



The Monthly Newsletter from The Inspire Foundation

Dear Friends, Members and Subscribers,

Here is the May Newsletter from INSPiRE, with lots to talk about and look forward to in the coming months. Despite the chilly weather, the team has been hard at work finding funds, going to runs and prepping everything for the end of the Financial Year (thank you, Pippa). If you have anything you want us to include in future Newsletters, do not hesitate to get in touch and let us know.



**London Marathon:** Retired Colonel Tapani Mattus ran the London Marathon for INSPiRE on 21st April, finishing in a time of 5hrs 5mins. Tapani is Swedish and an old friend of Director, from their Army days (they served together in Warsaw). When Tapani made the cut for the London marathon and the Director did not, it was simply a matter of asking Tapani to help INSPiRE, which he willingly did. Tapani's family and the Director followed the veteran runner around the race, catching up with him 3 times en route to the finish.

### **Future Events for your diary:**

**Comedy Night:** Max Levene Comedy Night 16th May from 7pm at the London City Runners Club, Bermondsey, London. Max will be raising the roof and raising more money for INSPiRE with a 'stand up – sit down' comedy night. Do come along and enjoy his banter and jokes.

**41st Guttman Conference for Spinal Cord Injury Rehabilitation:** 20 – 23rd June at The Stones Hotel, Salisbury. INSPiRE has a Stand at this Conference, so if you have an hour or so to help us out, we would love to hear from you.

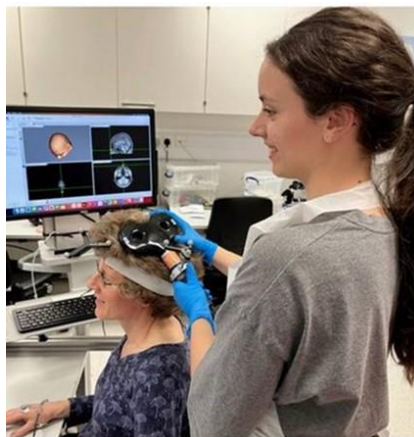


**INSPIRE at Salisbury Races:** 26th June – always a hugely popular event. INSPiRE will have a Stand at the Races, selling our INSPiRE wares and auctioning off this stunning drawing of jockeys racing together (28" x 29"), donated by Chairman of Trustees, David Reddin. The INSPiRE team will be there from 08:00, ready for an 09:00 start and volunteers are very welcome on the day. If you are free to come along and help us, please get in touch with the Director on his mobile number: 07563232219.

**Project News and update:** REHAB RHYTHM – this is just the latest of the many wonderful research projects we are funding (and looking for help in funding too):

- Started in January 2024, under the leadership of Prof Stuart Baker, Professor of Movement Neuroscience at The Biosciences Institute, Newcastle University;
- The project will last 3 years and cost £239,610;
- This project will develop a new protocol to strengthen connections between the brain and spinal cord, involving volunteers making repetitive movements in time to an auditory beat. The team of researchers use the highly regular and predictable nature of such movements to time electrical stimulation of a nerve accurately; by doing this repeatedly, connections are strengthened. In REHAB RHYTHM, Prof Baker and his researchers will use studies in healthy people to optimise this protocol, then implementing the best protocol in a portable device which can be used at home. Finally, they will test whether this device can improve hand and arm function when it is used by people with cervical spinal cord injury (SCI). If successful, the result will be a low cost, simple new therapy to improve the ability to perform activities of daily living;
- Appealing? If REHAB RHYTHM strikes a chord with you and you want to know more, or think you can help us raise funding for it, do please get in touch with the Director on his mobile number: 07563232219 or [director@inspire-foundation.org.uk](mailto:director@inspire-foundation.org.uk)

In previous research, the team at Newcastle tested the new protocol of rhythmic movement combined with nerve stimulation in uninjured people, showing that this strengthens connections from brain to spinal cord, measured using transcranial magnetic brain stimulation. They now intend to do the same with SCI volunteers, so a portable device can be developed to deliver the protocol at home, and use this to demonstrate meaningful improvements in hand function for individuals with SCI. This testing is shown in the photo below on a non-SCI volunteer:



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