



## The Integrated Spinal Rehabilitation Foundation Spring Newsletter 2016

Regd. Charity No. 296284

Also on line at  
[www.inspire-foundation.org.uk](http://www.inspire-foundation.org.uk)  
 Tel: 01722 336262 Ext 2465

### The House of Lords Reception 14th April 2016



**Above :** Patrons **Sir Paul Newton, Lady Amherst & Baroness Masham** pose with the new Birthday Hat!

On Thursday 14th April, seventy friends of INSPIRE gathered in the River Room at the House of Lords to witness the unveiling of the new Logo, the presentation of the PhD Scholarship and to wish our host **Baroness Masham** a Happy Birthday! We were also able to welcome two of our five new members of the National Scientific Committee. We also welcomed many Grant Making Trusts who were represented. **Below:** On behalf of our main sponsor **Quilter Cheviot Investment Management**, **Mr Richard Firth** presented a cheque to Director **Rory Steevenson** (Left) for **£30,000** underwriting the annual polo tournament for the next three years!



**Below:** To wide acclaim and spontaneous applause, Graphic Artist **Mike Russell** was invited to unveil the INSPIRE Foundation's new Logo. Mike has spent fifteen months getting to know the charity and understanding something of our purpose. He believed the logo needed to be synonymous with spinal cord injury without being too detailed. His clever use of graduated colours on the neck and lumbar vertebrae as they meet at the highlighted dislocation, naturally lead one's attention to the problem area. Having been almost unanimously chosen at the March Wine Tasting, the Board of Trustees were unequivocal in choosing Mike's work and the way ahead for the charity.



#### **Above: Sean Doherty receives the INSPIRE Scholarship**

In 2008 **Sean Doherty**, then aged 18, broke his neck in a mountain bike accident and has since lived with the consequences of tetraplegia. Last year he was awarded the **INSPIRE Foundation's PhD Scholarship** in memory of the revered Chairman of the Board of Trustees the late **Maj Gen Ralph Crossley**. In so doing, Sean became our youngest research scientist working at the London Spinal Cord Injury Centre (LSCIC). He said 'You pass someone in a wheelchair and you think, they cannot walk; you may be right. In cases of Spinal Cord Injury (SCI), additional consequences are often the most difficult to manage. Voluntary control of the bladder and bowel is something most people take for granted. After SCI, control can be lost and can lead to the persistent and detrimental effect on an individual's health, welfare and quality of life. With the INSPIRE Foundation's support I am now determined to address these issues.' He was presented with his scholarship and a bottle of champagne by Patron **Baroness Masham**.



*During the spring, five new Scientists were selected to join INSPIRE'S world class National Scientific Committee .*



**Dr Paul Taylor CSci IPEM PhD CEng MIPEM MSc BSc (Hons) (Left).**

Paul Taylor is a Biomedical Engineer and leads the FES (Functional Electrical Stimulation) research team at the National Clinical FES Centre in Salisbury. He has researched and developed clinical exploitation in many guises his role is to coordinate research leading to the development and clinical exploitation of FES and other rehabilitation techniques.

He has acted as principal investigator and co-applicant in multi centre trials, investigating the clinical efficacy of FES in stroke, multiple sclerosis and spinal cord injury. He has developed a range of electronic devices for the restoration of walking and upper limb function for people with neurological problems, from proof of concept, through clinical trials, CE marking to commercial production. He is a co-founder of Odstock Medical Ltd, the first English NHS Trust owned company. He is President of IFESS and was 'delighted' to have been asked to join INSPIRE's National Scientific Committee.

**Dr. Rui CV Loureiro, BEng (HONS) MSc PhD MIET MIEEE**

Dr Rui Loureiro (right, wearing spectacles) is the Engineering Lead for UCL's Institute of Healthcare Engineering at RNOH Stanmore and Head of Aspire's Centre for Rehabilitation Engineering and Assistive Technology CREATE at UCL. He specialises in advanced robotics and human interactive systems for rehabilitation engineering. He has pioneered work in stroke rehabilitation and movement disorders and has a wealth of experience with both the design of rehabilitation technologies and clinical assessment of such aids. His research at CREATE focuses on whole-body rehabilitation paradigms facilitating the development of therapies translating to functional independence, the understanding of spinal-cortical re-organisation in SCI, stroke and also following amputation. Rui said he was 'honoured' to have been asked to join INSPIRE's Scientific Committee in March 2016.



