



The INSPIRE

Integrated Spinal Rehabilitation Foundation



Autumn 2008

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THE FREEHAND

An update by Professor Hunter Peckham, its inventor

For those of you who are not sure what the “Freehand” is, it is a device which gave hand function to those who had a level of injury at C5/C6. INSPIRE was funding a trial in UK between 1994 and 2001 where 19 people took part. Two others were funded by the Scottish Health Authority. The Freehand made a massive impact on the quality of life but, sadly, the medical electronics company responsible for manufacture and distribution went bankrupt and effectively brought the trial to a halt. Professor Peckham spent 2-3 years trying to recover the Intellectual Property Rights and then set about upgrading the device. The new one will be smaller and more capable. He once said to me “Robert, can you remember what your computer looked like in 1984?” That was the year the Freehand was invented and since then, things have moved on! Professor Peckham has very kindly given us an update. Ed

My view is that the progress has been slower than I had anticipated but nevertheless moving forward. Part of this has been due to me, as I have had to shoulder some special obligations for my University for a short time, but this has JUST ended last week. The other is that it is simply just hard to bring a product back to the Spinal Injury "market" where there are a relatively small number of patients. However, as you and I both know, this is a group who has an extremely large number of needs and for whom the impact is enormous. That said, I am absolutely committed to make this happen.

Here is the status (in no particular order):

1. The new technology is not completed, but will be completed with all approvals completed to start clinical trials 12/09 (YES, 2009). This is due to the timelines of our manufacturing partner, NDI Medical. This is not a complaint, just a fact of life. This is difficult to swallow for me, but the FDA burden has been larger than previously encountered. There are working prototypes and a two channel version through the FDA now. These two

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devices share a platform of design features, so the outlook is good for the timeline

2. We have grants currently funded to perform the clinical trial on at least 15 patients. The number that FDA ultimately will need is uncertain for regulatory approval, but it would be in this range. This is good (but without the devices we cannot begin the trials, of course)

3. Our research for restoration of hand function continues to grow and be strong. We now have implants in both hands of several patients and many patients with systems for more than one function (e.g. hand grasp and standing; hand grasp and bladder control, etc). This is great, of course, but is not a product back on the market!

As I have said, I and my colleagues are fully committed to have a Freehand back on the market. It has turned out to be quite complicated, but now there seem to be few major impediments except just getting it done. We know that it will take more resources than we currently have, but this is what we will have to face. It also may be that we will have to create a business partner to do the distribution and regulatory process, and we have had some planning in this regard as well.

I hope that this is a useful situation update. I apologise for not having written earlier. I certainly have been thinking of you and INSPIRE, and your encouragement and that of so many patients who keep benefiting and keep us going along this path are highly motivating for us here. Thank you.

Our Trustee Dennis Carter Retires

I am sad to report that Dennis Carter, a Trustee since Summer 1993 has offered his resignation due to pressure of work. David McCreath, the Chairman of the Board reluctantly accepted his resignation.

Dennis is the Chief Executive of the British Automobile Racing Club based at Thrupton near Andover where I have often visited him. He was always about to go somewhere, or he had just returned. Indeed, I rang his secretary requesting a farewell meeting and to obtain a photograph for this Newsletter but the day before the planned meeting it had to be cancelled because Dennis had to go to Bracknell, then to a lunch appointment and then he wouldn't be free before the 16th September. Well such is life and I am very glad that I do not lead such a frenetic life style.

Dennis brought with him to the Board meetings a business acumen and common sense. I for one am very grateful for his wisdom and sound advice at these meetings. He will be sorely missed.

What's Happening?

Reports from INSPIRE funded projects

Cycling Therapy for the Incomplete Spinal Cord Injury

Cost of the Project: £18,791

Location of the Project: UCL

- a. The Research Fellow, has finished designing a motorised ergometer which would help the SCI exercise either passively by use of a motor or by active muscular exercise with FES. The ergometer would have a data logger so that patients could be monitored via the internet.
- b. Two new applications are in the process of being drafted to continue this project.

