

# SPINAL RESEARCH

## Annual Review 2008-2009

 SPINAL  
RESEARCH  
fighting paralysis... and winning



# ‘We can all play a part in achieving wider awareness of spinal cord injury – and the prospect of spinal cord repair’

**Jonathan Miall**  
Chief Executive

**Welcome to Spinal Research’s Annual Review of the year April 2008 to March 2009, which I trust will give you a snapshot of everything that we do as a charity: developing the ongoing research programme and engaging with the scientific community; spreading our mission and message through our supporters, and staging exciting events and activities to promote awareness of the charity and to deepen people’s involvement with us.**

Over the past year a number of significant objectives have been achieved across the whole spectrum of our operations as earlier strategies have come to fruition. The prime catalyst for this success was the establishment in 2007 of our scientific Research Strategy, and the subsequent five-year strategy for funding initiatives with a broader research

manifesto. This identified scientific priorities necessary to boost the progress of research, and focused efforts towards meaningful targets.

In 2008-09 we have generated record income of over £2 million, significant growth in research funding, and have further increased our commitments for 2009-10. Perhaps most significantly, our fundraising efforts have resulted in growth of more than 20% in the number of active supporters when compared to 2007-08. For this, my thanks must go not only to our hard-working in-house team, but also to our volunteers, supporters and donors, all of whom have contributed magnificently to the record results we have achieved.

In turn, these successes give rise to new challenges. As we

progress with translational research, we are adding a new stream of funding, directed towards translational research, to our portfolio of international project grants and PhD studentships. This greater demand on our finances must be reflected in our fundraising strategy for the future.

With research progressing towards clinical applications, Spinal Research will engage more actively with paralysed people who could possibly benefit from therapies to repair spinal cord damage and thus at least partially restore sensation and movement. Clinical trials will need to take place in multiple centres in the UK; this requires support from public institutions, including the NHS, and from other public sources dedicated to research. Our role will need to expand to embrace lobbying for these funds and commitments.

Finally, we need to reach the wider community of people who will appreciate the potentially huge benefits to be gained in human terms from Spinal Research’s work. Comparatively few of us directly experience the devastating impact of spinal cord injury, but we can all play a part in achieving wider awareness of its paralysing effects - and of the prospect of spinal cord repair.

**Jonathan Miall**  
Chief Executive

... a snapshot of everything we do as a charity



02 Welcome

03 Contents

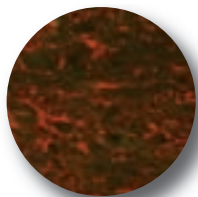


04 Research  
Launching the  
Translational  
Initiative

05 Research  
The Translational  
Initiative



06 Research  
Awards and  
projects



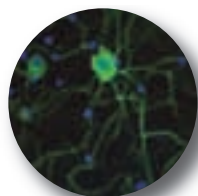
08 Research  
Nathalie Rose Barr  
PhD Studentships

09 Research  
ReJoyce-ing  
in Canada



10 Research  
The Clinical  
Initiative

11 Research  
The Research  
Network



12 Financial  
overview

13 The figures  
in brief



14 Fundraising  
Welcome



15 Fundraising  
Trusts and major  
donors

16 Fundraising  
Individual and  
regular donations;  
Legacies



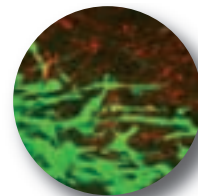
17 Fundraising  
Runners  
Network

18 Fundraising  
Challenges



19 Fundraising  
High risk groups

20 Fundraising  
Volunteer Network



21 Fundraising  
Corporate donations  
Strategic events



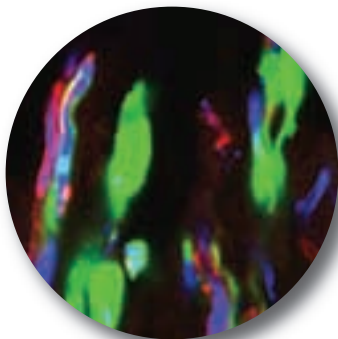
22 About  
Spinal Research

23 How to  
support  
Spinal Research



# “ The charity’s vision in the shorter and medium term is to change the research landscape ”

**Dr Mark Bacon**  
Head of Research



**The Central Nervous System (CNS) is formed by the brain and the spinal cord, which is the essential highway of communication between the brain and the rest of the body. When injured, the CNS does not repair itself spontaneously.**

