

# Guillain-Barré & Associated Inflammatory Neuropathies

Reaching out while you (mostly) stay in

Welcome to newsletter **issue 9 12/06/2020**

As the rules around lockdown remain in a state of flux, we're not going to detail here everything you can and can't do, as chances are it would be out of date by the time you read this.

We have yet to see the full impact of people hitting the beaches and the streets recently, but as the NHS remains braced for a second surge, it would seem sensible to stay at home as much as possible, to stay local if venturing out, and maintain social distancing and good hand hygiene.



gain  
www.gaincharity.org.uk



## Keep each other safe & COVER UP!

For up to date information on current guidelines where you live, please visit the relevant government website:

### England

<https://www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance>

### Scotland

<https://www.gov.scot/coronavirus-covid-19/>

### Wales

<https://gov.wales/coronavirus>

### Northern Ireland

<https://www.nidirect.gov.uk/campaigns/coronavirus-covid-19>

### Republic of Ireland

<https://www.gov.ie/en/campaigns/c36c85-covid-19-coronavirus/>

The UK Government is now recommending wearing a non-surgical face covering when in enclosed public spaces where social distancing isn't possible and where you will come into contact with people you don't normally meet.

In England, face coverings **must be worn** on public transport from 15<sup>th</sup> June. It is expected to become mandatory in Scotland on public transport and in shops, although this had not been confirmed at time of printing. In Wales, Northern Ireland and the Republic of Ireland, wearing a face covering in enclosed spaces is recommended. This is in line with the most recent advice from the World Health Organisation.

There lots of different designs available to buy online, or you can easily make your own from an old T-shirt, scarf or handkerchief.



**Thank you to everyone who has already returned their membership renewal form for 2020/21.**

Our membership year runs from 1<sup>st</sup> July to 30<sup>th</sup> June each year, and for GDPR (General Data Protection Regulations) purposes, we need to ask our membership each year if they would like to continue hearing from us.

If you haven't sent back your form yet, please try to get it to us as soon as possible. Alternatively, why not miss out the middle-man and send us an email or give us a ring? We're more than happy to receive your renewal verbally or electronically, and it saves the cost of a stamp.



**Don't forget to tell us of any changes to your email or postal address so we can update our records.**

Email us at [office@gaincharity.org.uk](mailto:office@gaincharity.org.uk)

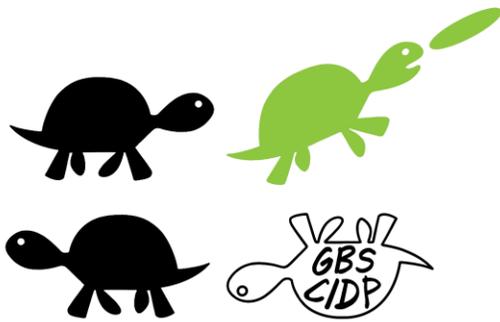
Phone us on 01529 469910 (weekdays, 9-3)

Once again, we have been blown away by your generosity. To save costs this year, we're not sending out individual letters of thanks, but we would like to say a **collective 'thank you'** to everyone who has sent in a donation during lockdown, either in response to one of our appeals, an annual donation with your membership form, or a regular Direct Debit or Standing Order. Thanks also to everyone contributing in other ways. Whether you've been fundraising, collecting crisp packets, raising money when you shop online, sending your old books and DVDs to Ziffit or raising awareness, we thank you from the bottom of our hearts.

**We're currently around 60% down on income compared to last year, due to fundraising events being cancelled throughout the UK and Ireland, but thanks to your generosity, we hope to scrape some of that back.**

As most of you will know, unlike bigger charities with whole departments of people, GAIN only employs three full time members of staff. This week, we have taken advantage of the Government scheme, and Simon has been furloughed for a little while. We hope to have him back before too long, but it will help to ease the financial hardship the charity is facing as we all get through this difficult time.

So for now, Caroline and Gill will be keeping things ticking over, as well as keeping Simon's seat warm for when he returns.



#GAINmomentum

## Challenge accepted, and completed!

Considering the far-from-ideal circumstances, our inaugural GAINmomentum challenge month this May was a great success, with lots of you getting on board and throwing yourselves into all sorts of challenges to get moving.

