



Transforming lives after spinal cord injury

Trustees' annual report and accounts

For the year ended 30 April 2015



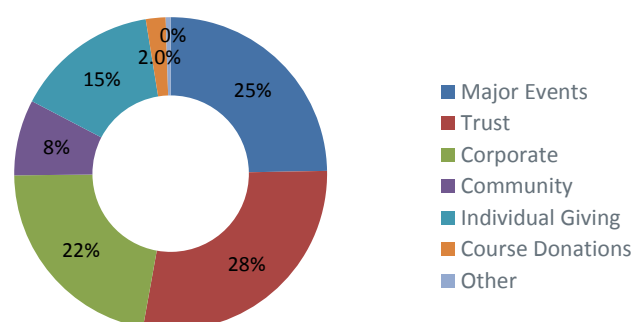
Back Up Report and Accounts

For the year ended 30 April 2015

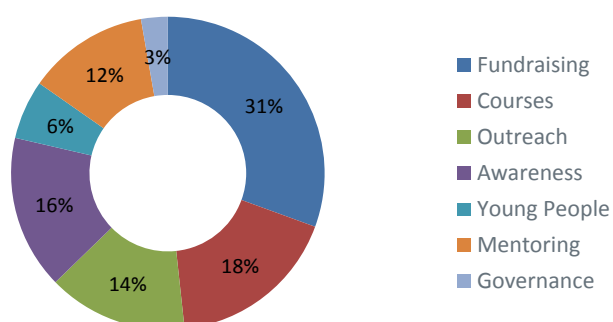
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Key facts and figures

Where our money came from £1,359k



Where our money went £1,396K



Why Back Up is here

Back Up is a leading UK charity for everyone affected by spinal cord injury, regardless of age, level of injury, or background.

Every year in the UK, around 1,000 people are permanently paralysed as a result of a spinal cord injury. It can happen to anyone at anytime and is as easy as falling down the stairs. The impact on the individual and their loved ones can be catastrophic, affecting every area of their lives and requiring huge adjustment.

People who are paralysed can go on to lead happy, healthy and fulfilling lives – but the facts are stark. The suicide rate is five times the national average and one in five people leave hospital clinically depressed. Negative perceptions of disability and inaccessible environments can hold people back from being involved in family and community life, education, and employment.

At Back Up we understand a spinal cord injury can be devastating, but we believe it shouldn't prevent anyone from getting the most out of life. We help people and their families to see that there is life after spinal cord injury and help them to make it happen. Our services include mentoring, wheelchair skills training and residential courses as well as support in getting back to work or school after an injury.

We have developed a 'Theory of Change' which helps us to be clear about the immediate difference our services make and how this leads to our overall goal: that people with spinal cord injury live the life they want.

Our aims are focussed on four main areas that help them achieve this:

1. Being well and happy.
2. Independence in day to day life and access to services you need.
3. Participating in family and social life, in leisure activities and in education, volunteering and employment.
4. Not being held back by negative perceptions of disability.

Research into how people adjust to spinal cord injury shows that if a person perceives their situation as a **manageable challenge** they will use certain ways of coping to manage this challenge; such as setting personal goals, keeping busy, talking about their situation and using support around them from family and friends. These ways of coping are proven to be linked to **better long term outcomes** in life.

If someone feels their situation is unmanageable, however, they will tend to use ways of coping that help them avoid the situation, such as denial, withdrawal, or alcohol misuse. Long term, this can lead to issues such as **depression**, **anxiety**, and **self-neglect**, and result in secondary complications which can cause **hospitalisation**; such as urinary infections and pressure sores.

All of Back Up's services build confidence and independence and offer a supportive network of people who understand life with spinal cord injury and can inspire a positive future.

Back Up's vision

A world where people with spinal cord injury can realise their full potential

Back Up's mission



To inspire people affected by spinal cord injury to transform their lives



To challenge perceptions of disability



To deliver services that build confidence and independence and offer a supportive network

Our values

Driven by the needs of people with spinal cord injury, we are **passionate** about transforming lives.

Through **challenge** and **fun** we open up possibilities to develop, achieve and get the most out of life.

We **respect** individuality and embrace diversity.

We strive for quality and **excellence** in all we do.

Trustees, staff and advisors

President

Konrad Bartelski

Special Ambassador

Phil Packer

Patrons

Alain Baxter
Martin Bell
Sir Christian Bonington CBE
Mike Nemesvary
Mary Nightingale

Valerie Singleton OBE
Lady Valerie Scott
Jess Stock
Julian Tutt
Caroline Quentin

Trustees

David Fraser*
Crispin Longden (Vice Chair)
Rebecca Hill (Chair)
Dr Clair Turnbull*
Andrew Walker* (resigned January 2015)
Matthew King OBE*

Stephen Lightbown* (resigned May 2015)
Gary Lynch
Claire Pimm
Richard Smith (Hon Treasurer)
Martine Petetin
Alex Burrow

*spinal cord injured

In keeping with the charity's ethos of inclusion, Back Up aims to have 50% representation on the board from people who are spinal cord injured.

Chief Executive Officer

Louise Wright

Company Secretary

Michael Lewkowicz

Registered Office and Principal Address

Jessica House
Red Lion Square
191 Wandsworth High St
London, SW18 4LS

Registered Charity

Nos. 1072216 and SC040577

Company Number

Company No. 3596996

Principal Advisors

Bankers

National Westminster Bank Plc
Wandsworth Branch
98, Wandsworth High Street
Wandsworth Branch
London, SW18 4SZ

Auditors

Price Bailey LLP
Causeway House
1, Dane Street
Bishop's Stortford, CM23 3BT

Introduction from Chair and Chief Executive

We are pleased to report that 2014/15 has again seen Back Up's services grow and develop, and help more people to transform their lives.

We have far exceeded our original aim of reaching 600 service users, signing up almost 700 this year. People using our services – wheelchair skills training, mentoring, courses and regular contact – tell us the difference this support makes to their confidence and independence.

Back Up was delighted to receive a Guardian Charity Award in 2014 and to see eight of our volunteers recognised with national and local awards for their contribution. We also launched a new partnership with Aspire to offer people with spinal cord injury a more co-ordinated service.

As well as delivering services, we have started to change the 'system' itself, helping to develop a care pathway for under 18s which will change the lives of children affected by paralysis now and in the future.

This report is the first for Back Up's new five year strategy. We have set ourselves ambitious targets to reach by 2020: to increase our inclusion and sustainability, to grow, and to reach 75% of people who are newly injured each year.

Back Up receives no government funding and we have seen a rise in most areas of income this year.

Back Up's board has agreed to update our reserves policy and to invest in our capacity at the start of this strategy to raise awareness and funds to support our growth in services.

We had already anticipated demand would increase for our services as a result of pressure on local authority budgets, shorter stays in hospital, and difficulty in accessing specialist rehabilitation. But we are finding that people's needs are increasing and changing more quickly than we had thought. As we grow, we will need to stay in touch with more and more people as they make the transition home from hospital and ensure the quality and depth of each of these relationships.

Next year sees Back Up celebrate our 30th anniversary. We are proud of how far we have come since Mike Nemesvary founded the charity in 1986. But there is so much more to be done. With the continued backing of our supporters, volunteers, service users and partners, we are confident we can achieve this.

Rebecca Hill and Louise Wright

Back Up's impact last year...

We trained **550** people in wheelchair skills, with **91%** of them increasing in confidence and **89%** learning new skills

We signed up **694** people and supported **577** people by telephone

We matched **118** people with a mentor including **80** adults, **2** under 18s and **36** family members

89% of people receiving regular contact felt supported

100% of people who were mentored increased in 3 or more coping strategies and **100%** achieved their goals.

