



transforming lives after spinal cord injury

Trustees' Annual Report and Accounts

For the year ended 30 April 2017

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Back Up at a glance

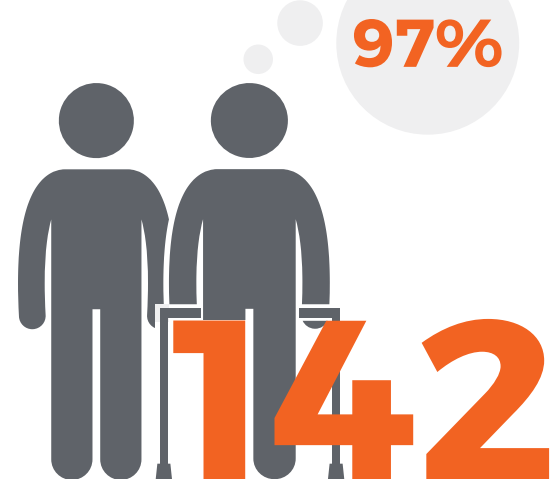
Every year 1,000 people sustain a spinal cord injury. In 2016/17 we registered 881 new people – the highest number in Back Up's history.



Outreach and Support

We trained **625 people** in wheelchair skills, including **22 Under 18s**, with **91%** of respondents increasing in **confidence**

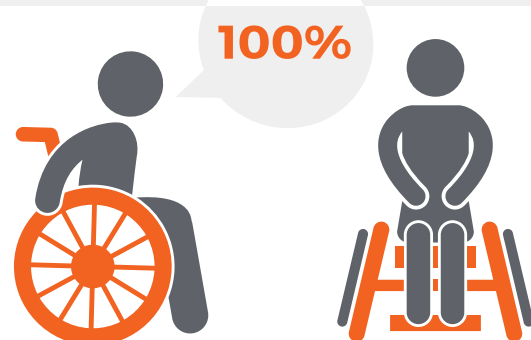
533 people were supported by telephone with **100%** of respondents more aware of **possibilities in life**



Mentoring

We matched **142 people**, including **39 family members**, with a mentor

97% of people who were mentored felt more **able to cope** with their situation



Courses

72 people attended our residential courses and **100%** would recommend them to a friend

100% of children on courses improved in two or more areas of life: **wheelchair skills, confidence making friends and independence**



Back Up to Work

100% of people who attended our Back Up to Work course achieved their personal aims

Schools inclusion service

We supported **33** children and young people to be more **included at school**

100% of parents surveyed felt that their child was **more included** after a school visit



Adult volunteering & U18s participation

All our **eight** new young volunteers improved their **confidence, skills and motivation**

100% of our wheelchair skills trainers surveyed felt motivated and that their contribution made a difference

Influencing and campaigning

Together with the Multidisciplinary Association of Spinal Cord Injury (MASCIP) we brought together national guidelines on vocational rehabilitation to get more people with spinal cord injury into work



100%

Thanks to our wonderful supporters we raised over £1.6 million which made all our great work possible

Welcome

In 2016 we celebrated 30 years of life-changing services for people affected by spinal cord injury. Back Up's founder, Mike Nemesvary, and friends, Barbara Broccoli and Konrad Bartelski, reunited at our annual party, the Back Up Ball, to mark this special occasion. We used this rare opportunity to reflect on how far the charity has progressed and its growing influence and impact on everyone affected by spinal cord injury in the UK, with a sense of urgency that more needs to be done in the future.

Where Back Up began and where we are now, may look far apart. But our values and our aspirations for people with a spinal cord injury were the same in 1986 as they are today. Being able to adapt to the increasing needs of people affected by spinal cord injury, whilst keeping our values, vision and mission at the heart of our decision-making, has meant we have seen our services continue to grow, right when we are needed most.

Local authority funding cuts mean that more people with a spinal cord injury can be left in unsuitable accommodation with limited access to specialist care or equipment following their rehabilitation. This is leaving people with a spinal cord injury and their families isolated, depressed and vulnerable. There is also a small but significant number of people who are not undergoing their rehabilitation at a UK spinal centre. If you are a child with a spinal cord injury, or if you sustain your spinal cord injury as a result of an illness, you are less likely to access the specialist care that will increase your chances of leading an active and independent life. However, we know that Back Up's support is never far away - reaching out to those most in need of our help.

In these uncertain times, we know how crucially important it is to make proactive, early connections with people before they leave hospital. That's why in 2016/17 we were very proud to support the most people ever in our history, registering 881 people with a spinal cord injury through our wheelchair skills training and proactive telephone support - keeping in touch with them as they make the daunting transition back home. We've also been establishing better working relationships with general hospitals so we can reach more of those people who don't receive any specialist rehabilitation at a UK spinal centre.

As part of our strategy to lead, include and be sustainable, we prioritised the needs of people who are most likely to be excluded from statutory or voluntary services. This led to the development of our first Next Steps course for people with a spinal cord injury who are able to walk. It was so successful that two more have been planned for 2017/18.

We piloted our skills for inclusion workshop to trainee teachers at two universities and have interest from more teacher training providers. We've introduced a new service to offer more support to family members, and we've influenced the development of the Multidisciplinary Association of Spinal Cord Injury Professional's new guidelines on vocational rehabilitation for healthcare professionals - to be launched in 2017.

All our successes are made possible by our wonderful volunteers, supporters and fundraisers. We would like to take this opportunity to thank you for your generosity and selfless dedication which has enabled us to reach more people year on year with our award-winning services. We would also like to say a very special thank you to Mike Nemesvary, Barbara Broccoli and Jess Stock for founding this wonderful charity, and to Konrad Bartelski for his unstinting 30 years of support.

Becky Hill and Louise Wright

Our mission, vision and values

Our vision:

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

Our 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 a 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



Back Up's strategy and future plans

In 2014/15 we did our most comprehensive strategic review to date. We asked people with a spinal cord injury, their families, volunteers, our own staff, health and care professionals, other charities, donors and supporters questions about Back Up: what we do well and could do better, as well as what they thought might be the challenges and opportunities for people affected by spinal cord injury in the future. This helped Back Up plan its top priorities for the next five years and ensure the hard-won funds and donations are spent in the most effective way for people with a spinal cord injury in the future.

Back Up is now two years in to a five-year strategy which will take us to 2020. In the years to 2020, there is and will be greater need for our services because of factors such as:

- Local authority funding cuts which mean disabled people face challenges accessing the right support and care.
- Difficulty accessing specialist spinal cord injury rehabilitation (especially for children and people with a spinal cord injury caused by illness or a medical condition)
- Low return to work rates for people with a spinal cord injury

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

Three themes underpin all our plans and our work, including our services. These themes provide a focus for our development:

A leading organisation

- A world leader in enabling adjustment to spinal cord injury
- A leading authority across Europe on the positive adjustment of Under 18s
- A leading charity in the media on spinal cord injury

An inclusive organisation

- For everyone affected by spinal cord injury and will continue to prioritise those with the greatest need
- Meeting need locally, regionally as well as nationally
- Growing our reach to over 85% of the newly injured population

A sustainable organisation

- Seeking to influence, collaborate and refer to other organisations where greater impact can be achieved
- Retaining, developing and supporting talented staff and volunteers. Together we achieve more.
- Continuing to increase our income and broaden the ways in which we raise funds to reduce risk and aid longevity

An inclusive organisation

Highlights in 2016/17

- We successfully piloted our Next Steps course, aimed specifically at people who can walk some or all the time
- We completed research into ageing with spinal cord injury to understand what people need, having lived with spinal cord injury for over 20 years
- We introduced a dedicated outreach and support coordinator for families
- We increased our reach to 86% of the newly injured population

Key goals for 2017/18

- To publish our ageing with spinal cord injury research and use it to develop services, and influence others to meet the need
- To expand our services for people who can walk with an additional Next Steps course and piloting skills sessions at hospitals
- To introduce a dedicated outreach post based in Scotland
- To increase space for family members with an additional under 13s course

A leading organisation

Highlights in 2016/17:

- We trialled our inclusion training workshop at two universities and trained 72 student teachers as part of our #ThisSchoolIncludes campaign to ensure schools are better able to fully include pupils with additional support needs
- We supported the Multidisciplinary Association of Spinal Cord Injury Professionals (MASCIP) to bring together national guidelines on vocational rehabilitation to get more people with a spinal cord injury into work
- We launched a new website to improve how we communicate to reach more people affected by spinal cord injury, fundraisers and donors

Key goals for 2017/18

- To drive forward a collaborative project to establish a young person's care pathway in spinal cord injury rehabilitation
- To contribute the patient voice to the NHS clinical reference group for spinal services and the NHS Scotland service review
- To explore how we can share best practice with a range of partners in Ireland to support more people affected by spinal cord injury

A sustainable organisation

Highlights in 2016/17:

- We've added more resource to our fundraising team to support our growing base of community and corporate fundraisers
- We introduced our first overseas bike ride challenge from London to Paris
- We engaged new and long-standing supporters through our 30th anniversary celebrations

Key goals for 2017/18:

- To maximise income from existing income streams
- To diversify our income by exploring new funding options
- To be more transparent and accountable to donors

Why Back Up is here

Today three families will learn that a loved one has sustained a spinal cord injury. It could happen to anyone. It could happen to you.