**Professor Laurence Kenny PhD BSc CSci MIPEM (Above right)**

After graduating in mechanical engineering from the University of Salford, he studied for a PhD in engineering design. Since the mid-1990s he has worked in the area of rehabilitation engineering, with a focus on prosthetics and functional electrical stimulation systems. His research has contributed to the design of two regulatory-approved functional electrical stimulation devices, as well as the development of novel outcome measures based on the use of wearable sensors. Professor Kenney now co-leads the research group in Rehabilitation Technologies and Biomedical Engineering at the University of Salford. He joined the INSPIRE's National Scientific Committee in March 2016 and adds to the all important national footprint as our first member in the North West for many years.



**Ruth Peachment - Occupational Therapy Clinical Specialist, NSCIC Stoke Mandeville Hospital**

Ruth is an Occupational Therapy Clinical Specialist at the National Spinal Injuries Centre (NSIC) at Stoke Mandeville Hospital where she has worked for 25 years. She has wide ranging experience on the acute wards, mainstream rehabilitation, in the Spinal Out Patients Department and with the SCI children and adolescent unit. Her current role at the NSIC involves development of services within the Spinal Centre, as well as introducing new innovations, identifying areas of clinical research and working on specialist clinical projects. Ruth has recently been elected as a member of the Invention for Innovation Panel within the National Institute of Health Research (NIHR).

**Mr Surendra Bandi (Right).** Former Trustee Mr Surendra Bandi is a consultant in spinal injuries and the clinical lead at the Duke of Cornwall Spinal Treatment Centre. He completed Orthopaedic training at the University of Health Sciences, India where he remains a member of the visiting teaching faculty. He was a research fellow in spinal surgery at Stoke-on-Trent and then focused on spinal injuries and rehabilitation at the Robert Jones and Agnes Hunt Orthopaedic Hospital, Oswestry. He now specialises in musculoskeletal problems, neurological disorders, pain, spasticity, medical education and research. He has published papers widely in peer reviewed journals and is delighted to have been asked to transfer to the National Scientific Committee.



**Message from the Chairman of the National Scientific Committee,  
Peter Ellaway, Emeritus Professor of Physiology at Imperial College London**

I wish to extend a warm welcome to our five new scientists and may I use this space to thank them all for committing to our exciting and fast moving research programme. Their arrival is tinged with a little sadness at the departure of their forbears who have contributed so much in the service of the INSPIRE Foundation. May I therefore publicly record my gratitude to **Professor Jane Burridge** and **Dr Paul Chappell** both of Southampton University, **Stephen Lillicrap**, Emeritus Professor at the University of Bath, **Doctor Roger Fitzwater** a subject matter expert in spinal cord injury and in particular **Mr Rob Tylor** our Lay Member who served the Committee for more years than anyone can remember. We are indebted to them all for the valuable part they have played and on which we can build in the next chapter of our research. Our new scientists will bring the latest technology and ideas from their various disciplines and we will ensure we learn from them in selecting and developing our own research programme.



## By popular request, the sequel to Paddy Waring's account of his crash landing a Royal Navy Scimitar aircraft in Singapore in 1965

'You may recall, my test-flight of a much worked on aircraft had turned pear-shaped and I had been diverted some 50 miles to R.A.F. Changi, an airport I knew well. Normally at sea we did 'non-diversion' flying which meant landing on board the aircraft carrier (HMS Eagle) and if that failed - baling out. The latter was unattractive for many reasons, not least because of the shark infested waters. So there I was, at over 150ft, high and to the right of the runway - which was very close. As I turned left and put the nose down to lose excess height, the 'stick' went solid. Imagine dear reader, poodling down a motorway in a petrol tanker, at well over 150 mph - and then the steering wheel comes off in your hands. What, I



wonder, pops into your mind?

