



www.inspire-foundation.org.uk

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INSPIRED

The Monthly Newsletter from INSPIRE - November 2023

We are delighted to announce a new team member and extend a very warm welcome to **Theresa Wood**. Theresa has joined us as Head of Events and Fundraising and has millions of great ideas to bring the funds rolling in to this wonderful charity. Please pop in to say hello or email her at events@inspire-foundation.org.uk. Watch this space!



Autumn Supper 22nd November Salisbury Rugby Club

Gather your friends and relatives and grab some tickets via the web site for the Autumn Supper. Helen Rooney will be there, and we will all wish her a fond farewell. This is going to be our last event of 2023 so let's make it a good one. We are still accepting Auction or Raffle Prizes. Tickets are selling like hot pumpkins. Just click on this link to order tickets at £45 each: BARGAIN!

<https://www.inspire-foundation.org.uk/product/autumn-supper-ticket/>

The INSPIRE Annual General Meeting

6pm – 7pm Wed 22nd November at Salisbury Rugby Club

Please submit any points for the AGM to Director@inspire-foundation.org.uk to be added to the agenda in a timely manner.

BIONIC BLADDER article results in a generous in £20,000 donation!



Rose Heatley read the article by Times journalist Melanie Reid that covered our research project BIONIC BLADDER and thought so highly of it that she kindly donated £20,000 to INSPIRE.

Interestingly, Rose told us she is keen on research herself, having had a father who was a leader in the development of penicillin and another relative who pioneered hip transplants in the UK. We have promised to keep Rose updated on BIONIC BLADDER and all our other fantastic research projects. We are very grateful for her generosity.

A wonderful Service for a wonderful woman

Memorial Service for Baroness Masham, Patron of INSPIRE

Baroness Masham's Memorial Service at Westminster Cathedral on 18th October, which was led by His Eminence Vincent Nichols, Archbishop of Westminster. Several INSPIRE members attended the service.



Think of Us! We NEED You!

Members, please do think of how you can help support us going forward.

Are you willing to run a stall at a market or fair?

Can you run an event at your local pub?

Are you able to do a sponsored event, or know someone that is running a marathon like Julia + John did, ask them to take on a sponsorship - they raised £5,000!!!!

We have a supply of really beautiful Christmas cards, most are plastic free and recyclable. Please consider purchasing them and our gifts at the Autumn Supper or via the web site.

£2,500 raised by Enterprise Rent-A-Car – Salisbury Branch

INSPIRE was chosen by the exceptional team at Salisbury's Enterprise Rent-A-Car office as their preferred charity, so we were delighted to be presented with a cheque for £2,500. Here we are at the INSPIRE office with Managers Charles Prince and Abi Bolton. Thank you so much Charles, Abi and everyone at Enterprise Rent-A-Car!

If you need car hire please call Enterprise and thank them for their efforts – you never know you might get upgraded or a discount! Everyone loves a 'thank you'.



INSPIRE visits London Spinal Cord Injury Centre (LSCIC) Stanmore

Stephen Croft, Director was invited by Sue Paddison, member of the National Scientific Committee, to visit the LSCIC and meet the staff and patients.

It was a really informative visit and Stephen saw the first of INSPIRE's **iCycle II** machines working in situ, being used by a patient to help with muscle exercise and co-ordination. A prime example of where the research we fund delivers life changing solution in spinal cord injured patients. A hugely encouraging experience.



FUTURE DIARY DATE
The Guttman Annual Conference
20th-21st of June 2024

The next Guttman Annual Conference for the UK's Spinal Units is taking place and INSPIRE's team will be there to raise profile and support members. Please note the date and we will send more information in 2024.

Christmas Morning!

Apparently it occurs every 25th of December! However, we are inviting you all to join us for warm Mince Pies, Hot Chocolates and treats!

On

4th December At INSPIRE OFFICE 11am to 1pm

As always, you are very welcome to have a cuppa with Pippa, Theresa and me:

1. Come to the INSPIRE office opposite the Duke of Cornwall Spinal Treatment Centre, Salisbury District Hospital for a tea or coffee and a chat;
2. Call me on 07563232219 or 01722 425098 to fix a time and date;

#Get social savvy! Send us your stories and missives for our Twitter/X and Instagram. Send any details to events@inspire-foundation.org.uk



@INSPIREfndtn on X/Twitter



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Funding Research into Spinal Injury

Thanks for reading!

Best wishes from Stephen, Theresa and Pippa.
