

INSPIRED

The Monthly Newsletter from The Inspire Foundation

Dear Friends, Members, Supporters and Subscribers,

Here is our very latest Newsletter from INSPIRE, packed full of news, views and info!

Fundraising: While we are well ahead of the total raised at this point last year, we still need at least another £100,000 to make sure we can fully support not just current but future projects as well. We are working on a new fundraising strategy, which will see up to 100 volunteers raising at least £1,000 each – more on this to be announced shortly.

David Reddin MBE: it is with a heavy heart I have to announce that David Reddin has decided to stand down as Chair of Trustees. For many years as a Trustee and then as Chair, David has been unstinting in his support to INSPIRE. He is a wise counsel, a legal expert and has always been available to me as Director and will be much missed. I would also like to thank David's wife, Karen, too for always being there to support our events with her intelligence, wit and charm.



There are 2 candidates who have put themselves forward to be David's successor, **Rob Tylor and Prof Ian Swain**, with the selection by their fellow Trustees taking place on 22nd November.

New Trustees: I am delighted to announce that not one, not 2 but 3 new Trustees have joined this marvellous charity. One is well known to us all: **Emeritus Professor Ian Swain** has recently retired from Bournemouth University and offered his services as a Trustee. All the other Trustees welcomed Ian with open arms and we now look forward to him playing a pivotal role in INSPIRE throughout 2024 and beyond.



Mark Thornton is our second new Trustee and I want to give him a huge INSPIRE welcome! Mark is an ex-Policeman who was on a solo bike ride on 14 October 2020, when he rode into a broken down van and trailer. He was taken to Hull Royal Infirmary, pretty much totally paralysed, with a fractured C1 and C2 and damaged to his spinal cord. After time spent at Pinderfields, Mark has been using a gym independently for over 18 months and is now back cycling, completing rides of over 35 miles, with regular 10 mile rides. His recovery has been remarkable, all down to his drive, determination and the advice he has had along the way.



Abbey Williams is our third new Trustee. With a proven track record of success in fundraising, including in her current role as the Trusts and Foundations Fundraising Manager at Beyond Autism, Abbey is someone who will add knowledge, energy, expertise and planning wisdom to the INSPIRE team as a Trustee.

Max Levene did it!



Yes indeed, Max and the team crested Mount Kilimanjaro in mid-September, after a long and tortuous climb in his adapted wheelchair. I spoke to Max on Sunday 13th October and he told me that he very nearly gave up, as all the shaking and jarring was severely affecting his body. The guide gave him a pep talk, made him have a power nap and then forced him to scoff a whole Mars bar and off they went to the summit.

I cannot tell you, dear readers, just how big the challenge was for Max and how grateful we are that he persevered. He has amassed close to £10,000 for us with his various money raising events, as well as with this epic challenge. Money is continuing to pour in to his Just Giving page and the link is here for you to share the love: [go fund me](#)

The whole challenge was filmed and Max is hoping to make a documentary of the 96 hours he spent getting to the top of the mountain. Here he is at the airport, with all he needed for the climb (with his Mum and his helper):





Michael Considine did it too! Not one but two fundraisers for INSPIRE in the last month, the second being Michael, who ran the Clarendon marathon, from Salisbury to Winchester, bringing us both publicity and much needed funds. Michael works for Speedyprint in Salisbury and was gently cajoled by yours truly into running for us, as he is a top flight and very keen runner. He is an absolute hero, shown in the photo at the start of the race with someone who was encouraging but not participating.

Thank you, Michael!

INSPIRE also has a third supporter who is running a half marathon for us: Emanuel Nunez Sardhina, a robotics engineering student at Bristol UWE. Emanuel met INSPIRE at the recent IFESS Conference in Bath and immediately offered to run for us – I bit his hand off! If you want to help Emanuel raise money for INSPIRE, you can do so at: <https://www.justgiving.com/page/emanuel-1729506998721>

I am often asked how we decide which projects we are going to support. Well, the slide below shows the Research Application Process for any researcher who wants to be funded by INSPIRE:



Research Application Process

STEP 1. Initial Enquiry



Director
07563232219

We are interested in hearing from any individual or organisation with a proposed SCI related research project. If we like your idea in principle, you will be invited to Step 2.



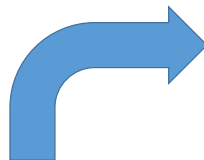
National Scientific Committee(NSC)
(Meetings in March & Sept)

STEP 2. Letter of Intent (LOI)

Max two sides of A4 giving a project proposal, covering, aim, location, Principal Investigator (PI), proposed dates and duration and outline costs to INSPIRE. Subject to NSC approval, applicants will then be invited to submit a detailed application:

STEP 3. Application

A set format Application Form with GANTT chart and detailed costings which will be scrutinised by the NSC in formal session. If successful Applications are recommended to the Board of Trustees for funding consideration.



Board of Trustees

(Meetings in April/October)

STEP 4. Funding Approval

Trustees will consider NSC recommendations with availability of funds before making their final decision. Applicants will be notified of the Board's decision without delay.

'...improving the lives of the spinal cord injured with the latest technological research...'

Donating to INSPIRE: Don't forget, if you want to donate, just click on the QR code below:



Diary Date:

- Friday 22nd November Annual General Meeting, to be held at Sarum College, Cathedral Close, Salisbury SP1 2EE [more details to follow separately]

Don't forget you can also find INSPIRE on Instagram and X (Twitter), so come along there all you internauts who want to find out more about everything we are doing:



Inspirefoundationuk



@inspirefndtn

www.inspire-foundation.org.uk