**Above: HMS Eagle turns to port at 20 knots in the South China Sea**

My Plan A, was to vacate the machine, as soon as possible, using the ejection seat. But, one glance at my rate-of-descent showed that was a potentially lethal idea. I was later to discover that some 20 pilots had executed this option and none had survived! Plan B, was to hit the ground and then - hopefully - the wings would level, the nose would come up, and I would exit via an ejection. However, there was the little matter of coping with a 1/2 second delay while hurtling along the concrete at not inconsiderable speed.

Please remember that when flying a jet you are a bit vulnerable, and driving one even more so! It is akin to 'controlling' an ultra- high-speed vehicle from the front bumper, so not a good idea to hit - anything! I certainly did experience the excitement of watching the ground come up and wallop me. I pulled the 'blind' that operated my ejection-seat straight out horizontally, as opposed to over my face as I was intrigued to see the action unfold. First, the cockpit's huge 'hood' came off. The sudden advent of noise was startling. Mercifully - as I was doing over 150 mph - I was between two rows of airfield lights, all on tall poles, snapping like match-sticks despite being several inches in diameter. A visible 'bow-wave' of sandy earth arose on each side of the cockpit. The starboard main wheel - huge and fully inflated, with leg attached - passed slowly by, within reach of my right hand. It was later found over 1,000 yards down the airfield.

Then the 1/2 second delay was over and I was up and away from all this excitement. There was no 'blackout' and I watched my entire exit, as I was slowly rotating forward, travelling at the same speed as the aircraft when I should have been 'hitting the silk'. Then, to my alarm I saw my huge machine get airborne again. Doing an immaculate 'slow roll' - worthy of any air display, it came in my direction. Finally, its vast white belly was only some 30 feet away from a suitably terrified me. As luck would have it, the aircraft then started to descend, arriving upside down and catching fire, all just off the concrete Operational Readiness Platform (ORP) close to the right of the runway.

Breathing a sigh of relief, I wondered why I was going head-first at all - and fast. By rights I should have been hanging around in my parachute, however, no such luck. I was in fact thundering along at some 150 m.p.h. and a glance ahead told me that I had about 6 seconds before getting a terminal headache about the same place as the aircraft had arrived upside down.

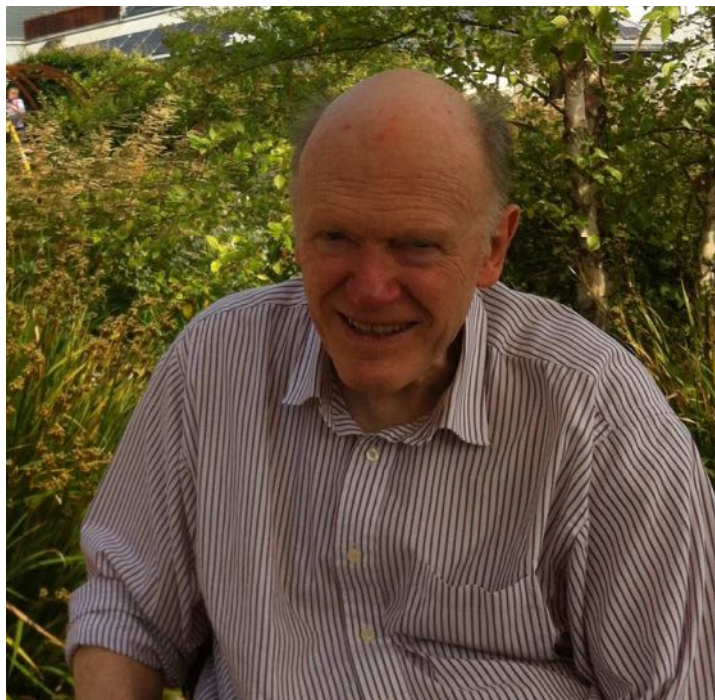
Then, a severe bout of luck intervened, the cause of which I was unaware of at this time. First, came an almighty jerk and I went from head-first to feet-first, very rapidly indeed. By then I was almost horizontal. Second, came an abrupt deceleration, accompanied by sounds of cloth snapping, as in jibing a sail. Then there was a terrific clang as my seat separated from my bum, hit the ORP, and bounced - as did I. Had I still been in the seat, it would have killed me. My knees whacked into my chest, bruising it and winding me. The leather seat cover had saved my back-

