



34th Annual General Meeting
Thu 24 Nov 2022
The Guildhall, Salisbury

MINUTES

Attendance:

Trustees/Patrons/Scientists (NSC)

| | |
|-------------------------------------|-----------------------------|
| The Lady Amherst (NC) | Patron |
| Mrs Sue Borrett (SB) | Trustee & Financial Advisor |
| Professor Emeritus Mike Craggs (MC) | Life Patron |
| Mr & Mrs Chris Prentice (CP) | Trustee |
| Dr Jonathan Rudge (JR) | Trustee |
| Ms Joanne Suddaby-Smith (JS-S) | Trustee |
| Professor Ian Swain (IDS) | Life Patron |
| Rob Tylor (RT) | Trustee |
| Rory Steevenson (Sec) | Director |

Apologies:

| | |
|----------------------------------|-----------------------------|
| Baroness Masham of Ilton DL | Patron |
| Professor Emeritus Peter Ellaway | Trustee |
| Mrs Genevieve Holmes MVO | Patron |
| John Glen MP | Patron |
| Mrs Gillian Matthews MBE | Patron |
| David McCreath | Life Patron |
| Luke March | Former Trustee |
| Mrs Mary Mullin | Trustee |
| Sir Paul & Lady Newton | Patrons |
| David Reddin MBE | Chairman, Board of Trustees |
| Mrs Barbara Ryan | Patron |
| David Temple | Trustee & Lay member NSC |
| Mr Freddy Tylicki | Patron |

ITEM 1: CHAIRMAN'S OPENING REMARKS

1.1 In the Chair, Trustee Dr Jonathan Rudge opened the meeting at 18:22. He thanked all those in attendance and apologised on behalf of Chairman David Reddin who was unable to attend. He extended a particular and warm welcome to:

- Patron, The Lady Amherst.
- New Trustee, Chris Prentice and his wife Marie attending their first AGM.

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- Returning Trustee Rob Tylor.

1.2 Chairman invited the Director to lead the meeting through the agenda.

ITEM 2: MINUTES & MATTERS ARISING

2.1 **Prelims.** This AGM is mandated by the Charity Commission with all members being invited by email or post and able to contribute to the agenda. The draft Minutes of the last meeting held on Thu 25 Nov 2021 were circulated on Fri 26 Nov 2021. Where appropriate, any minor amendments had been incorporated into the final copy.

2.2 **2021 Matters arising:** (bracketed number refers to last minutes).

2.3 **(3.15.3) London Reception.** Notwithstanding the interest in an event at the Royal Society of Medicine, this was going to be very expensive with the venue alone costing over £1,000. This did not compare favourably with the facilities at the House of Lords available 'gratis' when hosted by **Patron Baroness Masham.**

2.4 **Minutes – approval & signature.** No further comments or concerns were raised and the minutes were:

Proposed: SB
Second: RT
Signed: Trustee, Dr Jonathan Rudge

ITEM 3: DIRECTOR'S REPORT

3.1 **Aim of AGM.** Sec opened by saying the aim of the AGM was not to repeat the Trustees' meeting held on Thu 20 Oct 2022, but to inform the wider membership particularly through the minutes, of the charity's current issues and progress. When invited, no items were submitted for this meeting.

3.2 **Overview.** Sec opted to repeat his streamlined report covering the 4 'P's.

Projects
Purse
People
Profile

3.3 **'AGM Bundle'.** Three documents are appended hereto to which were used in the Director's Report:

- Current Research Programme dated 1 Nov 2022.
- The Income & Expenditure summary produced by INSPIRE's auditors Fletcher & Partners.

- Director's Charity Information Note dated 1 Nov 2022.

PROJECTS

3.4 National Research Programme (NRP). In lay terms, Sec ran through the nine projects on the NRP (attached). He stressed the itemised costs shown were total rather than actual costs and that the total funding commitment was **£1.52 million** over the life of the programme (2017-2025). The current actual amount owing to the programme was - **£391,710**. In the last year, one project had been completed (RAMP ES) although the Final Report (FR) has yet to be finalised. In its place, project BIONIC BLADDER (start date Apr 2023) has been added to the programme.

3.5 Quality of Research. Sec said INSPIRE's ability to raise funds was due to the quality of research projects and saluted the continued resolve of the NSC and PIs.