## **Research strategy and policy**

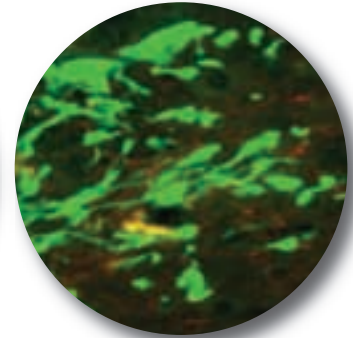
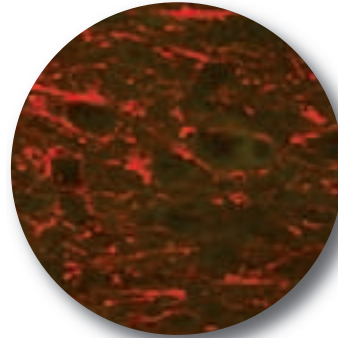
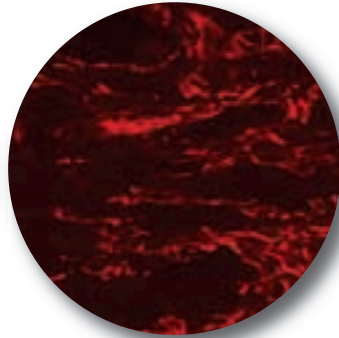
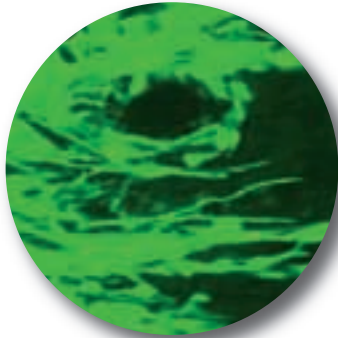
Spinal Research’s long-term vision is to prevent and reverse paralysis, restoring meaningful function and quality of life lost through spinal cord injury (SCI). The charity’s vision in the shorter and medium term is to change the research landscape with the aim of improving clinical outcomes for patients in measurable and valuable ways.

For almost 30 years, Spinal Research has been the leading funder of research into repair of SCI. The charity’s experience in this growing field of basic and biomedical research makes it an authority on strategy and policy, and on the implementation of translational science – in other words, on transforming scientific discoveries into safe and effective treatments for paralysed people.

Spinal Research published its latest research strategy in 2007 in the scientific journal *Spinal Cord*. The strategy provides guidance to researchers worldwide on areas of priority and stimulates discussion and dialogue amongst scientists and clinicians.

Spinal Research has also produced a complementary five-year strategic document which places its funding initiatives in the context of a broader research manifesto. The strategy identifies the scientific priorities for the development of treatments in the UK, also emphasising the need to connect the academic and clinical research communities and to engage with stakeholders such as political bodies and governmental departments.

The number of people paralysed by spinal cord injury is relatively small in comparison with many other serious conditions: in the UK, 40,000 people are living with spinal cord injury and there are 800 new cases each year. However, SCI costs the country between £500 million and £1 billion per annum, since treatment during the acute phase (immediately following the injury) is expensive, and significant costs are entailed in providing long-term care for paralysed people. Clearly, SCI also has a significant impact on the lives, productivity and well-being of the injured person’s close family.



### The Translational Initiative

Spinal Research is embarking on a major new initiative – **the Translational Initiative** – designed to accelerate the progress of promising clinical treatments, to promote basic and clinical collaboration in the UK and to ensure that spinally injured people in the UK have the opportunity to participate in future clinical trials. Intense analysis has identified the strategic elements which will have the greatest impact in translating science from the laboratory to the hospital.

### The Translational Initiative will:

- i) strengthen the pre-clinical pipeline of treatments for SCI
- ii) facilitate more productive interaction between basic and clinical research, and
- iii) prepare the UK for

forthcoming clinical trials of treatments for SCI.

As part of its strategy, Spinal Research is committed to establishing a dedicated centre, or group of specialised centres, devoted to SCI research, thus achieving economies of scale through sharing of resources. Benefits will be delivered to people living with SCI by means of:

- a. a **grant scheme** to encourage academics and their partners to undertake translational projects;
- b. one or more **centres of research excellence** to act as a focal point for basic, translational and clinical research in SCI;
- c. a **patient registry and clinical trials network** through existing spinal injury centres in the UK.

A new funding stream for translational research and development has been launched and initial grants are being awarded in the course of 2009.

Project grants will be made to support the translation from laboratory to clinic of genuinely promising new treatments for spinal cord injury. With its funding, Spinal Research plans to bring these treatments to readiness for studies with human patients and potentially for clinical trials with paralysed volunteers.

Spinal cord injury is not just about paralysed arms and legs. It also affects physical sensation, the body's control systems (such as breathing, heartbeat, blood pressure, temperature, bladder and bowel) and sexual function.

“ In its project grants, Spinal Research continues to focus on the needs of people with chronic injuries ”

**A total of 28 major research projects funded by Spinal Research were active during 2008-09; they ranged from basic neuroscience to studies involving patients.**

**Spinal Research grants awards through a number of different routes. These include internationally advertised project grants and the Nathalie Rose Barr PhD Studentships. Grants are awarded following an open and competitive process involving internal and external peer review.**

#### **Project grants – Strategy Awards**

These awards support research projects around the world, usually for a period of three years. Eleven project grants were active during 2008-09.

In its project grants, Spinal Research continues to focus on the needs of people with chronic (ie long-established) injuries, since this area has the greatest relevance to the majority of the charity’s supporters. Moreover, it is a less widely studied area than acute injuries and their associated potential treatments (known as ‘early intervention strategies’). In fact, Spinal Research is the only funding body to make this specific focus.

Crucial to identifying new intervention targets, establishing proof of principle and mechanism, is an understanding of the biochemical, cellular and anatomical changes that occur over the natural course of a spinal cord injury. During the 2008-09 grant cycle, awards were made to four projects investigating changes over the chronic stages of a spinal cord injury and testing experimental strategies to promote recovery of function.

