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WINTER NEWSLETTER 2017/18 • SIXTH EDITION

Ketogenic Therapies

Newsletter

Join our epic charity challenge:

Matthew's Friends Rainbow Walk
along Hadrian's Wall 6-8th July 2018



"Never being one to shirk a challenge, especially if it is for Matthew's Friends, I found myself hurtling towards 50 and not having much planned... that had to change! So to celebrate my 50th birthday year, I am asking as many of you as possible to join me and Matthew's sister Alice, over the weekend of 6th – 8th July 2018 to embark on a challenging camping weekend walking 25 miles along Hadrian's Wall.

Whilst we undertake this challenge, we will have a good giggle exchanging blister stories and we can also raise money to help

as many of Matthew's friends as possible who want to go on ketogenic therapy to manage their epilepsy. Matthew can't walk himself, but we can certainly do it for him and help children and adults like him have a better life.

Matthew's Charity still has so much work to do and we need to fundraise as much as we can in order to carry that work forward. I would love you to join myself and Alice, so click the links and find out more"

Emma Williams MBE – Matthew's mum.
See Page 2 for further details.

SEE INSIDE FOR
UPDATES ON
KETO FUNDRAISING
AND OUR ANNUAL
SUGAR FREE FOR
EPILEPSY CAMPAIGN



CELEBRITY CATCHPRASE

Our wonderful Patron, BAFTA-nominated actress Fay Ripley, appeared on ITV's Catchphrase recently, winning £1400 for our charity!

Karen, Mum to Euan, sums up how grateful we all are:

"Well done Fay, believe me, as a Mum of a boy who has been life threateningly ill with epilepsy, this means so much to so many of Matthew's Friends families xx"



Ketogenic Dietary Therapies
Information • Training • Research • Support
Registered Charity No. 1108016

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🌐 www.matthewsfriends.org

🌐 www.mfclinics.com



MatthewsFriendsOrg
#ketokitchen

TO HELP FUNDRAISING VISIT:

www.matthewsfriends.org/easy-fundraising/

Matthew's Friends are proud to be part of the European Reference Network for Rare and Complex Epilepsies - EpiCARE. For more information then please visit the website at: <http://epi-care.eu/>



No local ketogenic service available to you?

Long waiting lists?



Ask for a referral to the Matthew's Friends Clinics

MATTHEW'S FRIENDSCLINICS
KETOGENIC DIETARY THERAPIES

As part of the Matthew's Friends organisation, we provide our own clinics where we employ a team of experts to treat our clients using medical ketogenic dietary therapies.

Not only can we embark on new areas of expertise for ketogenic therapies such as our current Brain Tumour clients (in association with the Astro Brain Tumour Fund) but we can also provide services for complex epilepsy patients and Glut 1 patients where no local NHS ketogenic service is currently available or where there may be very long waiting lists.

Both adults AND children over the age of 1 year can be seen at our clinics on an outpatient basis. Full training and support is given to all our clients that attend our clinic. We do need a referral from your neurologist/managing physician and we always encourage people to be treated at their most local NHS centre whenever possible. Part of our mission is to make Ketogenic Dietary Therapies available to all those who may need them and providing an extra resource by way of our own clinics can alleviate some of waiting time for people who so desperately need to be seen.

We obviously continue to advocate for there to be ketogenic services for both children AND adults in all main tertiary centres throughout the UK, Ireland and beyond, but until that day, we will continue to support in whatever way we can.

For further information please contact info@mfclinics.com and visit www.mfclinics.com



Join our epic charity challenge:

Matthew's Friends Rainbow Walk along Hadrian's Wall 6-8th July 2018

This most ancient of charity treks takes us from Lanercost Priory to Brocolitia, encompassing some of the most visited and fascinating ruins.

Hadrian's Wall was built in AD122 on the orders of the Roman Emperor Hadrian, and stretched from the East to West coasts of Britain, from Bowness on Solway in the West to Wallsend in the East. It is the most remarkable Roman monument in the country and quite unique throughout the former Empire. Now a UNESCO World Heritage Site which cuts through Northumberland National Park, Hadrian's Wall attracts trekkers from all over as it offers great challenging walks, filled with a stunning backdrop and history. It's a perfect location for a UK charity challenge!

