



The Monthly Newsletter from The Inspire Foundation

May 2026

Dear Friends, Members, Supporters and Subscribers,

Here is our very latest Newsletter from INSPIRE. Thank you so very much for your interest and support.

Introducing myself:



My name is Paul and I am the newly appointed Director of the INSPIRE Foundation. I am delighted to have been given the opportunity to take over in this role and my predecessor, Stephen, has left the Foundation in great shape to make huge strides forward over the coming 5 years and long into the future. This edition is dedicated to some new ideas for sustainable fundraising and celebrating the fact that we are part of The Spinal Injury Association's Spinal Cord Injury Awareness Day 2026 which takes place on Friday 15th May.

<https://www.spinal.co.uk/spinal-cord-injury-awareness-day-uk/>

We are joining forces with the Spinal Injuries Association and 9 other brilliant organisations in the field of SCI. Please look out for this in the news and across social media tomorrow. A critical part of the day will be a survey about the state of SCI care and living with SCI. If you have SCI or care for someone who has SCI, please complete this vital survey so we can use the findings to target our work and advocate for our SCI community.

Please take a look and complete the What Matters? Survey today:



What Matters? 2026 Survey

For the first time we have committed to supporting research which totals over £1million worth of funding over the coming 5 years. This is wonderful and exciting (If daunting) news for our little Foundation, but we intend to meet these demands and more, however, we really need your help, so please, read on!

Project Update:

We have been asked for help from one of our wonderful projects. Rehab Rhythm is an exciting project based at Newcastle University. The project aims to use a gaming approach to strengthen residual pathways through repetitive movement. The project is looking for volunteers living with SCI to participate in their research. The team are planning to run at three sites, in Newcastle, Bristol and Gatwick, so they can recruit from a fairly wide geographical base. If you would be interested in participating in this research or know someone who may be interested, please contact:

Lillian.Clements@ncl.ac.uk or call: 07951 202024 to find out more. There will be a brochure and poster on our web site too.

Fundraising:

We are currently making steady progress with fundraising, with most of our income coming through the award of grants from grant making Trusts. This is an excellent, if time consuming, revenue stream but it is one which is becoming ever more challenging, and we are noticing that the grants awarded are slightly diminishing in size. This is due to the challenging global financial situation and GMTs have less income themselves to share

around. This means that we need to put our case more strongly than ever and try our best to reach out to as many funding opportunities as possible. We are aiming to raise at least £150,000 this financial year to make sure that we can fully support our incredible cutting-edge projects. We have been developing a new idea. Friends of The INSPIRE Foundation. This strategy would have 2 key elements:

People who would be willing and able to commit to raising £1000 per year for the Foundation by fundraising or hosting events such as race nights, open gardens, coffee mornings, raffles, sponsored activities or selling unwanted items on platforms such as Facebook Marketplace, E Bay or Vinted and donating the profits to INSPIRE. If we could get 100 people to do this for us then we could guarantee £100,000pa towards our work. This would be a game changer for our Foundation going forward. We have been very lucky recently to have had three commitments to raise funds for INSPIRE.



Our good friend Steve Urry has opened his beautiful garden to the public for two weekends this year. This kind gesture has raised almost **£1000** for The INSPIRE Foundation. Well done and THANKYOU, Steve!

Three students studying at Plymouth University will be running the Plymouth half-marathon this coming Sunday (17th May) in aid of The INSPIRE Foundation and Cancer Research UK. They have raised over **£1300** so far. Please help them to reach £1500 by following this link:



Lucas, Erica and Rosemary's Half Marathon Fundraiser! - GiveWheel

or scan this QR



code:



Finally, our incredible friend and Patron, Max Levene has committed to taking on another crazy challenge to follow up from his exploits on Kilimanjaro! This time Max will be doing the "Fan Dance", mirroring the final stages of the special forces training regime by climbing Pen Y Fan in the Brecon Beacons in his wheelchair! It is a gruelling 24km challenge. He will attempt the challenge with his team on 20th June 2026. You can follow his preparations and attempt here [@Max_Levene](#) on Instagram.

Max is currently busy raising funds for his expedition here:

<https://givestar.io/qs/wheelchair-fan-dance>

or scan this QR code:



If you have an idea for a fundraiser and you would like to support INSPIRE, please e mail:

events@inspire-foundation.org.uk

We would love to hear from you!

If you would like to volunteer as a Friend of INSPIRE and rise to the challenge of raising £1000 per year for our cause, we would be delighted to hear from you. Please e-mail:

director@inspire-foundation.org.uk

The second idea we have is to ask for a regular monthly subscription as a "Supporter of INSPIRE." If we could encourage 300 people to subscribe £5 per month to The INSPIRE Foundation, we could raise a guaranteed £18,000pa. These sorts of guaranteed income streams would make running the Foundation much easier and more sustainable, long term, allowing us to focus on the big objective of making life more comfortable, productive and dignified for those living with SCI. If you would be willing to become a supporting Friend of INSPIRE you can set up a monthly subscription by simply following this link and setting the amount you would like to subscribe. We would be so very grateful for your support.

<https://donate.justgiving.com/charity/inspire/donation-amount>

New Trustees:

We may soon have some exciting news to share with you about new Trustees for the Foundation. We have a few vacancies and have been actively seeking more Trustees with lived experience of SCI as well as Trustees with a legal or financial background. We have two excellent candidates who have recently volunteered but we are still short of a Trustee with a strong financial background. If that is you, or you know someone living locally to us in Salisbury or you are a person living with SCI and have a financial background we would love to hear from you as a potential Trustee. Watch this space for more exciting news very soon! If you wish to volunteer, please e-mail: director@inspire-foundation.org.uk and I would be delighted to chat to you about the role.

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



Don't forget you can also find INSPIRE on Instagram and X (Twitter), so click on the logos below if you want to find out more about everything we are doing:

