

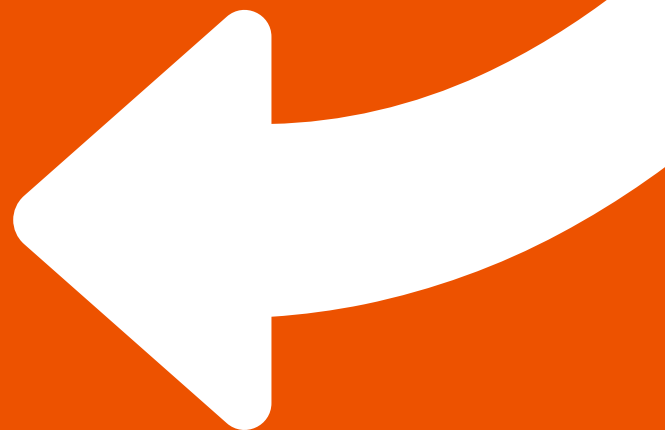
**back<sup>u</sup>p**

transforming lives after spinal cord injury



# Impact Report

2024/25





# About Back Up

### Vision

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

### Mission

Deliver services that build confidence, independence and inspire people affected by spinal cord injury to transform their lives.

## Values and Behaviours

- Embrace Challenge

Bold, Adaptable
- Have Fun

Positive, Motivational
- Build Inclusive Communities

Open, Friendly
- Ambitious for Each Other

Expert, Strive for Better

### Living Confidently:

empowering people with a spinal cord injury with the confidence, knowledge and practical skills to live a full and independent life.

### Everyone Thriving:

ensuring all individuals affected by spinal cord injury can reach their full potential.

### Meaningful Connections:

creating opportunities for people affected by spinal cord injury to connect with others in similar situations to achieve their goals.

## Our Foundations

- Lived Understanding

■ Growing Income to Meet our Ambition

■ Being Data-led

■ Driving Efficiency and Effectiveness

■ Developing and Empowering our People
- Powered by Volunteers

■ Being Inclusive

■ Compelling Communications

■ Committed to Collaboration

■ Well-run, Sustainable Organisation



# Welcome

Today, more than 105,000 people live with a spinal cord injury in the UK, each with their own story, challenges, and ambitions. At Back Up, we want to be there for every single one of them.

This year, our community has gone above and beyond, delivering over 43,000 individual support sessions – a remarkable 37% more than last year. Every session is designed to build confidence, support people in gaining more independence, and help individuals affected by spinal cord injury realise that a positive future is possible.

But there’s more to do. That’s why this year we launched our new five-year strategy: *Limitless Ambition to Transform Lives*. Building on the success of our previous strategy, *Transforming Lives*, we’re taking even bolder steps to reach more people at critical moments in their journey.

So, this year’s Impact Report is a little different! It reflects on the journey that brought us here and looks ahead to an exciting new chapter. It celebrates the people we’ve supported – people like Alexandra, Gareth, Hayley, Maia, Rob, and Yasmin, whose lives changed in an instant but have found the skills, support, and confidence to live life to the fullest.

Meaningful connection is at the heart of this report and is one of our new goals guiding us over the next five years. This year, we’ve expanded the ways people can connect with us by launching our new Wheelchair Skills App, releasing the Back Up and Thriving podcast (which ranked in the top 25% of UK podcast downloads), and creating Back Up Connect for one-off conversations on the topics that matter most.

What makes Back Up unique, and always will, is that our services are designed and delivered by people who get it. People who’ve been there themselves. This means we understand the challenges and opportunities ahead; and offer practical advice and empathetic support to empower people to achieve their ambitions.

As ever, none of this would be possible without people like Cath and Dan, and our incredible volunteers, fundraisers, and supporters. Whether you’ve shared your story, given your time, donated, taken on a challenge, or joined us at an event – thank you. We can’t wait to see what we can achieve together.



Abigail Lock | CEO

# The Impact of Back Up's Work in 2024/25

1,061



Our online support group, the Back Up Lounge, was joined **1,061 times**, up from 922 times in 2023/24. Over the year, 191 new people attended, compared to 206 in 2023/24.