Visit our website here for all the details and to book your place: www.matthewsfriends.org/keto-fundraising/fundraising-events/hadrians-wall-trip/



SPOTLIGHT ON KETOCAREFOODS...



In this edition we shine our spotlight on the new range of products from KetoCareFoods which are available on prescription to all those on medically managed ketogenic dietary therapies.

All you have to do is ask your dietitian for them. These products can be incorporated into any version of ketogenic therapy and can prove extremely useful for emergencies, travelling and hospital stays. We asked KetoCareFoods to send us some information on their range and we can also confirm that these products have been extensively tasted in the Matthew's Friends office and met with a great deal of satisfaction!



Emma Says.....

"I have to say that if someone had offered me some pre-made ketogenic foods like bread, snack bars and meals that were all made with natural ingredients and at a 3:1 ratio when my Matthew was on his ketogenic diet, then I would definitely have been skipping around the room with happiness! However dedicated we are, however much we have good intentions of cooking everything from scratch, the truth of the matter is that sometimes life can get in the way and we are all familiar with having a bad day and not wanting to set foot inside the kitchen and on some particularly stressful days, actually wanting to throw the scales out of the nearest window (or maybe that was just me!) As far as I am concerned and what I tell other families, is that help should always be made welcome and these products are definitely helpful.

I love the fact they are easy to store, easy to heat, easy to use and easy to eat, as well as (and most importantly) being really tasty. Having some of these in your cupboard gives you peace of mind and I am all in favour of that."

KETOCAREFOODS

"Providing practical solutions in medical nutrition"

Our passion at Ketocarefoods is more than simply creating low carbohydrate high fat foods. We strive to create food that is practical, functional and full of flavour.

Building on our experience in nutrition and food science, our range delivers great taste that is high in fat and rich in fibre while being low carb. Because we believe in eating natural and without stress our food is free from artificial ingredients and easy to prepare at home or away..

If you would like to know more about our unique range of high fat foods, speak to your dietitian. They will be able to advise on how best to incorporate it into your dietary prescription

KETOCARE BAR

A perfect travel sized snack, great for a school lunchbox or to enjoy in the afternoon. With 13.1g of fat per bar and just 1g of carbohydrate this is a perfect snack complementing any keto therapy. Even better, each bar comes with 8.6g of prebiotic fibre. By using inulin, a natural prebiotic fibre, the bar has a natural sweet taste without artificial sweeteners.



SPOTLIGHT ON KETOCAREFOODS CONTINUED...



“Providing practical solutions in medical nutrition”

Ketocare Muesli

The first high fat low carbohydrate breakfast. All you need is to add water. So simple, it can be made in just seconds. It is portion controlled and can be eaten on the go. A delicious nutty buttery muesli option, delivering 26.9g of fat and 8.3g of fibre with less than 4g of carbohydrate.

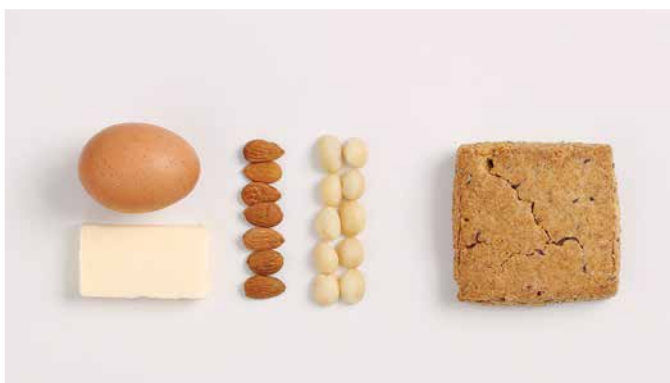
Ketocare Porridge

This oat-free porridge offers the same warm start to the day, but unlike traditional porridge, it is high in fat and very low in carbohydrate. Portion controlled and rich in fibre our porridge delivers 27.8g of fat and 7.9g of fibre. You can be sure you're getting all the comfort and benefits of a warm start to the day – simply add hot water.



Ketocare Savoury

Unlike other low carbohydrate bread options, this bread replacement is versatile and so much more than a replacement. With 297 calories and delivering 28.9g of fat and 8.63g fibre per roll, it lends itself as a great meal option. Versatile as a sandwich option with cheese and ham, toasted with butter, it can also be used as a pizza base. You can also turn it into crumbs, useful for topping chicken or fish, or as a dessert base with double cream and vanilla.