Spinal cord injury changes your life in an instant. Imagine the shock of thinking you'll never be able to leave the house, hang out with your friends – or even go to the loo independently. The impact can be catastrophic, affecting every area of your life from bladder, bowel and sexual function to your relationships and career.

Adjusting to life with a spinal cord injury can be overwhelming. People often feel isolated and alone. The suicide rate among people with spinal cord injury is five times the national average. Less than a third of people with a spinal cord injury are in employment. The ripple effects of spinal cord injury touch family and friends, with feelings of guilt, anxiety and depression rife.

We understand that spinal cord injury can be devastating, but we believe it shouldn't stop you from getting the most out of life. With the right support and opportunities, people with a spinal cord injury can go on to live active, independent and happy lives. And we know that our services, including wheelchair skills, mentoring, rehabilitative courses, support back to school and work, play a vital role in this transformation. To many, we are a lifeline.

How we know we make a difference

As a user-led organisation, we believe people affected by spinal cord injury are best placed to know what services they need. That is why people with a spinal cord injury are involved at all stages – researching, developing and delivering our services.

Grounded in research, led by need

Research, and understanding people's needs, underpins everything we do. Evidence shows that if a person with a spinal cord injury sees their situation as a manageable challenge, they will use certain positive ways of coping. These include setting personal goals, keeping busy, talking about their situation and using support from family and friends. These ways of coping are proven to be linked to better long-term outcomes. If someone feels their situation is unmanageable, they will tend to deal with this by avoiding it, through denial, withdrawal, or alcohol misuse. Long term, this can lead to issues such as depression, anxiety, and self-neglect, and result in complications – like urinary infections and pressure sores – which may result in lengthy hospital stays.

We focus our support on four main areas to help people to achieve the life they want:

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

“I honestly don't think I'd be here if it wasn't for the support that Back Up gave me.”

Ashleigh, 19



Rosie's journey through Back Up



In May 2013, Rosie was cycling to work when she felt her legs start to give way. She tried to get off her bike, but she collapsed on the pavement and was rushed to hospital. The doctors told her that she had experienced a spinal stroke and was unlikely to ever walk again. Her life changed in an instant.

"Being told I was unlikely to ever walk again was, of course, devastating news - I could only envisage another life which I thought would be totally different to the one I had already lived."

"During my rehabilitation at Stoke Mandeville, I was surrounded by other people with a spinal cord injury all the time. After I had been at home for a while I really wanted to have the opportunity to meet others in the same situation whom I could share problems with and learn from."

“There's always someone at the end of the phone at Back Up willing to listen to you and offer guidance”

Back Up registers people through the 11 UK specialist spinal centres. We stay in touch with them during and after their rehabilitation - offering them advice, support and referring them through to more tailored services, or to other charities and organisations.

It was 18 months after her injury that Rosie decided to attend our over 50s Multi Activity course in Exmoor. Prior to attending the course, she was apprehensive. "I have a lot of neuropathic pain and I was worried that I wouldn't be able to keep up." The experience was a revelation for Rosie.

"That was a completely life-changing week. I wanted to spend time with other people who were my age and had a spinal cord injury. I got that and so much more. Back Up gave me my confidence back. They also made me

“Back Up gave me my confidence back.”

realise that there was so much still possible in my life. I laughed a lot that week. That's a really special part of what they do."

Back Up understands that people need the skills, confidence and independence to get back to living life to the full. All of our services aim to empower people to transform their lives so they can fully participate in work, family and social life.



“It feels great to be able to start giving something back.”



Rosie returned from that week with renewed energy to tackle daily challenges and also motivated to get more involved with Back Up. She soon applied to become a mentor. Rosie wanted the chance to support others with a spinal cord injury who could benefit from her experience, and the lessons that she had learned.

“I am now mentoring regularly, and I find it both challenging and rewarding. I was nervous to begin with but there's always someone at the end of the phone at Back Up willing to listen to you and offer guidance. Back Up has played a big part in supporting me so it feels great to be able to start giving something back.”

Many of the people we support go on to become volunteers and enjoy the wide-ranging benefits: a sense of purpose, a network of friends and health benefits.

Rosie left hospital worried that she would have no contact with other people with a spinal cord injury. Through Back Up, she gained a supportive network of people in a similar situation with whom she could share experiences and learn from. Most recently, Rosie took part in our Snowdon Push fundraising challenge. She pulled together an all-female team called the Women of Altitude which included her close friends and two daughters. Together, they raised almost £20,000 – an incredible sum. We're so grateful for her amazing fundraising efforts which will go a long way to support other people with a spinal cord injury to get back to living life to the full.

Rosie has transformed her life and we couldn't be happier for her.



Review of services

Outreach & Support

Getting out to meet newly injured people and their families is where our work begins. Our team of outreach staff and volunteers visit NHS spinal centres and hospitals across the UK, delivering vital peer-led wheelchair skills training sessions, patient education talks and making contact with patients, staff and families.

All of our outreach staff and our wheelchair skills trainers have a spinal cord injury or are related to someone with a spinal cord injury. They draw on their own experiences to find the best way to support you. Once you or your family member leaves hospital, a member of staff will check in regularly to find

out how you are finding life back home. We can help you see the possibilities of life with a spinal cord injury and put you in touch with other services that can help.

881 people including 38 young people with a spinal cord injury signed up to receive our services this year – more than ever before. This is due to our effective partnership with Aspire, closer working with several children’s hospitals and increased outreach to general hospitals. Our accredited wheelchair skills trainers have led Wheelchair Skills Extra, community-based wheelchair skills training, in seven of the 11 spinal centres.

As we trained more people in wheelchair skills than expected and increased registrations, we faced the challenge of meeting our telephone support targets. This means our focus is ensuring we provide timely, high-quality, ongoing telephone support to all those we meet at spinal centres and general hospitals. We aim to deliver our wheelchair skills extra sessions across all spinal centres, reach more people in Scotland and provide tailored support to family members through our new Family Outreach and Support Coordinator.

Targets 2016/17	Outcomes 2016/17	Targets 2017/18
Register 830 new people with a spinal cord injury including 45 under 18s	Registered 881 new people with a spinal cord injury including 38 under 18s	Register 870 new people with a spinal cord injury including 40 under 18s
585 people trained in wheelchair skills in hospitals (including 25 U18s) after which 77% feel that life with spinal cord injury is more manageable, and 91% are more confident	625 people trained in wheelchair skills in hospitals (including 22 U18s) of which 72% feel life with spinal cord injury is more manageable and 91% are more confident	600 people trained in wheelchair skills in hospitals (including 25 U18s) after which 77% feel life with spinal cord injury is more manageable, and 91% are more confident
68 trained in wheelchair skills in a community setting (including 5 U18s) after which 90% feel more able to use their wheelchair skills in daily life	67 trained in community setting (including 2 U18s) of which 90% feel able to use their wheelchair skills in daily life	78 trained in a community setting (including 5 U18s) after which 90% feel able to use their wheelchair skills in daily life
665 supported by telephone including 40 U18s with 71% feeling more aware of possibilities in life	533 people supported by telephone including 24 U18s with 100% more aware of possibilities in life	550 people supported by telephone including 40 U18s, with 370 supported intensively, and 71% more aware of possibilities in life



