

Guillain-Barré & Associated Inflammatory Neuropathies



Newsletter issue 14 / 30th April 2021

May is **GBS/CIDP Awareness Month** and to mark it, we would like everyone to take part in our month-long **#GAINmomentum** campaign. You can choose any activity you like, as long as it gets you moving, and there are lots of ways to get involved, starting with the brand new **#CaptainTom100 challenge!** See inside for further details and a few ideas to inspire you to get moving and feel the benefits of a natural endorphin boost!

Registration for GAINmomentum is free, and everyone who registers will be entered into a prize draw at the end of the month, with the chance to win a **£50 voucher** of your choice! Happy days!



A message from our Chief Executive

This last year has been a difficult one for the Charity. Early on in the pandemic we were predicting a deficit of just over £42,000. Like everyone else in the charity sector we had to adapt how we worked and fight for the income. We ended the year with a shortfall of £23,500 so were in a better position than we expected. However, the charity landscape is still looking less than pretty, with another deficit expected by the end of this current financial year so we cannot sit back and relax. I don't really want another year of spending more than we receive to ensure we help all those that need us.

As a charity, we are experiencing more requests for help and are supporting more people than ever. Up until Christmas we had responded with support to around 50 people. However, since January there have been more than 100 requests for help. Although social distancing has meant that GBS cases are around 2/3 of previous years, rehabilitation and community physio is proving difficult for people to access. GAIN provides a physio led on-line course for those discharged from hospital to do at home.

Thank you to all of you who continue to support us in whatever form; time, donations, fundraising and awareness. Your help is invaluable, but we need your help more than ever to get through the next year. If all our members were to raise just £20 each, this would wipe out the deficit. Join in with one of the May awareness month activities – get your friends and family on board – **it is achievable with your help**. Read on to see how you can help close the deficit gap.

COVID-19 advice

Guidance on COVID-19 differs from country to country and is regularly reviewed and updated. Please check the current advice for where you live

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/>

stay safe

GAINmomentum 2021 is here!

On your marks, get set, go!

Kick start your month of getting active and support GAIN at the same time by joining in the **#CaptainTom100** challenge from 30 April to 3 May, then rope in your friends and family with the Run for Heroes **5KMay**.

If you're hungry for more, why not round off the month with a **Virtual Vitality London 10K?**

CAPTAIN TOM 100

DO IT YOUR WAY

30 April – 3 May

Friday 30 April 2021 would have been Captain Sir Tom Moore's 101st birthday. Following the outpouring of heartfelt messages since his death on 2 February, his family pledged to celebrate his life with an event that everyone, in the UK and around the world, could get involved in to celebrate Captain Tom's generosity of spirit, the hope and joy he brought to millions, and his sense of fun.

And that event is the Captain Tom 100.

Everyone – of all ages and abilities – is invited to take on a challenge around the number 100 anytime and anywhere over Captain Tom's birthday weekend, starting on Friday 30 April through to Bank Holiday Monday 3 May. That could be walking 100 steps or running 100 metres, scoring 100 goals, baking 100 cakes, climbing 100 stairs, picking up 100 bits of litter, building 100 sandcastles, writing a 100-word poem, flipping 100 pancakes – anything at all!

Get family and friends involved and ask them to sponsor you, or even set themselves their own challenge – perhaps you could also raise £100 for GAIN! Follow our dedicated campaign link to get started;

<https://captaintom100.justgiving.com/get-involved?charityId=182381>



1 May – 31 May

What is 5KMay?

One month of coming together for better! You can do your 5K anywhere, anytime with anyone. You can **run, roll, walk, cycle or even swim** if you want to... It's about getting out and feeling good while doing it.



Participate

Run, walk, roll, swim your 5K, do whatever suits you, and take as long as you need, as long as you complete your challenge between 1-31 May.

Donate £5

Donate £5 to GAIN.

Nominate 5 friends

Nominate 5 friends or members of your family to take part.

Rewards

Runners & movers get rewards!

Repeat!

Do as many 5KMay challenges as you like – just remember to donate £5 and nominate 5 friends each time!

Follow this link to our dedicated **5KMay** campaign page to help GAIN support people affected by GBS, CIDP and the associated conditions;

<https://runforheroes.justgiving.com/get-involved?charityId=182381>

Set yourself a challenge for GBS/CIDP awareness month

Get moving, get fit!

Virtual London 10,000
#CelebrateYou

29 May – 6 June

Run from home or wherever you are!

You can run (or walk, or jog) the Virtual Vitality London 10,000 at any time during the summer half term week: Saturday 29 May to Sunday 6 June, as long as you complete the distance in one day.

Earn your medal and T-shirt

You will receive a running number so you can look and feel the part when you choose to run, plus you'll be rewarded for your efforts with a Vitality London 10,000 medal and New Balance technical T-shirt (worth £35) once you've completed your 10K.

Entry costs £19 for UK residents (plus £10 for non-UK residents to cover additional postage and packaging). The entry system is open until 16:00 on Friday 28 May, but may close sooner if all places are filled before then – so follow the link below to enter today!