Then, the sky was obliterated as my parachute came down on top of me. The speed of my arrival has been estimated at over 70 mph at exactly 15 degrees, onto concrete; I had indeed arrived! I gingerly moved my limbs and while bruised and winded I was unbelievably unharmed. A hundred yards away, upside down and burning was my aircraft. The angry red of the flames a stark contrast to the tropical green of the backdrop. The sky was the bluest sky I had ever seen. That moment was a quiet one for me - and wildly theatrical. I walked towards the mangled remnants of my aircraft. Fire fighters thought I was still in the cockpit. Somebody disabused them. Foam was everywhere. But, I was alive and very, very lucky. The 'fun' was indeed over! Within a fortnight I was indeed back flying Scimitars again until I left the Navy. '



**Above: Paddy's Scimitar up side down after the landing. Note the nose wheel protruding uppermost**

**Below : Still smiling after forty years in his 'bath chair' Paddy poses for the camera**



**Editor's afternote:** Those who know him will detect throughout his piece, the author's humour and modesty. Allow me to add, that after leaving the Royal Navy in 1966, Paddy had a successful career flying commercial aircraft including VC 10s for East African Airways and Gulf Air. In 1976, while on leave in London, he stepped awkwardly from a pavement and Changi came back to haunt him. He was in his own words 'an accident waiting to happen' and in an instant succumbed to a twelve year delayed reaction resulting in complete paralysis from a hitherto unidentified lesion in his lower back. With that his flying days were brought to an abrupt end. Paddy went on to forge a successful career as a research scientist focusing on disability issues, a cause about which he still feels passionately.'

**Share your story.** While Paddy's story is rather unusual, we would be equally interested to receive an account of your own experiences. If you would like to share them with other readers, perhaps how you succumbed to spinal cord injury and how your life changed thereafter, please consider putting an article together. Photographs and humour always welcome and if you want to discuss your ideas first, please pick up the phone and call: 01722 336262 Ext 2465. Editor

## DIARY

Wed 22 Jun	Salisbury Races, 'Bibury Cup'. 11:00 - 5:00 pm*
Sun 26 Jun	Cheriton Cottage, Open Garden*
Tue 28 Jun	Salisbury Market stall* (Note 4)
Sat 9 Jul	POLO 2016 Tedworth Park, From 11:00 am*
Sat 30 Jul	Wilton Horse Trials*
Thu 8 Sep	National Scientific Committee. 10:30 am
Tue 11 Oct	Board of Trustees. 4:30 pm
Tue 1 Nov	Exeter Races, 11:00 - 4:00 pm*
Thu 10 Nov	Autumn Supper & AGM* Radnor Hall Bodenham. 18:00 for 19:00*
Nov/Dec	Christmas market stall. Date TBC*
Thu 15 Dec	Christmas Lunch*. Details TBA

### Notes:

1. The AGM will coincide with the Autumn Supper in the delightful Radnor Hall in the village of Bodenham.
2. Details of our Scottish Reception will be sent to all members North of the Border as available. If you wish to be included please contact the office .
3. We need volunteers for all the asterisked \* events above. Can you help?
4. Quality bric a brac is always needed for the market stall. Please deliver to the office or we will happily collect from the Salisbury area.

For further information visit  
[www.inspire-foundation.org.uk](http://www.inspire-foundation.org.uk) or  
Telephone 01722 336262 Ext 2465

## INDIVIDUAL DONATIONS

We are indebted to those individual Friends of INSPIRE who have made donations of more than £50 since the last Newsletter. Anonymous donors are not listed:

Mr Luke March, Mr & Mrs M Mihajlovic, Mr Ian Camm  
Mr C H Cooper, Mr K Rees, Mr David Gilchrist, Mr Richard Firth  
Mr & Mrs J Marshment, Mrs Caroline Rippier, Mrs M Wellstead  
Mrs P R Sheppard, Mrs S A Clayton, Mr A R L Wheatcroft  
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Mrs J A Watt-Smith, Lord & Lady Amherst, Mr RJ Williams  
Mr & Mrs Leonard Christopher, Mrs D Khanna, Mrs C A Michels  
Mrs E Rudge, Mr & Mrs M P Farmar, Mrs B A Ryan