Central nervous system reorganisation following spinal cord injury its relationship to pain and response to mental imagery

Cost of the Project: £35,265

Location of the Project: Pain Research Institute, Liverpool

a. We have gathered sufficient pilot data for us to be confident that the protocol is suitable to pursue the full study.

(1) 14 people with spinal cord injury have begun the therapy, and 13 have completed it (one having been taken ill soon after commencement); 9 with below-level pain, two with above-level pain, and two with no pain. Mean pain scores at outset were: average pain pre 5.91 post 5.00 ($p > 0.02$) worst pain pre 8.36 post 6.00 ($p > 0.004$). Of those with below-level pain, there was a range of responses, from good benefit (pain reducing from 6/10 to 3/10) to no benefit (7/10 to 7/10).

(2) 10 of these participants have been scanned at outset and 8 at follow up (two of them having taken ill and were therefore not well enough to re-scan).

(3) We have also scanned 6 age- and gender-matched healthy volunteers. In addition we have been able to use data from another 3 volunteers so that we can look at some preliminary group differences. In the spinal injured group as a whole (we have not split this small number into the different pain groups), in response to lip pursing and compared the healthy volunteers, there is an increase in activation in anterior medial thalamus/caudate nucleus and right supplementary motor area at $p > 0.001$, and right posterior cingulate cortex at $p > 0.0004$. These areas are implicated in the experience of pain.

(4) Our phantom pain study has been published in *Brain* and I have attached a copy of the paper. (*This is not attached to the Report as it is about similar work but with amputees. However, a copy can be made available*).

(5) We have had an abstract accepted for poster publication of the pilot

data at the meeting of the International Association for the Study of Pain (IASP) in Glasgow in August 2008. (*INSPIRE is given credit*).

b. We are keen to continue working with this group of people. Although the analgesic effect of the mental imagery intervention is not as impressive as in the phantom pain study, there is enough change to warrant recruiting larger numbers. We have secured funding for the further brain imaging costs from the Pain relief Foundation.

Optimising power output during electrically stimulated cycling in people with a spinal cord injury

Cost of the Project: £52,025

Location of the Project: KCL

a. We have successfully constructed the *Bi-moment Chair*. The seat is removable from the frame, so can be wheeled alongside a height adjustable couch for ease of transfer for SCI people. Able bodied people can step into the chair easily from the front. From our initial design, we noted that changes in the positions of each segment of the leg (due to a constraint at the lower leg) altered the moments at both the hip and the knee joints – giving inaccurate torque measurements. The new design uses a cuff around the ankle that is attached to a cord and force transducer on the back of the frame, allowing the leg to move freely. It is therefore necessary for us to simultaneously measure the movement of the segments of the limb. We will do this by using *free-body* analysis. This technique has been successfully used previously, is cheap and relatively easy to implement. We are currently in the process of implementing this system.

b. Pedal force transducer. The force transducers have arrived and have been fixed to the motor trike. We are currently developing the software to collect data from these transducers, which can be synchronised with our previous data collection software as well as the CODA motion analysis system.

c. Subject recruitment. Full ethical approval for this study has been obtained. Information sheets have been given to SCI people based at Stanmore. Dr Angela Gall is in the process of putting together a list of suitable and willing candidates. All equipment is ready for them to start training immediately after recruitment. We also have 7 trained FES cyclists and rowers who have agreed to participate.

d. Electrode positioning study. In the meantime, a study is underway investigating the effects of different electrode positions on fatigue rate, economy and local oxygen utilisation during steady state isometric contractions of the quadriceps muscle. We initially used torque measurements, palpation and ultrasound to identify 3 different electrode set ups that should either increase or reduce the contribution of rectus femoris. Each set up will be tested

during steady state contractions on at least 10 AB subjects. Three subjects have already completed the study.

