives in one way or another. I now work at the Leeds Institute of Cancer & Pathology as a research technician, working on glioblastoma.

My job is hugely varied, which I love. The main part of my work is experimental, carrying out different experiments like analysing DNA, proteins and cells and their responses to different treatments we think might kill off cancer cells and leave healthy cells intact. As well as testing treatments, we also aim to understand the actual behaviour of the tumours themselves better.

In our lab, led by Dr Heiko Wurdak, we are using a potential therapy in the first stages to see if it has an effect on cancer cells, what that effect is, and how it's actually working so we can hopefully test treatments on patients

further down the line, as well as publish these results for the rest of the scientific community to evaluate. This then helps to see if a treatment works not only on brain tumours, but any possible use in other types of cancer as well. Scientists from different institutions will often come together and share knowledge and tools to test a treatment from a multi-dimensional approach.

It takes a lot of different experiments and a lot of time and money for us to do the work we do to test these therapies, and experiments are not always successful. Science is very unpredictable, which can be a little frustrating at times! But the passion we have in the lab for our work means we will repeat it 10 times over if that's what we need to do. Without the kind donations from the public and the generous funding from BTRS, we would not be able to carry out work like this and new treatments would not be available.

As neurosurgeon Simon Thomson discussed in the last BTRS newsletter, treatments like



JENNIFER WILLIAMS

temozolomide have revolutionised the treatment of brain tumours and that is exactly what we are trying to do: constantly trying to find the next revolutionary drug that could extend the lives of brain tumour patients dramatically, or hopefully even cure them one day. I'm really proud to say that's what a day in my life is about, and thanks to BTRS I get to carry on this work and also meet patients and families who remind us why our work is so important and what we are working towards.