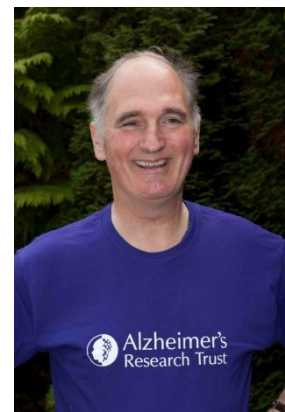


LAST YEAR'S ROW RAISED NEARLY £100,000
FOR A VITAL ALZHEIMER'S RESEARCH PROJECT



Thanks to everybody's overwhelming generosity last year we contributed over £90,000 towards the first year of Dr Magdalena Sastre's four-year project at Imperial College London. Jamie intends to support this project since it links exercise to the production of the protein, PGC1a, which protects the brain from the development of amyloid deposits, the key components of Alzheimer's.

After last year's rowing success, the funding of Dr Sastre's research project is off to a flying start, so Jamie and his Crew have decided to row back down river, from Henley to Eton, on **Wednesday, June 1st 2011**. It would be wonderful if for a second year running we could raise some serious money and also the awareness of many more people to this horrible, debilitating and demoralizing disease.

In addition to a regular exercise regime, Jamie is also trialling a drug aimed at breaking up the amyloid deposits. He can still ride his bike, play tennis and his guitar and there is no doubt that exercise is helping maintain his level of cognizance. He has tremendous courage and his sense of humour remains intact, but I am sure you can imagine that the impact on both our lives is huge. We are blessed with many wonderful friends - you have no idea how much this helps too.

Surprisingly, Alzheimer's affects many of us long before we reach 60 and it is possible that interaction between genes and lifestyle factors can start in a person as young as 30! Time is of the essence and Dr Sastre's project is vital research which could lead to an important breakthrough.

You can donate through our website www.forgetmenotrow.com. Since it is a four-year project, we hope you will consider a Standing Order (you can print off a form from our website and return to me). If you prefer to write a cheque, please send it to me made out to **Alzheimer's Research UK** and complete the Gift Aid form below if appropriate.

Thank you for reading this. Thanks from us both.

Jamie and Vicki Graham, Home Idoover Farm, Dauntsey, Chippenham, Wilts SN15 4JJ
vicki@forgetmenotrow.com

- I should like to make a difference. My cheque for £ payable to Alzheimer's Research U.K. is enclosed.
- I am UK taxpayer and wish A.R.U.K. to recover tax paid under the Gift Aid scheme.
- Registered Charity No. 1077089

SIGNED..... NAME.....

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