

BELGIAN BRAIN COUNCIL



IN THIS EDITION

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follow-up

The Brain Awareness
Week 2022

Erasmus+ & BBC

New member

THINGS TO DO IN 2022

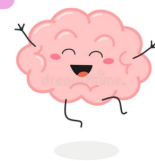
Your mental health is more important than your career, money and other people's opinions combined.



Why?



One day you will wake up and there won't be any time more to do the things you've always wanted to. Do it now!



Protect your peace, love who you are, focus on growth, go after dreams not people, be grateful for little things and be intentional with your heart and thoughts.



Uhm...



More sleep, music, tea, books, sunsets, creating, long walks, laughter, hugs, dreaming, road trips, fun, love...

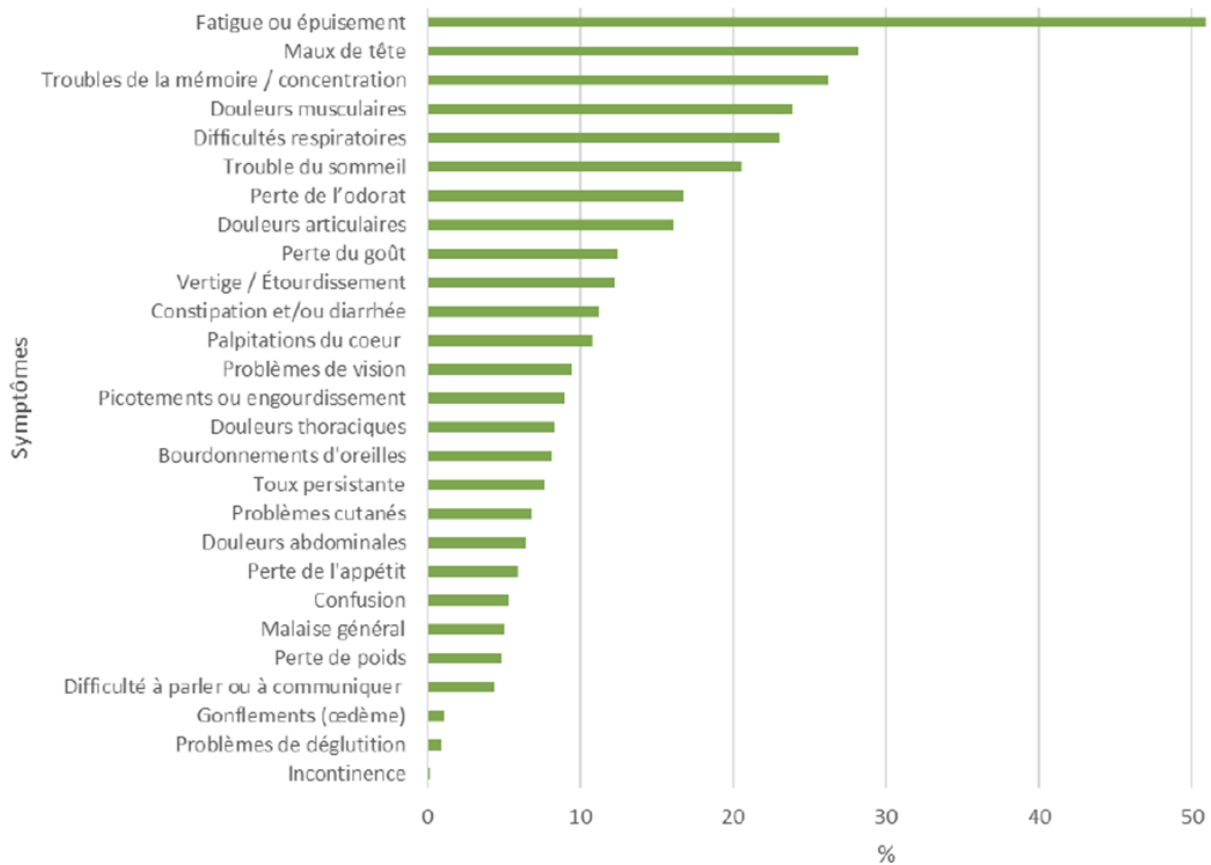


I get it. Healthy new year!



COVID LONG – FOLLOW-UP

Sciensano has just published a COVIMPACT¹ study which estimated that between 30 April 2021 and 20 June 2021 47% of participants infected with COVID-19 suffer from LONG COVID (i.e. 3 months after infection). We illustrate it here with the figure 2 the distribution of symptoms 3 months after the infection



This very complete table of symptoms is comparable to the KCE report (included in our October newsletter)² and validates the timeliness of our WEBINAR on the 11 September COVID LONG already viewed over 800 times on YouTube.³

The BBC and the Brain Awareness WEEK 2022 14–20 March

BRAIN AWARENESS WEEK Dana Foundation

Celebrate Brain Awareness Week!
Join the global campaign to foster public enthusiasm and support for brain science.

BELGIAN BRAIN COUNCIL

² https://052ed37d-b351-47d9-a61c-1368b04db174.filesusr.com/ugd/5e315e_6f748fdd098b48b8ab780382d038c13e.pdf

³ <https://youtu.be/2Kjx4j1j6E> (FR) and <https://youtu.be/Tc8UYJ-9wd8> (NL)

Celebrate Brain Awareness Week!

Join the global campaign to foster public enthusiasm and support for brain science.



Write your text here

Click here!



[Interested?](#)

In collaboration with...







Links :

- <https://www.sciences.be/member/scienceinfuse-uclouvain/>
- <https://www.sciences.be/member/inforsciences-ulb/>
- <https://www.sciences.be/member/rejouisciencences-uliege/>
- <https://www.sciences.be/member/mumons/>
- <https://www.sciences.be/member/cdsunamur/>

... and Leuven Brain Institute



Care FOR BRAIN CALL FOR EVENTS

National Brain Awareness Week
March 14th – 20th 2022

-  Understand your brain: Promoting greater understanding and knowledge about our brains and how they work
-  Keeping your brain healthy: Raising awareness of brain health and how you can protect and strengthen your brain
-  Living with a neurological condition: Calling for more investment in services for people living with brain conditions
-  Promoting brain research: Highlighting the need to support research into the brain and brain conditions

LEUVEN BRAIN INSTITUTE

#CareForBrain
#BrainAwarenessWeek





Our member associations (scientifics and patients) are invited to organise an event during this week. The BBC can help you by contributing up to 1,000€ to the organisation of your BAW event. For more information contact pochet.roland@ulb.be.

Erasmus+ & BBC

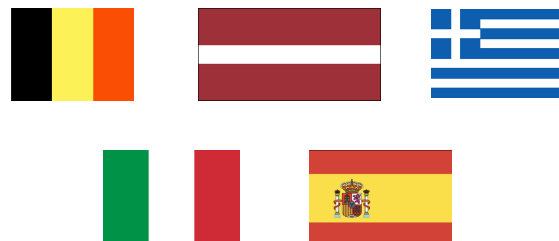
Currently the BBC is involved in 4 Erasmus+ projects, 2 as coordinators and 2 as participants.

- Sharing Good Practices for Brain Education in Europe ([Share4Brain](#)) - coordinator.



Start: 1/12/2019 End: 31/05/2022

- Exchanging good practices for Adults with Autism and their family caregivers - coordinator (Care4Autism - Website under construction).



Start: 27/02/2022 End: 26/02/2024

- Exchanging Good Practices for people with Attention Deficit Hyperactivity Disorder (ADHD), and their caregivers – participant.



Start: 01/12/2019 End: 31/05/2021

- Exchanging good practices in e-health care for adults with Parkinson's and their family caregivers in Europe – participant (E-CARE4PD - Website under construction).



Start: 27/02/2022 End: 26/02/2024

Call for members as Erasmus+ participants

Erasmus+ is, with the support of the BBC, an opportunity for member associations to apply for a new project (deadline 23 March). Contact us for more information.

Support our actions I



BBC ACCOUNT : BE87 7512 0194 0094

We would like to thank the members who have already paid their individual membership fees for 2022:

KLAAS SOETHOUT & JOAN SCHELPE (Langbroek-NL)

ANTONIO CAMPOS_TORRES (Leiden-NL)

GHEYSENS NANCY (Elsene)

RUDKA TOMASZ (Woluwe-St-Lambert)

WEYDERT ANNE (Berdorf-Luxembourg)

CHASPIERRE ALAIN (Verviers)

VANTOMME MIA (Kalken)

DANIEL SIMAR (Woluwe-St-Lambert)

BRUNO BONNECHERE (Woluwe-St-Lambert)

Pr.+ MME VAN ROOST-PFEIFER (Sint-Martens-Latem)
KLEIN - DAGE (Brussels)
M+MME NICAISE - STYGELBOUT (Sombrefe)
LIBROT SERGE (Braine-l'Alleud)
DUPRET JEAN-PIERRE (Grez-Doiceau)
ANTONIO CAMPOS TORRES (Leiden-NL)
GAUTIER REMICHE (Anderlecht)
MARGUERITE MORMAL (Anderlecht)
JEAN-PIERRE TIMMERMANS-DE BEUL (Moi)

New member

Following the symposium Music and Medicine organised by the Institut Royal Supérieur Musique et Pédagogie (IMEP) and with the participation of our vice-president Dr. Gianni Franco, the IMEP⁴ has decided to join the BBC and its members to bring its competence and complementarity to achieve together our common educational missions.



By 2021, the BBC had 27 patient organisations and 24 scientific societies as full members and 21 pharmaceutical companies as partners. The full list can be read here (<https://www.braincouncil.be/about>).

The BBC is on the following social networks:



⁴ See BBC Newsletter n° 44 (https://052ed37d-b351-47d9-a61c-1368b04db174.filesusr.com/ugd/5e315e_6f748fdd098b48b8ab780382d038c13e.pdf)

Composition of the Executive Committee for the period 2021-2022

President: **Professor Laurence RIS**

Secretary General: **Professor Roland Pochet**

Vice-Presidents: **Professor Chris Bervoets, Dr Gianni Franco, Baron Charles van der Straten-Waillet**

Treasurer: **Baron Charles van der Straten-Waillet**

Secretary: **Mrs Lia Le Roy**

Dates to remember

25 January

LBI webinar
Vibrant and
fragile brains
(in NL)

27 January

Brain Health
Conference
organised by
AVIESAN (EN) by
invitation

28 January

ICNMD Congress
in Brussels-
Abstract
deadline

14-20 March

Brain Awareness
WEEK

23 March

Deadline
Erasmus+

11 June

BPS Congress

5-9 July

ICNMD-International
Congress on
Muscular Diseases-
Brussels