In addition, the top-ranking proposal for a strategic research project received the second Robson Award; this honours Janet and Mike Robson, founders of Spinal Research’s Runners Network (see p17), which since 1993 has raised over £1.5 million.

**The higher an injury is located in the spinal column, the more extensive the paralysis it causes; an injury at the very top of the spinal column is likely to leave someone unable to breathe unaided.**



**1. Dr Elizabeth Bradbury,**  
King's College,  
University of London, UK

Investigation into the conduction properties of surviving axons following chronic spinal cord contusion and whether therapeutic intervention can restore normal function.



**2. Professor Ann Logan,**  
University of  
Birmingham, UK

Comparative evaluation of surgical and pharmacological methods for removal of a mature scar in a chronic spinal cord injury model and subsequent regeneration of stimulated sensory neurons through the treated wound.



**3. Dr Ronaldo Ichiyama,**  
University of Leeds,  
UK

Locomotor training in chronic adult spinal cord injured rats: plasticity of interneurons and motoneurons.

**4. Professor Mark Tuszynski,**  
University of California,  
San Diego, USA

Axonal regeneration in the chronically injured spinal cord.

These four projects were chosen from a total of 41 applications. In 2009, an even larger number of applications for potential funding was received – 65 in all.

## To date, over 30 talented young researchers have benefited from Nathalie Rose Barr Studentships

**This programme, named after a generous legacy donor, is designed to support young UK-based science and medical researchers. To date, over 30 students have benefited from the scheme. One new PhD studentship commenced in 2008-09 and two new grants were agreed in the course of the year.**

One of the studentships is under the supervision of Professor Gennadij Raivich of University College, London. The Nathalie Rose Barr scholar will join a team investigating whether the activation of a local immune reaction might be the key to regeneration of the damaged spinal cord.

The spinal cord is part of the central nervous system (CNS), and while nerves in the peripheral nervous system (PNS) can repair themselves

spontaneously, those in the CNS do not. The team at University College believes that this may be a consequence of differing responses by the immune system in the CNS and PNS when an injury is sustained. The researchers intend to prompt relatively dormant immune cells in the spinal cord to produce a cocktail of factors which will stimulate damaged neurons. The aim is to mimic the kind of reaction found in the PNS, in which neurons can often recover and regenerate until axons re-establish connections with lost targets, thus re-enabling functions such as sensation and movement.

Professor Raivich, with his colleagues Professor Patrick Anderson, also of UCL, and Professor Adrian Thrasher, of UCL's Institute of Child Health, will deliver GMCSF (granulocyte-macrophage

colony stimulating factor) to activate a local PNS-like immune response; they will employ a novel viral gene-delivery system that should eventually be suitable for use in patients.

This exciting and innovative project attracted funding of nearly £120,000 from pharmaceutical giant GlaxoSmithKline, enabling Spinal Research to fund a further Nathalie Rose Barr Studentship at University College London under the supervision of Dr Claudia Wheeler-Kingshott.

Her project focuses on assessing the level of damage to spinal cord white matter which houses the many communication pathways between brain and the rest of the body. Conventional Magnetic Resonance Imaging (MRI) has proven to be of

limited value in predicting patient outcomes after SCI, but Diffusion Tensor Imaging – which measures the rate and direction of water movement in tissues – is showing greater promise. This cross-discipline PhD project between the UCL's NMR (Nuclear Magnetic Resonance) Unit and the Computer Science Department holds important potential for the development of treatment strategies.



Dr Claudia Wheeler-Kingshott



Professor Arthur Prochazka



Spinal Research has recently funded the first clinical study of the ReJoyce System at the University of Alberta in Canada. Intended for people with high-level spinal cord injuries who cannot use their hands, ReJoyce is unique in combining FES (functional electric stimulation) with in-home rehabilitation.

The system (Rehabilitation Joystick for Computerized Exercise) consists of a spring-loaded jointed arm which presents users with manual tasks of varied difficulty. A wireless sensor placed behind the user's ear detects control signals produced with small clicks of the teeth. Electrical stimuli are then transmitted via a wristband to his or her paralysed hand muscles, enabling completion of the task in question.

Professor Arthur Prochazka and the team behind ReJoyce were motivated by the particular needs of people with high-level injuries. "Restored hand function is at the top of the wish list of people with

tetraplegia," he explains. "Even small improvements in hand function can have huge implications, such as being able to work or live more independently".

The project team has even developed a telecom-link system so that patients can continue to reap ReJoyce's benefits when they return home. The user's movements are measured with sensors and, thanks to a webcam and data link, remotely evaluated by a therapist.

Early results look promising, with standard tests indicating that ReJoyce users are outperforming patients on conventional rehabilitation

At every stage – as an immediate clinical emergency, a progressive disorder, and a life-long chronic condition – spinal cord injury presents a hugely complex challenge to medical science.



# The Clinical Initiative aims to bridge gaps between research output and clinical practice

## The Clinical Initiative

Spinal Research's Clinical Initiative is intended to bridge recognised gaps between research output and clinical practice. The aim of this long-term programme is to develop accurate and reliable clinical assessment procedures for use in clinical trials, enabling measurement and monitoring of even small changes in function, whether motor, sensory or autonomic.