Case Study

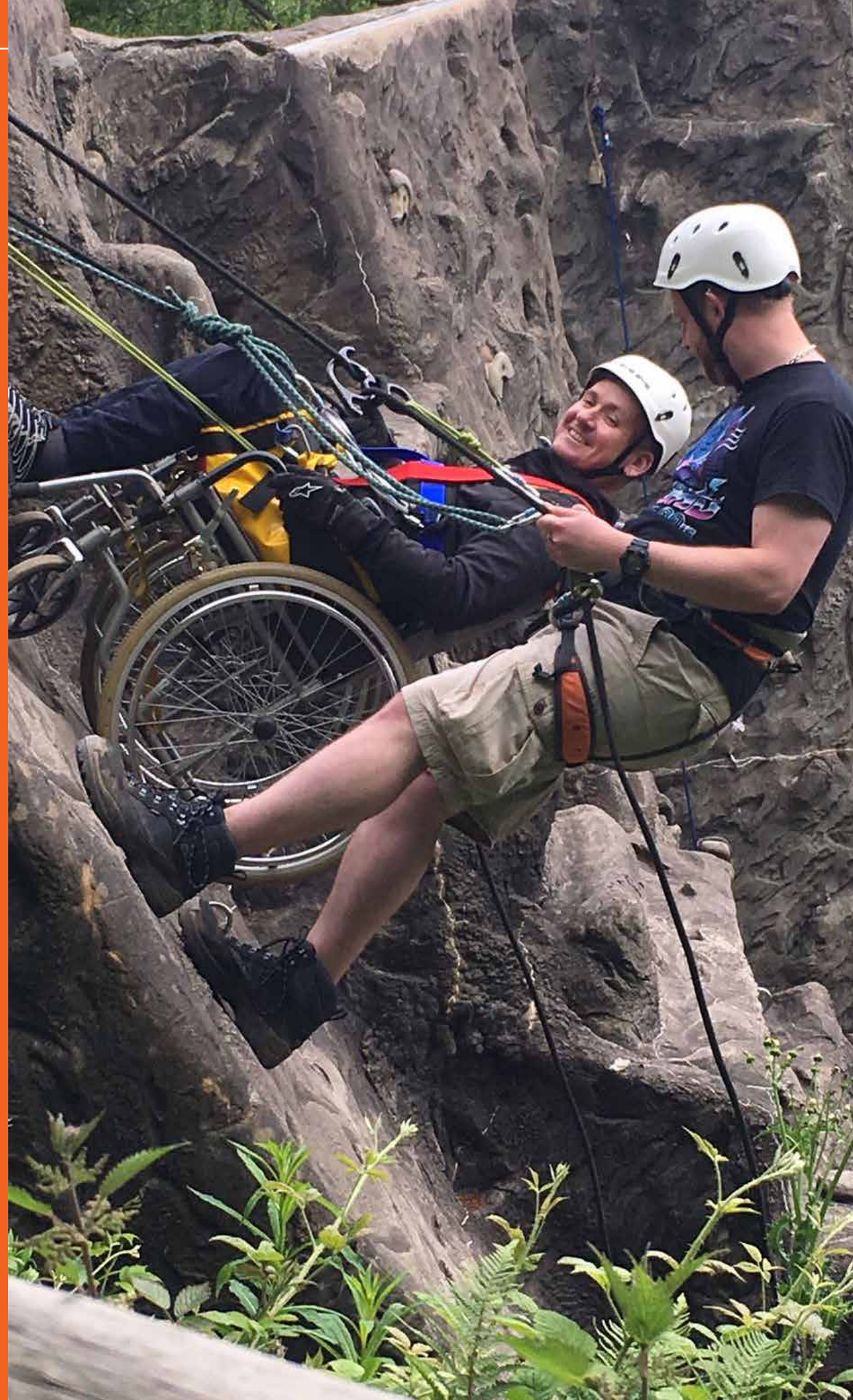
Steve was an active person whose biggest passion was motorbikes. Most years, he could be found touring the Pyrenees. "I like most motor sports and loved being out on my bike."

In September 2016, Steve was involved in a road accident. He was approaching traffic on his bike when another driver performed a U-turn which Steve wasn't expecting. "I always kept it in my mind to expect that type of manoeuvre when I was riding my bike. There was just no time to react." Steve broke several bones and sustained a spinal cord injury. He spent nine weeks in a general hospital before being transferred to Stoke Mandeville, National Spinal Injuries Centre.

“It wasn't until I met Back Up's wheelchair skills trainers at a session that I started to think about engaging with activities and trying the challenges that are out there.”

Back Up first met Steve during a patient education session at the hospital. "At the time, it was still very early in my rehabilitation and I couldn't think about taking up any services." Steve was still trying to make sense of his new situation. He was focussed on learning how he would now take care of himself and adjusting to life as a wheelchair user. Steve's primary concern was being independent once again.

"It wasn't until I met Back Up's wheelchair skills trainers at a session that I started to think about engaging with activities and trying the challenges that are out there."



Steve then decided to participate on Back Up wheelchair skills sessions at the hospital. At first Steve recalled that he found it challenging. "We would try exercises like one handed pushing whilst holding a cup or glass, and then practice those skills on the ward. Being warned against putting drinks between your legs was really helpful, something that's better not to learn the hard way." Steve was also taught how to back wheel balance as part of the wheelchair skills sessions – this is an essential skill which is required for going up and down kerbs and slopes.

“I'm excited – I just want to get out there and start doing things again.”

Steve has now been discharged from hospital and uses the skills he learnt from Back Up every day. Without them, Steve believes that he wouldn't have been able to regain his independence. He's now feeling positive about the future, "I'm excited – I just want to get out there and start doing things again." Our outreach team kept in contact with Steve to offer advice, support and tell him about the other services we offer. As a result, Steve was referred to our courses team and has recently attended one of Back Up's multi-activity courses – improving his wheelchair skills, growing his confidence and getting the opportunity to share experiences with other people in a similar situation.



Mentoring

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

A mentor is someone you can talk to who understands your situation and shares similar experiences. Mentoring involves several structured conversations by telephone, Skype or face to face. It helps people identify and work towards goals, and to develop positive ways of coping that are proven to help you adjust to life with, or affected by, spinal cord injury.

These approaches to coping which help you to adjust are:

- Feeling that the future can be positive and something good can come from the experience
- Feeling supported by people within a social network, and using that support
- Keeping busy and doing activities which are meaningful

- Accepting what has happened, coming to terms with the situation and moving on
- Active goal setting and working towards personal priorities.

In 2016/17, we matched 142 people with trained mentors for vital peer support which included a very diverse range of family members and people with a spinal cord injury. Further to matching people with a spinal cord injury and their immediate family members (siblings, partners, parents and children), we also matched a foster-carer, mother-in-law, and friend of someone with a spinal cord injury. Mentees ranged in ages, the youngest being 13 and the oldest 72 years old.

Supporting our volunteer mentors is a team of four staff, who are personally affected by spinal cord injury. With our experience, we are able to offer an excellent quality of service, making the most appropriate, tailored matches according to people's specific needs, and monitoring ongoing mentoring relationships through contact with both mentees and mentors.

Targets 2016/17	Outcomes 2016/17	Targets 2017/18
165 mentees matched with a mentor (107 adults and 5 U18 with a spinal cord injury, 53 family members)	142 matches (97 adults, 6 U18s, 39 family members)	140 mentoring matches (89 adults and 6 U18s with a spinal cord injury, 45 family members)
95% of people mentored report increases in at least 3 of the 5 positive coping strategies	97% of people mentored increased in 4 or more coping strategies. 4 mentees opted for short relationships with only a personal goal, which was achieved.	95% of people mentored increase in at least 3 of 5 positive coping strategies
95% achieve their personal aims	97% achieved their personal aims	95% achieve their personal aims





“I just want to thank you so much for everything. My mentor has been brilliant! ”

Back Up's impact

“ I just want to thank you so much for everything. My mentor has been brilliant! He's got me to accept what's happened and he's supported me both mentally in adjusting to the injury and physically in giving me practical tips to get the most out of life. He's such an amazing man in the way that he can speak about things – I've even got some “Mentor Mantras” which I've laminated and I'm going to stick on the fridge. I was so pleased to be matched with him because he's a “young 50” like me. It's such a great service that you run because even just talking to someone gives you the strength to keep going. Obviously, there's the physical strength which improves too, but especially today just to be able to talk means everything. I want to send you and my mentor a thank you card because he's a super, super man and you guys are a super, super charity.” Spinal cord injured mentee

“ Being able to talk to someone who 'gets it' and understands really did make a difference. ”

“Speaking with my mentor has been a godsend over the last year. She has helped me see, during those really difficult times, that we could get through it because there are people that have been where we are and come out the other side of it. Being able to talk to someone who 'gets it' and understands really did make a difference to me as I initially felt quite isolated as all the help seemed to be aimed at my partner.” Partner mentee



Courses

Our wide-ranging rehabilitative courses challenge people's perception of what is possible after a spinal cord injury. Learning how to carry a cup of tea, get on a bus, through to hurtling down a zip wire among the trees, all contribute to a sense of achievement, a zest for life and a future full of independence and opportunities.

We ran 16 residential courses throughout the UK and overseas in 2016/17 - from life skills to outward-bound activities. Our courses bring together a mixed group of people with and without a 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 – all of which can be applied to everyday life after the course.

This year we've piloted new courses and had some amazing outcomes. More young people attended our courses than ever before, including taking part in our first Youth City Skills course (which was the brain child of our youth advisory group). Our first Next Steps course, specifically for adults with a spinal cord injury who walk either part time or full time, was oversubscribed.

We know that people's needs are increasing and becoming more complex. Our services continue to respond to meet those changing and diverse needs. In 2017 we will not be running a ski course in Colorado. Instead we will be diversifying our courses programme and reaching more people by offering additional Next Steps and Skills for Independence courses. These courses offer wheelchair skills training, techniques for self-care and other vital skills to live life to the full. We are also running a second Under 13s course, offering more spaces to family members.

Back Up's impact

“I’m up for doing a lot more now, and going to places I’ve never been. I’d love to go back up to the north of Scotland too which, as you can imagine, is not the most accessible. I’ve not been since I became a full-time wheelchair user but there are so many beautiful places to explore there. Going on the Back Up course was one of my best decisions and I’m enjoying the freedom that my new skills bring!”

Catherine, 42, participant on City Skills course.

“The course has had a brilliant, positive impact on my life. It helped me grow as a person, as a human being.”

“The course has had a brilliant, positive impact on my life. It helped me grow as a person, as a human being. I became more open and let people in. I was so independent before, but as I’m getting older, I realised I’ve got to let people in. It was a big big thing for me to do. It was like I was letting go of something I was holding onto. It was really quite powerful for me.”

Mary, 59, participant on Lake District Over 50s course.