<https://www.vitalitylondon10000.co.uk/how-enter/virtual-entry/index.html>

If you're not bothered about the medal and T-shirt, why not join in anyway, and run or walk your own GAINmomentum 10K to round off the month?

Of course, you don't need to commit to completing a 5K, 10K or anything else! What you do and how you do it is entirely up to you. All we ask is that you try to increase your activity during May, and maybe feel a little bit fitter by the end of it!

Registration for GAINmomentum 2021 is FREE, and everyone taking part will be entered into a prize draw to win a £50 voucher of their choice.

There really isn't anything to lose (apart from an inch or two from the waistline!), but lots to gain by being more active. Go to the link below to get started.



What will YOU do?

<https://gaincharity.org.uk/product/gainmomentum-2021/>

How does it work?

1. **Register** at any time throughout May, so your name can be entered into the prize draw. You will receive a pack including a button badge and a few other bits and pieces to help you spread the word. Consider signing up to the **Captain Tom 100, 5KMay or Vitality 10K** to get you started.
2. Give us the details of your local GP surgery and/or hospital, and we will send an **awareness pack** on your behalf. Or if you prefer, we can post it to you to take along yourself.
3. Set yourself a personal goal, and for one month, from **1 - 31 May**, count your steps, track your distance or keep a note of how many minutes you're active.
4. Download the free **Strava fitness tracker** app and join the GAINmomentum Club, to record your progress and really feel part of the GAINmomentum community.
5. Set up your own JustGiving page attached to the campaign, and get friends and family to sponsor you, and spur you on to meet your challenge;

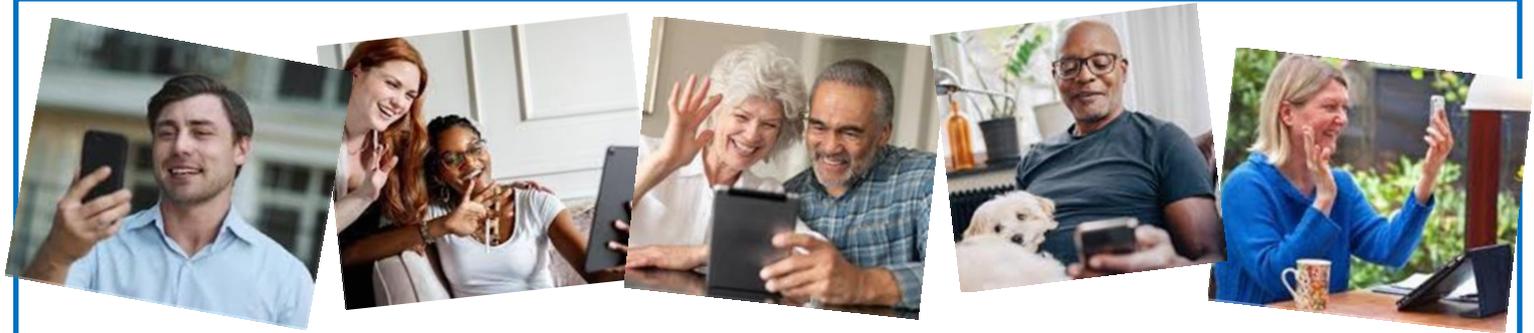
<https://www.justgiving.com/campaign/GAINmomentum2021>

To be entered in the prize draw sign up via our website shop;

<https://gaincharity.org.uk/product/gainmomentum-2021/>

or phone us on 01529 469910 (Mon-Fri 9am-3pm)





Want to talk to other people who really understand? Join in with a video chat!

General video chat	Lancashire & Cumbria	GBS / acute	CIDP / chronic
2 nd Tuesday of the month at 2pm	1 st Friday of the month at 2pm	3 rd Thursday of the month at 2pm	4 th Thursday of the month at 2pm

For details of how to join a video chat visit www.gaincharity.org.uk
or contact us by phone (01529 469910) or email (office@gaincharity.org.uk)



We couldn't do what we do without you!

We offer support and information, free of charge to anyone who needs it throughout the UK and Ireland. And we want to keep it that way.

Since the charity was founded back in **1985**, a rebrand in 2014 and advances in communications technology means that more patients and families than ever before are able to find us and benefit from the free help and support we can offer. But free to you doesn't mean free to us, and everything we do can only be delivered thanks to your voluntary donations, fundraising, and gifts in wills.

We worked out that if every one of our members was able to raise **£19.85**, we could cover the income deficit we are facing as a result of the pandemic.

Are you up for it?

Could you raise £19.85? Hold a garden party or plant sale? Throw a quiz or bake some cakes? Or just collect your small change in a jar – just **38p a week** would add up to **£19.85** in a year! Why not invite a few friends to join in and see who can reach the target first?

A massive thank you to everyone who continues to support us during these difficult times. If you would like to make a donation, please visit the website and click on the DONATE button, or simply text GAIN to 70085 to donate £5

Keep in touch

Look us up on social media

-  office@gaincharity.org.uk
-  www.facebook.com/groups/727400487277814/
-  @gaincharity
-  gaincharity

Contact us during office hours (Mon-Fri 9am-3pm)

Email: office@gaincharity.org.uk

Phone: 01529 469910

Helpline: 0800 374803 (UK) / 1800806152 (RoI)

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**