A randomised trial of rectal stimulants for neurogenic bowel management after spinal cord

Cost of the Project: £28,439

Location of the Project: Stoke Mandeville and Salisbury

a. Despite my optimism in the last report we were only ready to begin recruitment in May. However, the NSIC, Stoke Mandeville, and The Duke of Cornwall Spinal Centre, Salisbury, are now able to recruit.

b. Twenty five information sheets have been sent and six individuals recruited through the NSIC. Salisbury are committed to continuing with the study but have yet to recruit any participants.

c. Stanmore spinal unit has not yet been able to join the study but advertisements have been placed in the Aspire Centre and there is local support for individuals expressing an interest in participating in the project; the position regarding pharmacy undertaking the study is under review.

d. The pharmacy at St. Mark's hospital is now in a position to take on the trial and it should be up and running there by the middle of August.

e. The study is now on a much more positive footing; however recruitment continues to be slower than anticipated despite continuing advertising activity. I will be writing to the ethics service to explore the possibility of altering the study recruitment strategy to allow us to identify suitable possible participants from databases or electronic patient records, to whom we will then write inviting their participation. I will inform you of any major changes to our recruitment strategy.

Short term efficacy of Sacral Nerve Stimulation (SNS) in patients with neurological constipation

Cost of the Project: £31,750

Location of the Project: University Hospital, Durham

a. Approvals in place. All the necessary approvals required for this study have been in place and are detailed below. University of Durham Ethics subcommittee approval number: EC2/2007/01. In addition to these, the Project review board of County Durham and Darlington Foundation trust has also approved the study.

b. UKCRN registration. This trial has been registered with UKCRN (clinical research network) and has been placed on their national database. UKCRN trial id: 4594.

c. Accrual data. So far nine patients with neurological constipation have been recruited in the trial as shown in the graph below. Out of these patients five had Multiple Sclerosis, three had spinal cord injury and one patient

suffered from autonomic dystonia.

d. Future plans.

(1) We have strengthened our ties and relationship with the Jubilee spinal injury unit (SIU) at James Cook University Hospital, Middlesbrough. Further visits have been made and SIU is currently in the process of identifying patients for the study. We are aiming to recruit a minimum of ten patients from SIU with an equal number of upper and lower spinal cord injury.

(2) SIU has been added as an additional site for recruitment for this trial and site-specific ethics approval for James Cook Hospital has been applied for. Mr. Mecci (Head of the department at SIU) will be acting in the capacity of principal investigator for that site.

e. Estimated trial end. We are hopeful that the necessary recruitment will finish by the May of next year. This has been calculated using a conservative estimate of two new recruits every month.

f. Further Funding. We are applying for a grant from the MS Society to cover the rest of the costs of this project. The application will be submitted for review in July 2008.

A systematic exploration of Neuromuscular Electrical Stimulation in Spinal Cord Injury: users' perspectives of current and future

Cost of the Project: £79,776

Location of the Project: Southampton University

A final report has been submitted and a presentation will be made to the Board in October. The data has been analysed and based on that a first draft of the questionnaire is being produced. The next stage is Phase 2 which is a web-based questionnaire for patients, healthcare & carers. She hopes to encourage the SCI in US to take part.

APPLICATIONS FOR FUNDING SUPPORT

The following applications were reviewed by the User and Scientific Committees but were not recommended to the Board of Trustees:

- ◆ A pilot study of a contextual cognitive-behavioural therapy based pain management programme for patients with spinal cord injury; an analysis of outcome in comparison to a waiting phase.
- ◆ Central nervous system reorganisation after spinal cord injury: its relationship to pain and response to mental imagery.
- ◆ Development of an implanted Functional Electrical Stimulation (FES) system to improve grip function in C6 tetraplegia - (TETRAGRIP)

Geoff Holt, his Personal Everest



Walking on Water is published in paperback by Seafarer Books. It can be ordered online at www.walkingonwater.info or from all leading bookshops, priced £9.95.

Beautifully written and honest
Dame Ellen MacArthur

We are humans — we push at limits... This is the story that will excite admiration from all sailors, disabled or otherwise
Sir Robin Knox-Johnston

Seafarer Books is delighted to announce the publication of *Walking on Water*, an inspirational autobiography written by disabled yachtsman Geoff Holt.

On 5 September 1984 eighteen year old Geoff Holt dived into an idyllic tropical sea and his life changed forever. A broken neck cut short a promising career as a yachtsman, and left him paralysed, with his horizons reduced to an uncertain future in a wheelchair.

