The team at the Sleep Centre were given funding by Cancer Research UK to develop Cognitive Behavioural Therapy, a non-pharmacological approach to cancer treatment, and published the results of their randomised controlled trial in the Journal of Clinical Oncology. The work won the team the Best Patient Support Initiative in Oncology in 2009. This world-leading research has also received funding from the National Cancer Research Institutes and a new project supported by the Breast Cancer Campaign started in October 2010. Dr Leanne Fleming, who is in charge of this project, says “We are trying to understand how sleep becomes dysregulated during the patients’ journey from diagnosis through to discharge. This will help us to understand the mechanisms involved in the development of insomnia, but also to tailor care and treatment packages that can be used in cancer care units.”

The portfolio of research at the Sleep Centre is wide ranging and not solely confined to cancer patients. Professor Colin Espie, Director of the Centre, says “currently we have funding from the National Institutes of Health in the USA and from the Chief Scientists Office in Scotland. In these studies, people come in for overnight assessment so that we can study their sleep pattern objectively. This is helping us to understand what causes insomnia, as well as understanding the mechanisms involved in its treatment. We recently completed a study funded by the Economic and Social Research Council looking at how our sleep is acutely affected during times of stress”.

The University of Glasgow Sleep Centre is also a healthy environment for training young investigators.

(continued overleaf)
The team are particularly proud that last month two of their young researchers won prestigious awards. Dr Simon Kyle received the British Sleep Society Young Investigator’s Award for 2010, and Megan Crawford was presented with the Young Scientist’s Award at the European Sleep Research Society Congress in Lisbon.

The Sleep Centre is involved with an international community of researchers and clinicians in the fast growing area of sleep medicine. This year, the Glasgow team has launched an online distance learning MSc programme in Behavioural Sleep Medicine. Using digital technology, this innovative programme has already attracted a great deal of interest. It is expected to meet the needs of medical, nursing, technology and psychology professionals worldwide who are seeking credentials in this new area of specialism.

The vision for the international Masters is to work with training "hubs" in other centres of learning and excellence in Europe, North America, Asia, Australasia, Africa and South America, thus bringing world-leading expertise into the virtual classroom.

The University of Glasgow Sleep Centre is part of the Institute of Neuroscience and is part of the College of Science, Veterinary & Life Sciences. Further information about the Sleep Centre, including downloads of its regular newsletter "Sleep Matters" can be obtained at: www.glasgowsleepcentre.co.uk.

Robert Mairs Charitable Trust

Our front page story in the spring 2010 edition of the newsletter described the work of Professor Stott and his team in the Department of Geriatric medicine who have been designing and testing the generous gifts they had received over the past year. Their work has continued to interest trusts and Foundations and the Dr Robert Mairs Charitable Trust has recently given a major gift to their research. The Trustees explained their reasons for supporting this work: "As the population ages and economies struggle to cope with the increased demands for health and social care, greater reliance is likely to be placed on unpaid carers. It is already known that unpaid caregivers have altered patterns of disease and health, and a greater understanding of how this comes about should lead to better informed policy and service provisions in the health and social care sectors. Aware of Professor Stott's team's established reputation for research into the impact of unpaid caring the Dr Robert Mairs Charitable Trust was delighted to provide support for further work in this area through the provision of a one year grant.

Professor Stott said "this award will allow us to develop further an important strand of our research on caregivers. It will also provide bridging funding for an extremely capable scientist who will work on the project and has the potential to be very competitive for long-term research fellowship funding."

Anne HC Dubber

The University has been extremely fortunate to receive a large donation from Dr Allan Kark. The gift was made in memory of his wife, Anne Kark (nee Dubber) who graduated with an MBChB from the University in 1962.

This donation has been split between the Beatson Pebble Appeal and the Scholarships Fund. It will be used to name a room in the new Beatson Translational Research Centre and has already established the Anne HC Dubber Talent Scholarship.

The University is honoured to receive this gift and would like to thank Dr Kark for his generosity.

On the right track

A group of railway workers are producing a ‘Calendar Girls’ style 2011 calendar. More than 15 staff got together at the Bo’Ness Railway Museum earlier this year to have their photos taken, and they made good use of all the strategically placed railway memorabilia! William Stirling, the photographer, said: “a few of our colleagues are suffering from cancer so the Beatson Pebble Appeal is a cause close to our hearts. Sadly two of our colleagues passed away recently and so it has made us even more determined to make this a success in their memories.”