Ketocare Bolognese

Going keto does not mean family favourites cannot be adapted. Our Bolognese is ready to eat; it can also be mixed with some cauli rice or courgette for a comforting meal. At 361 calories, delivering 33.5g of fat, 7.6g of fibre and less than 5g of carbohydrate this is sure to become a family favourite. Because our food is cooked sous vide, it can be stored safely in a cupboard – no freezer or fridge required.



Ketocare Chicken

A versatile chicken dish that can be eaten as a soup or as a main meal. Like the Bolognese, it is ready to eat, but can be transformed into a chicken soup (just add water) or pick one of our spice-mix recommendations for a new experience each time. At 302 calories, it delivers 29.4g of fat with 2.6g of carbohydrate. Just like the Bolognese it is cooked sous vide and does not need to be stored in a freezer or fridge.



2ND EUROPEAN ON GLUT 1 DEFICIENCY CONFERENCE

BOOKING LINE IS NOW OPEN!

Professionals and families are welcome to book for this meeting which is taking place here in the UK on the 22nd and 23rd June 2018, at the Crowne Plaza Hotel, Felbridge, East Grinstead, West Sussex. England.

All the details you need can be found via the following link:
www.matthewsfriends.org/glut1uk/euroconf

Come and find out about the latest research in the Glut 1D field, meet the experts and network with other families and professionals.

It promises to be an exciting two days with global experts giving lectures such as Professor Jeorg Klepper, Professor Helen Cross OBE, Professor Eric Kossoff, and special guest speaker and the founding doctor who discovered Glut 1D, Dr. D. DeVivo who will be opening the conference with a keynote lecture.

We look forward to welcoming you and if you require any further information then please do not hesitate to either phone our office on **01342 836571** or email us on glut1uk@matthewsfriends.org

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NEWS FROM VITAFLO

Carbzero™ AND Betaquik™

VitaFlo® have listened to the feedback received about the packaging of carbzero and betaquik.

The requests put forward were to make the packaging more practical to use and to improve the ability to store and re-use once opened. The great news is that carbzero is available now in a re-sealable bottle with betaquik bottles to be available in February.



Each contain the same 20% fat emulsion. The bottles contain 225ml of liquid, therefore 45g of fat.

For more ideas on how to use these emulsions in recipes visit www.myketogenicdiet.co.uk

Meet William Frost, our latest Keto Star



"Matthew's Friends were instrumental in getting William on the Ketogenic Diet and have been a trusted source of advice ever since – it's hard to believe it has been almost 18 months since he started it alongside the CBD."

We, especially William, were delighted to receive this certificate in recognition of how well he is managing full time school. In early 2014 William was diagnosed with an Ependymoma – a rare form of brain tumour."

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Visit the link below to start raising donations for us everytime you shop online, it won't cost you a penny.

MATTHEW'S FRIENDS
Ketogenic Dietary Therapies
Information • Training • Research • Support

www.easyfundraising.org.uk/causes/matthews-friends/

Choose from over 3,300 shops

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JUST EAT sky ASDA Expedia.co.uk ASOS

Please follow the link below to read more of William's story and learn what you can do to help!
<https://makewilliamwell.com/2017/11/25/william-the-ketostar/>



New to ketogenic therapy or needing a refresher course and an opportunity to network with other ketogenic teams?

KetoCollege offers both scientific background and practical training in all aspects of implementation of the different ketogenic therapies. Led by recognised ketogenic diet experts, it will include presentations, workshops and time for networking and group discussions.

MATTHEW'S FRIENDS WILL BE HOSTING THE ANNUAL KETOCOLLEGE PROGRAMME
19TH – 21ST JUNE 2018 | CROWNE PLAZA FELBRIDGE, EAST GRINSTEAD, WEST SUSSEX, UK

For further details please visit www.mfclinics.com or to register your interest please email: ketocollege@mfclinics.com



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Metabolics
Inspiring Futures

KETOCAL: MAKING THE KETOGENIC DIET EASIER THAN EVER BEFORE*



KETOCAL PROVIDES:

- ✓ **CONVENIENCE**
Both the powders and liquids are quick and easy to prepare.
- ✓ **FLEXIBILITY**
Suitable as a drink, in food, or as a tube feed.
- ✓ **VARIETY**
Can be incorporated into a range of recipes to increase the variety of ingredients that can be eaten whilst following a ketogenic diet.

