

Good bye 2010, hello 2011

Firstly we hope that you had a happy holiday and we wish you a fantastic 2011.

“We can only move forward if we first take stock of the past”.

open and honest while looking at that past both with our successes and perhaps more importantly our failures!

2010 saw the first ever Medical Conference for Non Epileptic Attack Disorder taking place in Sheffield. The conference saw attendees from all over the UK and the DVD made of day has been distributed to many countries including Spain, USA, China, and Australia.

We also featured a question and answer session with all guest speakers and from the feed back we were given we fully changed our website and created new areas in our forum for young sufferers and carers as well as revamping our Medical Advice Panel (MAP) section.

We also held the first NEAD holiday which was a camping trip to Great Yarmouth and saw a number of members making the journey to join us for a few days of camping fun around the coast!

Then we had our Family Fun-day which was nothing short of a complete failure, poor attendance due to the economic downfall and num-

ber of larger events held around the area attributed to this failure. While the event failed to raise any money we were able to help new sufferers and raise awareness.

And finally we had to cancel the Christmas support meeting (party) due to the very bad weather! Not a nice way to end the year!

Going forward what changes can we as a charity make to help us continue to grow, be even more supportive, and be more cost effective?

“Donations & fundraising activity is down”.

As we predicted donations & fundraising activity is down due to the economic down turn we have had to re-

So what have we decided to do?

Due to the high cost and low return we are no longer running the Christmas support group, family fun day and holiday programs.

We feel that we need to continue offering support via our coffee morning support group, however due to low attendance the frequency of the Sheffield support group

will be reduced to quarterly, this will also help fund a second support group in another location.

However this is only possible with volunteer involvement and member input. We cannot stress to all our members, sufferers, and interested parties that we need your help.

We have a number of projects waiting to move forward to help introduce better support for all suf-

“We really do need volunteers to help”. ferers but we cannot do this alone, we really do need volunteers to help enable NEAD Trust continue it's work! If your interested in *volunteering* please email forum@neadtrust.co.uk

New Info site

A group of neurologists, psychologists and psycho-therapists interested in developing effective treatments for non-epileptic attacks have collaborated and created a new information resource designed to give information about NEAD.

You can view this new resource via our Information page or visit the page directly at....

www.nonepilepticattacks.info

Brave Heart

Congratulations go to our co-founder Michelle Porter-Reed, in not only being nominated but winning the coveted Brave Heart Award during the prestigious Sheffield Night of Honour.



Michelle was nominated for the award by Vanessa & Steve Toon who are members of our support group, for "overcoming life's challenges with courage, laughter and determination.

Obstacles such as illness, disability, adversity and bereavement are turned into opportunities".



Congratulations Michelle!

Feed back is vitally important to us as a charity as it enables us to change what we do and how we do it to better help you our members.

Our forum is always open for change and fairly fast change at that.

From the feedback we have been given form our forum users, we have enabled signatures and hyperlinks to be added to your posts.

Frequent visitors to our forum may have noticed a new addition to the forum home page, a user group section! We have created an area on the forum for members to join user groups, so if you want to create a group for people in your area just send the admin a message and a new group will be created! It's that easy!

We have also created a **Changers User Group** this group is made up of volunteers who will look at changes made by the UK Government to any system or service that will effect you.

The team is headed by forum member Laura, and is currently recruiting new members! If your interested in joining send the admin a message and we can add you to the team!

Future Plans

Our plan is simple and unchanging to offer as much support to everybody who is effected by this condition, and to raise awareness.

For the immediate future we want to see regional UK wide support groups. Annual Medical Conference (to be held up and down the UK).

But for all our plans, hopes and dreams we are reliant on the support of our members and volunteers with out whom we would be at a stand still.

We can only move forward with your help, I cannot stress enough how important you are to our charity. We are here for you!

If you have any ideas, suggestions or if you would like to contribute in anyway please let us know at admin@neadtrust.co.uk

Forum Updates

Fitness

At this time of year many people's thoughts are towards fitness.