The targeted outcomes are:

- A clinical toolkit of physiological and functional outcome measures for adoption in clinical trial design
- Increased safety monitoring
- An understanding of the physiological mechanisms underpinning recovery in humans
- Tools to facilitate experimental medicine

The Clinical Initiative, ending its second phase of funding, comprises a consortium of groups based in Stanmore (London), Glasgow, Vancouver and Zurich. Each group is working with spinal injury patients to trial assessment procedures developed during the Clinical Initiative's first phase. The focus is on non-invasive treatments, such as

WAT (weight-assisted treadmill therapy), FES (functional electrical stimulation) and rTMS (repetitive transcranial magnetic stimulation), which are known to produce functional benefits. The basic and clinical research communities accept that current methods of assessing patient function are inadequate for clinical trials of reparative treatments. They also acknowledge the value of validating assessment methods in the context of non-invasive treatment procedures; this provides essential quality control prior to their adoption in trials of more invasive experimental treatments.

Members of the Clinical Initiative will continue to work with the teams who are advancing treatments as part

of Spinal Research's Translational Initiative. They will also continue to collaborate with many other scientists around the world, all intent on expediting a smooth, safe and productive transition to trial of pioneering medical therapies for spinal cord injury.

**The majority of spinal cord injuries are suffered by people aged 18 to 35. However, injuries among older age groups are becoming more frequent**



### The Research Network

In September 2008 Spinal Research's annual network meeting convened in London. Over 100 delegates from around the world attended the two-day meeting, which featured presentations from guest speakers, grant holders and students. There was a special emphasis on encouraging interaction between researchers and representatives from spinal injuries centres. In 2009 the

meeting will be held at Glasgow's Queen Elizabeth National Spinal Injuries Unit, thus providing another excellent opportunity for scientists and clinicians to exchange knowledge and ideas.

**Top:** Prof Peter Ellaway & Prof Hans Hultborn; Dr Ruth McKernan & Prof James Fawcett; Prof Michael Craggs & Dr Vivian Mushahwar; Dr Binhai Zheng (r) & colleagues from Prof Geoffrey Raisman's laboratory

**Right:** Prof John Priestley, Prof Ken Hunt, Dr John Riddell





## Fundraising income has, for the first time, broken the £2 million barrier

**Martin Curtis**  
Hon Treasurer

**Fundraising income has, for the first time, broken the £2 million barrier and has surpassed the previous year by £384,192 to total £2,060,550. This is a very pleasing result, particularly in the context of the prevailing economic climate, and can be attributed to strong income levels from strategic events, running events, legacies, charitable trusts, and major individual donors.**

Income received from charitable trusts more than doubled to £340,700 from the previous year's figure of £160,700. This was as a result, in particular, of attracting four major donations, and almost 9% of all income was from new charitable trust sources. A further £194,600 was received in major donations from individuals, which, compared to the previous year's figure of £64,700, is an almost exact threefold increase.

Strategic events are an important part of the fundraising mix for income but also profile building and awareness raising. Three events this year raised £202,000 before Gift Aid tax refunds – a 72% increase on the previous year's figure of £117,300.

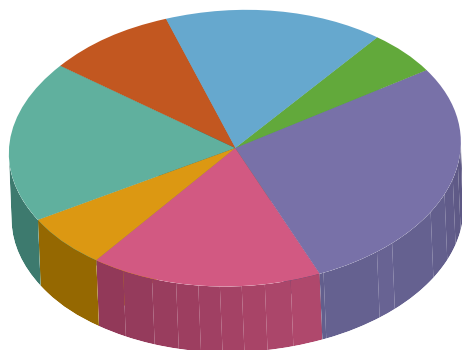
Individual and regular giving has yet again recorded a significant 43% increase on the previous year's figure of £240,000, with a total of £343,400 before Gift Aid is added. A major contributor to this encouraging result is a legacy income total of £189,900 – the most significant sum for a number of years.

Fundraising with the network of "high risk" groups – equestrian, motorcycling and rugby – is a longer term developmental strategy, as much of the work is in its early stages of establishment and initial growth. The Volunteer Network and Runners Network produced further excellent results, and other challenge events added £141,000, improving on the previous year's total of £95,400.

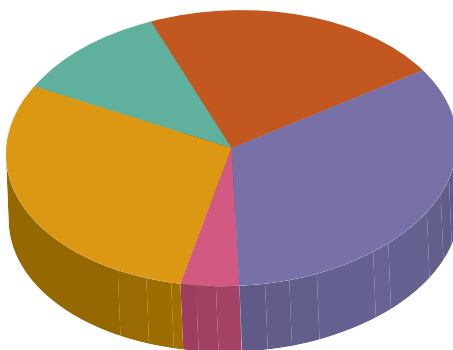
This year, Spinal Research has achieved a corporate income level of £129,500, consisting in particular of one donation of £119,000 – this is undoubtedly an exceptional item but nonetheless an excellent achievement as it was obtained under competitive submission.

