



March has arrived and with it the hope of sunnier days, the joy of daffodils and birds getting all twitterpated as nesting is afoot.

Max Levene has started his fundraising journey together with his training for Kilimanjaro in September. Max will be joining us for 'Chilli and Kili' evening on the 22nd of March at The Salisbury Rugby Club. Tickets are selling well, a few more tables are welcome!

Buy them here <http://www.inspire-foundation.org.uk/inspire-shop/>

We have been very well supported by many local businesses and Patrons with fabulous raffle prizes and Auction gifts. Even if you cannot attend you can purchase some raffle tickets!

Raffle prizes include vouchers for Fisherton Mill, bottles of Vodka and Gin and Sparkly, vouchers for JAS Hair, PT Session, beautiful ornamental bowl from CasaFina and more!

AUCTION prizes include a weeks stay at Peppercorn Cottage, A box of WineSociety Wines, A weekend at Finch Cottage B+B, Saracens Tickets and more ...

xxxx A SPECIAL THANKYOU xxxx

to those who cannot attend but have bought a ticket anyway.

How very kind.

BE MORE PRESENT

Theresa met Catherine at The Spinal Unit to create more collaboration and visual presence with a notice board etc on the ward. Theresa is to attend a Heads of Department meeting soon to further The INSPIRE Foundation presence and awareness.

BUSY BEES AFOOT! JUNE IS GOING TO BE BUZZING !

The GUTTMANN Conference

The GUTTMANN conference to be held on the 20-23rd of JUNE will be awesome as 200+ delegates descend on Salisbury. Prof Ian Swain one of our PATRONS will be opening the conference with a Keynote speech.

We may well require some volunteers to oversee a stand or assist with our presence at the event which is in HIGH POST HOTEL.

INSPIRE are also likely to sponsor an activity at the conference.

GALLOPING AWAY

The Salisbury Racecourse are looking forward to having us there again on the 26th of June. We will require volunteers again to be on our stand and to shake buckets at the exits about 3pm onwards.

Please put yourself forward for an hour or two helping us.

Please pop the dates in your diary.

INTERNATIONAL COVERAGE

We are very grateful to Tapani Mattus, who is a Swedish national and will be running the London Marathon in April for us! please sponsor him through this link! We wish him all the best, especially with his punishing training schedule.

<https://www.justgiving.com/page/tapani-mattus-1706706328313>

CONTACTS REQUIRED!

Ok, who has some contacts with Journalists or newspapers or radio hosts?

We could do with some coverage for Max's climb and any inroads would really help. Please let Theresa know at events@inspire-foundation.org.uk or call her on 07971446942. Thanks.

February, despite the rain has had some uplifting moments with a relatively good month for funds. Both directed at projects and for the general pot!

We are always grateful for the generosity of people. We are always on the look out for more avenues so please do not hesitate to send over any contacts that you think might be a revenue source.

Pippa was in the Cotswolds Outdoor Shop and they told her that they have till-point donations to support charities.

They alter the recipients every few months!

Stephen is hot on the case as Max is an excellent example of an outdoor adventure.

It remains for us to wish all the Mums

HAPPY MOTHER'S DAY

We hope you are loved and valued as you should be.

EASTER will soon be upon us as it is early this year as is RAMADAN.

So blessings and best wishes to all who celebrate.

In the spirit of our upcoming fundraising quiz, 'Chilli and Kili',

here are some seasonal questions!

How many marzipan symbols should there be on top of a Simnel Cake?

What is the meal called after breaking the daily fast in Ramadan?

What was the original colour of Easter Eggs?

In certain Christian countries a bun is eaten, what are these often called?

When is Easter's date set?

Ramadan takes place in what month of the Islamic Calendar?

Where does the word Easter come from ?

Answers below and no cheating !

13 IFTAR RED Hot Cross Buns Easter Sunday is the first Sunday after the first full moon following the vernal equinox 9 The goddess Eostre (of light and fertility) but really no one is quite sure.