3.6 Changes in the pattern of spinal cord injuries - Prof Ian Swain (IDS). In readiness for a draft paper he was preparing, Life Patron Prof Ian Swain had been invited by the Director to share his initial observations. IDS literally produced a 'shopping list' of ideas and statistics which are summarised below.

3.6.1 Preamble. The catalyst for his paper was the evident problem of recruiting suitable SCI volunteers which IDS had observed in running TETRAGRIP. Having been involved in research since 1984 at the (then) new Duke of Cornwall Spinal Treatment Centre in Salisbury, he said there was clear evidence that changes in the availability of SCI volunteers was in part due to a very different and smaller cohort of volunteers. Not only did he think this was worthy of consideration, but it might be a valuable PhD thesis in its own right.

3.6.2 Provisional Statistics. The following were offered:

- Average age of tetraplegia at DCSTC: 1995, 37 compared to 60 years in 2022.
- Percentage of complex ASIA A&B injuries worldwide: 1995: 55% 2022: 24%.
Note: ASIA (American Spinal Injuries Association) A and B are the most severe resulting in lack of function but people with ASIA B injuries might have some sensation. (More detailed definitions are included on P.7)
- Comparison of instances of falls compared to road traffic accidents (RTAs)
Falls: RTA 1995: 50:50% 2022: 70: 30%
- Percentages of Tetraplegia C1-C4 1995: 35% 2022: 55%
- Instances of C1 – C4 injuries are now more common than C5-C8. In 1995 C5-8 SCI were the most common of any spinal injury.
- Numbers of non-traumatic SCI has also increased

3.6.3 Discussion. IDS considered a range of issues which impact on SCI statistics including: immediate care at road side accidents, helicopter medevacs, use of spinal boards, effective H&S, fewer motorcycles RTAs and more effective casualty procedures for SCI Patients in regional trauma centres. The discussion then considered military stats

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(JS-S), sporting injuries (MC), the influence and power of the Injured Players Foundation at RFU Twickenham (Sec). IDS said his research was in its formative stages and he looked forward to digging deeper and sharing his findings in due course.

PURSE

3.7 Audit. The audit report was in the public domain and a copy was available at the meeting. Sec handed out an extract from the Income and Expenditure (I & E) sheet (attached), provided by our auditors and highlighted the headline figures:

| FY | Income | Expenditure |
|---------|----------|-------------|
| 2019/20 | £257,787 | £399,985 |
| 2020/21 | £214,904 | £220,166 |
| 2021/22 | £234,122 | £231,686 |

Notes:

1. FYs run from 1 May to 30 Apr.
2. FY 2021/22 shows a 10% increase of income over the previous year.
3. To date, unaudited income for this FY 2021/22 is approximately **£110,000**.

3.8 Current balance and Affordability. As at the Trustees' meeting 20 Oct 2022, the balance was:

| | |
|-------------------------------------|-------------------|
| Balance on account at | £491,182 |
| Amount owed to the NRP | - £391,710 |
| Balance (or Director's litmus test) | £99,472 |

Project BIONIC BLADDER will commence in Apr with actual costs of **£158,821**. The amount owed will then be greater than the current balance but addressed in part by fundraising opportunities over the next five months.

3.9 Financial Advisor's View. Trustee, Mrs Sue Borrett believed our position was well presented and correct and accounted for the vagaries of the recent slump in the markets.

PEOPLE

3.10 Sec highlighted the following changes:

3.10.1 Life Patron David McCreath – Since mid-Aug 2022, David, now aged 85 has been in hospital with various complications after his SCI suffered in 1985. Sec had spoken to his son in law on 24 Nov 2022 and was delighted to report that David was being discharged and able to return home on Fri 25 Nov. Sec would send a card on behalf of the INSPIRE family.

3.10.2 Trustees. New Trustees have been welcomed to the Board as follows following the retirement of Mrs Sarah Cann in April 2022.

3.10.3 Chris Prentice. Former winter sports Olympian, Chris Prentice has been a volunteer at the DCSTC Salsibury since his own rehabilitation after a recent SCI. He was introduced to INSPIRE by Trustee Jo Suddaby-Smith and attended his first Trustees' meeting in Oct 2022.

