



### Would you like a scientist to visit your community group?

The Centre for Brain Research team is keen to present their research and the latest knowledge to community groups. We work directly with community non-governmental organisations to keep members up to date about future treatments, and to inform our research directions. We would love to talk to your group as well.

Raising awareness of brain disorders and research underway is critical. The more people who know about the cutting-edge research underway here in New Zealand, the more we can help people nationally and internationally. A small donation towards our brain research is welcomed.

### Volunteer drivers

Are you able to volunteer your time to drive people to research studies? Often a large proportion of research grants goes towards providing taxis for patients who are unable to drive themselves. The Centre for Brain Research is keen to reduce this cost so that more funding goes directly towards research.

### Research Volunteer Register

Every day at the Centre for Brain Research our researchers are working hard to find and develop new treatments for brain disease. Yet without human volunteers, many of our health and medical studies simply won't happen. We need healthy volunteers as well as people with neurological conditions to participate.

If you are interested in contributing to current or future research projects at the centre, you can join the volunteer register. The register is a secure database, which enables us to get in touch with interested volunteers should a suitable study come up. For more information look on our website: [www.cbr.auckland.ac.nz/contact](http://www.cbr.auckland.ac.nz/contact)

## Donate to brain research

Much of the work of the Centre for Brain Research wouldn't be possible without the support of generous individuals and funding organisations.

Partnerships with friends and supporters enable us to significantly enhance our ability to unlock the secrets of the brain. With your support we will continue to develop new therapies, improve clinical care and educate our communities.

If you would like to support our work, donations can be made to the Centre for Brain Research Fund in The School of Medicine Foundation. The fund is a charitable trust and 100% of every dollar donated will be spent on research in the Centre for Brain Research.

### Give online

[www.givingtoauckland.org.nz](http://www.givingtoauckland.org.nz)

### Give by cheque

Send to address below and make payable to:  
School of Medicine Foundation Centre for Brain Research Fund

### Give by electronic transfer

UoA School of Medicine Foundation Centre for Brain Research Fund  
Fund A/C 02-0159-0414088-000  
BNZ, Auckland Swift Code: BKNZNZ22

### Bequest a donation in your will

Contact us to organise this.

The School of Medicine Foundation is a registered New Zealand charity (CC30871). Gifts made by New Zealand resident taxpayers to the School of Medicine Foundation can receive a tax rebate of up to 33.3%. More information can be found on the website: [www.uoasomf.org.nz](http://www.uoasomf.org.nz)

### Contact Us

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## Supporting brain research



## Your support is vital

It's estimated that one in five New Zealanders will suffer from brain disease in their lifetime. It seems we all know someone who has been affected by these terrible conditions.

Disorders such as stroke, Alzheimer's, Parkinson's, Huntington's, epilepsy, motor neurone disease, multiple sclerosis, muscular dystrophy, mental illness and deafness affect hundreds of thousands of Kiwis every year. Indeed neurological diseases are among the top five most common causes of death and long-term disability. More research is essential.

That's the goal of the Centre for Brain Research at The University of Auckland. Bringing together world-class scientists, expert clinicians and the community, we aim to find and develop new therapies for brain disease. Our goal is to improve the health of New Zealanders for the future.

Yet we can't undertake this research without your support. You can help us by raising awareness, taking part in research, or donating funds.

*"Working together we can improve the lives of people with brain disease." Professor Richard Faull, Director of the Centre for Brain Research*



## Mike's personal story

*"I was in a meeting when out of nowhere I just keeled over. It turned out I'd had a massive bleed in my brain, and the whole of the left side of my body was affected. The next morning all I could move on my left side was my big toe."*  
*Mike Brown, 58 year old stroke survivor*



*Mike Brown took part in intensive therapy research with neuroscientist Dr Cathy Stinear and physiotherapist Dr Suzanne Ackerley*

Mike Brown is not alone - there are an estimated 45,000 stroke survivors in New Zealand. Like Mike, one quarter of those people are under retirement age and many are left with a disability, needing significant daily support. It's now two years since Mike had his stroke and after intense rehabilitation research and therapy, he is now back at work as an engineer. But he's the first to admit that a stroke instantly changes your life. Everything from getting out of bed in the morning, to chatting to your neighbour can become a logistical nightmare.

"Things that we think of as really simple, such as doing up buttons or pulling up socks, suddenly became impossible for me to do one-handed," he says. "It was a real learning experience for me and I'm so glad I had such support from my family and rehabilitation team."

## Hope for the future

Research into stroke recovery is the goal of the new Brain Recovery Clinic at the Tāmaki Innovation Campus. Led by expert stroke neurologist, Neurological Foundation Professor of Clinical Neurology Alan Barber, a team of rehabilitation specialists assess stroke patients to reduce the risk of future strokes, and to determine their recovery needs. The clinic is underpinned by cutting-edge stroke rehabilitation research, with innovative new therapies in development.

It's something that stroke survivor Mike is very keen on. He took part in research trials at the Centre for Brain Research, and has now regained more movement in his arm and leg.

"I decided to take charge of my own recovery," he says. "People need to know what can be achieved - you're never going to get it all back, but you can really maximise your recovery. I'd encourage everyone to make the most of this research."

The Centre for Brain Research is developing new clinical research programmes for many other neurological disorders. Our researchers are working towards understanding the brain in health and disease, developing new therapies, and helping patients in the community.

*"Support from the community is vital for the success of our research. Every donation makes a difference."*  
*Professor Alan Barber, Deputy Director of the Centre for Brain Research*