Targets 2016/17	Outcomes 2016/17	Targets 2017/18
80 people (68 adults and 12 under 18s) on residential courses	72 people on all courses (including 13 U18s)	84 people (66 adults and 18 under 18s) on residential courses.
100% would recommend the course	100% would recommend the course.	100% would recommend the course.
70% of adults increase in 3 or more coping strategies for life with a spinal cord injury	95% of adults increased in 3 or more coping strategies for life with a spinal cord injury	80% of adult to increase in at least 3 or more coping strategies for life with a spinal cord injury
75% of adults to sustain a 6 month increase in at least 3 coping strategies	90% of adults sustained all their coping strategies 6 months after the course	75% adults to sustain a 6 month increase in at least 3 coping strategies
100% of children improve in 2 or more measures: wheelchair skills, confidence making friends and independence	100% of children improved in 2 or more measures: wheelchair skills, confidence making friends and independence	100% of children improve in 2 or more measures: wheelchair skills, confidence making friends and independence

Back Up to Work

At Back Up we're here to support people to get the most out of life. And for most people, work is an important part of our lives, our identity and our daily routine. Beyond the obvious benefits of increased financial independence and autonomy, work and volunteering brings a sense of purpose, a social network, stimulation and is proven to bring enormous health benefits, both physical and psychological.

This year we delivered three Back Up to Work courses in different locations across the UK. These courses aim to support people with a spinal cord injury into employment, or education or volunteering. They are designed and delivered by HR professionals, who have a spinal cord injury themselves. We offer tailored one-to-one support after the course to ensure people achieve their aims.

We know that work aspirations are low, with less than a third of people with a spinal cord

injury in employment. Back Up and the Multidisciplinary Association of Spinal Cord Injury Professionals (MASCIP) saw that there was limited guidance for health and care professionals to support people back into employment after their spinal cord injury. Over the past 12 months many of the spinal centres, other professionals across the sector and people affected by spinal cord injury played a vital role in developing best practice guidance. There's already been some positive results with more targeted early interventions – encouraging newly injured people to start thinking about what employment might look like for them.

In 2017 we will be introducing a dedicated role that will lead our employment services and champion vocational rehabilitation across the organisation and more widely, working with hospitals, employers, friends and family.

“This course made me look at myself in a different way and opened up a great deal of opportunities - meeting a very good mix of people from all over the country and excellent help and support from the buddies and group leaders were particular highlights. The speed interview feedback I received has filled me with so much confidence that I am already putting the wheels in motion to get back into employment!” Participant, Back Up to Work London 2017

Targets 2016/17	Outcomes 2016/17	Targets 2017/18
20-24 people on Back Up to Work courses	17 people on Back Up to Work courses.	20-24 people on Back Up to Work courses
100% would recommend a Back Up to Work course to a friend	100% would recommend a Back Up to Work course to a friend	100% would recommend a Back Up to Work course to a friend
85% increase in 3 areas of feeling work with spinal cord injury is manageable: confident about getting work; confident about plan to achieve employment; feel positive about life	100% increased in 3 areas of feeling work with spinal cord injury is manageable: confident about getting work; confident about plan to achieve employment; feel positive about life	90% increase in 3 areas of feeling work with spinal cord injury is manageable: confident about getting work; confident about plan to achieve employment; feel positive about life
100% achieve personal aims for the course	100% achieved personal aims for the course	100% achieve personal aims for the course

“ This course made me look at myself in a different way and opened up a great deal of opportunities ”

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 know that children and young people with a spinal cord injury are more likely to be depressed, excluded from school life and less independent than their non-disabled peers - all contributing to poor lifelong outcomes. That's why we're here. By working with the child, family, school and other professionals, we ensure every child with a spinal cord injury can thrive during their education, socialise with their friends and ultimately go on to fulfil their true potential.

The tailored nature of support varies and includes school site visits to ensure accessibility; awareness-raising assemblies with hundreds of students or small groups of staff, or support and advice over the phone, by email, or through our online inclusive education toolkit. We've expanded our team of volunteer school advocates, all of whom have a spinal cord injury, so we can offer more tailored support to children and young people across the UK.

“Harry was quite nervous and anxious about the school visit. However, Andy (school advocate) called the evening before the visit and really put Harry at ease and had Harry laughing, so he felt much better about the visit. Harry was so excited to get to school to meet Andy and he came home from school with a big smile on his face and was buzzing. Harry thinks his school mates can now see that anything is a possibility for him.” Harry's parent

“Andy was fantastic and inspirational and the visit really challenged the staff and students' assumptions and preconceptions about being disabled. It really opened their minds that even though Harry has a spinal cord injury, anything is a possibility.” Special Educational Needs Coordinator at Harry's school.



Targets 2016/17	Outcomes 2016/17	Targets 2017/18
35 children/young people supported (17 intensively) 20 new referrals	33 children/young people supported (20 intensively) 24 new referrals	35 children/young people supported (21 intensively) 25 new referrals
90% of schools improve their understanding of inclusion needs	100% of schools improved their understanding of inclusion needs (7 respondents)	90% of schools improve their understanding of inclusion needs
90% of parents feel their child is more included	100% of parents felt their child is more included	90% of parents feel their child is more included

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 should drive decision-making.

Over 400 dedicated and skilled volunteers deliver our services – as trustees, mentors, wheelchair skills trainers, school advocates, and group leaders on our courses. They are the lifeblood of Back Up.

We are the only UK charity that has dedicated services for children and young people with a spinal cord injury. We believe in, and are passionate about, youth participation, with

children and young people at the forefront of designing and delivering our youth services.

Youth participation is a three-way win: Our services remain relevant as they are driven by need; young people benefit from peer support, often being more comfortable talking to people their own age, and young volunteers benefit too, with an increased sense of motivation and purpose. Our 21 young leaders range from the ages of 10 - 22 years old, have different injury levels and live across the UK. Such diversity means many voices are heard. They drive initiatives like Back Up Fest, our first ever family festival taking place in 2017.



Targets 2016/17	Outcomes 2016/17	Targets 2017/18
10 new young volunteers including 2 group leaders, 2 wheelchair skills trainers, 4-6 youth advisors	8 new young volunteers, including 5 youth advisors, 1 wheelchair skills trainer and 2 group leaders	10 new young volunteers, including 2 mentors, 2 wheelchair skills trainers, 4-6 youth advisors
Young volunteers to improve in at least 3 life skills	All young volunteers increased in 3 life skills	Young volunteers to increase in at least 3 life skills
38 new adult volunteers including 6 group leaders, 6 wheelchair skills trainers, 18 mentors, 8 school advocates	50 new adult volunteers including 6 group leaders, 10 wheelchair skills trainers, 30 mentors, 4 school advocates	24 new adult service volunteers including 10 wheelchair skills trainers and 14 mentors
Group leaders more confident in leading groups and making decisions	100% of group leaders more confident in leading groups and making decisions	90% of group leaders increase in skills, confidence, and their understanding of their contribution
Mentors and school advocates more confident in own abilities and self esteem	100% of mentors and school advocates more confident in own abilities and self esteem	95% of mentors and school advocates more confident in own abilities and self esteem
Wheelchair skills trainers more confident, more motivated and feel they make a difference	100% more confident, 80% more motivated and 100% feel like they make a difference	Wheelchair skills trainers more confident, more motivated and feel they make a difference

Case Study

Bethany is one of our most dedicated volunteers, having trained as a group leader, young mentor and youth advisor. She went on her first residential activity course in 2015. A year later she trained as a group leader. She feels more confident, happy and motivated, has new skills, and feels more connected to others with a spinal cord injury:

"On the youth course I learnt how to go down kerbs and use a hoist and sling for the first time - helping me feel more confident. Meeting others has been the best thing, as well as learning that a good leader involves everyone. Other people's opinions have been really helpful and I have learnt to listen and take them on board. I have learnt that leadership is about how to solve different situations. As a young group leader, I am

looking forward to seeing improvements in participants. I now feel I can help people"

Bethany has already mentored another young person and group led on our under 13s residential activity course. She has even helped shape Back Up's services for under 18s by planning our first ever Back Up Festival.

"Mentoring made me proud that I'm helping someone out who hasn't been in a wheelchair long, and passing on my experience. It helped me talking about my experiences and what I go through on a day to day basis and finding someone else who is going through the same thing and knowing that I'm not alone."



Campaigning and Influencing

As a truly user-led organisation, we have a unique insight into the needs of people affected by spinal cord injury. This knowledge puts us in a strong position to support and influence others to make sure good services are in place across the UK and internationally.

In 2015/16 the NHS called for a review of its spinal services across England. The following questions were on the agenda:

- How do people currently access specialist rehabilitation?
- Who is accessing and not accessing specialist rehabilitation?
- What contributes to how long people stay in hospital?
- Do people have the right support in place when they leave hospital?

As a passionate advocator for the rights of the people we support, Back Up played a vital role in those discussions. We ensured that the voice of people affected by spinal cord injury was heard and that it informed decision-making. Recommendations on the future of spinal services are now with NHS England with an outcome on the future of the service expected late in 2017. Along with the Spinal Injuries Association we continue to champion the rights of spinal cord injured people, encouraging transparency of information, collaboration and a focus on needs.

