

Who will your money support, and how?

Your money goes a long way to helping brain injury survivors, their families and carers. Your commitment and fundraising could help in the following ways:

- **£15 – Volunteer expenses for a month** - enabling us to recruit and support one of our indispensable volunteers.
- **£50 – two family information packs** - providing information for families and carers who have a relative with a brain injury.
- **£210 – run the UK helpline for a day** - giving survivors and families access to specialist information.
- **£500 – campaign posters and leaflets** - enabling us to initiate activities and campaigns which will reduce the incidence of brain injury.
- **£1,000 – four training courses for survivors of brain injury and their carers** - allowing us to offer training to the people who need it most.
- **£2,500 – 2,000 copies of a specialist publication** - giving vital information and practical advice to brain injury survivors, carers and professionals.