100% of course participants who completed our survey would recommend us to a friend

We supported **33** children to make sure they were fully included at school

98% of people on our courses achieved their personal aims

100% of children we supported are happier at school and **100%** of parents felt their child is more included

100% of our young wheelchair skills trainers are more confident teaching wheelchair skills and talking about spinal cord injury

Review of Services

Outreach and Support

Reaching out to people who have a spinal cord injury and getting to know their individual needs is where our work begins. Every member of our outreach team has experience of living with spinal cord injury. The team visits NHS spinal centres and hospitals across the UK, delivering wheelchair skills training sessions and talks with staff, patients and families.

Our wheelchair skills sessions are led by trained spinal cord injured volunteers and focus on improving people's ability to get around safely and overcome obstacles in everyday life. Our trainers give people practical skills to support an independent, healthy and active lifestyle.

When someone is dealing with a devastating new injury, they may find it hard to picture a future where they are leading the life they want to. Our wheelchair skills trainers, outreach staff and volunteers give people a glimpse of the possibilities after an injury.

Once we've met people in hospital, a named member of our outreach team keeps in regular contact as they return home and adjust to life with a spinal cord injury. Our team uses their own experience to support people and to signpost them to other services within Back Up and elsewhere.

This year we have reached more people than ever before – signing up 694 people with spinal cord injury, thanks to closer working with the spinal centres across the UK and with Aspire. We will focus next year on ensuring that the people we have registered receive the level of ongoing support they require.

Our wheelchair skills training is now an accredited qualification with 40% of our trainers already holding the award and 60% due to become accredited in the coming year. Our **Join the Dots** community-based wheelchair skills training is helping people to master the skills to get around their local area.

We have reached more children and young people with spinal cord injury by developing relationships with several children's hospitals. We have played a key role in developing a new national care pathway so that young people receive the specialist care they need.

"The session boosted my confidence in using my power chair to get around; it was really useful learning how to reverse safely in limited space. It was informative and useful, the best thing was practising going over different terrain."

Timothy, 47

"The skills session has helped Jacob grow in confidence; he has learnt practical and sport skills."

Steven, dad of Jacob aged 7

Targets 2014/15	Outcomes 2014/15	Targets 2015/16
Register 600 new people with SCI including 27 under 18s (benchmark 569 - 20 under 18s)	694 registered including 28 under 18s (U18s)	Register 700 new people with SCI including 30 under 18s (benchmark 694 including 28 U18s)
550 people trained in wheelchair skills in hospital including 25 under 18s	550 participants trained including 13 under 18s	540 people trained in wheelchair skills in hospitals including 20 U18s. 68 people trained in Join the Dots community wheelchair skills sessions (benchmark 24).
700 newly registered people supported by telephone including 80 under 18s	577 people were supported by telephone including 74 under 18s	630 supported by telephone including 75 U18s
68% of wheelchair skills participants to feel life with spinal cord injury is more manageable as a result of the session; 88% to increase in confidence; 88% to learn new skills	74% of participants felt that life was more manageable after the session, 91% of participants increased in confidence and 89% learned new skills	76% feel life with SCI is more manageable; 91% build their confidence; 90% learn new skills. All U18s increase in at least 2 out of 4 measures: feel more confident; learn new skills; support networks and life more manageable. Join the Dots: 85% feel able to use wheelchair skills when they're out; 75% feel more comfortable getting back to daily activities
75% of people receiving regular contact are more aware of the possibilities of life after SCI; 60% signposted to other services; 90% feel supported	67% were more aware of the possibilities of life with a spinal cord injury; 47% were signposted to relevant services; 89% felt supported	70% more aware of the possibilities; 60% signposted to relevant services; 90% feel supported

Mentoring

Our unique accredited peer mentoring service matches spinal cord injured people and their family members with trained volunteers.

A mentoring relationship gives people an opportunity to talk to someone who understands their situation and shares similar experiences. Mentoring involves several structured conversations by telephone or face to face. It helps people identify and work towards goals, and to develop positive ways of coping that are proven to be linked to better outcomes in life with spinal cord injury.

These ways of coping are:

- Keeping busy; doing activities which are meaningful to the individual
- Believing something good can come from the experience
- Accepting your injury
- Active problem-solving / goal-setting
- Use of emotional and practical social support

This year the service grew by matching more people with mentors and recruiting a more diverse group of volunteer mentors. We trained our first mentors aged under 18 and we have matched some of our newly trained sibling mentors.

After some staff changes, with support from funders we have increased to the team to three. This means we are able to reach more people and offer a better quality of service.

In total, this year our mentors provided support for **118 people** including people with spinal injury, parents, partners, and siblings.

We also presented the mentoring service at the International Spinal Cord Society (ISCOS) conference in the Netherlands. As a result, in 2015, we are supporting the Dutch spinal cord injury association to set up a family mentoring service.

"My mentor was fantastic...She was really supportive. I was really impressed and would recommend her to anyone who needed some help. Having a mentor with the same level of injury and who could walk was really useful – she absolutely understood."

Heidi, 42

"Mentoring is going really well, Will has helped me a lot. We talk about school, meeting new friends, going out to nightclubs, how to dress, houses, university, and he tells me about trips away with Back Up."

Olanre, 17

"The mentor allowed me to speak freely and openly about my concerns and problems and understood my views and issues. I would recommend it to anyone in a similar situation without hesitation."

Nikki, 41, female partner

Targets 2014/15	Outcomes 2014/15	Targets 2015/16
120 (revised from 140) new mentoring relationships (including 85 adults, 3 under 18s with SCI, 32 family)	118 matches: 80 adults and 2 U18s with SCI; 36 family members (9 parents, 22 partners, 3 adult children, 1 sibling)	150 new mentoring relationships (106 adults and 4 under 18s with SCI; 40 family members)
Feedback from 95% of mentoring relationships	Feedback from 100% of completed relationships	Feedback from at least 95% of completed relationships
95% of people mentored report increases in at least 3 of the 5 positive coping strategies	100% achieved increases in 3 or more coping strategies	95% of adults mentored report increases in at least 3 of 5 positive coping strategies 3 out of 4 under 18s increase in at least 3 of 5 positive coping strategies
95% of people in shorter mentoring relationships achieve their personal goal	100% achieved their goal	95% of people in shorter mentoring relationships achieve personal goal



Courses

We run a wide range of residential courses throughout the UK and overseas – from creative activities to outward bound. Our courses bring together a mixed group of people with and without spinal cord injury, led by trained volunteers. The groups take on challenges which help them to discover more of what is possible after an injury, as well as gaining skills and a new perspective which translates into everyday life after the course.

This year, we offered a city skills course specifically for over 50s for the first time. We supported two permanently ventilated young people on our teenagers' multi activity course, (a first for the service), and had the highest number of children and parents on the under 13s course.

We are seeing participants with increasing levels of need on our courses, and higher numbers of people pulling out due to illness or medical problems. The team are working hard to respond to this.

We increased our Back Up to Work course from one annually to three in different locations. These courses are designed to help people with spinal cord injury return to employment, or to go into education or volunteering. We have also started to offer tailored one-to-one support post course to ensure people achieve their aspirations.

"The course was fantastic and empowering from start to finish. Each day I learnt not only something about getting back to work – CV writing, interview skills, but also about myself. Identifying competencies and speed interviews ... helped me realise that I have many skills and abilities to offer a potential employer."

Peter, Back Up to Work

"It was exhilarating: a fantastic week. I tried and enjoyed everything. I got a lot out of wheelchair skills and I would recommend anyone no matter how long they have been living with a spinal injury to...get on a course."