In April, we showcased our under 18s work at the American Spinal Cord Injury Association conference in Miami, USA. This highlighted the benefits of embracing youth participation, the principles behind it, and how we bring those values to life at Back Up.

Our #ThisSchoolIncludes campaign went from strength to strength, and we delivered our Skills for Inclusion workshop at two universities to over 70 trainee teachers – many of whom now feel more able to support disabled pupils in their classroom:

“By hearing from yourselves who have experience with it (spinal cord injury), really helped me to understand the context of the

disability and how it can affect the ways in which children learn. I felt really inspired by your seminar and came away feeling a lot more confident in ways to adapt my teaching, and the environment to support every child in the classroom.”

We presented at the International Spinal Cord Injury Conference (ISCoS) in Austria about the support we offer to people with a high level spinal cord injury, which is unique internationally. We’ve since been in touch with organisations in Germany, Sweden, Norway and Greece – ensuring that people with a high level injury are not left out by the organisations best placed to support them.

We will continue to bring the voice of people affected by spinal cord injury to the NHS service review recommendations and, more recently, to the service review taking place in Scotland.

Targets 2016/17	Outcomes 2016/17	Targets 2017/18
Deliver ‘Skills for Inclusion’ workshop to 100 trainee teachers	Delivered skills for inclusion workshop to 72 trainee teachers	Deliver skills for inclusion workshop to 200 trainee teachers
MASCIP vocational rehabilitation guidelines finalised, agreed and launched	Draft MASCIP vocational guidelines presented at conferences across the UK and very well received	MASCIP vocational guidelines launched. Plan in place to support rollout
Influence NHS service review and consult with families at focus groups on the young person’s care pathway	NHS spinal services review completed, we ensured user voice was heard and informed decision-making. Consulted with families at 1 focus group	Collaboratively establish a draft young person’s care pathway



Case Study

We supported Will after he had a cycling accident during a charity triathlon which left him paralysed from the neck down. It was a vital early connection which helped Will and his family to see what life could be like after spinal cord injury.

“My mum asked for someone who would have a positive impact on my life – they put me in touch with Andy. He was honest and got me thinking about doing things differently. While I was in high dependency and still ventilated, Andy was leading a course in Cumbria. He rang me from the top of Latrigg. It was great to hear that he was on top of one of the fells I used to run up. I was up there myself before the year end.”

Will would go on to become an outstanding volunteer and advocate of Back Up’s services for people with a high level spinal cord injury. We could think of no better candidate to attend the ISCoS conference in Austria and speak on our behalf.

“Back Up love to challenge an individual to fulfil their true potential. Not only did I have to overcome the fears and preconceptions around my first flight since my injury, I was also representing the charity and all those with

a high level spinal injury on an international stage. To add to this, my talk was straight after the keynote speaker on the first day! It was only when I arrived at The Hofberg Palace (the former imperial palace in Vienna) I realised the scale of the task I had taken on.”

Despite his nerves, Will delivered an exceptional presentation.

“The value of support from people with a similar experience really hit home. Many overseas organisations who don’t provide peer support for those with a high level injury voiced an interest. It’s great that I may have motivated others to consider expanding their services. This is a positive step towards ensuring peer support is available to all and to help anyone – irrespective of age, injury level or background – come to terms with their injury.”

At Back Up, we always prioritise people who are most likely to struggle to get the support they need. We can’t thank Will enough for sharing that message and demonstrating that people with a high level spinal cord injury can and should be included by organisations across Europe and the wider world.

Fundraising at Back Up

In 2016/17, all income streams performed well. Here are our highlights:

- Back Up raised £1,603,708 – a slight decrease on 2015/16 in light of significant staff changes in the fundraising team
- Fundraising costs were 35% of our total income generated, whilst investing in our long-term sustainability with the recruitment of a new Corporate Fundraiser and Community Fundraising Internship
- We secured a new Big Lottery Fund grant towards our multi-activity courses for the next 3 years
- We won a Better Society Award for our excellent employee engagement with one of our corporate partners, Eversholt Rail
- In celebrating our 30th anniversary we had our founder, Mike Nemesvary, and co-founder and James Bond producer, Barbara Broccoli, attend our annual Back Up Ball, attracting guests old and new
- We introduced new fundraising challenges to our calendar including an accessible joint cycle from London to Paris with charity partner, Aspire
- We explored the introduction of new income streams, carried out research to identify needs and areas for development

As a charity that receives no government funding, Back Up relies entirely on the efforts and generosity of our supporters to survive and continue our work. Without them, hundreds of people and their families would simply not receive the vital support they need, which is why we are making a commitment to be both transparent and accountable. We'll always strive for best

practice in fundraising to ensure our donors feel safe, valued and well supported – adhering to the Fundraising Regulator and other professional fundraising bodies.

Our supporters are often people with a spinal cord injury and their family and friends. We never buy or sell people's personal information. We work hard to respect people's wishes about how they want us to communicate with them. Looking ahead we will also ensure we are compliant with the new General Data Protection Regulation that comes into force in May 2018. This law aims to give individuals greater control of how and when their personal data is used and reinforces trust in the sector.

Back Up has never 'cold mailed' or 'cold called' the public to raise funds. We did not employ external companies to carry out fundraising on our behalf. We meet the standards set by Fundraising Standards Board – and monitor any complaints received by the charity about fundraising. We received seven complaints in 2016/17, which have all been handled in line with our complaints procedures and fed into our ongoing evaluation and development.

We are confident we will reach our goals for 2017/18:

- Raise £1.795 million
- Fundraising expenditure to be under 30% of total income generated.
- Being transparent and accountable to our donors.
- Maximising opportunities within our existing income streams through better:
 - » understanding of our donors
 - » tailored communication
 - » ways to give and get involved
 - » data collection and evaluation
- Diversifying our income streams by:
 - » researching new sources of income
 - » establishing contracts with partner organisations

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 running of Back Up. The board is made up of a maximum of 12 trustees who meet four times a year. Back Up aims to have at least 50% representation on the board from people with a spinal cord injury. One third of the trustees retires by rotation at each annual general meeting and may be reappointed. In July 2016, we appointed four new trustees – all of whom have a spinal cord injury as well as one young trustee. This demonstrates our commitment to youth participation and adds to the diversity of the board.

The board carries out regular reviews to identify any gaps in the knowledge and experience of our trustees needed to further Back Up's work. This informs the recruitment, induction and training process for new trustees. A panel of existing trustees selects and then recommends new members of the board. New trustees receive a comprehensive induction and ongoing support from the Chair and Chief Executive to become confident board members, fully aware of their role and responsibilities. Trustees are also encouraged to attend training courses to keep up to date with current legislation and to widen their experience. A joint away day with staff helps to build relationships and understanding to fulfil our mission.

Trustee Committees

The board is responsible for agreeing an appropriate strategy and policies for the charity and making sure that these are put into practice. To support its work, the board has 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 that all assets of Back Up are safeguarded and that funds are spent effectively and efficiently according to our objects as a charity and our business plan.

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. The board has delegated responsibility to this committee for assessing the risks 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 with delegated authority for:

- Setting the pay of the Chief Executive
- Authorising the remuneration budget
- Scrutinising and authorising changes to the organisation's remuneration policy and structure



Our People

The Chief Executive is responsible for planning and developing the work of Back Up within the clear framework agreed with the trustees. Together with the senior management team (SMT), they manage the day-to-day operations of the charity in line with our strategy and business plan.

Effective management and support of people is critical to the success of everything we do. In 2016/17, we brought in a 'Head of People Development' role for the period. This played a significant role in helping to identify challenges and opportunities from the experience of staff and volunteers in the organisation, and in supporting managers to develop and overcome challenges.

Back Up aims to be a fun and rewarding place to work with an open, inclusive and supportive culture. We are committed to developing our staff and provide support, training and coaching. Staff are involved in developing the business plan for the charity and individual objectives are set at appraisals based on its plan and its mission, vision and values.

Back Up believes that the opportunity to transform the lives of people affected by spinal cord injury is an important part of the total reward of working for Back Up, especially at more senior levels. In deciding

appropriate pay levels, Back Up aims to pay enough to recruit and keep people with the skills we need, whilst balancing that with our donors' expectations that the money they entrust us with will be used wisely. In setting CEO and senior management pay, the remuneration committee takes account of the skills and experience required for each of the roles, the salary for similar roles in the sector, and the financial health of the charity. Independent advice is also used to inform those judgements. No one is paid over £60,000.

Staff morale is generally very high at Back Up and above the industry standard, as evidenced in our bi-annual morale survey. A range of factors contribute to this: a clear shared vision of where we want to go, a feedback culture with 360 degree appraisals, and shared values which inform behaviours.

Back Up was founded by volunteers and volunteering remains at the heart of everything we do. 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. A heart-felt thank you to every volunteer.

Risks and Uncertainties

Our trustees have reviewed the major risks Back Up faces, and confirm that the following systems are in place to manage them:

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

We have a framework which is used at all levels of management to identify risks and respond to them appropriately. Our 'risk register' includes an assessment of key risks, their likelihood and significance, and a description of how they will be managed and mitigated. The register is regularly monitored by the senior management team and the Finance, Audit and Risk committee of the board. Back Up Promotions Ltd. is a wholly owned trading subsidiary of the charity that remained dormant until September 2016.