### Cheriton Cottage Open Garden

Near Winchester, SO24 0PR

**Sunday 26th June 2016**

Lord & Lady Amherst extend a warm welcome to all friends  
of the INSPIRE Foundation at The Cheriton Cottage Open Garden

Entry £5.00 per adult. Wheelchair friendly. Plant sales.

Afternoon tea and delicious home made cakes

**Proceeds to the INSPIRE Foundation**



## DONATIONS

### Grant Making Trusts & Sponsorship

We wish to record our grateful thanks to the trusts whose names are recorded below who have made significant donations since the publications of our last Newsletter . Trust names are recorded in the order in which donations were received. Please note that where anonymity has been requested, details have not been published.

The Joseph Strong Frazer Trust  
The Richard Kirkman Trust  
The Joan Marsland Trust  
The Royal Manor Lodge RAOB  
The Homelands Charitable Trust  
The Pavilion Trust  
The G M Morrison Charitable Trust  
The Misses Barrie Charitable Trust  
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The Lynn Foundation  
The Nazeing Park Charity  
The Tay Charitable Trust  
The Norman Family Charitable Trust  
The Thriplow Charitable Trust  
The A E Cooper Dean Charitable Foundation  
The Roger Vere Foundation

## DEATHS

We are enormously saddened to report  
the recent deaths of the following:

Mr Alan Rainey

Mrs Shirley Trevelyan

## POLO 2016



**Saturday 9th July 2016**

**Tidworth Polo Club near Andover**

Join us at this lovely family day out. Details are on the  
website (EVENTS) or call the office to book tickets  
01722 336262 Ext 2465

**Main Sponsor**



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## Cook To INSPIRE Author Mrs Nessie Owen ‘...thrilled to become a Patron...’



‘In December 1992 I slipped on some ice in France, whilst working as a Chalet Girl and fell 15 feet over the side of a staircase, dislocating and fracturing my spinal cord at L1. I spent the next 5 months in the Spinal Unit in Salisbury where my original prognosis was pretty grim. This was my introduction to the INSPIRE Foundation and the wonderful Jack Gardner who gave me so much encouragement. I was very lucky and after 9 weeks of bed rest sensation and movement returned to my big toe and I was determined to walk out of there! Memories of my time include, racing as fast as we could down the hill to the maternity corridor in our wheelchairs and asking ‘new’ dads for a push up the hill again! We spent hours watching the gold fish in the smoking room which was pretty horrid. A friend with a remote control car, set up a driving circuit with bollards in the car park; not all the nurses thought this was good therapy! The highlight of my time at the Spinal Unit was an ‘Officer and a Gentlemen’ style exit, with my Army Air Corps boyfriend landing his helicopter in the helipad and jumping out with a box of milk tray!

Having previously cooked for clients’ private dinner parties, I soon discovered this was too physical after my accident so for five years I had a lovely job working at ‘Books for Cooks’ in London. This gave me the idea of launching Cook to INSPIRE. We have already sold five thousand copies and last year produced our second edition. For me, life did slowly returned to normal and in time I married my lovely and very supportive husband David. We then had two children William and Jemima (now 11 and 9) and live in rural Dorset where we are just embarking on a B&B enterprise.’

Photographed at a book signing last year, Nessie added: ‘It has been long, eye opening journey and it has made me realise the importance of an organisation such as INSPIRE helping with quality of life research and motivating and supporting so many people. I really am thrilled to have been asked to serve as a Patron.’

## Dr Richard Smith MSc FRCP MBBS BSc (Hons) PG Dip SEM (Below right) ‘honoured’ to join the Board of Trustees

Dr Richard Smith is a Consultant in Rheumatology and Musculoskeletal Medicine at Salisbury NHS Foundation Trust. He is also the Deputy Clinical Director for the Musculoskeletal Directorate (*Spinal Services, Wessex Rehabilitation, Rheumatology, Dermatology, Orthopaedic and Maxillofacial surgery*). Amongst his many and various accolades he was for ten years the Doctor to World’s Strongest Man series and Medical Director and Instructor ALS UK.