Some of the staff are organising events to raise the printing money, including race nights, Halloween parties and go-cart nights. They have made sure that all the printing costs have been covered so every single penny raised goes towards the Beatson Pebble Appeal. If you would like to order a copy of the calendar please contact us on the details over the page.
Beatson Pebble Appeal

The Beatson Pebble Appeal total has reached £7.5 million which is wonderful news. On the following pages we look at the variety of activities that supporters have been getting up to over the summer.

Counting their Success

Glasgow Chartered Accountants, Abercrombie Gemmell, are supporting the Appeal this year. The firm have organised a calendar of events throughout the year as well as taking part in some of the University’s own events. To date they have taken part in the Run for Fun, the Zip Slide across the Clyde and the Falkirk Wheel Abseil and they’re planning a quiz night, cycle round Milport and a Charity Dinner. They have all had a great time organising and taking part and have already raised almost half of their £10,000 target.

Christine Abercrombie, partner of the firm, said “the directors and staff of Abercrombie Gemmell are delighted to be able to support the Beatson Pebble Appeal. We wanted to partner with a local charity and being based less than 1,500m away from our office in Bearsden it doesn’t get much more local than the Beatson! More than that though, we are very proud to be raising funds for such an important cause, one which touches the lives of so many in this part of the world”.

On their bikes!

Our supporters have gone cycling crazy over the summer. Below are two stories which should definitely inspire you to get on your bike!

• Thirty friends from Newcastle and Lanark recently participated in a 145 mile Coast to Coast cycle route from Whitehaven to Tynemouth to raise money for the Beatson Pebble Appeal and the Bobby Robson Foundation. In true Coast to Coast tradition, the group began by dipping the back-wheel of their bikes in the Irish Sea at Whitehaven and only finished when their front wheel entered the North Sea at Tynemouth! The cycle route took the group through the Cumbrian Lake District, County Durham and Northumberland – a three-day endurance test in which they reached heights of over 2,000 feet! The group are on schedule to raise over £7,000 and would like to thank everyone that was involved in the event for their brilliant support and kind donations

• Susan Taylor and Graham Macnair cycled 500km over the Bavarian Alps, which unfortunately for them contained some really big hills!

Susan says “on the trip we didn’t quite anticipate the exhaustion, sometimes we fell asleep on the dining table before we were served our dinner, and then there was the danger to arriving in a town too late to get a bed for the night so we had some narrow escapes! On the last day they cycled about 130 kilometres and after finally arriving at their final destination at 10pm, Susan fell off her bike and broke her foot! In the beginning they had a target of £400 but have managed to raise £1,814 in total and they said they have been delighted and surprised at all the support they received from people.

However, the story didn’t quite end there, Susan says that they found the trip so amazing that they moved to Germany 5 months later!

Many thanks to both the groups for their hard work and determination!

Local Hotels lend their support to the Appeal

A number of local hotels are doing their bit to support the Appeal by placing further information about the appeal and donation envelopes in guest’s bedrooms. In addition, the Holiday Inn team at West Nile Street have organised a programme of events for customers and staff and are raising funds through ladies lunches, comedy events and a staff race night

General Manager of the Holiday Inn, Glasgow, The Alexander, Denis MacCann said “The Holiday Inn are delighted to be supporting such a worthy cause which has the capacity to have a great impact on the health of those who live in the West of Scotland and beyond”.

Contacting the Medical Fund

Laura Morton laura.morton@glasgow.ac.uk Tel: +44 (0)141 330 3878 Development and Alumni Office University of Glasgow, No 2 The Square, Glasgow, G12 8QO www.gla.ac.uk/givingtoglasgow/medicalfund

Doing us a favour

Many thanks to Katrina and John Taylor who decided to forego the traditional favours at their recent wedding and instead gave all their guests a Beatson Pebble Appeal badge and made a donation to the appeal.

Sense of style

One of our supporters, Amy Williamson, organised a fashion show to raise money for the Appeal. The show was held in Glasgow’s Sloans Grand Ballroom on 18th September and the models wore clothes from high street shops such as Zara and Biba and from independent Scottish Designers such as ten30, Oui Designs, Alice Nicol and Jocelyn Copeland. There was also a strong vintage feel with many clothes from Saratoga Trunk, a vintage warehouse in Glasgow. Every guest who won a raffle prize was obliged to walk their badge and made a donation to the Appeal.

Many thanks to all the hotels for their support and determination!


## Medical Fund giving: how you can help make a difference

We've created the Gifted Scheme for the Medical Fund campaign to recognise the vision and generosity of our donors.

### Gifted Scheme

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<th>Tier</th>
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<td>Bronze Gift</td>
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<td>Bronze Brick</td>
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Want to help? Here’s how!

