

INSPIRE shortlisted for the  
**Charity Governance Awards 2017**  
24th May at The Clothworkers' Hall, London



**Times columnist Melanie Reid MBE addresses INSPIRE's  
Glasgow Reception, Thursday 16th March 2017**



**INSPIRE's Spring Reception** was held at the **University of Glasgow** and attended by grant making trusts, clinicians, scientists and many friends of INSPIRE. We are currently running two pain related projects in Scotland and our guest speaker **Melanie Reid of the Times** (above centre) spoke very movingly about the effects of neuropathic pain and her involvement in INSPIRE's **BRAIN TRAIN** project. We were also delighted to acknowledge the grant made by the **RS MacDonald Charitable Trust**. Pictured above right is Director **Douglas Hamilton** (right) with the Trust's wonderful presentation cheque for **£16,048** being awarded to Principal Investigator **Dr Aleksandra Vuckovic** and the Project's Research Assistant **Manaf Kadum Hussein al Taleb**. Also pictured above left, **The Hon Colin Carnegie** and **Ms Annie Wells MSP** who joined us from the Scottish Parliament.

**Ralph Crossley's Scholarship presented by his daughter!**

After her late father's many years as Chairman of the Trustees, Mrs Mandy Wilman was invited to present the **Ralph Crossley PhD Scholarship** to **Dr John Riddell**. John and his team will use the Glasgow University's MRI scanner in a 42 month research project analyzing mechanisms of neuropathic pain and the role of the spinothalamic tract. The selection of a suitable PhD student is now underway and the project, funded by INSPIRE and costing **£100,400**, will commence in October. Mandy who was accompanied by her husband Chris, spoke with great fondness about Major General Ralph Crossley's passion for INSPIRE and how his background in electronic engineering equipped him to so well for our focus in technological research.



**Cost of INSPIRE's Research Programme hits £509,000 and there is more to come!**

(Above Right) Chairman of INSPIRE'S National Scientific Committee **Peter Ellaway**, Emeritus Professor of Physiology at Imperial College London in discussion with **Professor Alastair MacDonald** & **Dr Henrik Gollee**. Dr Gollee has recently submitted a Letter of Intent to research 'Development of Abdominal FES to improve respiratory function in acute SCI'. His full Application will be tabled in the autumn and if successful, will be INSPIRE'S third Scottish project. **INSPIRE'S Director and fundraiser Rory Steevenson** is adamant that his ability to raise money for research goes hand in glove with the quality of projects submitted. He is always ready to hear of new SCI related project ideas from scientists, clinicians or therapists from anywhere in the UK.  
[www.inspire-foundation.org.uk/Research](http://www.inspire-foundation.org.uk/Research)



## New Format AGM & Supper a resounding success!

It is a fact that while **Patron Nessie Owen's** supper was twice as popular as the AGM, a jolly evening was had by all. The format was very simple; those who wanted to attend the AGM (bottom left) were invited to arrive early and conducted business in a side room at the Radnor Hall, two miles from Salisbury District Hospital. Those who were more interested in a refreshing glass of prosecco and a canapé or two arrived a little later and we all joined up in time for Nessie's delicious supper. Twenty three patrons, trustees, scientists and members attended the AGM and the numbers swelled to more than fifty at the mere hint of something delicious. **Chairman of the Trustees David McCreath** (top left) applauded the event with almost as much enthusiasm as **Patron Lady Amherst** (top centre) and other assorted Friends of INSPIRE gave the Radnor version their blessing. The next AGM Supper will take place on **Thursday 9th November 2017** and my guess is we will fill the Hall again. You are advised to sign up early to avoid disappointment! **Badg & Jane Champion** (bottom centre) have already booked in while Nessie's mum **Mrs Jo Cumberlege** (top right) persuaded her neighbour **Bill Haskell** to buy a copy of Nessie's book 'Cook to INSPIRE'.