Our plans balance risks and opportunities. We won't take risks that undermine our impact or the safety of our service users and volunteers. But we do want to be in a position where we can realise potential opportunities.

We've identified the biggest risks in 2017/18 and have plans in place to mitigate them.

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 five-year strategy for 2020 has been developed which will further extend and expand our reach to people affected by spinal cord injury across the UK.

Financial review

Back Up's five-year strategy is on track to increase the reach of our services. Following positive 2015/16 performance (surplus 81,851), our priority in 2016-17 was to consolidate our position. Total resources spent on our services for people with a spinal cord injury increased by 7% to £1,114,886 (2016: £1,042,863), representing 66.5% of total expenditure (2016: 68%).

Total income for the year was £1,603,708 (down 1%) and total expenditure was £1,677,904 (up 9%). Income from activities for generating funds was down by 10% to £551,402 (2016: £614,979), representing 34% of total income (2016: 30%). Fundraising costs increased by 12% to £563,018 (2016: £492,975) representing 33.5% of total costs (2016: 32%). This is part of our plan to grow our fundraising capability, allowing us to reach more people.

Restricted income for our charitable activities has decreased by 6% to £621,840 (2016: £662,298) and since it does not cover the expenditure for the majority of the activities, it is supplemented with unrestricted income. Governance costs were £27,836 (2015: £40,586). Our year end reserves this year decreased by £55,968 (2015: surplus £81,851).

Reserves Policy

Trustees have agreed the level of reserves required to be £435,000 to meet the needs of cash flow and risk of unforeseen events. The policy will enable Back Up to invest a proportion of reserves in services, awareness and fundraising to support growth.

At the year end, total reserves were £589,784. This was made up of free reserves of £434,704 (2016: £454,222), designated funds of £40,000 (2016: £50,000), restricted funds of £14,167 (2016: £40,617) and £100,913 in expendable endowments (2016: £100,913).

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 by £18,228 (2016: decrease £4,822). Details of the investments held by the charity are set out in 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 charity'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.

The 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 October 11, 2017 and signed on their behalf by:

Ms Rebecca Hill
Chair of Trustees



Independent Auditor's Report

To the trustees and members of The Back-Up Trust

We have audited the financial statements of The Back-Up Trust for the year ended 30 April 2017 which comprise the Group Statement of Financial Activities, the Group Summary Income and Expenditure Account, the Group Balance Sheet, the Group Cash Flow Statement 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) including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

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 regulations made under section 154 of the Charities Act 2011. 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 and 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 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 auditor under the Companies Act 2006 and section 151 of the Charities Act 2011 and report in accordance with 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 the group's and the parent 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 group's and the parent charitable company's affairs as at 30 April 2017, and of the group's 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; and
- have been prepared in accordance with the requirements of the Companies Act 2006 and the Charities Act 2011.

Opinion on other matters prescribed by the Companies Act 2006

In our opinion based on the work undertaken in the course of the audit:

- 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]; and
- the Trustees Annual Report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of our knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified material

misstatements in the Trustees Annual Report.

We have nothing to report in respect of the following matters where the Companies Act 2006 and the Charities Act 2011 requires us to report to you if, in our opinion:

- the parent charitable company has not kept adequate and sufficient accounting records, or returns adequate for our audit have not been received from branches not visited by us; or
- the parent charitable company 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 in preparing the directors' report 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
Chartered Accountants
Statutory Auditors



Causeway House
1 Dane Street
Bishop's Stortford
Hertfordshire
CM23 2AD

Date: 1/11/17

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

Statement of financial activities

Consolidated Statement of Financial Activities for the year ended 30 April 2017 (incorporating income and expenditure accounts) For the year ended 30 April 2017

Income and Expenditure	Note	Unrestricted Funds	Restricted Funds	Endowment Funds	Total 2017	Total 2016
		£	£	£	£	£
Income and endowments from:						
Donations and legacies	2a	422,012	561,127	-	983,139	884,362
Income from charitable activities:		5,000	60,713	-	65,713	119,375
Income from other trading activities:						
Activities for generating funds	2b	551,402	-	-	551,402	614,979
Investments	2d	405	-	3,049	3,454	3,795
Total Income		978,819	621,840	3,049	1,603,708	1,622,511
Expenditure						
Costs of raising funds:						
Fundraising costs	3	567,942	-	-	567,942	492,975
Expenditure on charitable activities:	3	28,090	1,078,823	3,049	1,109,962	1,042,863
Total expenditure	3	596,032	1,078,823	3,049	1,677,904	1,535,838
(Loss)/gain on investments	7	18,228	-	-	18,228	(4,822)
Net income/(expenditure)		401,015	(456,983)	-	(55,968)	81,851
Transfer between funds	10	(430,533)	430,533	-	-	-
Net movement in funds		(29,518)	(26,450)	-	(55,968)	81,851
Reconciliation of funds						
Total funds brought forward		504,222	40,617	100,913	645,752	563,901
Total funds carried forward	10	474,704	14,167	100,913	589,784	645,752

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.

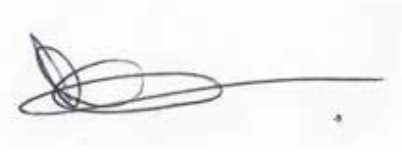
Balance sheet

For the year ended 30 April 2017

	Note	2017 £	2016 £
Fixed Assets			
Tangible Assets	5	4,149	13,286
Investments	7	117,062	98,934
		121,211	112,220
Current Assets			
Debtors	8	263,865	196,972
Cash at bank and in hand		473,713	519,746
		737,578	716,718
Creditors: amounts falling due within one year	9	(269,005)	(183,186)
Net current assets		468,573	533,532
Total Net Assets		589,784	645,752
Funds			
Unrestricted funds			
General funds	10	434,704	454,222
Designated funds	10	40,000	50,000
Restricted funds	10	14,167	40,617
Endowment funds		100,913	100,913
Total funds and reserves		589,784	645,752

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

The accounts were approved by the Board of Trustees on and signed on their behalf on..... by:



Treasurer

Richard Smith

Company no: 3596996

The notes on pages 47 to 55 form part of these accounts

Statement of cash flows

For the year ended 30 April 2017

	Note	2017 £	2016 £
Cash flows from operating activities:			
Deficit/surplus for the financial year		(55,968)	81,851
Adjustments for:			
Depreciation of tangible assets		9,137	8,884
Investment income		(3,454)	(3,795)
Increase in debtors		(66,893)	(20,201)
Increase in creditors		85,819	69,396
Gain/loss on investments		(18,128)	4,822
Net cash generated from operating activities		<u>(49,487)</u>	<u>140,957</u>
Cash flows from investing activities			
Purchase of tangible fixed assets		-	(11,132)
Income from investments		3,454	3,795
Net cash from investing activities		<u>3,454</u>	<u>(7,337)</u>
Net decrease/increase in cash and cash equivalents		(46,033)	133,620
Cash and cash equivalents at the beginning of the year		519,746	386,126
Cash equivalents at the end of the year		<u><u>473,713</u></u>	<u><u>519,746</u></u>
Cash and cash equivalents at the end of the year comprise:			
Cash at bank and in hand		<u><u>473,713</u></u>	<u><u>519,746</u></u>

Notes to financial statement

For the year ended 30 April 2017

1. Accounting policies

The principal accounting policies, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

a) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The Back-Up Trust meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

b) Group financial statements

The Financial Statements consolidate the results of the charity and its wholly owned subsidiaries detailed in note 7 on a line-by-line basis and by eliminating intra-group transactions. No separate Statement of Financial Activities has been presented for the Company alone, as permitted by section 408 of the Companies Act 2006.

The charity only results for the year showed total income of £1,602,208, expenditure of

£1,676,404 and an investment gain of £18,228. Overall the charity produced a deficit of £55,968.

c) Income

Income is 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 on the earlier of 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 or receipt.

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

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

Notes to financial statement

For the year ended 30 April 2017

d) Expenditure

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

- a. The costs of generating funds include the salaries, direct costs and overheads associated with generating funds.
- b. 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.

- c. 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.

e) 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.

Designated funds are set aside at the discretion of the Trustees for specific purposes.

f) 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.

g) Investments

Quoted investments are valued on the balance sheet date, at closing 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.

h) 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.