3.10.4 Robert Tylor. After a gap of six years, Rob has willingly returned to the Board bringing his considerable personal experience of SCI.

3.10.5 Website: Trustees' biographies are kept up to date on the Charity's website at: <https://www.inspire-foundation.org.uk/trustees/>

3.11 Chairman, National Scientific Committee (NSC). Governed by the Association of Medical Research Charities (AMRC), the NSC has to abide by a strict protocol in the rotation of its members. In order to conform and after a gap of 5 years, the NSC was allowed to welcome back as its chair, **Prof Nick Donaldson from UCL**. He replaced Prof Laurence Kenney from the University of Salford in June 2022. Nick's biography is at: <https://www.inspire-foundation.org.uk/inspire-foundation-people/>. Laurence's departure after six years with the NSC will be marked at a future date.

3.12 Charity Director. Trustees' plans are in hand to advertise the Director's post before Christmas in preparation for Rory Steevenson's retirement at the end of April 2023.

PROFILE

3.13 Scientific Horizons. The new project BIONIC BLADDER could be a 'life changer' for those living with SCI and beyond.

3.14. Forecast of Events.

3.14.1 London Reception. By kind permission of the our senior **Patron, Baroness Masham of Ilton DL**, the reception will take place at the House of Lords on Tue 21 Mar 2023. This is an opportunity for representatives of the disparate elements of the INSPIRE family to recognise achievements within the Charity made possible by representative grant making trusts. Further details will be promulgated in due course.

3.14.2 Bibury Cup Race Day - Salisbury Racecourse. The popular INSPIRE Foundation Veterans' Handicap Stakes is planned for Wed 28 Jun 2023. Early indications are that the generous sponsorship in 2022 by the Whitsbury Manor Stud will again be forthcoming.

3.14.3 Charity Polo 2023. The Polo is now uncertain. In Nov 2022 our long term sponsors **Quilter Cheviot Investment Management** terminated their association with

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INSPIRE leaving little time to recruit a new sponsor. While the event remains ‘on hold’ it will only be financially viable if we are able to secure sponsors.

ITEM 4: ELECTION OF AUDITORS

4. INSPIRE is mandated to re-elect auditors each year. Sec opined Fletcher & Partners provide an excellent if expensive service and (SB) remain one of the only firms in the Salisbury area, prepared to undertake charity audits. The meeting was asked to endorse the re-election of Fletchers as auditors:

Proposed: AP
Seconded: IS
Vote: Unanimous

ITEM 5: AOB

5.1 The Director’s office lunch will take place on Thu 15 Dec 2022 at the Radnor Arms. Those wishing to join this small unofficial pub lunch at their own expense are invited to book in with Helen at events@inspire-foundation.org.uk.

5.2 IS wished to record his appreciation and congratulations to the Director for his commitment to INSPIRE over the last 10 years. JR endorsed these sentiments and also wished to recognise the whole team, Helen Rooney, Pippa Giles and Matthew Pearce.

ITEM 6: AGM 2022

6. Thu 23 Nov 2023. Location and format to be decided.

ITEM 7: CLOSURE

7. There being no further business, the meeting closed at 19:12



Rory Steevenson
Director

25 Nov 2022

TO BE SIGNED

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David Reddin MBE LLB (Hons)
Chairman

Date: 23 Nov 2023

ADDENDUM

American Spinal Injuries Association - Gradings

The American Spinal Injuries Association (ASIA), has established an internationally recognised grading system based on clinically determined impairment scores. These are defined as follows:

Grade A: The impairment is complete. There is no motor or sensory function left below the level of injury.

Grade B: The impairment is incomplete. Sensory function, but not motor function, is preserved below the neurologic level (the first normal level above the level of injury) and some sensation is preserved in the sacral segments S4 and S5.

Grade C: The impairment is incomplete. Motor function is preserved below the neurologic level, but more than half of the key muscles below the neurologic level have a muscle grade less than 3 (i.e., they are not strong enough to move against gravity).

Grade D: The impairment is incomplete. Motor function is preserved below the neurologic level, and at least half of the key muscles below the neurologic level have a muscle grade of 3 or more (i.e., the joints can be moved against gravity).

Grade E: The patient's functions are normal. All motor and sensory functions are unhindered