Mary, over 50s multi-activity

"I have become more independent, come out of my comfort zone and I have learnt that there are no boundaries by being in a wheelchair."

Bel, 13-17s multi-activity course

"The course has completely changed my life and mind set. I came home and realised that my life was a mess, I now feel like myself again. I'm looking into skiing professionally. I've signed up to a gym to make myself strong enough to destroy Colorado when I go back." Sam, ski course

Targets 2014/15	Outcomes 2014/15	Targets 2015/16
92 adults and 10 under 18s on residential courses, 10 adults on taster days	68 adults and 8 under 18s participated in residential courses. 6 adults came on taster days	75 people (65 adults and 10 under 18s) on residential courses, 6 on Belfast taster days. 18-24 people attend Back Up to Work (BUTW) courses
100% prepared to recommend Back Up courses to a friend (95% highly)	100% of respondents would recommend to a friend (92% highly)	100% group members, prepared to recommend courses to a friend, (95% highly, BUTW 98% highly)
70% of adult participants to increase in at least 3 of 5 measures relating to feeling able to cope with life, participation in various aspects of life, feeling well supported, and feeling positive about the future 70% of adults to have sustained or improved this impact 6 months later	65% of respondents increased in at least 3 of the 5 measures 86% sustained or improved this impact 6 months later	70% of adult participants to increase in at least 3 of 5 measures 70% adults to have sustained a 6 month increase in 3 / 5 measures Back Up to Work: 70% increase in at least 3 of 5 measures: feel work with SCI is manageable; confident about getting work; confident about plan to achieve employment; feel positive about life/future; achieve personal goal
100% adult participants achieve their own personal aims for the course	98% of respondents achieved their own personal aims for course	100% adult participants on all courses achieve personal aims
100% of teenage participants to improve in at least 3 measures: confidence, positivity about the future, relationships, connection to others with SCI, wheelchair skills, independence	100% improved in 3 or more measures, with an average increase in 4.5 of the 6 measures during the course	100% of teenage participants improve in at least 3 measures: confidence, positivity about the future, relationships, connection to others with SCI, wheelchair skills, independence
100% of children under 13 improve in 1 / 3 measures: wheelchair skills, confidence making friends, participation and wellbeing	100% improved in all 3 measures	100% of U13s to improve in at least 2 measures: wheelchair skills, confidence making friends, participation and wellbeing

Schools inclusion service

At Back Up we believe that children and young people with a spinal cord injury should be fully included in all aspects of mainstream education. We work by supporting children, young people and families as well as schools and other professionals who support the child.

The nature of the support is tailored to the needs of the people involved; sometimes it includes intensive support including visits and sometimes it's simply providing support and advice by telephone, email or through our online toolkit.

This year we grew our team of volunteer school advocates, all of whom are spinal cord injured. This has given us a more diverse team in terms of age and level of injury. Now we are better able to meet the needs of the children we support.

We have continued to provide face to face support in schools across the country.

For example, we have led assemblies and workshops to raise awareness of spinal cord injury within schools and carried out site visits to ensure physical access needs are met. We have extended our network of contacts and our volunteer school advocates have attended inclusive physical education training.

This year we have begun formulating our 'influencing teacher training' campaign. Our aim is for trainee teachers to have a better awareness and understanding of the principles of inclusion; to be aware of the specific needs of children and young people with spinal cord injury and have greater awareness of Back Up services.



Targets 2014/15	Outcomes 2014/15	Targets 2015/16
Support the inclusion of 32 children/young people (16 intensively), including 16 new referrals	We supported 33 children, of whom 15 were supported intensively and 20 were new referrals	34 children/young people supported (16 intensively) of which 18 new referrals
<p>For specific school visits (intensive support):</p> <ul style="list-style-type: none"> - 90% schools improve their understanding of inclusion needs - 90% children/young people feel happier at school - 90% parents report their child's inclusion improved 	<p>90% schools improved understanding of inclusion needs</p> <p>100% children/young people happier at school.</p> <p>100% parents felt their child is more included</p>	<p>For specific school visits for those supported intensively:</p> <p>90% of schools improve their understanding of inclusion needs</p> <p>90% of children/young people feel happier at school</p> <p>90% of parents feel their child is more included</p>
<p>Over 6-12 months' support:</p> <ul style="list-style-type: none"> - 80% children/ young people to feel more included in school - 80% parents more positive about their child's inclusion - 80% schools more confident in including child/young person with spinal cord injury 	<p>3 of 5 children / young people feel more included in school and all are happier.</p> <p>8 of 11 parents feel child is more included and that the school understands the child's needs better.</p> <p>All 8 schools increased in at least 2 of 3 measures of understanding, inclusion, and support network</p>	<p>Over a period of 6-12 months support:</p> <p>80% children/ young people to feel more included in school</p> <p>80% parents more positive about their child's inclusion</p> <p>80% schools more confident including pupils with SCI</p>

Volunteering & Under 18s participation

Back Up believes that people affected by spinal cord injury are best placed to support others in a similar situation and that their needs and views should drive decision-making. We have a dedicated group of almost 400 volunteers who deliver our services – as trustees, mentors, wheelchair skills trainers, and helpers on our courses.

Back Up also aims to fully include young people with spinal cord injury in service delivery, development and decision-making. Our Youth Advisory Group continues to shape our services for children and young people.

This year we increased our number of advisors to 12, and broadened the group's diversity. Their views have formed the basis of one of our under 18s funding applications for next year.

"I gained skills in public speaking and I learnt to be confident in voicing my opinions in front of an unknown group of people. I loved working in a team, everyone got along. I feel confident giving advice about power chairs. It made me realise how independent I am."

Rebecca (name changed), 15

Targets 2014/15	Outcomes 2014/15	Targets 2015/16
2 new young wheelchair skills trainers, 2 mentors and 3-4 young advisors recruited and trained	1 new under 18 (U18) wheelchair skills trainer - total 4 trainers aged U18.1 new U18 mentor. 6 new youth advisors- total of 12	10 new young volunteers: 2 group leaders, 2 wheelchair skills trainers, 2 mentors, 3-4 new youth advisors
Young wheelchair skills trainers, youth advisors and volunteer group leaders to build their skills, confidence and positive perceptions of the future	90% of youth advisors increased in at least 2 of these areas: confidence, skills and perceptions of the future after training 100% of wheelchair skills trainers are more confident in teaching wheelchair skills and talking about SCI	Young volunteer group leaders, wheelchair skills trainers, mentors and youth advisors to improve their confidence, skills, connections with other people, relationships with other people, how happy they feel about life right now and how motivated they feel (all to increase in at least 3 of 6 measures)
34 new adult volunteers involved in our services: 6 wheelchair skills trainers; 18 mentors; 10 advocates	29 new adult volunteers: 18 mentors; 3 wheelchair skills trainers; 8 school advocates	38 new adult volunteers: 6 group leaders, 6 wheelchair skills trainers; 18 mentors; 8 school advocates

Awareness and Influencing

Over five years, Back Up aims to become a leading organisation which influences the services people with spinal cord injury receive. We also want to increase awareness of spinal cord injury and the services we provide.

Our goal is to achieve changes for those most in need, such as children and people over 50.

By helping to improve the health and care services they receive, as well as deliver services ourselves, we can have an impact on the lives of many more people with spinal cord injury.

Our initial priorities for influencing are:

- To ensure all children and young people with spinal cord injury have access to NHS specialist rehabilitation
- To ensure that all children and young people with spinal cord injury experience effective, inclusive mainstream education
- To improve health-related quality of life (and decrease NHS costs) for people with spinal cord injury in particular regions through working with local commissioners

Progress this year has been positive.

We are driving a campaign in conjunction with health professionals to ensure that young people and children under 18 have access to specialist rehab.

