

Late Spring Newsletter 2019

Pressure Ulcer Research (Inside)

National Scientific Committee at the Royal Society of Medicine



Above: The Royal Society of Medicine, No 1 Wimpole Street, the NSC's new London 'home'. Below 'au revoir' to Professors Ian Swain (left) and Nick Donaldson (right)



Over the last few years it has become increasingly apparent that INSPIRE and its research programme has grown in all regards. At its Spring 2019 meeting, the National Scientific Committee (NSC) addressed a total of no less than 21 research papers, including seven interim reports and 11 letters of intent and new applications! Our focus remains on quality of life and independence after spinal cord injury and word must be getting out, as we have never entertained so much interest in our programme. In keeping with the Association of Medical Research Charities (AMRC) protocol, we have concentrated on rotation of members to ensure we are inviting **new** people from **new** pastures with **new** ideas. The NSC has therefore deliberately branched out from the south of England and recruited members from Scotland, Keele, Newcastle and Manchester, many with easier access to London than rural Wiltshire. It therefore seemed logical to relocate our biannual meetings from Salisbury to the capital. Thanks to his membership, **Professor Mike Craggs** was able to attract a 'special deal' for our inaugural meeting at the **Royal College of Medicine**, (left) conveniently located just off Oxford Street. The modest conference fees are more than offset by other cheaper costs, particularly for those members travelling from 'upcountry'. In addition, we have already identified that NSC members are able to share or even offload expenses onto other professional commitments in London. Proposed by Director **Rory Steevenson**, this move has been enthusiastically applauded by the **Prof Laurence Kenney**, right, in the NSC chair for the first time in March. Laurence co-leads the research group in Rehabilitation Technologies and Biomedical Engineering at the University of Salford just outside Manchester. Effective May 2019, other members of the NSC are: **Prof Emeritus**



Mike Craggs, UCL & Hon Clinical Consultant RNOH Stanmore and very much the 'Mzee of the House'. In addition, **Prof Andrew Jackson** from Newcastle University and **Dr Dorit Kunkel**, from University of Southampton, **Ms Ruth Peachment**, NSIC, Stoke Mandeville, **Doctor Paul Strutton**, Imperial College London (ICL), **Prof Paul Taylor**, Bournemouth University & Salisbury District Hospital and **Mr David Temple** our SCI Lay Member, now semi retired and living in Bath. In addition, with details overleaf, our two newest members were selected in May 2019, namely **Dr Anne Vanhoostenberghe** from UCL and **Dr Ed Chadwick** from Keele University. Sadly, to make room for them meant saying farewell to two long standing scientists who have contributed so much. For more than 20 years **Prof Ian Swain** (far left) has been in the NSC and as the Trustees' Scientific Advisor, from as far back as 1995! His departure will be marked, at his own request, at an 'informal' event in Salisbury. **Prof Nick Donaldson** (left) meanwhile, has run the Implanted Devices Group at UCL, while generously giving his time to INSPIRE since 2000. He will bow out with 'due aplomb', in a suit and silk tie!

INSPIRE DOUBLES ITS BEST YEAR EVER. £500,000 RAISED FOR RESEARCH INTO SPINAL CORD INJURY!

While our accounts for year ended 30th April 2019 are currently with the auditors, our best guess for income raised indicates that we have not only had an exciting financial year, but that we have more than doubled our income in any year since the charity began. All credit to the NSC as our ability to raise funds is directly proportional to the quality of our research projects, a real chicken and egg situation. With last year's income exceeding half a million pounds, our reputation as a medium sized research charity focused on independence after SCI is clearly on the wider radar. This enables us to attract even more research as funds are usually paid 'up front' whereas projects are often costed over 3 years, sometimes longer. If you are a scientist or clinician interested in approaching us for funding towards a relevant SCI related research project, dig into the Research section at: www.inspire-foundation.org.uk and please get in touch!

INSPIRE's New Scientists

Notwithstanding the uncertainties of BREXIT, the INSPIRE Foundation and the NSC in particular, is delighted to welcome Belgian born Dr Anne Vanhoostenberghe who along with Dr Dorit Kunkel (from Germany) & Dr Mariel Purcell (Republic of Ireland) help fly the European flag in our efforts to further scientific research into spinal cord injury.