## Helen Rooney, Charles Ryan and David Temple raising money for INSPIRE

Despite being warned by his physiotherapist wife Barbara to watch his knees, IFA and former Army officer Charles Ryan threw caution to the wind and ran in London's Royal Parks Half Marathon raising the magnificent sum of £4,000 for INSPIRE. With a cheeky grin he said, 'What better way to spend a Sunday morning?' His reward was to have been a day at the Polo, but alas, he will in New Zealand watching the British Lions! However, Barbara will be joining us at Tidworth Polo Club and we will raise a glass in a south easterly direction. Bravo Charles and thank you! Meanwhile former RAF Engineering Officer David Temple who sustained a spinal injury in Hong Kong in 1995 opted to row the Bath Half Marathon while his wife ran it. He also raised over £1000 for which we are enormously grateful. No Polo for him though; instead we have offered him a place in the National Scientific Committee as the Lay Member. David will attend his first meeting in October 2017 and is thrilled to put his engineering background and knowledge of SCI to good use. Professor Peter Ellaway and the Scientists are looking forward to meeting him. Meanwhile on a cold January morning, Helen Rooney (pictured with Volunteer Malcolm Broad) flew the flag for INSPIRE at the George Skeates Fun Run in Stockbridge while husband Richard and children cycled the route.





**SALISBURY WINE TASTING THE BEST YET!** Our fifth Spring Wine Tasting took place in the Bibury Suite at Salisbury Racecourse on Thursday 30th March and was attended by Patrons, Trustees, Scientists and many Friends of INSPIRE. The auction and raffle raised in excess of £1500 and the surprise draw was won by **Richard Rooney** whose prize won considerable admiration from a thirsty **Paddy Waring** (top second right). **Charles Steevenson** (now there is a coincidence) pictured top left in pink shirt, **MD of Steevenson Wines** produced a delicious array of world wines and **Emma Harrison** who also runs the catering at the Polo provided both plentiful and tasty canapés. We had five sizeable auction prizes and a dozen liquid raffle prizes, so tickets sold at some pace. In addition **Nigel Brodrick-Barker** (bottom, second left) exhibited a display of paintings and the handsome proceeds of his sales were donated to INSPIRE. The consensus and very positive feedback was that the smaller the evening, the better. Perhaps what people actually meant was fewer people meant more wine for those lucky enough to attend. In any event our intention for Spring 2018 is to cap numbers, so when invited, book early in order to secure a ticket.



**'...INSPIRE improving the lives of the spinal cord injured with the latest technological research...'**

We could of course fill up the Newsletter with lots of pictures of research projects but instead hope this edition gives a flavour of some of our other activities. While we have had several new activities in the calendar, you will also wish to be aware that your Charity is spending over £500,000 on research helping the spinal cord injured with every day issues. We are currently funding seven projects, two in Scotland three in London and others in Southampton and Bournemouth. The National Scientific Committee, chaired by Professor Peter Ellaway of Imperial College London, has just recommended two further projects (in Scotland and Bournemouth University) for final consideration later in the year; these will add an additional £200,000 to our research programme spread.

Meanwhile our emphasis has been on covering all the areas of interest in our mission statement. In particular, the very exciting TETRAGRIP project has now been completed and we are awaiting the Final Report from Lalitha Venugopalan the research assistant.

For those who have not visited recently, the home page has a short video clip of the project 'in action' showing a Tetraplegic demonstrating TETRAGRIP's 'key grip' enabling him to use a fork while tasting Lalitha's excellent (although he described it as 'hot') home made curry. TETRAGRIP II will be considered at the Autumn round of meetings and will take this research much further, enabling individuals to try this equipment at home rather than under hospital or laboratory conditions.

## Two New Projects starting Autumn 2017

**SPINAL PAIN University of Glasgow.** Under Principal Investigator: Dr John Riddell BSc PhD (Below) Senior Lecturer, at the Institute of Neuroscience & Psychology is launching a project entitled: 'Mechanisms of neuropathic pain in SCI and the role of the spinothalamic tract'. This type of pain is particularly unpleasant and is an additional burden on a top of physical disability. In some patients, the pain is so severe that it becomes an overriding preoccupation, preventing employment and seriously impacting quality of life. Medications help, but are frequently ineffective and have many side effects. The pain develops as a result of maladaptive changes in the nervous system, triggered by the injury. However, one of



the reasons why therapies for controlling this type of pain are inadequate is because we do not yet fully understand the processes that generate the pain. The research will be conducted in the new Imaging Centre of Excellence at the Queen Elizabeth University Hospital in Glasgow. Volunteer SCI subjects, recruited from a long list of those who have benefited from the dedicated clinical services of the Spinal Unit, will assist by acting as subjects for the research.

