

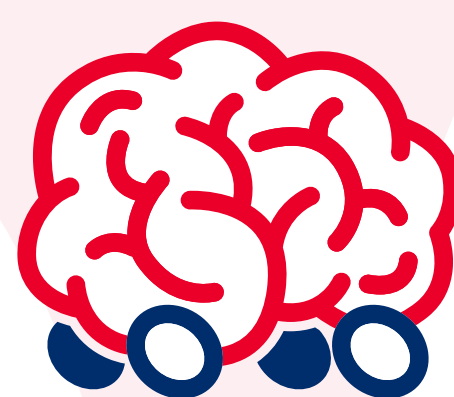


BRAIN ROVER

Concerns Your Brain Health



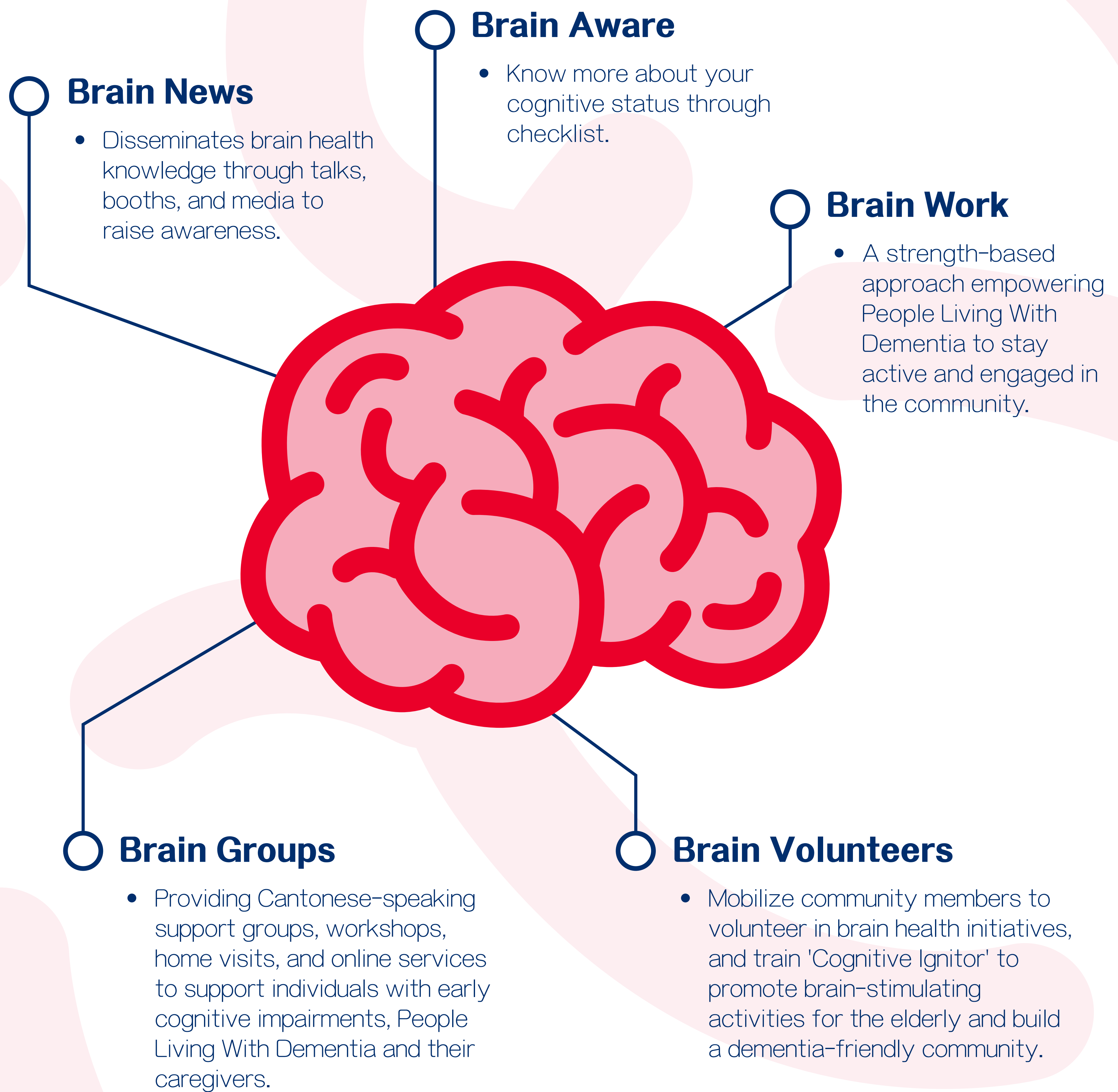
Charity No.: 1211680



BRAIN ROVER 腦點

Scope of Services

In response to an ageing population, we launched Brain Rover service in 2023 to raise public awareness about dementia and brain health. Utilising a mobile vehicle, we travel across various locations in the UK to support caregivers and enhance the quality of life for People Living With Dementia. Additionally, The Brains, a charity dedicated to aging and wellness, was officially registered in the UK in 2025 (Charity Registration No. 1211680), with Brain Rover being one of its service initiatives.



Brain Challenge

9	29	23	12	17	6
16	7	28	3	19	27
2	30	26	15	25	13
11	18	5	10	1	20
4	22	14	8	21	24

Challenge 1 : Use your right hand to point at the numbers in sequence from 1 to 30.

Challenge 2 : Use your left hand to point at the numbers in sequence from 1 to 30.

Challenge 3 : Use your right hand to point at the numbers in reverse order from 30 to 1. Then switch to your left hand and repeat the countdown from 30 to 1.

Challenge 4 : Alternate between your right and left hands to point at the numbers in sequence from 1 to 30 (i.e., right hand points to 1 → left hand points to 2 → right hand points to 3, and so on).

After completing this, alternate hands again to point at the numbers in reverse order from 30 to 1.

Challenge 5 : Count from 1 to 30 aloud, but only use your right hand to point at the red-colored numbers. For numbers in other colors, simply say them without pointing.

Challenge 6 : Count down from 30 to 1, alternating between your right and left hands to point at the green-colored numbers. For numbers in other colors, just say them aloud without pointing.

