

THE BASIS FOR THE SERVICE

Being employed is extensively evidenced to be of huge benefit to physical and mental health and is furthermore a good indicator of how someone is coping and adjusting. Conversely, being out of work is extensively evidenced to be a huge risk to physical and mental health. (MASCIP 2017)



COURSES & EVENTS

Skills for Work: A three day course, covering topics such as skills identification, CV writing, interview practice and reasonable adjustments; building confidence to be able to navigate recruitment processes.

Careers Fair: An event bringing together corporate partners and our service users, exploring potential job opportunities.

Coach to Work: A group programme developed to help people consider different future career possibilities.

ONLINE AND TELEPHONE SUPPORT

Employment Toolkit: An online series of videos demonstrating a range of case studies, reinforcing peer learning.

Telephone Support & Advice: Set up to answer questions around current employment situations, offering advice and support.

Return to Work Services

There are around 105,000 people living with spinal cord injury in the UK. Only approximately 36% of these people who are of working age return to work.

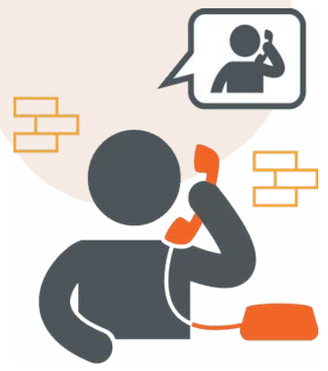
We understand that returning to work after spinal cord injury can sometimes feel daunting.

To ensure people are fully supported, we provide a range of different services aimed at helping them navigate their next move.

'The course exceeded my expectations. When I was matched with a recruiter who specialised in manufacturing, I thought this was just too good to be true.'



'Thank you so much for the wonderful three days we've just had. The course has really opened my eyes and helped me into a very positive mindset.'

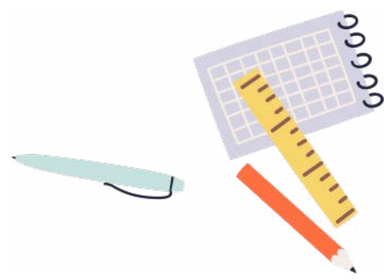


MEASURING OUTCOMES

In the year 2024/25:

- o 97 vocation cases were referred to Back Up.
- o 22 Patient Education sessions were delivered in seven out of the 11 spinal injury centres across the UK.
- o 75 people attended a Back Up vocation event.
- o 87% reported now being in work, volunteering or training.
- o 100% reported increases in at least three of five outcome measures looking at confidence, positivity and achieving personal goals in relation to their vocational aims.
- o Eight people took part in our inaugural Coach to Work course.
- o Five people started work experience placements with the help of Back Up.





Scan the QR code to find out more about Back Up and register for the vocation service.

Visit our website www.backuptrust.org.uk | Email: info@backuptrust.org.uk

***Outcome measures are requested from participants in Back Up's vocation service between 6-12 months after their engagement in either a course or careers fair event. They are requested in telephone interviews, and participants are also asked to self assess how manageable life is with their spinal cord injury, how positive they feel about finding a purpose or meaningful activity, how confident they feel about their plan to gain employment and how confident they feel in achieving it. Participants are also asked to identify a personal goal prior to engagement and are asked again to self assess whether or not they have, or believe they will achieve it as a result of the support provided.**
Full information about the service and its evaluation methodology are available upon request.