SERVICES INCLUDE:

- ✓ **Cookery Education Sessions with our Specialist Ketogenic Chefs**
- ✓ **Free Home Delivery (UK and NI)**
- ✓ **Ketogenic Recipe Books**
- ✓ **Ketogenic Diet Management Tool (MyKetoPlanner.co.uk)**
- ✓ **Sample Packs**

If you have an inquiry about our free home delivery service, please call Homeward Metabolics & Specialist:

0800 093 3675

For further information about our other services, please speak to your managing dietitian.

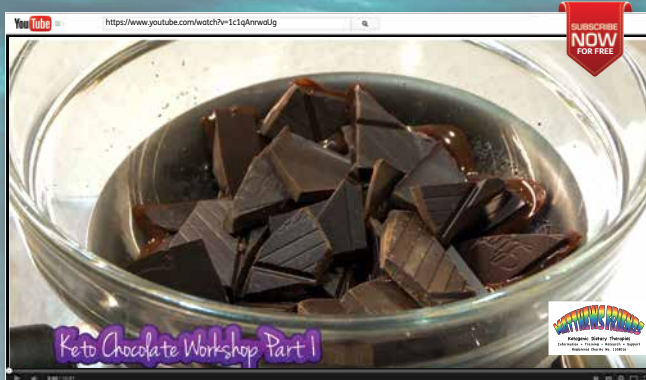
Kossoff EH, Dorward JL, Turner Z and Pyzik PL. (2011). Prospective Study of the Modified Atkins Diet in Combination With a Ketogenic Liquid Supplement During the Initial Month. *J Child Neurol*. 26(2): 147-51

KetoCal is a food for special medical purposes only to be used under medical supervision. If you would like to find out more about KetoCal, receive a sample, or get further information on any of our ketogenic services then please contact your specialist ketogenic dietitian.

SEASONAL RECIPES

With the cold winter months upon us, we all like a bit of comfort food. Here we feature 3 really easy vegetarian recipes which serve that 'comfort food' fix when you need it and if you want a sweet fix then please visit our new online CHOCOLATE WORKSHOPS with Chef Derek from Nutricia and Matthew's mum and charity founder, Emma Williams MBE.

We promise you, ANYONE can make these chocolates, they look amazing, they are sugar free and suitable for all types of ketogenic dietary therapy.... We hate to remind you of this just after we have got over the festive season but the other 'chocolate holiday' weekend will be looming in the not too distant future – these chocolates will be amazing for that.



www.youtube.com/watch?v=1c1qAnrwaUg
**KETOGENIC CHOCOLATE WORKSHOP WITH
CHEF DEREK AND EMMA PART 1**



www.youtube.com/watch?v=3P5fTCygtcc
**KETOGENIC CHOCOLATE WORKSHOP
WITH CHEF DEREK AND EMMA PART 2**

Visit Matthew's Friends **#KetoKitchen YouTube channel** for Ketogenic recipe demonstrations and tutorials!

VEGETARIAN STROGANOFF

INGREDIENTS

- 56g White cabbage
- 11g Onions
- 47g Full fat crème fraiche
- 40g Mushrooms
- 16g Quorn pieces
- 4g Olive oil
- 8g Butter
- 3g Dijon mustard - SAINSBURYS



You will also need a good pinch of paprika, ½ teaspoon of lemon juice and seasoning.

METHOD

- Finely slice the cabbage, mushrooms, onions and quorn (defrost first if frozen).
- Melt the butter and oil in a pan over a medium heat.
- Add the onions and fry until just tender but not browned.
- Add the cabbage and mushrooms, stir fry for a few minutes then add the quorn with the paprika and Dijon mustard.
- Cook for a few minutes then stir in the crème fraiche and lemon juice.
- Stir until heated through.
- Season with a little salt and pepper, then serve.

CLASSICAL 2.94:1 RATIO

CHO: 5.24g
FAT: 30.23g
PROTEIN: 5.06g
KCAL: 313



STUFFED MUSHROOM

INGREDIENTS

- 19g Mature cheddar cheese
- 102g Mushrooms
- 11g Olive oil
- 20g Baby spinach
- 8g Wholemeal bread
- 11g Butter
- 15g Spring onions
- 22g Tomatoes



You will need the mushroom to be as large as possible, the portobello or breakfast mushrooms are best. You will also need a pinch of dried herbs and a little seasoning.