### Regular giving

If you’d like to give a regular gift, simply complete the attached form and return it to us.

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<thead>
<tr>
<th>I would like my gift to be:</th>
<th>£100</th>
<th>£250</th>
<th>£500</th>
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<tr>
<td>A regular gift</td>
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<td>A single gift, and have enclosed a cheque made payable to University of Glasgow in the sum of</td>
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I wish to remain anonymous.

I would like to gift to the support of medical research below:

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<tr>
<th>I would like my gift to support the area of medicine indicated below:</th>
<th>Cancer</th>
<th>Leukaemia</th>
<th>Lymphoma</th>
<th>Neurological Conditions</th>
<th>Renal Medicine</th>
<th>Infectious Diseases</th>
<th>Diabetes</th>
<th>Public Health &amp; General Practice</th>
<th>Mental Health</th>
<th>Dental Medicine</th>
<th>Medical Education</th>
<th>General Medical Fund</th>
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<td>Gold Gift ($2,000)</td>
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<td>Silver Gift ($5,000)</td>
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<td>Bronze Gift ($10,000)</td>
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<td>£40,000</td>
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### Payroll giving

Payroll giving is an easy way for employees to give to the University. By having your donation come straight from your gross pay before tax, you can effectively increase the value of your contribution. This is greater support for the University at less cost to you. If you are interested in this method of giving, please contact the Development & Alumni Office on +44 (0)141 330 4951.

### From the USA

US taxpayers can give tax-deductible gifts to the American Alumni Association of Glasgow University (AAGU), an independent charitable corporation organised in the United States that has been recognised by the Internal Revenue Service as a section 501(c)(3) charitable organisation. All donations to AAGU are deductible as charitable contributions to the full extent permitted by law.

Please post your donations to: Melvyn Pond, President, AAGU, 19 W River St, Milford, CT 06860-3489.

### From Canada

Canadian residents will be provided with a receipt for their tax records from the University. Cheques should be made payable to “University of Glasgow” (not the University Trust) to be able to claim tax relief.
Please complete this form in BLOCK CAPITALS

I declare that I would like to give a gift to the University of Glasgow Trust

General Council Number _______________________________________________________

Title (delete as applicable) MR / MRS / MISS / MS / OTHER _______________________________________________________

Full name _______________________________________________________

Address _______________________________________________________

_________ ____________ ____________ ____________ ________________________

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Postcode _______________________________________________________

Telephone numbers daytime _______________________________________________

evening _______________________________________________

Email address _______________________________________________________

Degree (if applicable) _______________________________________________________

Year of graduation _______________________________________________________

As an exempt charity, the University of Glasgow/University of Glasgow Trust (UOGT) can reclaim basic rate tax on all gifts, provided that you have paid an amount of UK Income Tax or Capital Gains Tax equal to the Tax we reclaim. The University/UOGT will reclaim 28p of tax on every £1 you gave up to 5 April 2008. After this date, the University of Glasgow/UOGT will reclaim 25p of tax on every £1 you give. The Government will pay to the University of Glasgow/UOGT an additional 3p on every £1 you give between 6 April 2008 and 5 April 2011. This transitional relief does not affect your personal tax position. If you pay Tax at the higher rate, then you can claim further Tax Relief on your self-assessment Tax Return.

I would like the University of Glasgow/UOGT to treat all donations that I have made since 6 April 2002, and all donations I make from the date of this declaration, until I notify you otherwise, as Gift Aid donations.

Signed _________________________________________________ Date ________________

The University of Glasgow is a registered charity, number SC004401.
The University of Glasgow Trust is a registered charity, number SC008303.

When both forms are completed and signed, please return them to:
Development & Alumni Office, 2-3 The Square, University of Glasgow,
Glasgow G12 8QQ, UK.

I would like to make a regular gift to the University of Glasgow Trust of £ ____________ per MONTH/QUARTER/ANNUM (delete as applicable) starting on _____/____/20____ (write date – please allow one month from today) for a period of _______ years (until further notice if blank).

From my account no: _______________________________________________________

Sort Code: _______________________________________________________

To: The University of Glasgow Trust (Account no: 20006422, Sort Code 82-20-00)

Name _______________________________________________________

Address _______________________________________________________

_________ ____________ ____________ ____________ ________________________

_________________________ Postcode ____________ ________________________

Signature _______________________________________________________

Date _______________________________________________________

Please ensure that the Gift Aid declaration has also been completed, and return both forms to the Development & Alumni Office at the address above.