



**back up**

Transforming lives after spinal cord injury

This year take on a...

**FAMILY CHALLENGE!**

This year Back Up is celebrating the addition of our new Family Outreach and Support Coordinator. So we've set ourselves a challenge - to reach a wider group of people affected by spinal cord injury, raise awareness of the issues they face and to celebrate their achievements.

**WE NEED YOUR HELP TO DO IT!**

We're asking you to get your family, friends and colleagues involved in a group challenge or event to raise vital funds for Back Up and support people affected by spinal cord injury.



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**THANK YOU FOR SUPPORTING US!**



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**GET EVERYONE INVOLVED**

The idea is simple, think of a fundraising idea that you can get your friends and family involved in.

You could:

- Get a team involved in one of our group challenges like the Push and Superhero-tri
- Sign up to one of the events we have places in with them
- Organise your own fundraising event

Whatever you decide to do we'll be on hand to give you all the support and advice you need to make your challenge a huge success.

**Get a team involved in one of our group challenges:**

**- Kayak the Great Glen:** pick a partner and Kayak through the beautiful Scottish Valleys!

(4-9 June)

**-The Push:** Race up and down Mount Snowdon with a team!

(30 June - 2 July)

**-Superhero-Tri:** Get some friends and do a stage of this triathlon each!

(19 August)

**Events to look out for:**

**-Back Up Fest:** Our new event this year brought to you by our Youth Advisory Group! Bring all your family and friends along to this fun filled day out with something for everyone.

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**GET A TEAM INVOLVED**



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**SIGN UP TO ONE OF OUR  
EVENTS**

Sign up to one of the events we have places in with your friends and family. Here are a few fun and friendly runs!

**-Dog Jog:** Get your family or friends and grab your canine pal for this unusual 5k!

(Various Dates 2017)

**-Fun Run:** Take part in this huge 5k happening all over the country.

(Various Dates 2017)

**-Supernova 5k:** Get dressed up in lights and be part of a 5k with a twist.

(April/Oct/Nov)

**-Parallel London:** This special event is the first fully accessible one, with a range of distances to suit everyone!

(3rd September)

Have a look at our events calendar here.



From hosting a Back Up Bake Off to holding your own beer festival, there are plenty of amazing ways to get involved with Back Up, meet people and raise money to support all of our fantastic services!

From family members and friends, to those who have been inspired by someone's story, we have all sorts of people who do their own thing to get involved.

To get started check out the Fundraising A-Z in our Guide to FUNdraising for some ideas, and if you have caught the baking bug then have a look at our Back Up Bake Off Guide to see how you can use your favourite hobby to support us.



**ORGANISE YOUR OWN  
FUNDRAISING EVENT**



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## KATIE'S STORY

Back in 2014, Katie's father sustained a spinal cord injury after an accident at work, leaving him paralysed from the waist down. After coming into contact with Back Up whilst in hospital, Katie received support from the mentoring team.

'I got in touch and they helped me understand what had happened to my Dad and what this meant for us as a family'.

Katie decided she wanted to raise some money to support Back Up. With the help of two of her friends, Katie organised and held a cake sale at her school, raising an incredible amount of money for Back Up!



Whatever you choose we'd be thrilled to hear from you! All you have to do is tell us about your fundraising event and we will support you every bit of the way.

Good luck & have fun fundraising!

If you have any questions or want to chat through any fundraising ideas, please give us a call on 0208 875 1805 or email [fundraising@backuptrust.org.uk](mailto:fundraising@backuptrust.org.uk)

Also, check out our Guide to FUNdraising



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**GOOD LUCK!**