METHOD

- Pre heat oven to 180c / fan 160c / gas 5.
- Skin and de-seed the tomatoes before weighing.
- Grate the cheese before weighing.
- Make breadcrumbs and mix with the cheese.
- Chop the spring onion, tomato and spinach.
- Gently fry the chopped vegetables in the oil with a pinch of dried herbs and some seasoning for 3 minutes.
- Place the mushroom in an ovenproof dish.
- Cut the butter and put inside the mushroom.
- Add the vegetables then top with the grated cheese and breadcrumbs.
- Cook in the oven for approximately 20 minutes.

CLASSICAL 2.94:1 RATIO

CHO: 5.03g
FAT: 27.63g
PROTEIN: 8.45g
KCAL: 303



VEGETARIAN TOAD IN THE HOLE

INGREDIENTS

- 30g Carrots
- 5g Plain flour - McDUGALLS
- 18g Sunflower oil
- 32g Eggs
- 16g Double cream
- 6g Full fat soft cheese - PHILADELPHIA
- You will also need a pinch of salt and 10g of water.

METHOD

- Pre heat oven to 190c / fan 170c / gas 6.
- Peel the carrot then weigh it. Cut in to two pieces then boil in a little salted water until just tender.
- Mix the water in to the cream with a pinch of salt.
- Beat the egg then beat in the flour and cream, leave in the fridge for 20 minutes.
- Put the oil in a small ovenproof dish and place in the oven until hot.
- Add the carrot to the dish, pour the batter over it and return to the oven for 15 - 20 minutes.



CLASSICAL 2.75:1 RATIO

CHO: 5.75g
FAT: 30.54g
PROTEIN: 5.35g
KCAL: 319



MO'S TIPS

You could make a light gravy to go with this using a little KNORR stock dissolved in hot water. When you remove the toad from the dish you could add the stock to the dish, this would ensure you get all the fat content and it will flavour the gravy. You can of course use your preferred oil.

PLEASE ENSURE YOU CHECK PRODUCT LABELS FOR VALUES.

These recipes will need to be adapted to EACH INDIVIDUALS prescription. Please take these recipes to your dietitian and he / she will help you to do this.

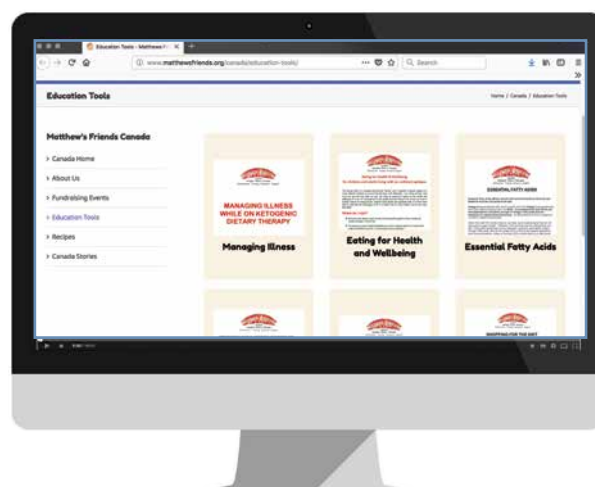
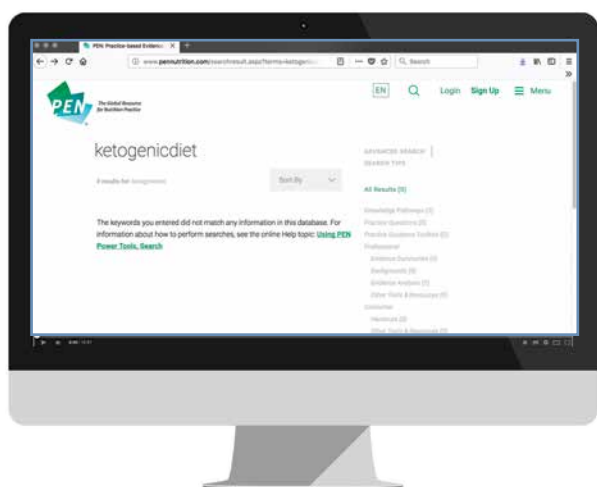
PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION

Congratulations to Matthew's Friends Canada..