In achieving record income, the charity did incur higher than budgeted costs in strategic events, where original budgeted cost levels were not sufficiently well identified. Notwithstanding, the total resulting amount available for research, before adjustments for investment revaluation, was £869,700 – approximately 33% above the previous year's figure of £656,300.

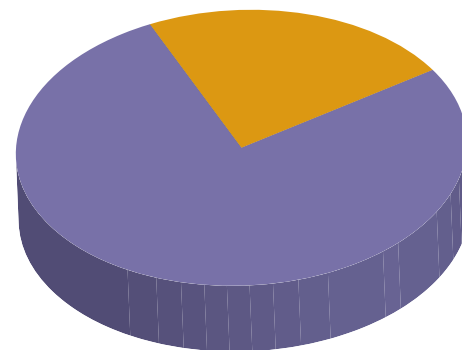
Donation income 2008–2009  
(including Gift Aid)



Costs for 2008–2009



Research spending 2008–2009



	£000's
Fundraisers	577
Trusts	341
Companies	131
Individuals	390
Legacies	190
Promotions/special events	324
Investment income, interest & trading	107

	£000's
Staff	219
Publications	28
Special events	194
Fundraising expenses	73
Other costs	143

	£000's
Grants awarded/payable	870
Other research expenditure	255

**Total** 2060

**Total** 657

**Total** 1125



## Our broad base of fundraising activity helped us to achieve a record income level

**Carol Borwick**  
Head of Fundraising

**In a year that held many challenges, not least as a result of the wider economic troubles, Spinal Research scored several major successes with fundraising.**

**Our broad base of activity – from individual donations to trust grants, major donor support to corporate exposure, and all manner of fundraising in between – helped us to achieve a record income level.**

**The most common cause of injury is road accidents, but many falls and sporting accidents (principally riding, diving and rugby) also result in paralysis.**

Fundraising income for the year surpassed 2007-08 by over £380,000, bringing the total to over £2,060,000, while nearly £870,000 was made available for research – an increase of one third on the previous year.

Voluntary fundraising levels rose from £1.3 million in 2007-08 to £1.5 million in 2008-09 – representing 75% of the total income. Whether as volunteers, fundraisers, participants or donors, all our

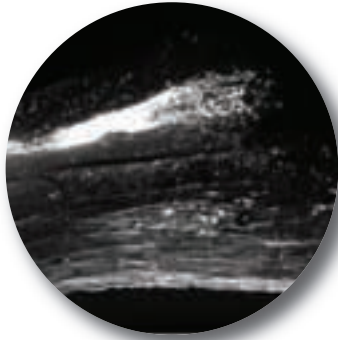
supporters enable us to continue with groundbreaking research. Their faith in our work is being rewarded with real progress towards effective therapies.

It is unlikely that 2009-10 will be an easy year for either the economy or for fundraising, but the team at Spinal Research is looking forward to maintaining the momentum, and further galvanising the superb support we have enjoyed in 2008-09.

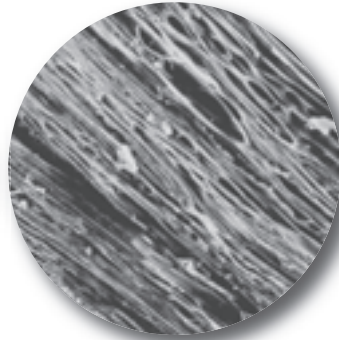
Thanks must go to our supporters across the UK and abroad for all their help and commitment; also to our fundraising team for an impressive result – let's keep it going!

2008-09 generated so many events, activities and fundraising stories, but there is only space to highlight a few of them here. We hope you find them as inspiring as we do.

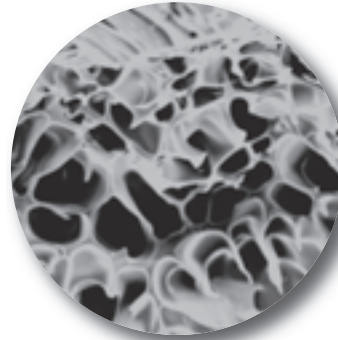




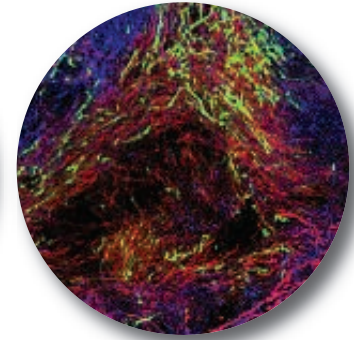
As in previous years, we are indebted to charitable trusts and foundations for their generous and significant support. Many are long-term supporters whose interest and commitment makes an



important difference to the rate of progress of our research. We received over £340,000 in donations, a fantastic figure and a substantial increase on last year.



In addition, £194,600 was received in major donations from individuals. Funding from these important income streams means that we are now closer than ever to therapies that will



transform the lives of paralysed people.

We very much appreciate this support and would like to thank all our trust and major donor supporters.