On 5 September 2007 , after a journey of 109 days and 1,445 miles, Geoff Holt crossed the finish line in the Solent and reached the summit of his Personal Everest—the first quadriplegic yachtsman to sail single-handed around Great Britain.

Walking on Water is Geoff's very personal story of his life before and after the accident: how he learned to live with his disability, how he achieved remarkable success in spite of it and, in particular, how he rediscovered the sea and helped to promote sailing opportunities for diabled people. It is also the story of how he conceived, organised and completed the dangerous and demanding Personal Everest voyage. Moving, uplifting and written with humour, it is above all a journey through a remarkable life—a powerful affirmation of the potential of the human spirit.

A Couple of Recipes

Nessie Owen

POLPETTE DI MELANZANE CON POMODORO AL FORNO

Aubergine Patties with Roast Cherry Tomatoes Serves 6

This recipe has been kindly given to us by Ursula Ferrigno – she and I used to work together at *Books for Cooks* in London and she is a truly inspiring cook (and very good fun!) – her books are wonderful. This is a lovely summery starter or lunch dish – quite time consuming but definitely worth all the effort!

2 medium aubergines, finely diced
Sea Salt and coarsely ground black pepper
3 tablespoons olive oil
zest of 2 unwaxed lemons
2 large eggs, beaten
75g /2¼ oz Parmesan, freshly grated
30g /1¼ oz Pecorino, freshly grated
200g /7oz Mozzarella, cut into tiny dice
300g /10½ oz fine dried breadcrumbs
100g /3½ oz pine kernels, roughly chopped
a generous handful of fresh basil leaves, finely chopped
2 garlic cloves, peeled and finely chopped

Roast tomatoes

200g /7oz cherry tomatoes (preferably pomodorini)
1 garlic clove, peeled and finely chopped
2 teaspoons clear honey
zest of 2 unwaxed lemons
2 tablespoons olive oil

Put the aubergine into a colander, mix in 2 teaspoons salt, and leave for 20 minutes. Rinse well and squeeze dry.

Heat the olive oil in a large frying pan and stir-fry the aubergines, in batches if necessary.

Preheat the oven to 200C/400F/ Gas Mark 6.

In a large bowl, mix all the remaining ingredients for the polpette into the fried Aubergines. Season with salt and pepper, then form the mixture into walnut sized balls. Arrange these on an oiled baking tray.

Halve the cherry tomatoes and spread them on a separate baking tray. Scatter with all their seasonings, as well as some salt and pepper.

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Cook the polpette on a shelf above the tomatoes for 10-15 minutes, until golden brown. The tomatoes should roast in about the same time. Serve hot. Serve the polpette and tomatoes on a bed of wild rocket with some extra basil if you like.

Chocolate Caramel Brownies

This absolutely DELICIOUS chocolate brownie recipe comes from Amy Willcock's Aga Baking Book – quite a lot of detective work and sweet talking went into getting this recipe, but that is another story!.....enjoy!

Makes about 10 brownies

300g / 10½ oz dark chocolate, chopped

3 large organic eggs

2 teaspoons Vanilla extract

342g / 12 oz caster sugar

2 teaspoons baking powder

100g / 3½ oz chopped hazel nuts

110g / 4oz plain flour

228g/ 7oz butter

Pinch of salt or if you use salted butter- omit

350g / 13 oz caramel candies – unwrapped and in pieces *I use Werther's Originals Chewy toffees

2 tablespoons milk

Melt the chocolate and butter. Set aside to cool for about 5 minutes.

Stir together the sugar, eggs, and vanilla extract. Pour the egg mix into the chocolate and sift over the flour, baking powder and salt. Dust the chopped nuts with a teaspoon of flour (it stops them from sinking into the mix) and add.

Give the mix a really good stir then pour into a greased baking tray about 3cm deep. For Aga users bake in the Roasting Oven, 4th set of runners with the cold Plain shelf over them for 20 minutes. (or for non Aga – preheated oven to 180c) Tap the side of the tin to release any air bubbles and continue baking for a further 15 minutes. Don't over cook if you want the brownies to be slightly squidgy.