All key stakeholders are on board and plans and funding are in place for the development of a care pathway.

We have started work on a specific plan for influencing inclusive education nationally.

Our work with local commissioners in Cornwall is complete and soon to be finalised with Vale of York.

With a new communications team in place, our goals for awareness have been achieved, with an increase in media coverage and social media engagement.

Next year we will focus on improving how we communicate with different groups and launch a new web site which is mobile-friendly and focused on our users' needs.

Fundraising

Back Up raised £1.36 million, a growth of 2.3% on last year. Costs of raising funds fell by 2.2% to £420,723.

The charity saw continued growth across several income streams, with a strong performance in corporate, major donors and major events. This year we made investment in the trusts team, which will increase income significantly over the next two years. We are already seeing a return on our investment in this area, having exceeded the budget for the year, with particular success in increasing the level of small and medium trust support. Back Up also benefited from a significant legacy, boosting our unrestricted income.

We have had particular success in attracting new corporate partnerships this year. We also hosted a major donor dinner which has funded a much needed additional ski course to Sweden for winter 2016.

“Thank you for inviting me. It was a magnificent achievement. What struck me most about the event was the very positive and happy atmosphere. It is a very worthwhile charity.”

Ann Jeffreys (Fashion show attendee)

Individual giving levels were affected by sustained staffing gaps and community has underperformed against budget this year, despite investment in this area, which has impacted on the overall growth in fundraising. Our focus will be to rebuild and develop community over the next two years and introduce new initiatives.

We will continue to build good relationships across all income streams, develop our regional reach, and further increase our income and sustainable growth to ensure that we broaden the depth and breadth of our services for people affected by spinal cord injury.

“I recently climbed Scafell Pike to raise money for Back Up. We had horrible weather and I really doubted why I’d signed up to such a challenge! However I was absolutely amazed at the support I received from the Back Up team, and the awareness and money I raised easily outweighed all the pain! I am already thinking about what I can do next to challenge myself and raise even more for Back Up!”

Jin Garcha

Thanks

We would like to say a huge thank you to all our amazing supporters this year, we simply couldn't do it without you. Thanks to all our fundraisers who have run, swam, rowed, cycled, jumped out of a plane, climbed a mountain or baked for Back Up and everything else in between. Thanks also to our donors, committee members, volunteers, ambassadors, event guests and bidders, corporate supporters, trusts funders and all those who donated to auction and raffle prizes.

Our special thanks go to...

Individuals:

Juile Allen, Barry Andrews, Douglas Armstrong and the Mostyn Care Foundation, Konrad and Sophie Bartelski, Jon Campbell, Alice Catling, Oliver Chillcott, Neil Crump, David Elswood, Jin Garcha and team, Jacquelyn Goddard, Charles Hanson, Joss Holmes, Victoria Kelly, Jennifer Lee, Michael McKenna and the Wellington Management team, Nick Millar, Councillors Don and Margaret Milsom, Fiona and Ian Neale, Loyd Odey, Steve Plimley, Nigel and Margot Russell, Emily Taiano, Councillor Stuart Thom, Patrick Woodall and the team at Pragma Consulting Ltd, Stefan Wojciechowski and Carol Wyer.

Schools and Clubs:

Bicester and Finmere Show, Broke Hill Golf Club and Oundle School.

Major Event Committees:

City Dinner Committee: Jean Egbunike, David Fraser, Eric Lanlard, Jos Matthews, Matt Newman, John Morgan and Paul Newrick.

Ladies Committee: Chirsty Bennett, Debbie Cragg, Sarah Oughton, Jane Rogan and Anne Urban.

Ball Committee: Hannah Tozer, Alan Cook, Andy Masters, Becky Newham, Helen Marsh, Jon Stanton, James Rixon and Athena Morse.

Trusts:

The Act Foundation, The Adamson Trust, The Alice Ellen Cooper Dean Charitable Foundation, The Andre Bernheim Charitable Trust, The Ardwick Trust, The Alex Roberts-Miller Foundation, The Barbara Ward Children's Foundation, The Barcapel Foundation, The BBC Children in Need Appeal, The Belvedere Trust, The Bernard Lewis Family Charitable Trust, The Bernard Piggott Trust, The Bewley Charitable Trust, The Big Lottery Fund, The Bridgewater Charitable Trust, The Bruce Wake Charitable Trust, The Charles & Edna Broadhurst Charitable Trust, The Charles Skey Charitable Trust, The City Bridge Trust, The Clothworkers' Foundation, The Deakin Charitable Trust, The Dickens Charitable Trust, The Disability Aid Trust, The Douglas Arter Foundation, The Douglas Turner Trust, The D'Oyly Carte Charitable Trust, The Evan Cornish Foundation, The Eveson Charitable Trust, The Fitton Trust, The Foster Charitable Foundation, The Garfield Weston Foundation, The Gay & Peter Hartley's Hillards Charitable Trust, The Girdlers' Company Charitable Trust, The Gledswood Charitable Trust, The Green Hall Foundation, The Harapan Trust, The H A Holiday Charitable Trust, The Hugh Fraser Foundation, The James Weir Foundation, The James Wise Charitable Trust, (continues)

Trusts (continues):

The John S Cohen Foundation, The Kass Charitable Trust, The Leeds Convalescent Society, The Lynn Foundation, The Michael and Anna Wix Charitable Trust, The Mickel Fund, The Mildred Duveen Charitable Trust, The N Smith Charitable Settlement, The Paul Bush Foundation Trust, The Pennycress Trust, The Persula Foundation, The R S Macdonald Charitable Trust, The Rainford Trust, The Roger Vere Foundation, The Rothschild Foundation, The Rowan Bentall Charitable Trust, The Ryvoan Trust, The Simon Heller Charitable Settlement, The Sir James Roll Charitable Trust, The Sir Jules Thorn Charitable Trust, The Sovereign Health Care Charities Fund, The Walter Guinness Charitable Trust, The Miss W E Lawrence 1973 Charitable Settlement, The Wheelwright's Charity, The Whirlwind Charitable Trust, The Woodroffe Benton Foundation, The Worshipful Company of Gardeners.

Companies:

7BR Barristers Chambers, AAA Insurance & Reinsurance Brokers Ltd, Active Assistance, Aurora Communications, Barclays Bank plc, The Bank of New York Mellon Corporation, Bolt Burdon Kemp, Coloplast Ltd, Deloitte LLP, Exemplar Properties, F&C Asset Management, Fitch Ratings, Guy Anderson Wines, CMC Imaging Services Ltd at Heath Lodge Clinic, Hg Capital, Homeworks Energy Limited, Irwin Mitchell Solicitors, John's Investment Chronicle, Lee Hecht Harrison, Leigh Day, Macaw Engineering, Mark Warner Ltd, Mindtree Ltd, My Plus Consulting, New Quadrant Partners, Origin Care, Panorama Antennas, Personal Documentary Company, PI Costing, Pragma Consulting Ltd, Royal Bank of Scotland, Russell Cooke Solicitors, Savills, Skandinaviska Enskilda Banken (SEB) AB, Serious Law LLP, Sirius Automotive Ltd, Snowdon Tate, Stewarts Law LLP, Teleflex, Wellspect Healthcare, Withers LLP.

Structure, Governance and Management

Back Up is a charitable company limited by guarantee of its members. Members agree to contribute £1 to the company in case the company is wound up and has liabilities in excess of its assets.

The trustees are legally responsible for the governance and management of Back Up. The board consists of a maximum of 12 trustees. Back Up aims to have 50% representation on the board from people who are affected by spinal cord injury. One third of the trustees retires by rotation at each annual general meeting and may be reappointed. The trustees meet four times a year.