We are pleased to announce that the Matthew's Friends Canada tools that were adapted from the Matthew's Friends (UK) library have been submitted to PEN (Practice Evidence Based Nutrition - Global Resource for Nutrition Practice) and recently been 'PEN Approved'.

These resources are available on the PEN website at the following link: www.pennutrition.com/search/result.aspx?terms=ketogeticdiet

Also continues to be available now on the Matthew's Friends Website: www.matthewsfriends.org/canada/education-tools/



We would like to thank the committee of Canadian ketogenic dietitians who contributed to revising and adjusting these tools for Canadian context as well as working to ensure it all keeps within current evidence. The Matthew's Friends (UK) group has certainly moved along

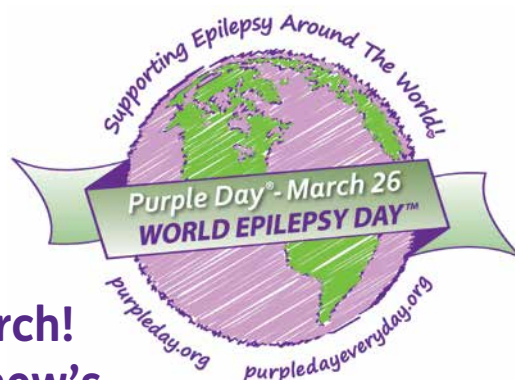
with fervent pace to create fantastic education tools. The French translation of these tools are also to be reviewed and will be followed by a future announcement.

Jennifer Fabe
President – Matthew's Friends Canada

Make sure to visit us: [/MF_Canada](https://twitter.com/MF_Canada) [/Matthews Friends Canada](https://facebook.com/MatthewsFriendsCanada)

GET READY FOR PURPLE DAY!

Remember Purple Day on the 26th March!
Get involved and raise funds for Matthew's Friends and awareness for Epilepsy.



We have special resources for Purple Day, including downloadable posters and items in our Shop to make your Purple Day event extra special!

www.keto2018jeju.org

6th Global Symposium on KETOGENIC THERAPIES FOR NEUROLOGICAL DISORDERS:

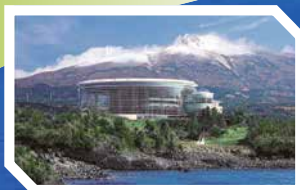
*Embracing Diversity,
Global Implementation and Individualized Care*

October 5-9, 2018

International Convention Center Jeju, Jeju, Korea

Important Dates

Opening of Online Abstract Submission	March, 2018
Abstract Submission Deadline	June 15 (Fri.), 2018
Pre-registration Deadline	August 31 (Fri.), 2018



| Hosted by |

Organizing Committee of the 6th Global Symposium on
KETOGENIC THERAPIES FOR NEUROLOGICAL DISORDERS

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American Epilepsy Society Meeting

We were fortunate enough to be asked to go out to the American Epilepsy Society Meeting in Washington, where Emma is on the Executive Board for the Bi-annual Global Ketogenic Therapies Meeting, which this year is being held in Jeju, South Korea.

Emma and several members of the Matthew's Friends clinical team and medical board have been asked to chair and present at sessions at this meeting which is being held in October. We are very proud to be able to say that over the past 14 years, together with our sister organisation The Charlie Foundation in the USA, Matthew's Friends have established these Global Meetings into a truly remarkable event with hundreds of people in attendance each time and once again this work goes towards our mission of making ketogenic dietary therapies accessible to all those who need them.

We are excited that this year will be the first time that the meeting moves to South Korea, before we then welcome the meeting back to the UK in 2020 when the 7th Global Symposium on Ketogenic Therapies for Neurological Disorders will be held in the seaside city of Brighton.



Pictured L to R: Professor Ingrid Scheffer (AUS), Professor Eric Kossoff (USA), Professor Jong Rho (Canada), Professor Stephane Auvin (France), Professor Helen Cross (UK), Emma Williams (UK), Professor Susan Masino (USA), Professor Heung Dom Kim (South Korea), Dr. Anita Devlin (UK), Julie Fountain (UK).