Heat the caramels and milk together in a saucepan until just melted and spreadable then pour it over the cooling brownies.

Cool thoroughly then cut into squares and keep in an airtight tin or in the refrigerator. Can be made 3 days in advance.

**Do you want to receive your INSPIRE Newsletter on line?
Send us an email to inspire@freeuk.com to request the
newsletter on line**

Post card from the seaside

As I write this postcard something strange seems to be happening on the television involving Olympic medals and Great Britain receiving them in unbelievably large numbers. The gold medal tally currently stands at seventeen and counting, but, as my chosen pre-Beijing event (had there been one) was the long distance moan for wheelchair-using Olympian cynics, my cheering throughout the fortnight has been rather muted by a little bit of embarrassment.

However, putting that to one side very quickly, I'm delighted to see that there are medal winners from Dorset featuring, not unsurprisingly, the sailing and wind surfing events. Sherborne is the home of one competitor, but there are several who live and train for their competitions in Weymouth and the town's link with Beijing will be strengthened over the forthcoming Bank Holiday weekend when the Borough celebrates the Beijing-to-London 2012 Olympic Games official handover.

Weymouth's connection with the Games in four years time will revolve around those elements that are paramount when you are at the heart of a 95-mile stretch of World Heritage Coastline - sand and sea -

with the sailing and beach volleyball due to take place at this classic seaside resort only a year after a master plan proposal for the regeneration of the seafront was unveiled. Thankfully, the 'classic' nature has not been regenerated out of the town and the Georgian Esplanade will provide a splendid backdrop for the television coverage, assuming that the organisers get their promotional planning right.

There can be few complaints regarding British Olympic planning so far, as the medal haul proves, and confidence must be high that we will compete just as successfully in four years time. Having said that, going head-to-head with Beijing in terms of expensive eye-catching new venues is another matter entirely and I for one hope that we tone down the extravaganza in favour of a heritage theme that showcases the venues for the individual sporting disciplines throughout the country. If Weymouth can manage to incorporate Georgian splendour in its regeneration, why not have London 2012 taking the Jurassic coastline facelift not only as a venue, but also as a model for successful presentation.

Alan Dommett (C6/7)



The Executive Director's Address to the 21st Annual General Meeting 13th September 2008

Ladies and Gentlemen, good morning.

It only seems like last week that I sat here and gave my report to the AGM. I am not sure what that signifies; perhaps a grumpy old man becoming more grumpy!

INSPIRE was conceived in 1986; but I have used the date of Registration with the Charity Commission which was 26th May 1987 as INSPIRE's official birthday. Not only does that make the Charity 21 but also INSPIRE is the oldest registered spinal cord injured charity in Great Britain.

Although INSPIRE has come of age, this last year has been a bit of a curate's egg, good in parts. As you have heard from our Treasurer, our assets are down on last year and although most of that can be explained away by an unrealised loss on the stock market, we have also had a significant reduction in income. But, on the other hand, the quality of new projects has improved and the quantity coming forward to be reviewed has increased.

I am grateful to John Gisby for his work as Treasurer. Not only does he spot mistakes before the auditor gets to see the accounts, he has also taken a load off me. In short, he has been kept well and truly occupied with a change of banks because Lloyds TSB no longer offered us free banking; setting up a Nationwide account in lieu of the Portman, which was no easy task and even now, we will be closing that account because they are only offering 2% and finally, he tried to find a home for the funds we had originally in National Savings. This proved to be a most challenging exercise. The Birmingham Midshires, with whom we have now invested the funds, eventually acknowledged a fairly significant error but not before we had lost a lot of hair! Anyway, we will hear more from John after this meeting when he will speak to us on the subject of *Remap*.

INSPIRE is reliant upon the generosity of about 55 grant making trusts and that number gradually increases each year. In addition there many individuals, too numerous to name and not all are INSPIRE members, who are also very generous with their donations. To everyone who has contributed either with their time or money, thank you very much for helping INSPIRE to fight the effects of spinal cord injury.