The world class National Scientific Committee welcomes **Dr Anne Vanhoostenberghe PhD MSc (Belgium)** a truly international student who went to school in her native Belgium before completing her final year as an Erasmus student in the Netherlands. She then undertook a 5 year course in Masters of Engineering Science in Belgium followed by her PhD at University College London. She has worked in Germany (IMTEK, Freiburg) and Australia (UNSW, Sydney), where she contributed to the development of the Bionic Eye. She co-founded the Centre for Rehabilitation Engineering and Assistive Technology CREATE, at UCL, where she is an associate professor. She develops implantable electronic devices to improve the quality of life of patients, through applications such as, control of prosthetic limbs, restoration of movement for paralysed muscles, activation of artificial organs and neuromodulation for improved bladder control or spasticity management. She was the second grant holder for INSPIRE's applauded NEUROMOD project (2016-2018) and is now committed to NEUROMOD II. Anne chairs the UK chapter of the International Microelectronics Assembly and Packaging Society (IMAPS-UK) and is a keen teacher actively seeking new strategies to develop more inclusive learning spaces while improving the university experience of non-mainstream students.

Her overriding ambition is to improve the quality of life of people affected by disease and disability, by supporting the development of therapeutic and rehabilitation interventions. Her research includes core engineering considerations for new devices interacting with the nervous system, as well as scientific collaborations with clinicians. Despite her extremely busy professional portfolio, we were delighted that Anne agreed to join INSPIRE's NSC in May 2019.

We are also particularly pleased to welcome **Doctor Ed Chadwick BEng (Hons), PhD, MIPEM, FHEA** who is currently Senior Lecturer in Biomedical Engineering at Keele University, new territory for INSPIRE. After studying Mechanical Engineering at Nottingham University, and completing his PhD in Bioengineering at the University of Strathclyde, Ed spent several years abroad at the Delft University of Technology and the Cleveland Functional Electrical Stimulation (FES) Center in Ohio, USA. His research focuses on the application of biomechanical modelling to the study of upper limb function, and he has a particular interest in the development of assistive technologies for the restoration of arm function in people with spinal cord injuries. Ed leads the Healthcare Technologies research theme at Keele within the Institute for Science and Technology in Medicine and is the Course Director for the Masters Programme in Biomedical Engineering. He readily agreed to become a member of the National Scientific Committee in May 2019.



FOCUS ON PRESSURE ULCERS & INPrUS

Attractive projects are usually the catalyst for successful fundraising but occasionally luck comes our way! Last year one generous, albeit anonymous friend of INSPIRE presented the charity with a handsome cheque as a down payment for 'conditional research' into Pressure Ulcers (PrUs) a debilitating yet common condition within the SCI community. Being given funds before we have even identified a project is unusual and certainly brought PrUs into focus! As a result, at the NSC's Autumn 2018 meeting, the Committee scrutinised but also rejected several draft applications, (LOIs) but unperturbed, the inspi-



INSPIRE FOUNDATION

Membership Secretary Pippa Giles mans the INPrUS Reception Desk

national **Dr Dorit Kunkel** proposed a seminar to tease out research in this specific area. INSPIRE's PrU (Sandpit) Seminar **INPrUS**, was born and subsequently held on Thursday 17th January when fifty subject matter experts gathered at the Royal College of Anaesthetists. A warm welcome by **Prof Laurence Kenney** was followed by a snapshot of our current research programme by **Rory Steevenson**.

INSPIRE Trustee **Dr Stephen Duckworth OBE** then set the scene

with a fascinating insight into his '**personal reflections of SCI**' having broken his neck playing rugby in 2001. He was followed by keynote speaker **Prof Dan Bader DSc, FIPEM**, Professor of Bioengineering and Tissue Health, at the Uni-



versity of Southampton. Dan addressed '**areas in which future INSPIRE funded PrU research should focus**'. This produced some fascinating results and no less than seven LOIs were subsequently submitted for consideration. Analysed in detail at the NSC's Spring



Meeting, two, (from Oswestry SIU and University of Sheffield) have been selected and will lead to full Applications at the autumn meeting. We await their novel ideas with considerable interest.



