

# Guillain-Barré & Associated Inflammatory Neuropathies



## Newsletter issue 15 / 28<sup>th</sup> May 2021

Welcome to issue 15 of the GAIN newsletter. We're pleased to report that as of this week, the GAIN team have all had at least one COVID-19 jab, and one of us has already had both, with nothing more serious than a couple of days of feeling a bit under the weather. Suspected side effects from vaccines are reported under the Yellow Card Scheme, and to date, we have heard of no one who has had GBS in the past experiencing a recurrence following a vaccination. Latest daily figures suggest we may be at the start of a third wave, so the more of us who get vaccinated, the safer we all are. Stay safe, and protect yourself and those around you.

## It's your last chance to enter the GAINmomentum 2021 prize draw!



May has been a busy month, with lots of you setting personal challenges or just finding ways to build a bit more activity into your lives and improve physical and mental wellbeing through exercise.

As **GBS/CIDP awareness month** draws to a close, there is still time to join in, and you don't even need a pair of trainers to take part! GAINmomentum is about raising awareness as well as being more active, so all you have to do is email us with the name and address of your local hospital or GP's surgery.

We'll send them an awareness pack, and enter your name into a prize draw taking place on Tuesday 1<sup>st</sup> June (it was going to be drawn on Monday, 31<sup>st</sup> May, until we realised it's a Bank Holiday weekend!).

One lucky person will win a **£50 voucher** of their choice, so whether you would like to spend it on a celebratory bottle of Champagne, a magazine subscription, or a visit to your local cinema or garden centre, the choice is yours. But you have to be in it to win it, so don't delay!

Email [office@gaincharity.org.uk](mailto:office@gaincharity.org.uk) before noon on Monday 31<sup>st</sup> May to take part. Good luck!

## 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>

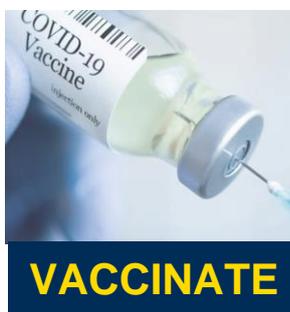
### Northern Ireland

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

### Republic of Ireland

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

## stay safe



## Leaving a gift in your Will

As many of you will be aware, some time ago, GAIN made an arrangement with McClure Solicitors that allowed our members and supporters access to a free Will-writing service.

Following the acquisition of McClure by Jones Whyte LLP early in May, this service is currently on hold, but will resume in September with some changes.

From 1<sup>st</sup> September 2021, Jones Whyte (inc. McClure Solicitors) has agreed to continue offering a free Will-writing service, but this is now restricted to people aged over 60. This service continues to be FREE to you and to GAIN, and carries no obligation to leave a donation (although we hope you will consider leaving us a little something).

Any of our members and supporters who have a pending first appointment, or who contact Jones Whyte for the Free Will service will be advised of the current situation, and be offered the following options.

1. Go on a Free Will list, and you will be contacted by Jones Whyte when they re-launch (over 60s only). Appointments will be by phone / video call.
2. Be given a link to their Wills Online service – normally this would be £99 per person, but for any charity partners, service users or supporters the fee will be waived. This is an unregulated service that is managed by Jones Whyte, and is a complete online experience.
3. Alternatively, you can pay for a Will at £150 for single or £240 for mirror Wills.

For further information, contact Jones Whyte on Freephone 0800 8521999



## Raise awareness all year round with our sustainable clothing range



GAIN has recently teamed up with Teemill, an online, sustainable clothing company that prints to order, meaning we can offer a much bigger range of T-shirts and hoodies for men, women and children, than if we had to buy in and stock individual items.

It also offers a huge amount of flexibility – you can choose your favourite design, or use the custom feature to personalise a design or even come up with your own creation (please contact us if you need access to our logo, or other artwork to incorporate into a custom design).

And because GAIN gets a proportion of every sale, you can wear your T-shirt with pride, knowing you are helping other people affected by these conditions.