He is a member of many professional bodies including the British Association of Sports and Exercise Medicine, the Council of the British Institute for Musculoskeletal Medicine, the British Society of Rheumatology, the Australian Rheumatology Association. He is a Fellow of the Royal College of Physicians London and Secretary of Sports & Exercise Medicine at the Royal Society of Medicine.

The Board of Trustees approached Richard as they were keen to re-establish our research programme which over recent years seems to have dwindled with SDH. His response was electric:

**‘I am honoured to be appointed as Trustee for the INSPIRE Foundation. I am passionate about research and improving patient care. I am keen to support the excellent work of INSPIRE in supporting people with spinal cord injuries.’** Dr Richard Smith



## INSPIRE’s new Events Co-ordinator Helen Rooney and mum Betty joins us too!

Helen grew up in Wimborne, Dorset. In 1995 she headed to London where she spent 17 years working in marketing and events, initially for Walt Disney. After a year out travelling she joined a publishing company where she organised commercial conferences and exhibitions. In 2005 she married Richard who is Assistant Head at a secondary school in Salisbury.

Since starting a family Helen has been self-employed organising various awards ceremonies whilst working from home. Having already been a volunteer in the Salisbury Spinal Unit, Helen knew something about INSPIRE when she joined us as Events Co-ordinator in February 2016. She has also recruited her wonderful mother Betty as an enthusiastic volunteer.

Helen has brought her experience and computer skills to the charity and in a relatively short time has already organised the Wine Tasting and House of Lords Reception. Her next major project is Polo 2016.



## The Autumn Supper Thursday 10th November 2016

As a change from the poorly attended AGM, we are going to try something new! The Autumn Supper will take place at 7:00 pm on Thursday 10th November 2016 in the **Radnor Hall, Bodenham (Left)**. This will be a chance to catch up and enjoy a delicious supper prepared by **Patron Nessie Owen** with wine sourced by **Liam Steevenson MW** nephew of INSPIRE’s Director! The Radnor Hall is two miles from Salisbury District Hospital on the main road to Ringwood. For those who are obliged or wish to attend the AGM, this will take place at 6:00 pm. It is the Trustees’ view that the very term AGM puts some people off attending, so the emphasis will be on the social event rather than the mandated requirement for a formal meeting. In short, this year we will endeavour to kill two birds with one stone and encourage as many Friends of INSPIRE as possible to join us for supper!

## INSPIRE's current Research Programme

### An edited extract from Rory Steevenson's speech at the House of Lords Reception

'In December 2015, the INSPIRE Foundation was re-accredited full membership status of the AMRC, the Association of Medical Research Charities. This in effect is our licence to practise, valid recognition of the work we do, and a vote of confidence in particular in our World Class **National Scientific Committee**.

Our Chairman is **Peter Ellaway**, Emeritus Professor of Physiology at Imperial College London. Peter is my learned counsel, a man of great wisdom, resolve and considerable patience in handling the often complex issue of scientific enquiries, letters of intent, applications and interim reports all part of our business. We are particularly pleased to see that Wendy is with him this evening after a long period of convalescence following the most horrific horse riding accident last autumn. Other scientists here this evening include **Mike Craggs** Emeritus Professor of Applied Clinical Neurophysiology at UCL and RNOH Stanmore and Fellow of the Royal Society of Medicine. Also joining us, Professor **Nick Donaldson** who is an internationally recognised expert in his field, running the Implanted Devices Group, at the Department of Medical Physics and Bioengineering also at UCL.

It also gives me enormous pleasure to introduce two of our five new scientists:

**Professor Laurence Kenney** co-leader of the research group in Rehabilitation Technologies and Biomedical Engineering at the University of Salford. Laurence will add his considerable experience at our formal deliberations and enhance our national footprint in the North West.

