

stoke
mandeville
spinal
research...

Improving
quality of
life after
paralysis

Knit a Neuron!

with Stoke Mandeville Spinal Research
and the National Spinal Injuries Centre

Knit a Neuron INFORMATION PACK

Contents:

About SMSR Research
Fundraising Ideas
Registration Forms

We'd love to acknowledge all the neurons sent to us, so please complete the Registration Form provided.

To make a donation online, please visit
<http://www.justgiving.com/smsr-craftyneurons>

To download the Crafty Neurons Patterns Pack please visit
www.lifeafterparalysis.com/craftyneurons

*All neurons can be delivered to:
SMSR at the National Spinal Injuries Centre,
Stoke Mandeville Hospital, Aylesbury,
Bucks, HP21 8AL*

Deadline: mid-November - lots of time to take part!



Buckinghamshire Healthcare
NHS Trust

"Activity based rehabilitation needs therapy to be bilateral, co-ordinated, cross the brain and spinal cord midline, be rhythmic and become automatic, this is exactly what knitting does! We don't know if it will change the cord but it will improve relaxation, a sense of achievement and belonging and actually be fun. Knitting helps protect against stress, low mood, addiction and pain. Many forms of knitting exist to allow many people with reduced hand and arm function to take part or look at other crafts, like crocheting or using pipe cleaners." Dr Allison Graham

About Stoke Mandeville Spinal Research

Our mission is to improve the quality of life for people living with spinal cord injury by tackling the day to day complications of paralysis.

Our research is driven by people living with paralysis and is focused on:

- Alleviating chronic complications, such as pain, pressure sores and urinary tract infections
- Developing the latest assistive technologies to improve neurorehabilitation
- Enabling people with spinal cord injury of all ages to realise their full potential in life

We rely on donations to fund our research and would be so grateful for any support:

Fundraising Ideas to help us carry out more research:

Afternoon tea/Coffee Morning/Bake Sale – A great way to raise some money at work, school, home or at a local venue. Get your friends/colleagues involved and it can be a great fundraising initiative – who doesn't love tea and cake?

Girls Night In – A really simple initiative, invite your friends over and have a fun night in, then ask for donations of the amount they'd usually spend on a night out!

Challenge Events – If you're the sporty type (or even if you're not) challenge yourself by signing up for a Marathon, Half Marathon, Trek, Bike Ride, Tough Mudder or skydive and get sponsored along the way!

Open Garden – If your garden is looking particularly beautiful this summer, why not open up your doors (for an entry fee) and host an open garden. It's also a great opportunity to tie in with a bake sale or tea.

Quiz Night – Any venue is suitable for a quiz night! Host the event yourself then asks guests to pay to play; it can prove a lot of fun and a great money-maker!

**IF YOU WOULD LIKE TO MAKE A DONATION ONLINE, OR BECOME A
REGULAR SUPPORTER, PLEASE DO SO AT
www.justgiving.com/smsr-craftyneurons**

Please return one of the below forms to: **Crafty Neurons, c/o Stoke Mandeville Spinal Research, National Spinal Injuries Centre, Mandeville Road, Aylesbury, HP21 8AL**
Or email it to: craftyneurons@smsr.org.uk

I've crafted some neurons and would like to help SMSR with a donation...

I would like to make a donation of: £

(Please tick as appropriate)
I enclose: a cheque* cash
OR
I have made/will make a donation by: BACs Transfer** Just Giving***

Name: _____

Address: _____

Email: _____ Telephone _____

Number of knitted neurons enclosed: _____

I agree to OPT IN and accept you will hold my details on a secure database. _____ (tick)

I am a UK taxpayer and understand that if I pay less income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations, it is my responsibility to pay any difference.

giftaid it
I would like to enhance my donation through Gift Aid.

Signed: _____ Date: _____

* Cheques payable to Stoke Mandeville Spinal Research
** BACs: 20-03-18 40286885 ***Just Giving: www.justgiving.com/smsr-craftyneurons

I've crafted some neurons and would like them to be part of the final display:

Name: _____

Address: _____

Email: _____

Telephone: _____

Number of Neurons enclosed: _____

Please tick to hear more about our fundraising initiatives or research. I understand I can opt-out any time and that my details will be kept on a secure database and never passed on to anyone else.