

Background

INSPIRE is a national charity founded in 1987 at the Duke of Cornwall Spinal Unit in Salisbury, Wiltshire. We raise funds to 'research independence, quality of life and dignity after spinal cord injury' (SCI). INSPIRE strives to eliminate problems caused for people living with SCI, improving dignity, general comfort, health and engagement with daily life (We mainly deal with issues around the 3 Ps: **P**ee, **P**oo and **P**ain. There are over 100,000 SCI individuals in the UK and NI, with 3 new cases daily.

Management

Our office is located on the grounds of Salisbury Hospital, next to one of the UK's 11 spinal injury units. I am new in post and took over INSPIRE as Director on 1st May 2026. I am entirely responsible for fundraising, management of the National Research Programme (NRP), publicity and the annual programme of events. I also act as Secretary to INSPIRE's two executive bodies: The National Scientific Committee, 11 subject matter experts from universities and hospitals throughout the UK and Ireland, and The Board of Trustees, with backgrounds in business, medicine and law, who decide what projects we should fund after taking advice from the National Scientific Committee.

Patrons

We are supported by 12 Patrons from a wide range of backgrounds. Our principal Patron is Baroness Cox of Queensbury. Patrons' non-executive role as 'ambassadors' aims to make our cause more widely known within professional and social circles. Five of our Patrons live with spinal cord injury and so can offer their lived experience and unique perspective on our work.

What are INSPIRE's Areas of Research Interest?

We focus on quality of life, dignity and the promotion of individual independence. This includes bladder and bowel function, hand function for Tetraplegics, mobility for Paraplegics and pain management. INSPIRE works with experts in the field at universities, spinal units and teaching hospitals across the UK and Ireland and our commitment is to those living with SCI and nothing else. Our specific purpose is research into practical issues that, if resolved, will have a real life, daily benefit to people living with the effects of SCI anywhere in the UK and Ireland.

Research

Over the past decade, we have raised more than £2.5 million to fund research across universities and hospitals. These projects have developed into larger projects funded externally, innovations to support day to day life for those living with SCI and products which make life easier. Today's five-year rolling programme of seven projects will, for the first time in our history, cost more than £1million. Our current projects range in cost between £30,000 (MOTION-SCI- Loughborough University) and £215,000 (Bionic Bladder- Universities of Oxford and Bath)

Profile

Although relatively small, INSPIRE's work is highly regarded by SCI experts nationally. We are registered with both the Charity Commission (No. 296284) and Scottish Charity Regulator (No. SC048863), and we are proud members of the Association of Medical Research Charities (AMRC.)

For further information please visit our website: www.inspire-foundation.org.uk

Email: director@inspire-foundation.org.uk

Call: **07583102564** at any time for a chat or come and see us in Salisbury for a coffee, it would be great to meet you!

Donating to INSPIRE: To donate, simply click on the QR code below, or go online to:

www.inspire-foundation.org.uk and donate directly using the details you will find there.

Thank you, so much for your interest in our Foundation and the incredible, life changing work that we fund!



Lucas, Erica and Rosemary raised £1200 for INSPIRE by running the Plymouth half marathon. Well done and thank you!