Is it Just Forgetfulness or Ageing — Or Something More?

Look out for these common signs in your relatives and friends:

- **Frequent Forgetfulness**

Forgetting recent events, frequently leaving appliances on, forgetting to remove keys, or shut off taps, and missing appointments.

- **Confusion With Time, Place, or People**

Forgetting medical appointments or suddenly not recognizing familiar locations and faces.

- **Difficulty Performing Familiar Tasks**

Like a homemaker of many years no longer being able to cook independently.

- **Repetitive Behavior in a Short Period**

Repeatedly asking the same questions or buying the same items.

- **Problems with Words in Speaking or Writing**

Struggling to find the right words or using vague terms like "here" or "there".

- **Trouble Expressing Thoughts or Feelings**

Speaking in incomplete sentences or having trouble communicating needs and feelings.

- **Challenges in Planning or Problems Solving**

Repeatedly withdrawing money or paying the same bill multiple times.

- **Mood or Personality Changes**

Becoming more irritable, withdrawn, or unusually quiet.

- **Wandering or Pacing Aimlessly**

Pacing back and forth without purpose, appearing anxious or disoriented.

- **Difficulty Handling Money**

Struggling with coins or frequently using large notes inappropriately.

- **Tendency to Hoard Items**

Collecting or storing unnecessary objects excessively.

If you notice any of these signs in your relatives and friends, don't wait – to seek assessment and diagnosis promptly. Early intervention can slow cognitive decline, reduce stress on caregivers, and enhance the quality of life for your loved one. We are here to support you.

 **腦點 Brain Rover**

 **WhatsApp: 07803382323 (Message only)**

 **brainrover@the-brains.uk**