There is a recruitment, induction and training process for new trustees. A panel drawn from existing trustees selects and then recommends new members of the board. New trustees are supported by the Chair and Chief Executive throughout their induction and beyond to become confident board members, fully aware of their role and responsibilities. The board is committed to periodic reviews and gap analysis of trustee experience needed to further the work of Back Up.

Trustees are encouraged to attend training courses to keep up to date with current legislation and to widen their experience. Trustees attend an annual away day with staff to build relationships and understanding to further the organisation's mission.

Trustee Committees

The trustees are responsible for approving strategy and policies and ensuring these are implemented. To assist with this work, the trustees have

established the following sub-committees:

The **Finance, Audit and Risk Committee** meets at least four times a year and its main responsibility is to advise trustees on their duty to ensure all assets of Back Up are safeguarded and that funds are spent effectively and efficiently in the course of its activities and in line with the charity's objects.

The **Governance Committee** reviews the skills and performance of board members and oversees the recruitment and induction of new trustees.

The **Fundraising Committee** meets at least twice a year to review Back Up's strategy for generating income.

The **Disclosure and Barring Committee** includes a minimum of two trustees and two co-opted members, one of whom has a specialist background, to which the trustees have delegated responsibility for assessing the risk associated with recruiting staff/volunteers with a criminal conviction or other disclosure when a criminal record check has been carried out.

The **Remuneration Committee** has three trustees as members with delegated authority for:

- Setting the remuneration of the Chief Executive
- Receiving recommendations on the remuneration across departments and authorising as appropriate
- Scrutinising and authorising changes to the organisations remuneration policy and structure

Management and Staffing

The Chief Executive has responsibility for planning and developing the work of Back Up within the clear guidelines set by the trustees. The Chief Executive together with the senior management team (SMT) is responsible for the day to day operations of the charity in line with our strategy and business plan.

Back Up was founded by volunteers and volunteering remains at the heart of everything we do. We believe volunteers have a unique and essential contribution to make to all our work. Volunteers govern Back Up, deliver our services, raise vital funds, raise awareness, and support and develop our work in many ways. We estimate that this year our volunteers contributed almost 26,000 hours to our work. A heart-felt thank you to every volunteer.

We are committed to developing our staff and volunteers and continually monitor feedback relating to the quality and impact of our services from our service users, volunteers and partners.

Risk Management

No system of internal control is ever able to give absolute assurance against material misstatement or loss.

However, the following systems are in place to mitigate major risks:

- A long term strategic plan, two year business plan and budget, approved by trustees
- Quarterly (and in some cases monthly) review of financial targets and results, variance from budgets and non-financial performance indicators by SMT and trustees

- In-depth review of financial performance by the Finance, Audit and Risk committee
- Scaled authority and segregation of duties
- Identification and management of risks, reviewed and approved by trustees

The trustees have reviewed the major risks that the charity is exposed to and systems and procedures are in place to manage these risks.

Back Up Promotions Ltd. is a wholly owned trading subsidiary of the charity that has remained dormant throughout the period.

How our activities deliver public benefit

The Trustees confirm that we have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objects and in planning future activities and setting policy for the year. Our services are centred on enabling all people affected by spinal cord injury to transform their lives, focussing on building independence and confidence, challenging perceptions of disability, and offering a supportive network of people.

We continue to undertake regular research to further understand the impact of our work and the needs of the people we aim to reach. A new five year strategy has been developed which will further extend and expand our reach to people affected by spinal cord injury across the UK.

Our plans for the Future

In the years to 2020, there will be greater need for our service as a result of factors such as:

- local authority funding cuts
- shorter specialist spinal cord injury rehabilitation
- difficulty accessing specialist spinal cord injury rehabilitation (especially for children and people with spinal cord injuries not caused by accidents)

These affect people's wellbeing, their need to maximise their independence, and their ability to participate in normal everyday activities and roles. People with spinal cord injury have high support needs around employment, and pressure on them to be working is increasing.

Over the next five years, we will develop in the following ways to better meet those needs.

➤ An inclusive organisation

- We remain for everyone affected by spinal cord injury. We will actively seek out groups of people that we are reaching less well and will continue to prioritise those with the greatest need

- We will increase our reach locally, regionally and nationally
- We will grow our reach from 60% to 75% of newly injured people each year

➤ A sustainable organisation

- We will continue to grow our income and broaden the ways we raise funds, reducing financial risk
- We will develop our technology and systems to continuously improve our effectiveness and efficiency
- We will retain, develop and support our talented and dedicated staff and volunteers

➤ A leading organisation

- We will deliver the highest quality services, led by the needs of people with spinal cord injury, clearly demonstrating their quality and the difference they make
- We will work in partnership with other organisations to reach people and increase our impact
- We will share our knowledge nationally and internationally. We will use our experience and expertise to help other organisations deliver high quality services for people with spinal cord injury, championing those most in need.

Review of Financial Position

Back Up consolidated last year's strong growth with an increase in income of 2.3% to £1,358,786 (2014: £1,328,587). Expenditure was up 11% at £1,396,185 (2014: £1,256,553).

We are now implementing our strategy to grow our services over the term of our current five year strategy. Total resources spent on the charity's services for people with spinal cord injury grew by 17.3% to £931,101 (2014: £793,558), representing 66.7% of total expenditure (2014: 63.2%).

Back Up's board has agreed to invest from reserves in our growth for the first three years, resulting in a planned deficit for this year. As a result of our investments our year end deficit for the year was £29,917 (2014: surplus £75,703).

Income from activities for generating funds was down by 3.6% to £489,575 (2014: £507,821).

Restricted income for our core charitable activities has grown by 8.6%. Restricted income does not cover the expenditure for the majority of the activities and is therefore supplemented with unrestricted income.

Fundraising costs decreased by 0.8% to £426,717 (2014: £430,220) representing 31.4% of total income (2014: 32.4%) and 30.6% of total costs (2014: 34.2%).

Governance costs were at £38,367 (2014: £32,775).

The reserves are comfortably in-line with the reserves policy which was revised during the year.

Reserves Policy

Trustees have agreed reserves to be £400,000 to meet the needs of cash flow and risk of unforeseen events.

The new policy will enable Back Up to invest a proportion of reserves in services, awareness and fundraising to support growth at the start of our current strategy.

At the year end total reserves were £563,901 made up of free reserves of £392,542 excluding £11,038 of unrestricted fixed assets, £59,408 of restricted funds and £100,913 in expendable endowments.

The reserves policy and risk assessment, are reviewed by the trustees on an annual basis.

Investments

The market value of the quoted investments has increased for a second year running, being up by £7,482 (2014: £3,669). Details of the investments held by the charity are set out in note 7 to the financial statements.

Trustees aim to hold the majority of funds as cash or bank deposits at the best rates available. The holding of other investments, including collective funds is periodically reviewed by the trustees.

Trustees' Responsibilities

The trustees (who are also directors of Back Up for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and the surplus or deficit of the charitable company for that period.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended).

They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- - there is no relevant audit information of which the charitable company's auditor is unaware; and
- - the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

In preparing this report, the trustees have taken advantage of the small companies exemptions provided by section 415A of the Companies Act 2006.

Auditors

The auditors, Price Bailey LLP will be proposed for re-appointment in accordance with paragraph 485 of the Companies Act 2006.

Approved by the Trustees on 10th September 2015 and signed on their behalf on 11th September 2015 by:

A handwritten signature in black ink, appearing to read 'RHill', written over a horizontal line.

