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Rich's Update



Happy New Year everyone! I really hope you were able to have an amazing Christmas.

January marks a whole year since I joined GAIN, and it has been a truly remarkable time. I wrote a little thing about it a few weeks ago and if you didn't see it at the time, you can have a read via the link at the bottom of my update.

I hope you agree we have come a long way in the last 12 months, and I'm incredibly excited to look ahead to the next year.

While 2024 was a year of consolidation for GAIN, I really want 2025 to be a year of growth. For me there are three big priorities, support more people; increase our spend on research, projects, and delivery; and ensure that we have the funds to keep doing what we need to do.

If you can help in anyway with any of these, then please get in touch.

A handwritten signature in black ink that reads "Rich".

Rich Collins
Chief Executive

Rich's Blog: gaincharity.org.uk/new-year-blog-rich-collins-ceo

Join us in Birmingham - Free Entry to the NEC

Join the GAIN team as we head to the National Cycling Show at the NEC, Birmingham on Saturday 22nd and Sunday 23rd March 2025. We're heading to the city to support Clive Phillips and the Making the Most of Now team who are heading to France in May for the Tour De MMN 2025. It's a whopping 3200km cycle around France, all to raise funds for MMN Research.

The Making The Most of Now team will be there, as will the GAIN community. So pop along and join us. You can claim a **free** ticket to the show. Just use code **MMN** at via: **nationalcyclingshow.seetickets.com**.

We hope to see you there!



Chris Heads to Fife

In his month here at GAIN, Chris had the exciting opportunity to go on his first solo expedition to represent the charity.

Diageo, the multinational drink manufacturer, have a huge distillery at Cameronbridge, Leven, Fife. The distillery run a programme where £500-£1,000 will get donated to a staff nominated charity each month for good safety behaviour, and to celebrate a safe October, GAIN were the lucky recipients of that scheme in the form of £1,000.



It turns out we were kindly nominated by one employee, Niamh, who had GBS two years ago, shortly before beginning work at the distillery. She told Chris about her experiences, including leaving rehab from the impact of GBS on her 21st birthday, a powerful reminder that GBS can strike at any time in life. It was fantastic seeing her healthy and well at work. He also had the chance to chat to Operations Director Alex Robertson who keenly listened to Niamh's history, learned about GAIN, and shared a little about the work done at the distillery.

A huge thanks to Niamh and Diageo, the £1,000 can be used to support people in Niamh's position, and support further research into these conditions. If your work place has a support scheme, would you consider nominating GAIN?

Rare Disease Day

more at rarediseaseday.org

Rare Disease Day is observed every year on 28th February (or 29th in leap years) - the rarest day of the year. It's a day of global action aiming for equity in social opportunity, healthcare, and access to diagnosis and therapies for people living with a rare disease.

At GAIN, we will be highlighting the rare conditions we support, and invite you to get involved. On the run up to the day, please share your stories with us (email chris@gaincharity.org.uk or visit the contact page on our website), but also engage online. Share your story on social media, and if you're not comfortable with that, no problem - you can help by hitting the share button on a GAIN post!

Personal Grants

We know that it can be difficult managing when the family is impacted by conditions such as GBS, CIDP, or an associated Inflammatory Neuropathy. However, GAIN can help when you find yourself in financial hardship due to the expenses these conditions can incur.

If a loved one is in hospital, travelling expenses, including parking, can rapidly accumulate. You're already in a stressful situation, the last thing you need to worry about is budgeting for visits. The Personal Grant fund was originally created to help tackle just that problem.

We're also able to help in other areas, such as medical (or other) equipment and adaptations to homes where funding is not available through a statutory body.

Please visit: [gaincharity.org.uk/personal-grants](https://www.gaincharity.org.uk/personal-grants) for full information, including terms and conditions, exemptions, and an application form. If you cannot access the form, call us for a friendly chat on 01529 469910.

Last Minute Place - Brighton Marathon ' 25

Did you miss out on securing a place at the Brighton Marathon - the UK's most popular run outside of the London Marathon? Well you're in luck! We have just one place that's become available for the April 6th event. When it's gone, it's gone, so get in touch as soon as possible via the details in the box below!

Get more information at www.gaincharity.org.uk



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