We would particularly like to acknowledge the generosity of the following charitable trusts and organisations and regret that we cannot name all our supporters individually:

**Anna Rosa Forster Charitable Trust**  
**Annett Trust**  
**Bernard Piggott Trust**  
**BHSF Medical Charity & Welfare Trust**  
**Charles & Elsie Sykes Trust**  
**Charles Wolfson Charitable Trust**  
**Childwick Trust**  
**Corporate Action Trust**  
**D.C.R. Allen Charitable Trust**

**Douglas Turner Trust**  
**Dr. Scholl Foundation**  
**Drandjeaw Charitable Trust**  
**Edwin George Robinson Charitable Trust**  
**Ernest Kleinwort Charitable Trust**  
**G C Gibson Charitable Trust**  
**G J W Turner Trust**  
**Grimmitt Trust**  
**Hammerson Trust**  
**Hasluck Charitable Trust**

**Henry Lumley Charitable Trust**  
**Inman Charity**  
**L & R Gilley Charitable Trust**  
**Maurits Mulder Canter Charity**  
**Miss Joyce Kathleen Stirrup Charity Trust**  
**Musgrave Charitable Trust Ltd**  
**Ninth Duke of Newcastle's 1986 Charitable Settlement**  
**Past Presidents of the Rugby Football Union Charitable Trust**

**PF Charitable Trust**  
**Red Rose Charitable Trust**  
**Robert Luff Foundation Limited**  
**Scotshill Trust**  
**Simon Gibson Charitable Trust**  
**Steel Charitable Trust**  
**Tallow Chandlers' Company TRUST PA**  
**William A. Cadbury Charitable Trust**

Individual and regular giving, combined with legacies, amounted to £343,400, a significant 43% increase on the 2007-08 figure of £240,000. Regular giving from committed supporters, a mainstay of Spinal Research's funding, contributed £96,500, while no less than £189,900 of the impressive total resulted from legacies left to Spinal Research, a record sum for recent years, and a barometer of the charity's success in building relationships with potential donors.

Thanks to modern medicine, life expectancy for spinally-injured people is near normal, but the long-term demands on medical and support resources are colossal.

### Individual giving

"I am firmly convinced that one day people with spinal cord injury will walk again and enjoy an improved quality of life. Exciting! Keep up the good work, fundraising and research."

**Jean, a regular Spinal Research donor**



### Legacies

"Spinal Research is making enormous progress, but of course this progress cannot continue without money to pay for the ongoing research. That's why we decided to leave a proportion of our estate to Spinal Research in our will. Hopefully they will not get the money for some time yet, but in the meantime we will continue to help as much as we can."

**John & Jane Hudson**



**In memoriam:  
Sam, Kazumi and Neil Puttick**

It came as a terrible shock to hear in June 2009 about the death from meningitis of five year-old Sam Puttick and the subsequent suicide of his parents, Neil and Kazumi. Sam, who featured on the cover of Spinal Research's Annual Review 2007-08, had been paralysed from the neck down at the age of just 16 months when he was involved in a car accident. Neil and Kazumi devoted their lives to caring for Sam, who was an inspiringly sunny, lively boy, even though he needed a ventilator to breathe. The Putticks were firmly convinced that research into spinal cord injury would result in a better future for Sam, and Spinal Research continues to benefit from their belief and their bravery.



As ever, the Runners Network proved its extraordinary worth by raising £271,800. The major event of the year is always the London Marathon; in 2008, Spinal Research faced tough competition for sponsorship, but substantial sums were still forthcoming.

#### **A family affair: the Allens raise money for Spinal Research**

On Friday 13th July 1990, Matthew Allen, then aged 16, was one of five people in a convertible car on their way to go swimming. Exceptionally hot sunshine had melted the tarmac, and the driver lost control of the car, which rolled over; Matthew, sitting in the middle of the back seat and not wearing a safety belt, hit his head on a manhole cover in the road. He sustained an injury at the level of his C4-C5 vertebrae, and though he still

retains some sensation in his legs, he is paralysed and confined to a wheelchair.

In recent years, Matthew's brother Dean has run the London Marathon in aid of Spinal Research (he has already reserved his place for 2010), while his mother, Barbara, acts as the family's fundraising coordinator. "Raising our sponsorship money this year has been harder because of the economic climate," she explains, "but as usual we have pulled together as a family. We're committed to

raising as much as we can for research." The family runs car boot sales, cake sales and bucket collections at the local shopping centre, while Matthew's twin nieces first donated toys to raise money when they were just seven.

The highlight of the Allens' fundraising year is taking up a position at the Tooke Arms on the Isle of Dogs, the cheering point at mile 15.5 of the London Marathon, to support Dean and the rest of the Spinal Research runners.



**Challenge initiatives brought in a total of £140,000, a substantial increase over £95,400 in 2007-08.**

- **Sponsored walks** were made from Keswick to Barrow, Lands End to John O'Groats and on the Pilgrim's Way to Santiago de Compostela in Spain
- **Treks** were made further afield to Kilimanjaro and in Patagonia;

- **Cycle rides** included Basingstoke to Wales, the Pegasus Bridge Cycle Challenge (Normandy), the Three Peaks Cycle Challenge (Ben Nevis, Scafell Pike and Snowdon), London to Geneva, Hayling Island to Paris, the 500k European Ride and the Tibet Cycle Challenge;
- Among the **triathlons** were the Saffron Walden and the Norseman Extreme Triathlon;
- **Sponsored swims and**

**parachute jumps** were among the other enterprises.

Two outstanding endeavours were 64-year-old Derek Megginson's 2300km cycle ride from one end of New Zealand's two islands to the other, which raised £12,000, and George Eyles' confrontation with the Marathon des Sables in Morocco, known as the world's toughest foot race.

