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Work is good for you

NEW Work skills course in October

Back-Up is working with new partners Lehman Brothers and Genesis HR to bring you a brand new Back-Up course focusing on all the skills you need to get back in to work. Check out the details on our [website](#) along with many reasons [why work is good for you](#).

Ahoy there, me hearties

Experience the voyage of a lifetime with the Jubilee Sailing Trust

Whether you're spinal cord injured or not, JST gives you the opportunity to come aboard a specially designed tall ship. Join the experienced crew and sail the Caribbean, Canary Islands or stay closer to home. [Find out more](#).

The Ball is Back

Its time to party at The Back-Up Glitter Ball 2007

Come join the party faithful as Back-Up goes glam for an evening of top quality entertainment, delicious food and delirious disco fever. All this and more at the Hilton Birmingham Metropole on Saturday October 27th 7pm-2am. For [information](#) and tickets contact [Tristan](#).

Enter the Dragon

Lawyers fight it out for Back-Up in September

Company teams from across the UK, including rivals law firms Harris Cartier and Iriwin Mitchell, will be settling scores in the [Back-Up Dragon Boat Race](#) in London Docklands on September 6th. If you know any companies willing to take on them and the other 8 teams [get in touch](#) today.

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Charity No. 1072216

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Enabling people with spinal cord injury to surpass their aspirations