Ms Rebecca Hill
Chair of Trustees

Independent Auditor's Report to the trustees of the Back-Up Trust

We have audited the financial statements of the Back-Up Trust for the year ended 30 April 2015 which comprise the Statement of Financial Activities, the Balance Sheet and the related notes. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006 and to the charitable company's trustees, as a body, in accordance with section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005 and regulation 10 of the Charities Accounts (Scotland) Regulations 2006 (as amended). Our audit work has been undertaken so that we might state to the charitable company's members and its trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company, the charitable company's members as a body and its trustees as a body, for our audit work, for this report, or for the opinions we have formed.

Respective responsibilities of trustees and auditor

As explained more fully in the Trustees' Responsibilities Statement set out on page 25, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view.

We have been appointed as auditor under section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005 and under the Companies Act 2006 and report in accordance with regulations made under those Acts.

Our responsibility is to audit and express an opinion on the financial statements in accordance with applicable law and International Standards on Auditing (UK and Ireland). Those standards require us to comply with the Auditing Practices Board's Ethical Standards for Auditors.

Scope of the audit of the financial statements

An audit involves obtaining evidence about the amounts and disclosures in the financial statements sufficient to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or error. This includes an assessment of: whether the accounting policies are appropriate to the charitable company's circumstances and have been consistently applied and adequately disclosed; the reasonableness of significant accounting estimates made by the trustees; and the overall presentation of the financial statements. In addition, we read all the financial and non-financial information in the Trustees' Annual Report to identify material inconsistencies with the audited financial statements and to identify any information that is apparently materially incorrect based on, or materially inconsistent with, the knowledge acquired by us in the course of performing the audit. If we become aware of any apparent material misstatements or inconsistencies we consider the implications for our report.

Opinion on financial statements

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 30 April 2015, and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice (applicable to smaller entities); and
- have been prepared in accordance with the requirements of the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and regulation 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended).

Opinion on other matter prescribed by the Companies Act 2006

In our opinion the information given in the Trustees' Annual Report for the financial year for which the financial statements are prepared is consistent with the financial statements.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters where the Companies Act 2006 and the Charities Accounts (Scotland) Regulations 2006 (as amended) requires us to report to you if, in our opinion:

- the charitable company has not kept proper and adequate accounting records or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies exemption from the requirement to prepare a strategic report.



Helena Wilkinson
Senior Statutory Auditor
For and on behalf of Price Bailey LLP, Statutory Auditor

Date: 10 Sept 2015

Price Bailey LLP is eligible to act as an auditor in terms of section 1212 of the Companies Act 2006

Causeway House
1 Dane Street
Bishop's Stortford
Hertfordshire
CM23 3BT

The Back-Up Trust

Statement of Financial Activities for the year ended 30 April 2015 (incorporating income and expenditure accounts) For the year ended 30 April 2015

Income and Expenditure	Note	Unrestricted Funds £	Restricted Funds £	Endowment Funds £	Total 2015 £	Total 2014 £
Incoming Resources						
<i>Incoming Resources from generated funds</i>						
Voluntary income	2	397,724	404,854	-	802,578	729,038
Activities for Generating Funds		450,074	39,501	-	489,575	507,821
Investment income		840	-	3,039	3,879	4,159
<i>Incoming Resources from charitable activities</i>						
Rehab Courses		-	62,754	-	62,754	87,569
Total Incoming Resources		<u>848,638</u>	<u>507,109</u>	<u>3,039</u>	<u>1,358,786</u>	<u>1,328,587</u>
Resources Expended						
<i>Costs of Generating Funds</i>						
Fundraising costs	3	426,717	-	-	426,717	430,220
<i>Charitable Activities</i>						
Outreach & Support	3	-	198,513	3,039	201,552	246,072
Mentoring	3	-	174,909	-	174,909	120,921
Courses	3	-	247,535	-	247,535	235,839
Schools and Family Inclusion	3	-	46,428	-	46,428	40,426
U18 Participation	3	-	38,732	-	38,732	61,501
Raising Awareness	3	-	221,945	-	221,945	88,799
<i>Governance Costs</i>	3	38,367	-	-	38,367	32,775
Total Resources Expended	3	<u>465,084</u>	<u>928,062</u>	<u>3,039</u>	<u>1,396,185</u>	<u>1,256,553</u>
Net incoming resources before transfers		383,554	(420,953)	-	(37,399)	72,034
Transfers between funds	11	<u>(480,361)</u>	<u>480,361</u>	<u>-</u>	<u>-</u>	<u>-</u>
Net incoming resources before other gains and losses, being net income/(expenditure) for the year		(96,807)	59,408	-	(37,399)	72,034
<i>Other recognised gains and losses</i>						
Net gains/losses on investment assets	7	7,482	-	-	7,482	3,669
Net movement in funds		<u>(89,325)</u>	<u>59,408</u>	<u>-</u>	<u>(29,917)</u>	<u>75,703</u>
Total funds brought forward 1 May 2014		492,905	-	100,913	593,818	518,115
Total funds carried forward 30 April 2015		<u>403,580</u>	<u>59,408</u>	<u>100,913</u>	<u>563,901</u>	<u>593,818</u>

There are no recognised gains and losses other than those in the statement of financial activities. Therefore no statement of total recognised gains and losses has been prepared. All the above amounts relate to continuing activities.

The Back-Up Trust

Balance Sheet

For the year ended 30 April 2015

	Note	2015 £	2014 £
Fixed Assets			
Tangible Assets	5	11,038	12,712
Investments	7	<u>103,756</u>	<u>96,274</u>
		114,794	108,986
Current Assets			
Debtors	8	176,771	180,119
Cash at bank and in hand		<u>386,126</u>	<u>457,938</u>
		562,897	638,057
Creditors: amounts falling due within one year	9	<u>(113,790)</u>	<u>(153,225)</u>
Net current assets		449,107	484,832
Total Net Assets		<u>563,901</u>	<u>593,818</u>
Funds			
Unrestricted funds	10	403,580	492,905
Restricted funds	10	59,408	
Endowment funds	10	100,913	100,913
Total funds and reserves		<u>563,901</u>	<u>593,818</u>

The financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006 and in accordance with the Financial Reporting Standards for Smaller Entities (effective April 2008).

The accounts were approved by the Board of Trustees on 10th September 2015 and signed on their behalf on 11th September 2015 by:


 _____ Treasurer
 Richard Smith

Company no: 3596996

The notes on pages 30 to 35 form part of these accounts

The Back-Up Trust

Notes to the financial statements

For the year ended 30 April 2015

1. Accounting policies

a) Basis of preparation

The accounts are prepared under the historical cost convention, with the exception of the quoted investments, which are included at market value. The financial statements have been prepared in accordance with the requirements of the Companies Act 2006 and to the charity's trustees, as a body, in accordance with section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005 and regulation 10 of the Charities Accounts (Scotland) Regulations 2006 (as amended). Applicable United Kingdom accounting standards and the Statement of Recommended Practice "Accounting and Reporting by Charities" published in March 2005 have been followed in these accounts. The wholly owned trading subsidiary, Back-Up Promotions Limited, which is incorporated in the UK, has not been consolidated, as it has been dormant throughout the year. The charity has taken advantage of the small companies exemption not to prepare a cash-flow statement, as permitted by FRS1 (revised).

b) Incoming Resources

Incoming resources are recognised in the period in which the charity is entitled to receipt and the amount can be measured with reasonable certainty. Income is deferred only when the charity has to fulfil conditions before becoming entitled to it or where the donor or funder has specified that the income is to be expended in a future accounting period.

Grants have been included as income from charitable activities where these amount to a contract for services but as voluntary income where the money is given in response to an appeal or with greater freedom of use, for example monies for core funding.

Legacies are included in the statement of financial activities when the charity is advised by the personal representative of an estate that payment will be made or property transferred and the amount involved can be quantified.