But exercise can be a difficult and scary thing to undertake if you suffer from seizures.

But did you know you can exercise from the comfort of your own chair in your own home!

Very gentle, yet effective seated exercise can be the first step in not only improving your fitness levels but it can also help your mental state.

Exercise can help lift your mood and help build your self confidence.

Your GP can help point you in the right direct and were all here to help support you!

Take a time out

Were not talking about naughty toddlers!

This is an effective exercise that you can use in situations where you may feel stressed or anxious.

The beauty of this technique is that it can be used anywhere at anytime and nobody else will know!

Firstly in your minds eye go to a place that you find relaxing.



Perhaps this place is at home in your bed or relaxing on a beach or by a pool while on holiday, anywhere that made you feel calm and relaxed but it needs to be clear in your mind.

Secondly now you have your place, picture it clearly and focus on your senses there what can you see, smell hear.

Lastly imagine a door, nothing imposing just a nice normal plain door this is your door to your relaxing place.

The key to this technique is to practice seeing this place and allowing it to fill your mind and senses. This practice will enable you to call upon this relaxing place when needed.



Now, the next time you're in a stressful situation, take a moment and imagine yourself opening your door which takes you to your relaxing place.

In your mind picture yourself stepping into this place and soak up the relaxing atmosphere, allow the atmosphere to fill you up really focus on it.

Now that you have the relaxing feeling, you can leave that place and for want of a better description "come back to real world" where you should be feeling much more relaxed and less anxious. Remember practice makes perfect.

Jump for free!

Have you ever wanted to do a parachute jump?

If so here is your chance. NEAD Trust is looking for hundreds of adventurous volunteers to make a fundraising parachute jump and if you raise enough in sponsorship you will get to **jump for free!**



There are three types of jump available –

Accelerated FreeFall where you can experience the thrill of skydiving solo from up to 12,000 feet.

Tandem Skydive from 10,000 feet attached to a professional instructor.

Static Line jump which is performed solo from up to 3,000 feet



You can jump from any one of over twenty British Parachute Association approved airfields across the UK.

No experience is necessary as all training is given and if you raise from £360 (depending on the type of jump you choose) you will receive your **jump for free.**

So if you would like to make a thrilling skydive from 10,000 feet or an exhilarating solo jump from up to 3,000 e-mail dpr@neadtrust.co.uk

We will send you a full information pack and everything you need to take part in the experience of a lifetime!

Please Help us to HELP YOU!



Here's an easy way to raise money for NEAD TRUST that does not involve parting with extra cash!

Everyclick.com has launched a new way to donate – it's been christened "Give as you Live". It means you can search the web, shop

"raise money that does not involve parting with your cash"

on line from your favourite retailers, trade on eBay and raise money for NEAD TRUST.

You get great search results from Yahoo!, content from leading shopping providers and access to all eBay auctions.

Every search you make creates a donation for us.

Our special address is www.everyclick.com/neadtrust, all searches, shopping and eBay activity made from here will raise money for us.

Make sure you sign up so you can track your giving.

Everyclick.com updates every 3 minutes, you'll be amazed how quickly it adds up!

Everyclick has already raised well over £1 million pounds for a wide range of charities around the UK,

"you'll be amazed how quickly it adds up"

Everyclick has been voted website of the Year 2008 and is recognised as a top 100 media tech

company.

Discover the new way to give to NEAD TRUST. Safely, securely, and for free

Give as you Live.

For you

As the song says "*everything we do we do it for you!*" which means user feedback is imperative to us as a charity, it enables us to grow and support you better, so please let us know what we can do to help you more!

Contact to our forum and tell what we can do to help you

<http://www.neadtrust.co.uk/forum.html>

Or by email at...
admin@neadtrust.co.uk

Or via post at...

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Your stories



We need your positive stories,

Stories that show that you can have a great time despite this condition
Your story could be published in our newsletter to help support other people! So go on be the inspiration for others contact us!