To get started, simply follow the link from the GAIN online shop;

<https://gaincharity.org.uk/shop/>



## Movement for Good Awards 2021

Charitable giving has been at the heart of what we do for over 130 years. Now more than ever, we are proud to be one of the largest corporate donors to charity in the UK, contributing to thousands of good causes in this country and abroad.

Our Movement for Good awards gives back to the communities we serve and champions the issues that really matter to them, giving an additional £1m to charities.

Our £1,000 awards are open to eligible charities registered in the UK and Republic of Ireland.

**To nominate GAIN for a £1,000 award, go to:**

<https://www.ecclesiastical.com/movement-for-good/>

**Simply click on 'Nominate a charity' and type in 'Guillain'**

*Ecclesiastical is a group of like-minded specialist insurance and services businesses, motivated by delivering exceptional customer care and making a positive impact around the world. Visit the website above for more information and full terms and conditions.*



## Download the NHS App

Owned and run by the NHS, the NHS App is a simple and secure way to access a range of NHS services on your smartphone or tablet.

Use the NHS App to:

- **share your COVID-19 status** – view and share proof of your COVID-19 status for travel
- **get advice about coronavirus** – get information about coronavirus and find out what to do if you think you have it
- **order repeat prescriptions** - see your available medicines, request a new repeat prescription and choose a pharmacy for your prescriptions to be sent to
- **book appointments** - search for, book and cancel appointments at your GP surgery, and see details of your upcoming and past appointments
- **get health advice** - search trusted NHS information and advice on hundreds of conditions and treatments. You can also answer questions to get instant advice or medical help near you
- **view your health record** - securely access your GP health record, to see information like your allergies and current and past medicines. If your GP has given you access to your detailed medical record, you can also see information like test results and details of your consultations
- **register your organ donation decision** - choose to donate some or all of your organs and check your registered decision
- **find out how the NHS uses your data** - choose if data from your health records is shared for research and planning

If your GP surgery or hospital offers other services in the NHS App, you may be able to:

- message your GP surgery or a health professional online
- consult a GP or health professional through an online form and get a reply
- access health services for of someone you care for
- view your hospital and other healthcare appointments
- view useful links your doctor or health professional has shared with you
- view and manage care plans

**Download now from your app store**



If you rely on a wheelchair, it can be easy to overlook physical fitness and exercise. If you're currently not very active, the WheelPower website will help answer some of your questions and get you started with an activity that suits your lifestyle.

For links to FREE online exercise classes and lots of other resources to help you increase your activity levels, go to:

<https://www.wheelpower.org.uk/sport-events>

*Don't forget, you can access a FREE online physiotherapy course by contacting GAIN at [office@gaincharity.org.uk](mailto:office@gaincharity.org.uk)*



## GAIN 200 Club news

The winning numbers for May are; **25 93 68**

New members wishing to join in time for the June draw, must register via the GAIN website before noon on Wednesday 9<sup>th</sup> June.

Full terms and conditions on the website.

<https://gaincharity.org.uk/product/gain-200-club/>

Easy ways you can help us support people affected by GBS & CIDP



Register with GoRaise & download the handy widget [www.goraise.co.uk/GAIN](http://www.goraise.co.uk/GAIN)



Sign up via the AmazonSmile website or download the app and select GAIN as your chosen charity

Sign up with Give as you Live and support GAIN whenever you shop online  
[www.giveasyoulive.com/signup/choose-charity](http://www.giveasyoulive.com/signup/choose-charity)



Select GAIN as your chosen charity on [www.easyfundraising.co.uk](http://www.easyfundraising.co.uk) and we get a donation every time you shop online!



Get connected – grab a cuppa and join a video chat!

Open forum	Lancashire & Cumbria	GBS / acute	CIDP / chronic
2 <sup>nd</sup> Tuesday of the month at 2pm	1 <sup>st</sup> Friday of the month at 2pm	3 <sup>rd</sup> Thursday of the month at 2pm	4 <sup>th</sup> Thursday of the month at 2pm

For details of how to join a video chat, visit [www.gaincharity.org.uk](http://www.gaincharity.org.uk)

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/](https://www.facebook.com/groups/727400487277814/)
- @gaincharity
- gaincharity

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

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