We are collating your 'challenge complete' messages and will get medals sent out as soon as we can. But please be patient – we're not the only ones who are a bit short-staffed at the moment!

Look out for a full report of what you got up to in the next issue of *gain4all* due out in July!



# Win a £500 donation for your cause

To celebrate Father's Day, we're giving away a £500 donation to one lucky winner

To enter, go to <https://www.easyfundraising.org.uk/giveaway/fathers-day> and simply click through to one of our participating retailers

Ends 21st June

## IMPORTANT ANNOUNCEMENT regarding branch meetings

In view of the uncertainties that lie ahead, the charity has decided that there will be no face to face branch meetings for the remainder of the year.

This decision has been taken because even if things improve dramatically and lockdown is largely lifted, in the absence of a vaccine, we feel it would be irresponsible to encourage gatherings.

The situation will be reviewed in the new year, but in the meantime, why not join in one of our virtual get-togethers, held each Tuesday afternoon? If a Tuesday afternoon is no good, due to work or other commitments, please let us know as we may be able to arrange an evening or weekend chat.

### Join our weekly get-together

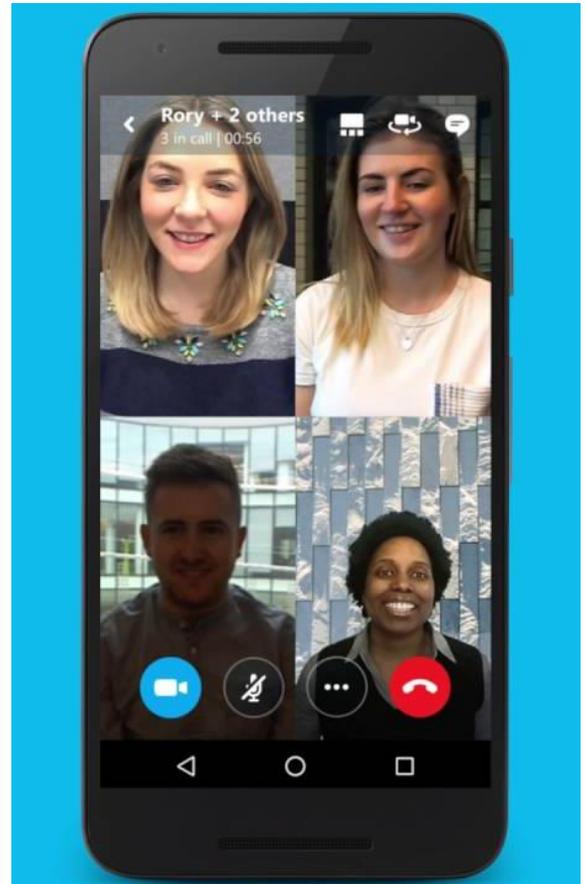
Video calling is as easy as having an actual face-to-face conversation and is almost like being in the same room. WhatsApp, Facetime, Skype and Zoom may be familiar names, but we'd like to introduce you to Starleaf, the app GAIN uses for our **weekly chat**. Wherever you are and whatever device you are on, the StarLeaf app lets you chat to anyone, anywhere. Download Starleaf from your app store, or online via

[www.starleaf.com/products/portfolio/the-starleaf-app/](http://www.starleaf.com/products/portfolio/the-starleaf-app/)

No smartphone or computer? Don't worry! You can't video chat using a landline, but you can still join the conversation using your ordinary phone. Call us to find out how.

**Join the weekly chat every Tuesday at 2pm and connect with other people who understand what it means to be affected by GBS, CIDP and the variants.**

Visit our website for details of how to join in  
[www.gaincharity.org.uk](http://www.gaincharity.org.uk)



# <https://gaincharity.org.uk/donate>

### Keep in touch

Post is being picked up from the office regularly, and emails and social media are monitored during office hours

@ office@gaincharity.org.uk

www.facebook.com/groups/727400487277814/

@gaincharity

gaincharity

If you need to phone any of us, please use the mobile numbers below (Mon-Fri 9am-3pm)

Caroline	07719 280965
Gill	07877 982651
Simon	Back soon

And if you want to drop us a line, you can write to us at the usual address;

GAIN, Glennys Sanders House  
Pride Parkway, Sleaford, NG34 8GL