Other members of the Executive Board who were not able to attend but who are included are: Dr. Janak Nathan (India), Professor Robin Williams (UK), Professor Joerg Klepper (Germany), Beth Zupec-Kania (USA), Associate Professor Adrienne Scheck (USA).

WHILST IN WASHINGTON AT THE AES MEETING WE CAUGHT UP WITH MANY OF OUR FRIENDS AND COLLEAGUES.



Our purple day colleagues at the Anita Kaufmann Foundation are pictured here.



Was lovely to catch up with Dawn Martinez from our sister organisation, The Charlie Foundation.



Also had a meeting with our friends at the Glut 1 Foundation, Emma is pictured here with Glenna Steele and we look forward to welcoming their representatives to the UK in June when we host the 2nd European Glut 1 Conference.

Straight back after Christmas and first meeting of the year – British Paediatric Neurology Association meeting in London where we had a stand. Once again a lot of information and literature given out about ketogenic therapies.





MATTHEW'S BIRTHDAY BALL

8TH SEPTEMBER 2018

LINGFIELD PARK RACECOURSE, SURREY

JOIN US AND CELEBRATE A SPECIAL YOUNG MAN'S 24TH BIRTHDAY

RAISING FUNDS FOR HIS CHARITY MATTHEW'S FRIENDS

TICKETS £68
ON SALE FROM 1ST MARCH 2018

VISIT: WWW.MATTHEWSFRIENDS.ORG
RESERVE YOUR TICKETS AT ENQ@MATTHEWSFRIENDS.ORG



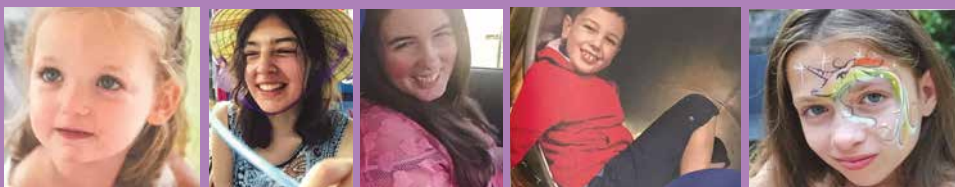
Dravet Syndrome UK

As we are a treatment charity, we have the pleasure of working with many different organisations for many different conditions and back in November, Matthew's Friends held a busy information stand at the Dravet Syndrome UK meeting.

Our own Matthew has Dravet syndrome so Emma attended this meeting as obviously both Dravet and the ketogenic diet are subjects very close to her heart. Here she is pictured with Dr. Anita Devlin from Newcastle and Dr. Ruth Williams from the Evelina Hospital, London. Congratulations to all our friends at Dravet UK for putting on an excellent conference.



Emma with Ruth and Anita at Dravet meeting



Keto Cooking Workshop



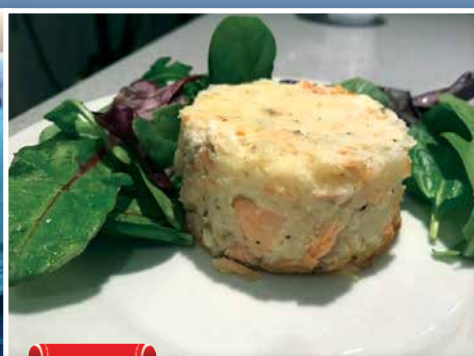
MF Regional Co-ordinator Claire McDonnell-Liu attended a VitaFlo ketocooking workshop on behalf of Matthew's Friends towards the end of last year.

Dieticians from Leicester and Derby hospitals were in attendance together with mums from both areas. Some were already on the diet and others were thinking of going on to the diet. Claire went along armed with MF leaflets and information and Neil was very thorough and cajoled the mums into trying recipes from the cook books.

"The day was a great success. Matthew's Friends work tirelessly to help to make sure that families and professionals have the right support and resources to make keto diet a real option for children with epilepsy and I am delighted to be able to support them in some small way."



More #ketokitchen recipe and tutorial films are in production!



View them soon on our YouTube Channel [MatthewsFriendsOrg](https://www.youtube.com/MatthewsFriendsOrg) #ketokitchen and on our website www.matthewsfriends.org/keto-kitchen

Keep up to date via Facebook and Twitter @matthewfriends. Join our 3,789 current YouTube subscribers for free!

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**Independence
Homes** Complex care.
Made simple.