George, who was temporarily paralysed by a rugby injury in 2002, finished 91st among 879 entrants and raised a superb £20,000, having endured rainstorms, extreme heat and severe cold over the six-day, 254 km course. For more information, visit [www.saharaspinalchallenge.com](http://www.saharaspinalchallenge.com).



**Spinal Research conservatively estimates the total annual cost of spinal cord injury to the UK taxpayer at well in excess of £500 million per annum.**





**The equestrian, motorcycling and rugby-playing communities are particularly vulnerable to spinal injuries and an element of Spinal Research's long-term fundraising strategy is the development of ever-closer links with these groups.**



### Equestrian

Intensive media activity during 2008 served to heighten awareness of Spinal Research's well-established Saddle Up campaign, highlighted by the Stand and Be Counted appeal. This was launched in December at the London International Horse Show by dynamic eventer Claire Lomas, who was paralysed in a fall at Osberton Horse Trials two years ago. Dozens of high-profile equestrian sporting figures have put their names to the appeal. With support in the form of mailings, a nationwide raffle, elite clinics and events, Saddle Up will remain at the top of the riding community's mind.



### Motorcycling

While Spinal Research's activity in the field of motorcycling has a relatively brief history, it is already paying more than encouraging dividends. Over 100 motorcyclists and their pillions participated in the June 2008 Spinal Research Ride Out to Le Touquet, taking routes mapped out by the Knobblies trail bike club. This was followed by the end-of-season Ride Out from Box Hill in Surrey to Sammy Miller's Motorcycle Museum in Hampshire. Both Ride Outs are now annual events: Le Touquet was again the destination in June 2009, while, in a finale to the 2009 season, motorcycle manufacturer Yamaha teamed up with Spinal Research riders for the journey from Wesson's Café in Sussex to Brooklands Museum in Surrey.

### Rugby

In November, celebrated rugby international Jason Leonard hosted the Rugby Review Dinner at the Botanical Gardens in Birmingham. Leonard, England's most-capped player – who suffered a ruptured disc in his spine in 1992 – welcomed a sell-out audience, including other rugby luminaries such as Leon Lloyd, Louis Deacon, Darren Garforth, Tim Stimpson, Andy Hazell, James Simpson-Daniel, Steve Hanley and JPR Williams. The auction alone generated over £5,000 for Spinal Research's Contact Rugby campaign.



In the UK each year another 800 people join the estimated 40,000 paralysed by injury to the spinal cord. Globally, some 2.5 million people are paralysed by spinal cord injury.

**Spinal Research's network of volunteer fundraisers continues to grow. Existing relationships have become deeper, while new strategies are expanding the charity's ranks of active supporters. In 2008-09, large-scale events staged by fundraisers – such as the annual Wetherby Race Day – delivered an additional £115,000 of income.**

2009 has already seen closer collaboration with the UK network of Spinal Injury Centres as we raise awareness of the charity among people who have suffered a spinal cord injury, their families and their friends.

An annual focus for our fundraising is Spinal Injuries Awareness Day – the third Friday in May.

### **Dancin' in the (Christmas) Streets**

Like many supporters of Spinal Research, Abbi Burns has close personal links with spinal cord injury: her mother, Debs, damaged her spinal cord when she fell from the loft in their home. After many months, Debs is now out of hospital, but she is confined to a wheelchair.

Abbi tells us: "Our family had no idea about the spinal healing process and all the problems associated with a spinal cord injury. Very few people know anything about injuries of this kind and I feel that it is time to raise public awareness."

In December 2008, Abbi and her dance company took to the streets of Allestree,

Derby to raise money for Spinal Research – with a little help from Santa Claus. "It was a huge success," she recounts. "In the lead-up to the event we had distributed nearly 3000 flyers, through letterboxes and at shops, to let people know what we were planning to do. We then spent the day decorating our trailer with more tinsel, fairy lights and wadding than you've ever seen. When it got dark, we set off from Woodlands School with Christmas music playing and Santa ringing his bell. As we made our way around our four-mile route, the reception we got was fantastic. A big group of our girls from Darley Dance dressed up in Christmas costumes to walk with the float, carrying collection buckets and handing out sweets.

"It was so lovely to see children wrapped up in their pyjamas standing outside with their mums and dads, just waiting to catch a glimpse of Santa, who waved at them all and chatted to the kids who came over to the float. We even had someone keeping a lookout for kids watching from their bedroom windows, so Santa would know to give them a special wave. People were joining us to walk alongside the float. We attracted a lot of positive attention and a real buzz followed us."

Exuding good spirits, the girls danced in the street to Christmas music, helping to raise a total of £400 for Spinal Research.



Spinal Research is a tightly focused charity working with cutting-edge science, and accordingly does not match the criteria that many larger businesses set for their corporate social responsibility programmes. This did not prevent us from attracting almost £130,000 in corporate donations in 2007-08.

