



The Brain & Spine Foundation is the only UK-wide charity providing information and support for every one of the 600+ neurological conditions which affect one in six people in the UK.

Professional Neuro Services

We provide free, professional help, information and support for any condition, and for anyone affected. Neurological conditions and treatments are often complex and poorly understood by individuals and their families. Many people wait for a long time for diagnosis while living with debilitating symptoms and the stress of not knowing what the future holds. We exist to provide information, answer questions, reduce anxiety and inform choices.

Call our Helpline for free on **0808 808 1000 (Mon-Fri, 9am-4pm)**

Explore our health information, or sign up to a peer support group:
brainandspine.org.uk

Research

Our social research initiative, NeuroLifeNow, gathers valuable first-person insight into the daily reality of living with a neurological condition and trying to access treatment, care and support. We deliver results in real-time, and use this insight to improve how neurological services are delivered.

Visit **neurolifenow.org**

Campaigning

We build community and self-help networks to give a voice to the people in the neurological community and enable them to drive change and dramatically improve quality of life.

Join the campaign, visit brainandspine.org.uk

The Brain & Spine Foundation is entirely funded by voluntary donations from supporters. Your generosity changes lives and gives people hope.

To make a donation, fill in the enclosed donation form or donate online, visit brainandspine.org.uk/donate

Thank you.