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Sadly, Ian Swain, our Technical Director was not able to be with us today but in his stead I told about the projects which are being funded by INSPIRE. As I said in my introduction, they are of good quality addressing those areas listed by you, the members, as being of importance. Personally, I am excited by the pain project which is being conducted at the Pain Research Institute in Liverpool. Although nothing concrete, it does appear that the brain tries to re-organise itself after spinal cord injury, presumably in an attempt to make contact with those parts of the body with which it has lost communication. We still don't know whether these attempts are the cause of phantom pain but maybe there will be a greater understanding of what is going on in the brain following spinal cord injury.

As you may know, the Scientific Committee has encouraged me to visit the projects that INSPIRE is funding. I thought that with my lack of relevant academic knowledge I would not only be at a disadvantage but also I wasn't sure if what I saw would be good science or good flannel. What I can say is that having made a number of visits including this last year to Liverpool and Kings College London, where my camera failed to function at a most inopportune moment, hence no pictures in the Newsletter, I at no stage felt awkward and found the meetings to be most interesting and enlightening. It is also good to meet the researchers themselves. Up until the moment of the visit, my only knowledge of them is their completed application form and any communication we might have had either via email or the telephone. I hope before Christmas to visit Durham where the Principal Applicant is using sacral nerve stimulation to relieve chronic constipation.

Having mentioned the Scientific Committee, I would like to express my gratitude to both that group and the User Committee. The Users are an important hurdle in the review process, because its members decide whether the proposal is relevant. The Applicant is required to complete one side of A4 and describe in lay English what is being proposed. If the majority of the members consider the proposal to be irrelevant, then I would simply inform the members of the Scientific Committee not to review that application irrespective of what is being proposed is good science or not. I am immensely grateful to the 14 members of the Scientific Committee who come twice a year to Salisbury and discuss the proposals that have been put before them. I find it an extraordinary experience to be in the same room where I humbly take the Minutes listening to their arguments and counter-arguments while being well controlled by Paddy Waring, the Committee's chairman. I am sure that both he and Robert Tylor, the Trustees' representative on the Committee, would share

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the same experience. Anyway, to both groups, thank you very much for giving your time to INSPIRE.

The User Committee has its origins in the Executive Committee, but that Committee has all but become defunct as its members are now Trustees. You are, nevertheless, asked to vote in the members of the User Committee so that should the Executive Committee ever be asked to function again as a group, it could operate without any further ado. I am assuming that the current members are happy with their role but if anyone else would like to join them, please nominate yourself, or indeed someone else at the appropriate moment later on in this meeting.

About six months ago, I was asked by a principal applicant if INSPIRE was registered with United Kingdom Clinical Research Network. The advantage being that costs of a project attributed to the NHS could be met by the NHS providing the project was accepted by the UKCRN and the basic protocol details would be listed on its website. Well, I applied and after answering some not-so-awkward questions, INSPIRE was given partnership status and one of our projects is listed on their website. This is yet another feather in our cap and gives greater credibility to INSPIRE.

What a pity that so many of you missed yet another successful charity polo day. The fun polo ended for the second year running with the two teams tied on 4-4, so the unorthodox method of a penalty shoot-out was used to determine the winning team, which this year was the Eventers. I am delighted to report that INSPIRE, for only the second time in my memory, won the wheelchair relay race. I would therefore like to give credit to Ann Atkinson, John Aves, Edward Morgan who supported me in my quest. Last year as a result of much cheating by the other two teams we produced a strategy that would out-cheat the cheaters! As it happened, at the hand-over between the second and third, the eventers and jockeys became so entangled in presumably an attempt to stop the other from winning. In meantime, the INSPIRE team carried on and, without having to resort to any cheating, won the race handsomely. Well done the INSPIRE team.

We continue to run table sales twice a month during the winter and one market stall in April. I think it could be said that despite the generosity of so many people who make and give items such as knitted garments, knitted dolls, blankets, books and other assorted articles, this last year was not as profitable as in previous years. I am not sure why this should be the case except that we are now no longer able to run the table raffle using cloakroom tickets. By law,

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the tickets must now show the promoter, the name and address of the charity, its registered number and the date of draw, all of which would now make the raffle uneconomic to run. We are thinking about how we can stay within the law but still produce tickets for regular use.