Mrs Mary Mullin joins the Board of Trustees

Mary Mullin is a champion of Design Education, with interests at the Royal College of Art in London and a Regional Adviser to the World Design Organisation. She was a founding trustee and past Secretary General of the International Council of Graphic Design and was the first woman to be elected to what is now the World Design Organisation. Having developed the Interdesign Programme for ICSID, she advised on programmes and events throughout Europe and North and South America. She was Founding Director of the National Centre of Culture and Arts in Dublin (now the Museum of Modern Art) and ran her own consultancy practice in design and special event management in London from 1981 to 1998. She is an Honorary Fellow of the Royal College of Art, the University of the Arts in Bournemouth, the International Society of Typographic Design and Honorary Life Fellow of the Royal Society of Arts (RSA). In 2017 November she became the first Irish subject to be awarded RSA's coveted Bi-Centenary Medal. Proposed by the Chairman **Mr David McCreath**, Mary attended her first INSPIRE Board meeting in April 2019 and it was immediately evident that her skills, vision and contacts equip her as a most valuable and committed Trustee.

Trustee & Financial Advisor Mr Malcolm Wylie passes the baton to Mrs Sue Borrett



Malcolm Wylie had a life time career as a chartered accountant culminating as a partner of Fletcher & Partners, the only local accountants who specialise in auditing charity accounts. He retired in 2009 but having become well acquainted with INSPIRE over the years, he happily agreed to join our Board of Trustees. This unusual role is no sinecure. As well as a voting Trustee, the Financial Advisor is the Director's mentor and confidante on investment and banking matters and the counter-signatory for any expenditure. In my first year or two I found his advice to be informed, correct and squeaky clean; I saw more of him than any other trustee and he became my sounding board on many matters, not all of them financial. After nine years working with INSPIRE, his growing family, extensive garden and interest in Fovant Cricket Club have beckoned and Malcolm proposed that it was time to pull stumps. I knew these were going to be difficult shoes to fill. But I need not have worried! **Mrs Sue Borrett** was recommended by Fletcher's with a serious knowledge of IT and Financial systems both with the NHS and Odstock Medical Limited (OML). For six years she was Senior Receptionist, systems' manager and accounts administrator at St Mary's Surgery, Andover before being promoted as a team leader in the South East Hampshire Health Authority in Portsmouth. In 2000 she moved to the Salisbury NHS Foundation Trust as the Business Manager for the Department of Clinical Sciences and Engineering, responsible for all HR and financial matters, including the compilation of research grants. On the creation of OML in 2006, the commercial wing of the Salisbury NHS Trust, she became the Finance & HR Manager, reporting to the Board of Directors for all financial and budgetary matters. Now retired from OML, and with her own personal interest in spinal cord injury, Sue volunteered her services to INSPIRE. Malcolm and I both met her independently and she was subsequently introduced to the Board of Trustees at their Autumn Meeting 2018; they snapped her up! The transition was seamless and Accounts & Membership Secretary, Pippa Giles and I both consider we are very lucky to have Sue on board. Thank you Malcolm and welcome Sue. **Editor**

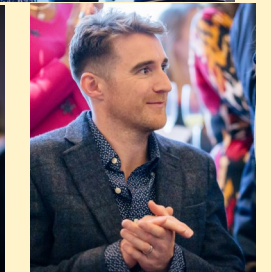


Channel Islands Reception

Thursday 2nd May

Our delayed 2018 plans to hold a reception in Jersey came together last month, when we gathered at the Radisson Blu Hotel over looking St Aubin's Bay in St. Helier.

OVER drinks and delicious canapés about sixty guests enjoyed presentations by Trustee **Dr Stephen Duckworth OBE** and INSPIRE's Director **Rory Steevenson**. Local SCI guests included **Andrew Pugsley**, **James Bedding** and **Will Ross**, just home after his rehabilitation in Salisbury yet still finding time with his wife Emma to produce many of the guests! Others present included Patrons **Lady Amherst** and **Nessie Owen** with her wonderful mother **Mrs Jo Cumberlege** and representing the Board of Trustees **Chris & Sarah Cann**.



Brave Patron Freddy returns to Kempton Park



Monday 13th May 2019. On a beautiful spring afternoon, **Patron Freddy Tylicki** represented INSPIRE at Kempton Park Racecourse near Hampton Court. This was a brave thing to do, only two and a half years after his horrific 'four horse pile up' which left him with a broken back and paralysed. In his typically generous manner, he realised that by personally attending the 2:10 'INSPIRE Foundation Freddy Tylicki Novices' Hurdle Race' he could help raise the charity's profile and he was right. Many people came across to visit our stand to thank him for attending while adding to our coffers! Accompanied by his wonderful mother **Irene** and lovely sister **Madeleine** over from Ireland to watch her brother's big day, Freddy was on cracking form! He is seen (right) with the race winner 'Locker Room Talk' trained by **Nigel Twiston Davies** and ridden by **Jack Savage** and (left) presenting INSPIRE's raffle prize, a 'Trotting Warm Blood' replica by Dorset sculptress **Harriet Glen**, to a clearly delighted **Mary Field**.