An exceptional £119,000 came from GlaxoSmithKline to fund a Nathalie Rose Barr PhD



studentship at University College London (see page 8). GSK first supported Spinal Research with a project donation of £104,000 in 2004-05.

Mace & Jones, a firm of solicitors with several offices in the north-west of England, provided a fine example of staff fundraising, resulting in a donation of nearly £3,000 to Spinal Research for 2008-09.



Strategic events play an important role in Spinal Research's fundraising. In addition to generating large sums of money both from individual donations and corporate sponsorship, they build the charity's profile, raising broader awareness of spinal cord injury and the charity's work. In 2007-08, three ambitious strategic events raised £202,200 (before Gift Aid tax refunds), an impressive 72% increase over the previous year.

All three events were staged in October 2008. With the help of film producer Barbara Broccoli, James Bond leapt into action for the 007 Top to Tail Fashion Show and an advance West End Screening of the most recent Bond movie, *Quantum of Solace*, while Goodwood racecourse in West Sussex was the magnificent setting for a charity race day.





‘ We believe that, with everybody’s help, paralysis can be beaten ’

Spinal Research is a pioneering charity based in the United Kingdom. Since its foundation in 1980, Spinal Research has become an international leader in the complex field of research into the nature and repair of spinal cord injury, devoting millions of pounds to over 150 groundbreaking projects in the UK and around the world.

This pioneering research relies on the support of Spinal Research’s committed donors and dynamic volunteer fundraisers.

#### Our Mission

Spinal Research’s vision is a world free of the permanence of paralysis caused by spinal cord injury. We are working towards this goal by:

- Funding pioneering research across the world
- Launching a translational initiative with the aim of measurably improving clinical outcomes for patients
- Promoting collaboration through membership of the ICCP (International Campaign for Cures of Spinal Injury Paralysis)
- Facilitating the dissemination of research information via our Research Network
- Encouraging talented, motivated students to enter this field of research through our Nathalie Rose Barr PhD studentships

- Campaigning for greater awareness of spinal cord injury
- Fundraising creatively and dynamically, but always in a focused and cost-effective fashion
- Maintaining the highest standards of governance in the organisation and administration of the charity

After almost 30 years as the leading funder of research into the repair of spinal cord injury, Spinal Research is now devoting unprecedented resource to discovering and optimising therapies to repair the spinal cords of paralysed people.

We believe that, with everybody’s help, paralysis can be beaten.

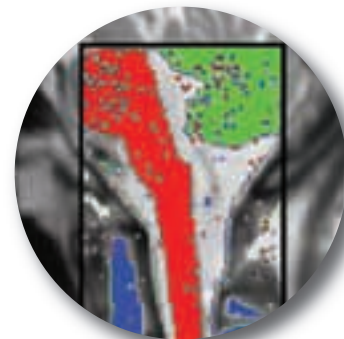
For more information please contact

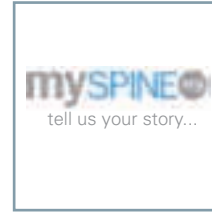
**Jonathan Miall**  
Chief Executive

**Dr Mark Bacon**  
Head of Research

**Carol Borwick**  
Head of Fundraising

[info@spinal-research.org](mailto:info@spinal-research.org)





### Donating, volunteering, fundraising, getting involved

There are so many different ways of giving to Spinal Research. Most of them are surprisingly simple, and support can take the form of either money or time.

- **Donations from individuals**
  - By cheque
  - Over the internet at [www.justgiving.com](http://www.justgiving.com), accessible via [www.spinal-research.org](http://www.spinal-research.org)
  - By credit card
  - As a regular donation via direct debit, monthly, quarterly or annually.
  - As a donation in lieu of a gift, or in memoriam
  - Donate shares to ShareGift, the share donation charity, mentioning Spinal Research

- **Donations via shopping**
  - Through purchasing Spinal Research Christmas Cards
  - By using the Spinal Research MBNA Credit Card
  - By buying online via fundraising shopping websites, such as [www.easyfundraising.co.uk](http://www.easyfundraising.co.uk).

- **Legacies from individuals**
- **Donations from corporate giving and payroll giving (Give As You Earn)**
- **Event sponsorship by companies and individuals**
- **Donations from charitable trusts**

### How to get involved with Spinal Research

- Join MySpine.org – Spinal Research's online networking community
- Organise fundraising events or participate in them
- Encourage your company or other organisations to fundraise or donate
- If you have narrowly escaped serious spinal injury, join the Near Miss Club

### Spinal Research

Bramley Business Centre  
Station Road  
Bramley  
Guildford  
Surrey  
GU5 0AZ  
UK

Telephone  
+ 44 (0) 1483 898786

Fax  
+ 44 (0) 1483 898763

Email  
[info@spinal-research.org](mailto:info@spinal-research.org)

[www.spinal-research.org](http://www.spinal-research.org)

[www.myspine.org](http://www.myspine.org)

Charity No 281325



# SPINAL RESEARCH

## Annual Review 2008-2009

[www.spinal-research.org](http://www.spinal-research.org)

 SPINAL  
RESEARCH  
fighting paralysis... and winning