



Funding Research into Spinal Injury

[www.inspire-foundation.org.uk](http://www.inspire-foundation.org.uk)

Director: 07563232219 Twitter/X: @INSPIREfndtn

**'INSPIRED' : The Monthly Newsletter from INSPIRE -  
September 2023**

**DIARY DATE: AGM and AUTUMN SUPPER AT SALISBURY RUGBY CLUB:  
WEDNESDAY 22<sup>nd</sup> NOVEMBER**

**PLEASE NOTE THIS IS A CHANGE OF DATE **AND** A CHANGE OF VENUE**



AGM and Autumn Supper – this year we have linked up with Salisbury Rugby Club, where we are hosting the INSPIRE AGM from 6pm and then enjoying a relaxed INSPIRE Autumn Supper together. Ticket price and further details to follow shortly.....

**Sponsored Run for INSPIRE:** Julia and John Abbott ran the Cheltenham half-marathon on 2<sup>nd</sup> September, raising an astonishing £3500, with the icing on the cake being an additional £500 in Gift Aid. Thank you so much both of you!!



**Fancy doing a sponsored something for INSPIRE?** We are always looking for volunteers to run, swim, shoot, ride, canoe or stay silent for us. If you have a good idea, speak to anyone at INSPIRE and we will help make your idea become reality.

Email; Theresa at [events@inspire-foundation.org.uk](mailto:events@inspire-foundation.org.uk)

**New INSPIRE Information Leaflet:** we have had a new, updated Information Leaflet printed all about INSPIRE. If you want copies of it for your next fundraising event, just get in touch with any of us here at INSPIRE or call 01722 425098. It will be coming with us when we go to the Races, Markets and Fairs.

**Twitter/X and Instagram:** Karl Lambert is a social media content creator who has been helping us with our online presence.

Please do tell us all about any events or stories that we can add to our content library.

Do have a look and give us your feedback:



@INSPIREfndtn on X/Twitter



the\_INSPIRE\_charity on Instagram

Enjoy!!

**Remember, you are always very welcome to meet 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;



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