Freddy is a truly wonderful INSPIRE Patron and ambassador for the charity, always willing to put others first by helping to raise our profile and with it, much needed funds. Thank you Freddy and we look forward to seeing you **at Polo 2019, Saturday 13th July at Tidworth.**

Mr Stuart Rees 1952-2018



Stuart Rees, bon viveur, sailor, parachutist, rugby fanatic, aficionado of Jaguar motor cars, and high speed skier, sadly died last January. Born in Wales in 1952, the youngest of three children, he broke his neck in a rugby accident aged 26 and thereafter, was dependent on his wheelchair for mobility. He was one of those special people who worked his way round the issues he confronted and was a particularly popular teacher, respon-

sible for technology and special needs adaptations across Hampshire. In an adventurous life, he always used his life skills and experiences to help others less able than himself. He worked in the local community in Hampshire looking after people of all ages and abilities, was a volunteer with the Stroke Association, editor of the newsletter for the Petersfield Stroke Support group and Chairman of the Residents' Liaison Committee in the housing association where he lived.

INSPIRE MOVES INTO THE MOTOR TRADE! Stuart drove his much loved Jaguar XJS equipped with hand controls which has been generously donated to the INSPIRE Foundation by his nephew Matthew. The car will be auctioned at Polo 2019 on Saturday 13th July 2019 at Tidworth Polo Club. If any reader is unable to attend but interested in bidding, please call 01722 336262 Ext 2465 or email 'events@inspire-foundation.org.uk'



Jaguar XJS to be auctioned at Polo 2019!

DEATHS

We offer our deepest condolences after the passing of those named:

Mr Stuart Rees (left), Mr Paul Tucker, Mrs David Porter, Mr A Sweek Mr Derrick Whitcombe, Mrs Beulah Lewis, Brigadier Alan Wheatcroft

Please note: A change of NHS policy means we are no longer automatically notified by the health authorities in the event of the death of an INSPIRE member.

We apologise if some of these notifications are very late

DONATIONS OVER £50 SINCE LAST NEWSLETTER

Our sincere gratitude to those who have given so generously to INSPIRE.

(Names of the many donors requesting anonymity are not included)

Dr Jonathan & Mrs Cherry Rudge, A Wragg, Fleur Joll & Friends
Karl Rees Esq, Mr & Mrs Peter Story, Mr & Mrs King, Mrs E Rudge, Royal Manor Lodge, Legacy from the late Paddy Waring, Mrs J Knight, Donald Farquharson Esq, Mrs Caroline Rippier, RH Weed, Mr & Mrs Ian Camm, C Leslie, Prof Nick Donaldson, Mr Watt-Smith
Legacy from the late Stuart Rees (left)

Your Membership Secretary Calling

GDPR/Membership. To comply with the General Data Protection Regulations (GDPR), we have, over the last 12 months been attempting to establish whether those people on our database wish to remain Members or Friends of the Charity. Regrettably, most have not responded! The enclosed membership form and self-addressed envelope is the final opportunity to send us the completed form clarifying:

1. If you wish to be removed from our members' database
 2. If you wish to remain a member—and if so -
 3. How you would like us to contact you
 4. If you wish INSPIRE to claim back Gift Aid on any of your donations
- Alas, if we have no response at this our third and final attempt, GDPR gives us little alternative but to remove you from our database.

Christmas cards. Each year we commission our own charity Christmas cards for sale through our website and at Cards for Good Causes in Salisbury. Last year we received less than 40% of our income from card sales compared to 5 years ago. We have worked hard to find lovely designs for 2019, which include photographs taken of Salisbury Cathedral by **Professor Ian Swain** and a beautiful painting of a barn owl by the renowned artist **John Thompson**. We will post the images of our 2019 card selection on our website in September with details of how to order. We very much hope to continue our lovely range of charity cards but we are dependent on your support! Please bear us in mind when planning your Christmas cards this year. Thank you for your support and best wishes.

Mrs Pippa Giles