I am sorry to say but the Christmas card season is very nearly upon us. For me in the office, I have had to listen to both Heather and Rose decide which ones we should have this year. I actually have every confidence in their choices because last year the same thing happened and we did quite well. We used the Cards for Good Causes outlet in both Salisbury and in a little village of Boynton (nr Warminster) where we made a profit of £555 but overall we made £1,265. I hope you will like this year's cards one of which was a photograph of Salisbury Cathedral taken by Dr Paul Taylor's wife and I am immensely grateful to Karen for allowing us to use her picture. They will, of course, be available by post (details have gone out with the Newsletter) and they will also be on sale after this meeting.

In my report to you, I have thanked a number of people but I would now like to thank another group and they are the volunteers. Many volunteers, some of whom are not INSPIRE members, do things for us behind the scenes whether it be making articles for us to sell or helping to stuff envelopes while others stand patiently beside the stall either in the hospital or the marketplace watching customers picking up, putting down and pushing off. To you all, thank you very much for being such great ambassadors and helping us to project INSPIRE in the best possible light.

Finally, behind every grumpy man there is a good team and that can't be more true than in our case. We are politically incorrect, we banter, we have our differences but have one thing in common and that is we firmly believe in improving the quality of life of the spinal cord injured. That good team consists of Heather, Rose and my wife Mo and to you three in particular but also to everyone who has had a hand in supporting INSPIRE achieve its objective, thank you very much indeed.

Christmas Cards

Yes, I'm afraid it is that time of year when we have to start thinking about Christmas Cards. In fact, we have been thinking about and ordering the new cards since May. The order form is enclosed, but for those who receive their newsletter on line, the Christmas Cards can be ordered

through the website at:
www.inspire-foundation.org.uk

The cards will also be on sale in the office, in the Reception of the Spinal Unit and Cards for Good Causes outlet, Southons on Catherine Street, Salisbury.

THE INSPIRE FOUNDATION
BALANCE SHEET FOR FY ENDING 30 APRIL 08

FY 07-08 (Current)

FY 06-07 (Previous)

£

ASSETS

£

	163,857	Cash at bank and in hand	151,632
	642	Tangible assets	802
	2,505	Shop stock	3,346
	110,825	Charities Aid Fund (77881.62 units)	140,226
	100,000	Birmingham Midshires/National Savings Treasurer's Account	114,385
a	2,094	Debtors	3,633
379,923	Total Assets		414,024

LIABILITIES

	9,911	Creditors falling within one year	8,610
b	0	Creditors falling due after one year	0
a-b=c	9,911	Total Liabilities	
		8,610	d
370,012	Balances		405,414
	281,089	Unrestricted Funds (net)	
c-d	88,923	296,964	
		Restricted Funds (net)	
(35,402)		108,450	
		Net Operating Surplus	
			34,297

INCOME FUNDS

	100,054	Unrestricted Funds	127,474
e	20,862	Restricted Funds	20,070
e-f	120,916	Total Income Funds	
		147,544	f
(26,628)	Net Incoming resources		15,562

RESOURCES EXPENDED

	58,585	Unrestricted Funds	50,765
g	68,333	Restricted Funds	73,308
	126,918	Total Resources Expended	
		124,073	
e-g		Excess of income over expenditure	
(6,002)			23,471
	Excess of expenditure over income		



General Sir Mike Jackson, Irina Klivanskaya, Nadezhda, Adam Boulton, Political Editor of Sky News & Lady Jackson outside the entrance to the INSPIRE Marquee

Photos by
Charlie
Hopkinson
at the
INSPIRE
Polo on
12 July at
Tidworth

2008, the year when the final teams were not finalized until the day before!! The Olympics meant the Eventers were being kept in cotton wool, and the jockeys were all on stag weekends, though when there was talk of inviting Katie Price aka Jordan to play one of the parties might have relocated to Tidworth.