**Dr Rui Loureiro** is the Engineering Lead for UCL's Institute of Healthcare Engineering at RNOH Stanmore and Head of Inspire's **Centre for Rehabilitation Engineering and Assistive Technology** or CREATe for short. A subject matter expert in robotics for example exoskeletons, enabling some SCI to stand and in some cases even walk.

#### THE INSPIRE FOUNDATION IS CURRENTLY RUNNING FIVE PROJECTS

**1. TETRAGRIP:** the development of a Functional Electrical Stimulation (FES) Device for the Promotion of Hand Function in incomplete tetraplegia: a 3 year PhD project being conducted by **Lalitha Venugopalan** guided by PI **Doctor Paul Taylor** (incidentally our fourth new scientist but alas not here this evening) and based at Bournemouth University and SDH:INSPIRE Award: **£22,500. Final report summer 2016. Target: -£3,750**

**2. ICYCLE:** a hospital and home-based feasibility project for functional recovery after incomplete spinal cord injury. The PI is **Professor Jane Burridge** working out of the University of Southampton and this project uses FES and a virtual cycling programme to encourage physical fitness after paraplegia, a key quality of life ingredient after SCI. INSPIRE Award: **£ 46,032. Target: -£16,080**

**3. TRUNK CONTROL:** Activity Based Rehabilitation (ABR) to restore changes in the central nervous system and in trunk muscle function following spinal cord injury. While the aim is to capture detailed research in restoring core strength after SCI, you will forgive me for not getting involved in the complex science of this project. However the PI, **Dr Paul Strutton** is here this evening from the Nick Davey Laboratory at Imperial College's Charing Cross Hospital Campus and will I am sure be delighted to entertain your questions. **INSPIRE Award: £105,000. Target: -£82,000**

**4. BRAIN TRAIN:** A portable neurofeedback system for treatment of central neuropathic pain following spinal cord injury. This project will exploit the latest advances in electronic tablet technology and enabling those who have suffered SCI to monitor and control neuropathic pain. PI: **Dr Aleksandra Vuckovic** It is being run at the Glasgow's University & **Queen Elizabeth University Hospital** also in Glasgow with ten devices being tested in the homes of SCI throughout Scotland. **INSPIRE Award: £16,048 Target: -£16,048**

I will cover our fifth project in a minute but before I do, the total bill for our extant 3 year Research Programme is **£275,000** with a balance still to find of **£168, 473**; you will understand fundraising is a never ending issue which is why I am probably looking so haggard! The problem never goes away because as soon as we raise any quantity of money, our wonderful scientists come up with more research projects! **And that is what this business is about!**

**I would now like to focus on our fifth project NEUROMODULATION.** In 2008, the then 18 year old **Sean Doherty** was out on his mountain bike in rural Gloucestershire when he took a tumble; not just any old tumble but a fairly significant one in which he broke and dislocated his neck, a life changing moment which would sadly cause him to spend the rest of his life in wheelchair with permanent paralysis and impaired use of his hands. But Sean was not just any 18 year old young man! After rehabilitation, he went back to complete 3 very good A levels and then went up to Cardiff University where he took a 2:1 in mechanical engineering. But he wanted more and decided to study for his doctorate. Last year Sean was selected by INSPIRE Foundation's panel including **Professor Mike Craggs & Dr Sarah Knight** (both here this evening) to read for his PhD with the benefit of our support and in memory of our one time Chairman, the late **Major General Ralph Crossley**. Consequently, Sean is now established with as a research Scientist at the London Spinal Cord Injury Centre at the RNOH Stanmore. This important project is tackling bladder and bowel issues after SCI and will run until the summer for 2018. There is a great deal of work to be done but we could not have invested £85,000 with a current target of **£50,095** in a more enthusiastic and dedicated team, under the guidance of **Dr Sarah Knight** and **Dr Anne Van Hoestenbergh**.

It now gives me enormous pleasure to ask **Baroness Masham** to present Sean with the **INSPIRE Foundation Scholarship 2015** (See front page) .'



**House of Lords Reception Thursday 14th April 2016**

Photographs by Professor Ian Swain. To view the full album and order your prints visit [www.inspire-foundation.org](http://www.inspire-foundation.org)