Notes to financial statement

For the year ended 30 April 2017

i) 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.

j) Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

k) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due. Accrued income and tax recoverable is included at the best estimate of the amounts receivable at the balance sheet date.

l) Creditors

Creditors are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are normally recognised at their settlement amount after allowing for any trade discounts due.

m) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Notes to financial statement

For the year ended 30 April 2017

		2017	2016					
		£	£					
2. Income								
a) Voluntary Income								
Individuals		164,731	150,999					
Charitable Trusts		565,202	501,554					
Corporate Donations		253,206	231,809					
		983,139	884,362					
		2017	2016					
		£	£					
b) Activites for generating funds								
General Events		121,825	158,386					
Major Events		429,577	456,593					
		551,402	614,979					
c) Deferred Income								
Deferred income comprises restricted income received in advance. Income deferred in the year relates to events, courses and services planned for May 2017 onwards.								
Balance brought forward		105,173	44,872					
Amounts received during the year		331,374	363,374					
Amounts released to SOFA		(284,618)	(303,073)					
Balance carried forward (Note 9)		151,929	105,173					
d) Investment Income		2017	2016					
		£	£					
Bank deposit interest		405	756					
Dividend income		3,049	3,039					
		3,454	3,795					
3. Resources Expended								
a) Analysis of total resources expended - current year	Direct costs	Staff Costs	Support Costs	Total				
	£	£	£	2017				
				£				
Charitable activities								
Outreach & Support	37,169	158,852	63,851	259,872				
Mentoring	26,225	143,313	58,292	227,829				
Courses	148,755	100,146	42,858	291,759				
Schools and Family Inclusion	17,628	35,776	19,843	73,247				
U18 Participation	12,198	17,267	13,227	42,691				
Raising Awareness	43,430	120,866	50,268	214,564				
Cost of Raising funds	179,360	292,347	94,735	566,442				
Total resources expended	464,765	868,567	343,072	1,676,404				
Expenditure on charitable activities was £1,660,726 (2016: £1,535,838) of which £592,403 was unrestricted (2016: £533,561) and £1,068,323 was restricted (2016: £999,238).								
Analysis of total resources expended - prior year	Direct costs	Staff Costs	Support Costs	Total				
	£	£	£	2016				
				£				
Charitable activities								
Outreach & Support	41,690	130,414	61,117	233,221				
Mentoring	16,526	105,565	54,041	176,132				
Courses	184,180	79,164	36,467	299,811				
Schools and Family Inclusion	2,667	28,890	16,613	48,170				
U18 Participation	17,117	21,099	10,505	48,721				
Raising Awareness	37,412	144,364	55,031	236,807				
Cost of Raising funds	161,377	240,506	91,092	492,975				
Total resources expended	460,969	750,002	324,867	1,535,838				
b) Analysis of support costs - current year	Outreach & Support	Mentoring	Courses	Schools & Family	U18 Participation	Raising Awareness	Fundraising	Total
	£	£	£	£	£	£	£	2017
								£
Premises	13,506	12,303	8,965	3,987	2,556	10,568	22,318	74,203
Insurance	2,768	2,521	1,837	817	524	2,166	4,573	15,206
Communications	15,420	14,049	10,237	4,553	2,919	12,067	25,483	84,728
Office expenses	2,341	2,132	1,554	691	443	1,831	3,868	12,860
Finance costs	1,183	1,078	785	349	224	926	1,955	6,500
Management & Admin Staff	20,448	18,628	13,574	6,037	3,870	16,000	33,790	112,347
Governance	6,521	6,066	4,802	2,918	2,376	5,409	-	28,090
Depreciation	1,664	1,515	1,104	491	315	1,301	2,748	9,138
Total support costs	63,851	58,292	42,858	19,843	13,227	50,268	94,735	343,072

Notes to financial statement

For the year ended 30 April 2017

b) Analysis of support costs - prior year								
	Outreach & Support	Mentoring	Courses	Schools & Family	U18 Participation	Raising Awareness	Fundraising	Total 2016
	£	£	£	£	£	£	£	£
Premises	12,208	10,741	7,095	2,975	1,708	10,955	21,540	67,222
Insurance	2,651	2,332	1,540	646	371	2,378	4,677	14,595
Communications	13,562	11,931	7,881	3,305	1,897	12,169	23,927	74,672
Office expenses	2,256	1,985	1,311	550	316	2,024	3,981	12,423
Finance costs	1,032	908	600	252	144	926	1,821	5,683
Management & Admin Staff	18,343	16,137	10,659	4,470	2,566	16,458	32,361	100,994
Governance	9,486	8,618	6,464	4,030	3,282	8,705	-	40,586
Depreciation	1,579	1,389	917	385	221	1,416	2,785	8,692
	61,117	54,041	36,467	16,613	10,505	55,031	91,092	324,867
c) Analysis of governance costs								
							2017	2016
							£	£
Auditors remuneration - audit							7,800	6,000
Auditors remuneration - non audit services							1,800	1,800
Trustee meetings and expenses							1,389	2,550
Legal fees							26	26
Apportionment of support costs							16,584	30,366
Sundries							491	(156)
Total governance costs							28,090	40,586
4. Trustees and employee information								
a) Trustee information								
No remuneration was paid to the trustees during the year (2016: £Nil). £1,389 in expenses (2016: £2,551) was paid to 3 trustees during the year for travel and accommodation costs.								
b) Employee information								
Employee costs during the year were:							2017	2016
							£	£
Salaries							835,704	736,159
Social security costs							77,399	68,671
Pension							25,268	27,691
Training							19,023	21,425
Recruitment							29,571	3,279
Other							12,333	20,106
							999,298	877,331
The number of employees whose emoluments amount to over £60,000 during the year was nil (2016: nil).								
The key management personnel of the charity comprise the trustees, the Chief Executive, Head of Finance, Head of Services, Head of PR and Communication and the Head of Fundraising of The Back-Up Trust. The total employee benefits of the key management personnel of the Charity were £240,558 (2016: £210,306)								
The number of persons employed during the year were:							2017	2016
Fundraising							10	9
Charitable activities							19	16
Support							4	3
Governance							1	1
							34	29
Average staff numbers							34	29
5. Tangible fixed assets								
							Office equipment	Total
							£	£
Cost								
At 1 May 2016							121,902	121,902
Additions							-	-
Disposals							-	-
At 30 April 2017							121,902	121,902
Depreciation								
At 1 May 2016							108,616	108,616
Charge for the year							9,137	9,137
Disposals							-	-
At 30 April 2017							117,753	117,753
Net book value								
At 30 April 2017							4,149	4,149
At 30 April 2016							13,286	13,286

Notes to financial statement

For the year ended 30 April 2017

6. Net movement in funds for the year

This is stated after charging:	2017 £	2016 £
Operating leases		
- land and buildings	36,540	36,540
- other	1,800	1,800
Depreciation	9,137	8,884
Auditors' remuneration	5,000	5,000

7. Investments

Quoted	2017 £	2016 £
Market value as at 1 May 2016	98,834	103,656
Net gains/losses on revaluation at 30 April 2017	18,228	(4,822)
Market value as at 30 April 2017	117,062	98,834
The quoted investments are held in the following funds	£	£
Charinco Common Investment Fund	9,117	8,843
Charishare Common Investment Fund	107,945	89,991
	117,062	98,834
	£	£
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.		
The aggregate of the share capital and reserves as at 30 April 2017 and the profit or loss for the year ended on that date for the subsidiary undertakings were as follows:		
Name	Aggregate of share capital and reserves £	Profit/(loss) £
Back-Up Promotions Limited	100	-

The following is a summary of the financial performance of the above subsidiary for the year ended 30 April 2017.		
Profit and loss account for the year ended 30 April 2017		
Turnover		68,983
Costs (including donation to the charity of £51,805)		(68,983)
Profit		-
Balance sheet as at 30 April 2017		
Total current assets		54,897
Total current liabilities		(54,797)
Called up share capital		100

8. Debtors	Group 2017 £	Company 2017 £	Group 2016 £	Company 2016 £
Other debtors	96,913	50,713	70,757	70,757
Prepayments and accrued income	166,952	166,952	126,215	126,215
	263,865	217,665	196,972	196,972

9. Creditors: Amounts falling due within one year	Group 2017 £	Company 2017 £	Group 2016 £	Company 2016 £
Accruals	15,371	13,871	13,871	13,871
Amounts owed to group undertakings	-	8,597	-	-
Deferred Income (note 2c)	151,929	119,012	105,173	105,173
Other taxation and social security	38,334	17,954	13,098	13,098
Other creditors	63,371	63,471	51,044	51,044
	269,005	222,905	183,186	183,186

Notes to financial statement

For the year ended 30 April 2017

10 Funds - current year

	Opening balance	Net incoming resources	Charitable expenditure	Gain on revaluation	Transfers from general Fund	Closing balance
	£	£	£	£	£	£
Restricted						
Outreach & Support						
Outreach (General) Fund	9,000	169,166	250,302	-	72,136	-
Mentoring Services						
Big Lottery Grant (Mentoring Services England) Fund	8,223	132,512	162,936	-	24,430	2,229
Mentoring Services (General) Fund	5,969	64,797	58,828	-	-	11,938
Courses						
Courses (General) Fund	12,425	155,832	286,957	-	118,700	-
Winter Course (Sweden)	-	-	-	-	-	-
CRH Trust	5,000	5,000	-	-	(10,000)	-
Children & Young People						
Under 18's General	-	79,508	110,645	-	31,137	-
Awareness						
Raising Awareness Fund	-	15,025	209,155	-	194,130	-
	40,617	621,840	1,078,823	-	430,533	14,167
Endowment						
Alasdair Ross Memorial Fund	50,000	1,524	1,524	-	-	50,000
William Gardner Victoria Cross Fund	50,913	1,525	1,525	-	-	50,913
	100,913	3,049	3,049	-	-	100,913
Unrestricted						
General Fund	454,222	977,319	594,532	18,228	(420,533)	434,704
Designated relocation fund	50,000	-	-	-	(10,000)	40,000
	504,222	977,319	594,532	18,228	(430,533)	474,704
Total funds	645,752	1,602,208	1,676,404	18,228	-	589,784