Rick Stainton of Smyle again sponsored the Jockeys and Hackett the Eventers, we are so grateful to them both for their loyal

John Norwood and his guests during lunch in the Marquee



Clayton Fredericks (right) who shortly afterwards headed out to Hong Kong to ride for Australia in the Olympics, leads the Eventers team past the photographers





The Norris Family very snug and very organised in their tent to watch the polo in the afternoon (Norris Family Picture)



Nadezhda, Heather & Irina walking down to the pony lines to meet the teams



support, in Rick's case with time, as well as money. You really feel that the day is moving upwards when a helicopter is chartered to get there. Nadezhda arrived from Moscow on the morning of 12th July and the INSPIRE polo was the first date in her schedule. She was born in Siberia and after failing to get into Moscow University went to Stockholm and saw frozen food for the first time. Having been brought up surrounded by ice she thought what a simple idea and went on to build a frozen food company, which covers 90% of Russia. She brought with her a photographer, Charlie Hopkinson, taking pictures for a book being written on her life as one of the most successful business women in Russia.

The marquee was full again this year. The Norris family party which seems to expand every year. The Norwoods and their guests, Sir Mike and Lady Jackson and of course our Patron Lord Vincent who presented the prizes and General Ralph Crossley our Trustee who has done so much to make the day a success. Archie and Rosanne Mackenzie brought a party from the Royal Hospital and Rosanne again donated and arranged the flowers in the marquee. Thank you all, Heather



A Letter from America



I know that Robert is anxious to get the newsletter out somewhat earlier than usual and, naturally, I have now managed to let things slide by ignoring his exhortation – not in any deliberate way I should add - but several family (and Friend) episodes have occupied our minds. On the credit side Lt Col Simon Gardner is/was back in the USA. Actually he arrived with his family in tow at the U.S. Army's largest base which is in Killeen, Texas. Shortly thereafter NATO recalled him to Holland for a month. Julie and I hope to see him and his family here in Florida for Christmas. However, sometime early next year he and the rest of the brigade will be off to enjoy at least a year or more in the Middle East! One consolation will be in having the grandchildren 1100 miles away in Texas rather than having them on the other side of the Pond! Regarding non –family events our 80yr + friend Louise went away on a brief holiday. As far as we knew all was going well until Louise felt a little off colour and her friend called us to say that she had been admitted to a local hospital and had undergone a triple heart bypass, the repair of one heart valve and the complete replacement of the other heart valve..... I know from personal experience how she must be feeling.

Well, Robert has told me in the past to ease off on the world of politics but it is hard to do so in the middle of a giant Democratic Convention in Denver which is being more than amply covered by *all* of the many TV stations. Tonight the somewhat uproarious event moves from the Denver Convention Hall to a giant Football Stadium close by. Thank the Lord that this “over-the-top” part of the seventy two days left until Election Day will be closed off late tonight. However, be assured that the political mud slinging will tomorrow be going full speed ahead. Ah well!

Sorry that Julie and I will not be at the INSPIRE AGM but we will be thinking about you all. We are both delighted that the Charity is still going strong. Best wishes and keep safe

Jack & Julie G.

**Do you want to receive your INSPIRE Newsletter on line?
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Acknowledgements & Notices

In addition to thanking the Trusts, groups and individuals listed below, who have donated £25 or more to INSPIRE, we would also like to thank other members and friends, too numerous to list, who have supported us since our last newsletter went out in May 2008. In addition many others donate once a month and their annual total exceeds £25. Finally, there also many who gave or pledged to give either before or on the day of our Charity Polo over £5,500. To you all, thank you very much indeed.

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In Memoriam

We have received donations in memory of:

Mr Brian Burnell from Taunton
Mrs Florence Harris from Tewkesbury
Mrs Fiona Blad from Wareham



THE INSPIRE FOUNDATION

INSPIRE - INTEGRATED SPINAL REHABILITATION.

Registered Charity No 296284



OBJECT

To promote research into, and the development of, electronic, mechanical and medical aids to assist the mobility and enablement of people suffering spinal cord paralysis and its associated effects and to communicate the useful results of such research.

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