Sources of income and donations organised directly by the charity are included gross together with related fundraising expenditure. Sources of income and donations organised by external parties are shown on a net income basis.

Total fundraising costs are used to raise income from both restricted and unrestricted funds.

c) Resources Expended

Expenditure is included in the statement of financial activities when incurred and includes attributable VAT which cannot be recovered.

Resources expended comprise the following:

- The costs of generating funds include the salaries, direct costs and overheads associated with generating funds.
- Expenditure incurred for charitable activities comprises of costs relating to the charity's primary charitable purposes as described in the trustees' report.

The majority of costs are directly attributable to specific activities. Certain shared costs are apportioned to the activities based on staff time.

- Governance costs comprise costs which are directly attributable to the management of the charity's assets, organisational procedures and the necessary legal procedures for compliance with statutory requirements.

d) Fund Accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general activities of the charity and which have not been designated for any other purpose. Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes.

e) Tangible Fixed Assets

The fixed asset policy was revised in 2006 to reflect a more realistic value of assets to the charity

All assets with a cost in excess of £1000 intended to be of ongoing use to The Back-Up Trust are capitalised as fixed assets

Depreciation is charged on tangible fixed assets at 33 1/3% of cost per annum, so as to write them off over their expected useful lives.

f) Investments

Quoted investments are valued on the balance sheet date, at market value. Revaluation gains or losses are recognised in the statement of financial activities, and attributed to the fund for which the investments are held.

g) Post retirement benefits

The charity operates a stakeholder pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund. The amount charged to the Statement of Financial Activities represents the discretionary contributions paid to the scheme in respect of the accounting period.

h) Leases

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remain with the lessor are charged on a straight line basis over the lease term.

The Back-Up Trust

Notes to the financial statements

For the year ended 30 April 2015

2. Income	2015	2014
a) Voluntary Income	£	£
Individuals	193,605	172,965
Charitable Trusts	382,074	365,470
Corporate Donations	226,899	190,603
	<u>802,578</u>	<u>729,038</u>

b) Deferred Income

Deferred income comprises restricted income received in advance. Income deferred in the year relates to events, courses and services planned for May 2015 onwards.

	£
Balance as at 30 April 2014	52,864
Amounts received during the year	276,420
Amounts released to SOFA	(284,412)
Balance carried forward as at 30 April 2015	<u>44,872</u>

c) Investment Income

	2015	2014
	£	£
Bank deposit interest	840	1,059
Dividend income	3,039	3,100
	<u>3,879</u>	<u>4,159</u>

3. Resources Expended

a) Analysis of total resources expended

	Direct costs	Staff Costs	Support Costs	Total 2015	Total 2014
	£	£	£	£	£
Charitable activities					
Outreach & Support	39,753	108,441	53,358	201,552	246,072
Mentoring	29,439	98,529	46,941	174,909	120,921
Courses	142,638	73,889	31,008	247,535	235,839
Schools and Family Inclusion	6,461	26,964	13,003	46,428	40,426
U18 Participation	11,575	19,693	7,464	38,732	61,501
Raising Awareness	39,327	134,743	47,875	221,945	88,799
Cost of Generating funds	112,175	220,406	94,136	426,717	430,220
Governance	9,278	22,630	6,459	38,367	32,775
Total resources expended	<u>390,646</u>	<u>705,295</u>	<u>300,244</u>	<u>1,396,185</u>	<u>1,256,553</u>

b) Analysis of support costs

	Outreach & Support	Mentoring	Courses	Schools & Family	U18 Participation	Raising Awareness	Fundraising	Governance	Total 2015	Total 2014
	£	£	£	£	£	£	£	£	£	£
Premises	14,985	13,182	8,708	3,651	2,096	13,444	26,435	1,814	84,315	67,924
Insurance	2,711	2,385	1,575	661	379	2,433	4,783	328	15,255	16,714
Communications	11,584	10,191	6,732	2,823	1,621	10,394	20,437	1,402	65,184	62,697
Office expenses	2,403	2,114	1,397	586	336	2,156	4,240	291	13,523	13,856
Finance costs	1,000	880	581	244	140	897	1,765	121	5,628	5,050
Management & Admin Staff	17,213	15,143	10,003	4,194	2,408	15,444	30,367	2,084	96,856	152,889
Depreciation	3,462	3,046	2,012	844	484	3,107	6,109	419	19,483	14,909
Total support costs	<u>53,358</u>	<u>46,941</u>	<u>31,008</u>	<u>13,003</u>	<u>7,464</u>	<u>47,875</u>	<u>94,136</u>	<u>6,459</u>	<u>300,244</u>	<u>334,039</u>

A historic service charge of £19,119 is included in the premises costs.

The Back-Up Trust

Notes to the financial statements

For the year ended 30 April 2015

c) Analysis of governance costs	2015	2014
	£	£
Auditors remuneration - audit	6,000	5,940
Auditors remuneration - under provision accountancy	840	2,140
Trustee meetings and expenses	2,377	2,706
Legal fees	36	26
Apportionment of staff costs	22,630	14,587
Apportionment of support costs	6,459	6,661
Sundries	25	715
Total governance costs	38,367	32,775

4. Trustees and employee information

a) Trustee information

No remuneration was paid to the trustees during the year (2014: £Nil). £2,498 in expenses (2014: £1,765) was paid to 4 trustees during the year for travel and accommodation costs.

b) Employee information

Employee costs during the year were:

	2015	2014
	£	£
Salaries	684,917	600,310
Social security costs	65,372	51,593
Pension	24,639	16,667
Training	19,265	16,631
Recruitment	7,306	10,835
Other	652	613
	802,151	696,649

The number of employees whose emoluments amount to over £60,000 during the year was nil (2014: nil).

The average and full time equivalent persons employed during the year were:

	2015	2014
Fundraising	7	7
Charitable activities	13	11
Support	3	3
Governance	1	-
	24	21
Average staff numbers	26	24

5. Tangible fixed assets

	Office equipment	Total
	£	£
Cost		
At 1 May 2014	92,961	92,961
Additions	17,809	17,809
Disposals	-	-
At 30 April 2015	110,770	110,770
Depreciation		
At 1 May 2014	80,249	80,249
Charge for the year	19,483	19,483
Disposals	-	-
At 30 April 2015	99,732	99,732
Net book value		
At 30 April 2015	11,038	11,038
At 30 April 2014	12,712	12,712

The Back-Up Trust

Notes to the financial statements

For the year ended 30 April 2015

6. Net movement in funds for the year

This is stated after charging:

	2015 £	2014 £
Operating leases		
- land and buildings	36,540	36,540
- other	1,087	4,350
Depreciation	19,483	14,909
Auditors' remuneration	5,000	5,940

7. Investments

Quoted

	2015 £	2014 £
Market value as at 1 May 2014	96,174	92,505
Net gains/losses on revaluation at 30 April 2015	7,482	3,669
Market value as at 30 April 2015	103,656	96,174

Investment in subsidiary

Back-Up Promotions Ltd.	100	100
	103,756	96,274

The quoted investments are held in the following funds

	£	£
Charinco Common Investment Fund	9,003	8,435
Charishare Common Investment Fund	94,653	87,739
	103,656	96,174
	£	£

Historical cost of Quoted Investments

	63,000	63,000
--	--------	--------

All investments are held in the UK

The charity owns the entire issued share capital of 100 ordinary shares of £1 each in Back-Up Promotions Limited. This company remained dormant throughout the period.