‘Outstanding’ Adult Provider



“Support was focused around peoples independence. Across the service, different opportunities were available for people to develop their skills”

CQC

Independence Homes is proud to announce that we have been awarded an overall CQC rating of ‘Outstanding’ across all of our supported living services.

Our supported living and residential services are located in vibrant communities within Surrey and the South East. We provide access to 24-hour support for individuals living with epilepsy and other complex conditions.



E: info@independencehomes.co.uk T: 01883 331777
www.independencehomes.co.uk

Education is the key....



We feel that engaging with trainee health professionals is vitally important so as to make Ketogenic Dietary Therapies less of a ‘mystery’ and looked on as more of a ‘normal’ medical treatment for complex epilepsies.

Opening young minds up to the possibilities of something other than medication for seizures is always rewarding and we are asked some truly phenomenal questions at times. As part of our ongoing work with Universities and Medical Schools,

Matthew’s Friends are proud to be part of the BSMS (Brighton and Sussex Medical School) BrightIdeas research project where students can choose a medical condition of interest and research the science behind the condition whilst also exploring the social implications and any social stigmas of the condition via discussions with patients or anyone who has cared for patients with the condition.

If you would like us to present at your university or medical school then please don’t hesitate to contact us at emma@matthewsfriends.org

Fundraising for Matthew's Friends

There are so many people to thank that we can't always do this individually in our newsletter, but please visit our website to read about all the fantastic activities and mad cap ideas our supporters do to raise money for us. A HUGE thank you to all of you. Please know that we are so grateful and it is YOU that make all the work we do possible. Please like and follow us on  Matthew's Friends and Twitter  @matthewsfriends for up to date news on all our events. Please support us and request an MF fundraising pack today from enq@matthewsfriends.org

GO

#SUGARFREEFOREPILEPSY IN NOVEMBER FOR MATTHEW'S FRIENDS

November 2017 saw Matthew's Friends launch the first ever 'Go Sugar Free for Epilepsy in November' campaign!

During the whole month of November, participants of our Sugar-Free campaign cut out refined sugar from their diets, to help raise awareness of medical ketogenic dietary therapies for people with complex epilepsy, Glut1 and brain tumours, as well as other serious medical conditions, such as Type 2 diabetes, where ketogenic therapies are being explored.

Ketogenic diet patients follow a medically managed, specially calculated diet, that is very low in carbohydrates (sugar) and high in fat. Please visit our website for more information www.matthewsfriends.org.

We had an amazing response to this new initiative, with many families getting involved. We are so grateful to them, together we raised the fantastic sum of £2957.50 plus Gift Aid!

This year we would like more people, schools, companies, friends to join us – please contact us to join our 2018 campaign! Please visit our Campaign page at www.matthewsfriends.org/sugarfreeforepilepsy



Siblings Isla and Harry from Northern Ireland had a great time gathering sponsors for their Sugar-free month, together with their family they raised a whopping £360!



Logan raised an amazing £450! He's only 10 and took part for in Sugar-free month for his friend Keira who is 9 and started keto in March last year and received a welcome pack and other goodies from Matthew's Friends.



Little Patrick from Scotland, who inspired his family to raise a mighty £1210!

We appreciate the efforts of all our fundraisers... special thanks to Chell Bagshawe & friends, Sami Shelford, Catherine Lawson, Nathan Haley and Sarah Flower, who kindly donated a copy of her cookbook, The Sugar Free Family Cookbook, for our Facebook awareness campaign draw.



Thank you to our fabulous FACEBOOK FOLLOWERS

Our fabulous Facebook followers have given generously to our annual Merry Christmas Matthew's Friends Justgiving page, with £915.29 donated to further our work in 2018, supporting Ketogenic patients and their families. Thank you and a very Happy New Year to all!

Thank you to the Oxted and District Charity Dart league!

Matthew's Friends are delighted to once again be the recipients of a very generous donation of £300 from the Oxted and District Charity Dart League, raised by the players throughout the season. We're very grateful to the committee and all the teams in and around Matthew's hometown of Oxted in Surrey.



If you would like to get involved and help us in any way, please contact the Matthew's Friends office on **01342 836571**, or email enq@matthewsfriends.org. Every penny helps us to make the difference to the many families and Ketogenic centres we support. Please help us to continue our work and extend our services through 2017 and beyond, thank you.