## STIM2 STAND University College London

Principal Investigator: Lecturer, Dept of Medical Physics & Biomedical Engineering. Lynsey writes: 'In this project we will trial spinal stimulation for the first time on ten people with SCI to see how many of



them regain the ability to voluntarily move their legs, and whether they are able to stand up. We will then explore whether these abilities continue to improve when spinal stimulation is combined with a novel program of sit-to-stand training. For this we are working with Neurokinex, a non-profit

organisation and the UK's leading provider of neurological activity-based rehabilitation. Sit-to-stand training will be carried out using the Keiser Rack (pictured). Half of our volunteers will complete a program of 'sit-to-stand training' alone and the other half will do the same training combined with spinal stimulation. This will allow the research team to make a direct comparison. We will additionally explore any other positive effects including importantly, bladder control.

Thu 27 Apr	Board of Trustees 16:30 for 17:00
Tue 2 May	Salisbury Market*
Sun 25 Jun	Cheriton Cottage Open Garden*
Wed 28 Jun	Bibury Cup Day, Salisbury Racecourse*
Sat 8 Jul	Polo Tournament*
Wed 19 Jul	Rehab Week QE II Conference Centre, London*
Thu 7 Sep	National Scientific Committee 10:30 – 15:00
Thu 12 Oct	Exeter Races 11:00-16:00*
Thu 19 Oct	Board of Trustees 16:30 for 17:00
Thu 9 Nov	AGM & Charity Supper, Radnor Hall*
Thu 14 Dec	Christmas Lunch, Radnor Arms*

We always welcome volunteers to help run the \* starred events. If you can spare an hour or two please call Helen Rooney in the office or email: [events@inspire-foundation.org.uk](mailto:events@inspire-foundation.org.uk)



**At Wincanton Races on 5th April 2017 we raised £880.29.**

**With Your help we could have raised more!**

Our next race meeting is at Salisbury on Wednesday 28th June and we need more volunteers to wiggle buckets. We see the same people helping every time and while we are very grateful to them, some new faces would be welcome. It costs nothing; we are given free tickets (worth about £20) so please come and support us!

## 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 publication 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 Pavilion Trust  
Royal Manor Lodge  
The Drove Trust  
The Homeland Charitable Trust  
The G M Morrison Charitable Trust  
The Verdon Smith Charitable Trust  
The Jellybelly Trust  
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Cardy Beaver Foundation  
The Tay Charitable Trust  
The Norman Family Charitable Trust  
The Misses Barrie Charitable Trust  
The Valentine Charitable Trust  
The Alice Cooper-Dean Charitable Foundation  
The Tay Charitable Trust  
Quilter Cheviot Investment Management

## INDIVIDUAL DONATIONS

We are indebted to those trusts and individual Friends of INSPIRE who have made donations of more than £50 since the last Newsletter.

Donors who wish to remain anonymous are not listed:

Mr R Tylor, Mr & Mrs P Pegler, Mr & Mrs Wright  
Mrs A Turner, Mr & Mrs Peacock, Mr K Rees  
Mr & Mrs I Camm, Mrs H B Courtney  
Mrs Mary Thomas, Mr & Mrs P Story  
Mrs Caroline Rippier, Mrs M Wellstead  
Mrs M C Leslie, Mrs Jacqueline Endersby  
Mrs J A Watt-Smith, Mr J A Burt

**We are also grateful to those who donated a total of £7,361.86 to our Just Giving account.**

## Volunteers and cake makers needed! Cheriton Cottage Open Garden Near Winchester, SO24 0PR Sunday 25th June 2017

Lord & Lady Amherst are again extending a warm welcome to all friends of the INSPIRE Foundation to The Cheriton Cottage Open Garden. Entry £5.00 per adult. **Wheelchair friendly.** Plant sales, afternoon tea, delicious home made cakes and a picture gallery with oils and pastels on sale. All proceeds to the INSPIRE Foundation.



## POLO 2017 Saturday 8th July 2017 Tidworth Polo Club

**near Andover** Whether you want to buy a full day's ticket, come along with your own picnic or join us in the INSPIRE marquee for a delicious cream tea (new for 2017), we would love to see you at this wonderful family day out. Details are on the website (EVENTS) or call Helen Rooney to discuss your ticket options 01722 336262 Ext 2465. Note reduced prices may be negotiable for Volunteers!



With our grateful thanks to Mr Richard Firth and his team:

**Main Sponsor**



**QUILTER CHEVIOT**

INVESTMENT MANAGEMENT

## DEATHS

Our deepest condolences to the families of:

Mr Edward Saunders, Mr David Weeks  
Colonel Charles Cumberlege, Mrs Anne Rosina Wilson  
Mrs Kathleen Carruthers, Mr Graham Jowett-Ive  
Mrs Carroll Rainey