8. Debtors

	2015 £	2014 £
Other debtors	96,779	122,115
Prepayments	79,992	58,004
	176,771	180,119

9. Creditors: Amounts falling due within one year

	2015 £	2014 £
Accruals	12,272	13,474
Deferred Income (note 2b)	44,872	52,864
Other creditors	56,646	86,887
	113,790	153,225

The Back-Up Trust

Notes to the financial statements

For the year ended 30 April 2015

10 Funds

	Opening balance	Net incoming resources	Charitable expenditure	Gain on revaluation	Transfers from general Fund	Closing balance
	£	£	£	£	£	£
Restricted						
Outreach & Support						
Outreach (General) Fund	-	104,493	198,513	-	94,020	-
Mentoring Services						
Big Lottery Grant (Mentoring Services England) Fund	-	101,202	126,597	-	25,395	-
Mentoring Services (General) Fund	-	48,312	48,312	-	-	-
Courses						
Courses (General) Fund	-	110,741	247,442	-	141,701	5,000
Winter Course (Sweden)	-	39,501	93	-	-	39,408
Children & Young People						
Under 18's General	-	78,985	85,160	-	21,175	15,000
Awareness						
Raising Awareness Fund	-	23,875	221,945	-	198,070	-
	<u>-</u>	<u>507,109</u>	<u>928,062</u>	<u>-</u>	<u>480,361</u>	<u>59,408</u>
Endowment						
Alasdair Ross Memorial Fund	50,000	1,519	1,519	-	-	50,000
William Gardner Victoria Cross Fund	50,913	1,520	1,520	-	-	50,913
	<u>100,913</u>	<u>3,039</u>	<u>3,039</u>	<u>-</u>	<u>-</u>	<u>100,913</u>
Unrestricted						
General Fund	492,905	848,638	465,084	7,482	(480,361)	403,580
	<u>492,905</u>	<u>848,638</u>	<u>465,084</u>	<u>7,482</u>	<u>(480,361)</u>	<u>403,580</u>
Total funds	<u>593,818</u>	<u>1,358,786</u>	<u>1,396,185</u>	<u>7,482</u>	<u>-</u>	<u>563,901</u>

The Outreach Funds provides individual support for spinally injured individuals during their rehabilitation

It is supported by The Charles and Edna Broadhurst Charitable Trust, The Charles Skey Charitable Trust, The City Bridge Trust, The Clothworkers' Foundation, Coloplast Ltd, The Eveson Charitable Trust, The Girdlers' Company Charitable Trust, The Gordon Fraser Charitable Trust, The Hugh Fraser Foundation, The Leeds Convalescent Society, The Mickel Fund, Fletchers Solicitors, Origin Care, The Paul Bush Foundation, The Rothschild Foundation, The R S Macdonald Charitable Trust, The Sir Jules Thorn Charitable Trust, The Sovereign Health Care Charities Fund, The Walter Guinness Charitable Trust, and The Wheelwright's charity.

The Mentoring Services Fund provides a matched mentoring service for those affected by spinal cord injury

It is supported by The Ardwick Trust, The Bewley Charitable Trust, The City Bridge Trust, The Deakin Charitable Trust, the Harapan Trust, The H A Holliday Charitable Trust, The James Wise Charitable Trust, The Kass Charitable Trust, The Michael and Anna Wix Charitable Trust, The Pennycress Trust, The Persula Foundation, R S Macdonald Charitable Trust, The Rainford Trust, The Rowan Bentall Charitable Trust, and Serious Law.

Mentoring Services in England are funded by the Big Lottery Fund.

The Courses Fund provides a variety of courses for people with a spinal cord injury and able bodied volunteer helpers

It is supported by The Act Foundation, The Alice Ellen Cooper Dean Charitable Trust, Azurri Communications Limited, The Bernard Piggott Charitable Trust, The Bruce Wake Charitable Trust, The City Bridge Trust, The Disability Aid Trust, The Douglas Turner Trust, The D'Oyly Carte Charitable Trust, F&C Asset Management, Royal Bank of Scotland, The Ryvoan Trust, The Whirlwind Charitable Trust and The Worshipful Company of Gardeners.

The Children & Young People's Funds provide services for participants under eighteen years of age.

It is supported by The Adamson Trust, The Alex Roberts-Miller Foundation, Andre Bernheim Charitable Trust, The Barbara Ward Children's Foundation, The BBC Children in Need Appeal, The Belvedere Trust, Bolt Burdon Kemp, The Bridgewater Charitable Trust, The Dickens Charitable Trust, The Douglas Arter Foundation, The Evan Cornish Foundation, The Fitton Trust, The Garfield Weston Foundation, Gledswood Charitable Trust, The John S Cohen Foundation, The Lynn Foundation, The Miss W E Lawrence 1973 Charitable Settlement, The N Smith Charitable Settlement, Roger Vere Foundation, The Simon Heller Charitable Settlement, The Sir James Roll Charitable Trust.

The Raising Awareness Fund enables the charity to raise the profile of our services and awareness of relevant issues in the wider public. It is supported by Origin Care and Serious Law.

With The Alasdair Ross Memorial Fund, Alasdair's family and Back Up trustees intend to create a lasting memory (for at least 10 years) of Alasdair Ross, who was Back-Up's treasurer. An expendable endowment fund of £50,000 has been established. The income generated from cash deposits or investments of the fund's assets is to be applied to support an annual winter course in memory of Alasdair Ross. The capital in the expendable endowment may be spent to support general expenditure at Trustees discretion, but only in exceptional circumstances, in consultation with the Ross Family.

The William Gardner Victoria Cross Fund is being funded from the sale of a Victoria Cross awarded to William Gardner in 1958. His family wish to create a bursary to support a tetraplegic participant and their carer on a summer course each year. This participant would be selected by the Services Team and would be the person most in need of support. The capital in the expendable endowment may be spent to support general expenditure at Trustees discretion, but only in exceptional circumstances, in consultation with the Gardner family.

The Back-Up Trust

Notes to the financial statements

For the year ended 30 April 2015

11 Transfers between funds

Transfers have been made from the General Fund to clear the deficit balances on all the Restricted funds

12 Analysis of assets between funds

	Tangible fixed assets	Investments	Net current assets	Creditors > 1 year	Total
	£	£	£	£	£
Restricted					
Courses (General) Funds	-	-	5,000	-	5,000
Winter Course (Sweden)	-	-	39,408	-	39,408
Children & Young People	-	-	15,000	-	15,000
	-	-	59,408	-	59,408
Endowment					
Alasdair Ross Memorial Fund	-	-	50,000	-	50,000
William Gardner Victoria Cross Fund	-	-	50,913	-	50,913
	-	-	100,913	-	100,913
Unrestricted					
General Funds	11,038	103,756	288,786	-	403,580
	11,038	103,756	288,786	-	403,580
Total funds	11,038	103,756	449,107	-	563,901

13 Indemnity insurance

Funds belonging to The Back-Up Trust have been used in the purchase of professional indemnity insurance, to protect the charity from loss arising from the neglect or defaults of its Trustees and employees. The amount paid this year is £1,852 (2014: £1,980).

14 Related Party Transactions

There were no related party transactions.

15 Pension scheme

The company operates a stakeholder pension scheme. Employees can make contributions to the scheme and the company contributes 2% plus an additional matching amount up to a maximum of 5%. The pension cost charge for the period is £24,639 (2014: £16,667). £2,784 (2014 - £2,490) was owing to the pension scheme at the year end.

16 Leasing Commitments

Operating leases

At the year end the charity had annual commitments under non-cancellable operating leases as follows:

	Land and buildings		Other	
	2015	2014	2015	2014
	£	£	£	£
within 1 year	-	-	-	-
within 2-5 years	43,500	43,500	-	4,350

17 Subsequent Events

There have been no subsequent events since the balance sheet date.