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

The Mentoring Services Fund provides a matched mentoring service for those affected by spinal cord injury. Big Lottery Fund – Reaching Communities, City Bridge Trust, R S Macdonald Charitable Trust, Austin and Hope Pilkington Trust, Culra Charitable Trust, Mountbatten Memorial Trust, Stella Symons Charitable Trust, Michael and Anna Wix Charitable Trust, Pennycress Trust, UKH Foundation, Bewley Charitable Trust, H A Holiday Charitable Trust, Persula Foundation, H A Holiday Charitable Trust

The Courses Fund provides a variety of courses for people with a spinal cord injury and able bodied volunteer helpers. Big Lottery Fund – Reaching Communities, Bruce Wake Charitable Trust, City Bridge Trust, R S Macdonald Charitable Trust, Paul Bush Foundation Trust, Adamson Trust, Ryvoan Charitable Trust, Enkalan Foundation, D'Oyly Carte Charitable Trust, Vintners' Company, Boshier-Hinton Foundation, Santander Foundation, CRH Trust, Mildred Duveen Charitable Trust, Alice Ellen Cooper Dean Charitable Trust, Whirlwind Charitable Trust, Roger & Douglas Turner Charitable Trust, Pom Charitable Trust.

The Children and Young people's funds provide services for participants under eighteen years of age Dentons Charitable Trust, The BBC Children In Need Appeal, Freemasons' Grand Charity, John Horniman's Children's Trust, Miss W E Lawrence 1973 Charitable Settlement, Linmardon Trust, Barbara Ward Children's Foundation, MacRobert Trust, Lynn Foundation, Sir James Roll Charitable Trust, Evan Cornish Foundation, Douglas Arter Foundation, N Smith Charitable Trust, Fitton Trust, Big Lottery Fund - Awards for All, Joan Strutt 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 Relocation fund has been designated for costs of relocating our main office in Wandsworth to new premises in 2017

Notes to financial statement

For the year ended 30 April 2017

10 Funds - prior year	Opening balance	Net incoming resources	Charitable expenditure	Gain on revaluation	Transfers from general Fund	Closing balance
	£	£	£	£	£	£
Restricted						
Outreach & Support						
Outreach (General) Fund	-	156,538	220,696	-	73,158	9,000
Mentoring Services						
Big Lottery Grant (Mentoring Services England) Fund	-	128,351	112,351	-	(7,777)	8,223
Mentoring Services (General) Fund	-	61,132	55,163	-	-	5,969
Courses						
Courses (General) Funds	5,000	188,698	293,254	-	111,981	12,425
Winter Course (Sweden)	39,408	28,000	93	-	(67,315)	-
CRH Trust		5,000				5,000
Children & Young People						
Under 18's General	15,000	67,579	89,579	-	7,000	-
Awareness						
Raising Awareness Fund	-	27,000	228,102	-	201,102	-
	<u>59,408</u>	<u>662,298</u>	<u>999,238</u>	<u>-</u>	<u>318,149</u>	<u>40,617</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 Funds	403,580	957,174	533,561	(4,822)	(368,149)	454,222
Designated reallocation fund					50,000	50,000
	<u>403,580</u>	<u>957,174</u>	<u>533,561</u>	<u>(4,822)</u>	<u>(318,149)</u>	<u>504,222</u>
Total funds	<u>563,901</u>	<u>1,622,511</u>	<u>1,535,838</u>	<u>(4,822)</u>	<u>-</u>	<u>645,752</u>

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	-	-	14,167	-	14,167
Endowment	-	-	100,913	-	100,913
Unrestricted	4,149	117,162	353,393	-	474,704
Total funds	4,149	117,162	468,473	-	589,784

12 Analysis of assets between funds - prior year

	Tangible fixed assets	Investments	Net current assets	Creditors > 1 year	Total
	£	£	£	£	£
Restricted	-	-	35,617	-	35,617
Endowment	-	-	100,913	-	100,913
Unrestricted	13,286	98,934	397,002	-	504,222
Total funds	13,286	98,934	533,532	-	645,752

13 Statement of Financial Activities - prior year

	Unrestricted Funds	Restricted Funds	Endowment Funds	Total 2016
	£	£	£	£
Income and endowments from:				
Donations and legacies	369,439	514,923	-	884,362
<i>Income from charitable activities:</i>	-	119,375	-	119,375
<i>Income from other trading activities:</i>				
Activities for generating funds	586,979	28,000	-	614,979

Notes to financial statement

For the year ended 30 April 2017

Investments	756	-	3,039	3,795
Total Income	957,174	662,298	3,039	1,622,511
Expenditure				
<i>Costs of raising funds:</i>				
<i>Fundraising costs</i>	492,975	-	-	492,975
<i>Expenditure on charitable activities:</i>	40,586	999,238	3,039	1,042,863
Total expenditure	533,561	999,238	3,039	1,535,838
(Loss)/gain on investments	(4,822)	-	-	(4,822)
Net income/(expenditure)	418,791	(336,940)	-	81,851
Transfer between funds	(318,149)	318,149	-	-
Net movement in funds	100,642	(18,791)	-	81,851
Reconciliation of funds				
Total funds brought forward	403,580	59,408	100,913	563,901
Total funds carried forward	504,222	40,617	100,913	645,752

14 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 £2,200 (2016: £1,916).

15 Related Party Transactions

During the year the Company received a donation of £51,805 (2016: £NIL) from, and charged expenses of £15,678 (2016: £NIL) to Back-Up Promotions Limited, a wholly owned subsidiary of the Company.

The Company also received income of £76,080 (2016: £NIL) on behalf of Back-Up Promotions Limited.

The amount due to them at the year end was £8,597 (2016: £NIL).

16 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 £24,616 (2016: £27,691). £3,973 (2016 - £8,457) was owing to the pension scheme at the year end.

17 Leasing Commitments

Operating leases

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

	Land and buildings		Other	
	2017	2016	2017	2016
	£	£	£	£
within 1 year	-	-	8,640	8,640
within 2-5 years	-	43,500	34,560	34,560
More than 5 years	-	-	6,480	15,120

18 Subsequent Events

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

The Back Up Trust acknowledges all donations which in the year 16/17 have made a vital contribution to inspire people affected by spinal cord injury to transform their lives. Amongst our many generous the following have asked for specific acknowledgement.

Big Lottery Fund	Awards For All grant no.10276480 ("Developing skills and support networks for young people with Spinal Cord Injury")	£	8,223
Big Lottery Fund	Reaching Communities grant no. RC/5/010443573 ("Back Up Mentoring")	£	132,512
Big Lottery Fund	Reaching Communities grant no. 0010249622 ("Join The Dots")	£	72,036
Big Lottery Fund	Awards For All grant no. 0010303574 ("Volunteer visitors to spinal units")	£	1,877
Big Lottery Fund	Reaching Communities, Grant No. 0010293207 ("Spring/Summer Transformation Courses)	£	39,252

Thanks to everyone who makes our work possible...

We value the support of every individual and organisation who supports us, no matter how big or small their donation, but we'd like to mention a few who really went the extra mile this year.

Individuals: Jeremy Adam, Julie Allen, Chirsty Bennett, Catherine Calder, Simon Clark, Debbie Cragg, Jean Egbunike, David Elswood, Sarah Elwes, Charlie Fraser, David Fraser, James Green, James Gulliford, Charles Hanson, Mark Howden, Eric Lanlard, Leigh-Ann Manesi, Jocelyn Matthews, Nick Millar, John Morgan, Polly Nabarro, Matt Newman, Paul Newrick, Sarah Oughton, Stewart Parvin, Paul Paxton, Rhiannon Phenis, Jane Rogan, Margot and Nigel Russell, Linda Scuizzato, Jo Sheasby, Robert Shelton, Malene Sweeney, Richard Taylor, Ian Wallis, Sarah Watters, Amadea West, John Whiter, Patrick Woodall, Jo Wright and Anne Urban.

Community Fundraisers: Elizabeth Allen, Alwena Appleton, Samuel Appleton, Mark Arnold, Alan Ball, Pete Baxter, Aristedes Bernard-Grau, Sam Bick, Nick Blachford, Julie Bowerman, Siby Boyd, Lisa Boyle, Kate Bromley, Paul Carrigill, North London Catenians, Alan Cook, Tom Cooper, George Cselko, Leila David, Conrad Derbyshire, Andrew Dickenson, Jo Drive, Hugo Elwes, Richard Foster, Jolly Gardeners, Brian Gibson, Mat Gilman, Sarah Greig, Otley Townswomen's Guild, Jack Harrington, Fiona Harrison, John Hatch and the Ram Brewery, Kevin Hill, Steve Hodges, Julia Horne, David Howroyd, Clewin

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*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

Salvatore LaMonica

Registered name:

The Back-Up Trust

Registered Address

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**Registered Charity Nos. 1072216 and SC040577
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