



The Monthly Newsletter from The Inspire Foundation

Dear Friends, Members, Supporters and Subscribers,

Here is September's Newsletter from INSPIRE, brought to you fresh from the INSPIRE offices opposite the Spinal Unit at Salisbury District Hospital – do feel free to pop in for a coffee and a chat at any time. I am here every day and Pippa, our finance guru, is here usually on a Monday and Tuesday each week, sometimes Wednesday too.

Fundraising: I am delighted to announce a bumper week for INSPIRE last week, when we had two large donations totalling more than £42,000. This is the sort of magical result I would like to see every week, when teamwork and hard graft come together to get results. At a time when every charity is facing challenges, it is uplifting for us all to see our efforts are paying off. Well done team INSPIRE!

We are always on the lookout for additional fundraisers or people who can help at events, to swell our numbers and have a fun time together. I am particularly keen to recruit a **Fundraising Trustee**, someone who has drive, energy and enthusiasm to work with us to raise INSPIRE's profile and swell our coffers.



Update on Max Levene and his Mt Kilimanjaro climb: the design of Max's adapted wheelchair is complete and he has raised all the money for its manufacture (with a little help from an INSPIRE donor). His training regime is well underway, as no one doubts what a huge task climbing the mountain will be, even with a team of helpers. Fundraising and promoting the challenge in social media continues apace, with interviews on local BBC radio in Cornwall and Norfolk. Max continues to delight with his comedy

sketches at various venues in London, the latest one being available here on his Insta page: https://www.instagram.com/max_levene/

And this is where you can donate to Max: https://www.gofundme.com/f/climb-mount-kilimanjaro-in-my-wheelchair?utm_campaign=p_cp+share-sheet&utm_medium=copy_link_all&utm_source=customer

Guttman Conference: just a quick catch-up on this conference, which I missed in the last Newsletter. Here we see the Director on the INSPIRE Stand at the 41st Guttman Conference, hosted by Salisbury's Spinal Unit. During the conference, we used the Stand to raise our profile and sell INSPIRE cards and other goods. We also had lots of praise and mentions from speakers, such as Prof Ian Swain, highlighting the help INSPIRE provided to their projects for the spinal cord injured.



In the photo above you will see the Gloster Gladiator, prints of which are on sale online at www.inspire-foundation.org.uk for £25 unframed. These prints proved to be really popular with those attending the Conference this year, even though the bi-plane itself was not a great success in WW2.

SIA and INSPIRE: Trustee Rob Tylor and the Director had a ground-breaking meeting with Mark Ridler, Head of Operations at the Spinal Injuries Association (SIA), Kerryn Pratt, Head of the SIA Academy and Ashleigh Onabajo, the SIA's Impact Manager. Here is a summary of what was agreed between the 2 organisations:

- Find a pressure sore project that is scientifically/clinically robust (medium term);
- Clinical Advisory Groups - defining gaps here, the SIA to progress these and keep INSPIRE in the loop;
- Organise a virtual Innovation event to bring together clinicians who want and are empowered to drive change in the treatment and rehabilitation of all those affected by SCI;
- SIA to help with access to volunteers for existing INSPIRE research projects;
- INSPIRE to submit an article for Forward, the SIA's in-house publication;
- Plan a Research Survey – INSPIRE is to help scope the survey;
- Plan an SIA/INSPIRE Partnership Agreement, so the 2 charities can work more closely together for the benefit of all the SCI population in the UK

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



Project Update – UP STIM:

INSPIRE's latest funded project is headed up by Dr Lynsey Duffell from University College London. She and her team are using spinal cord stimulation for upper limb rehabilitation in individuals who have a cervical spinal cord injury.

- Cervical spinal cord injury is a high break in the spinal cord, which impairs all motor and sensory function below the level of injury, including trunk and lower limb activity as well as arm and hand function. This substantially limits the affected individual's ability to carry out daily functional tasks and to live independently. Recovering hand and arm function is therefore a top priority among people living with cervical SCI.
- Transcutaneous spinal cord stimulation (tSCS) is an innovative approach to helping high-break SCI individuals recover movement and control. It has been postulated that tSCS enables volitional motor control over otherwise paralysed muscles in people with chronic SCI, leading to functional recovery.
- Applying tSCS, which is a low-cost technique, as early as possible in the recovery and treatment of the patient will make huge strides towards early functional recovery.
- In project UP STIM, a pilot Randomised Controlled Trial (RCT), tSCS combined with inpatient rehabilitation will be compared to sham-tSCS.
- If upper limb recovery is significantly greater in the tSCS group, this will provide strong scientific evidence to support the effectiveness of tSCS and encourage its further use wider in the SCI population. Outcome measures include upper limb function, spasticity, patient-assessed outcomes and neurophysiology.
- Total project cost for INSPIRE is £105,337.43 over the 32 month duration of the project and our funding runs from January 2025 – August 2027.

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



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