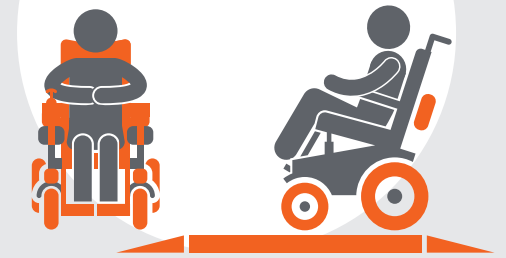
Our services have been accessed over **43,000 times**, up from 31,401 times in 2023/24. This growth is largely due to our dedicated regional outreach and engagement work, growth in our family support offer, and the launch of new digital assets, including our Back Up and Thriving podcast series and the Wheelchair Skills App.

201



**201 people** were supported through our Mentoring service, down from 221 in 2023/24, with 90% (84% in 2023/24) reporting an increase in at least five of seven positive coping strategies. Our new Connections service brought together 196 people affected by spinal cord injury. In total, we delivered **397 peer connections**.

873



**873 people** attended our Wheelchair Skills Training sessions, up from 812 in 2023/24, with 98% of participants learning more skills and feeling more confident using a wheelchair.

278



**278 one-to-one support interventions** were successfully delivered to ensure that children and young people are fully included in education, down from 440 in 2023/24. This decrease is in part due to a change in reporting and due to a vacancy in this team. Including our information and guidance service, we provided a total of **870 interventions**.



**487 family members** accessed our family support services, up from 338 in 2023/24 (an increase of 44%). This is largely due to our continued work to engage more effectively with families at the acute stage of their loved one's injury.

135



**135 people** attended our virtual What Next? and Skills for Work courses, up from 128 in 2023/24. 89% (82% in 2023/24) of those attending Skills for Work reported being in work, volunteering, or education 6-12 months after attending the course.

221



**221 children and young people** have been supported across all services, up from 211 in 2023/24. 100% of the children and young people Back Up has worked with say they now feel happier at school.





# Rob

## Living Confidently

At 19, I had just returned home from an incredible year travelling around Fiji, Australia, and New Zealand. I was looking forward to starting university and playing rugby, a sport I love. But then everything changed overnight. I was involved in a car crash and sustained a C3 complete spinal cord injury. I have no movement or sensation below my shoulders, and I use a ventilator to breathe.

After travelling the world solo, I suddenly found myself living at home with my family again. The living room became my temporary bedroom while an extension was built for me, and I remember a steady stream of personal assistants coming and going. I felt a big loss of freedom and independence. We all found it really tough.

But then I met a Back Up volunteer. It was amazing to talk to someone with a similar injury who understood what I was going through. For the first time since the accident, I could see that living well with a high-level spinal cord injury was possible.

The Back Up team helped me build the resilience and skills to become more confident, and that confidence continues to grow today. I've also learned how important clear communication is when managing my care team, which has helped increase my independence.

**It's been over a decade since my injury and life couldn't be better. I've achieved my ambition of becoming a lawyer, I still travel the world, and I'm a Back Up volunteer!**

I recently joined the new Back Up Connect service as a volunteer, and I love it. We answer those one-off questions people have after sustaining a spinal cord injury, and I've shared everything from practical travel tips to care management advice and connected people to other Back Up services.

I also took part in the Back Up and Thriving: Accessible Travel and Transport Toolkit, which includes helpful videos and a brilliant podcast. It shows people that travelling confidently after a spinal cord injury is possible. I love travelling and it's been so rewarding to share my experiences and help others. I know I would have really benefited from these resources when I was first injured.



# Alexandra

## Everyone Thriving

---

I was 13 years old when I had a shallow diving accident on holiday. I raced into the sea and dived. The next thing I knew my body went numb and I found myself staring at the white sandy floor. I'd sustained a C5/6 incomplete spinal cord injury resulting in tetraplegia. Today, I have limited movement in my arms, legs, abdomen, and chest, and I use a wheelchair full-time.

After rehabilitation in Miami and Cuba, I was offered a place at Stoke Mandeville Hospital and returned to the UK. That's where I first discovered Back Up. I saw their posters and leaflets and thought what they were doing was really cool!

My mum and I joined a Back Up fundraising event as she wanted me to connect with other young people with spinal cord injuries. She knew how easily I could become isolated.

Returning to school was my biggest challenge – that's when reality hit. It was tough both emotionally and physically. I'd been very sporty before my accident, but my school didn't adapt PE lessons, so I couldn't join in many activities.

**Thankfully, Back Up's Ski and Multi-Activity Courses helped rebuild my confidence. I made new friends and realised I could still do the things I loved.**

After university, I thought getting a job would be easy. But during my search, I encountered discrimination for the first time. After that, I decided to start volunteering at the Back Up office, gaining valuable work experience while building my skills and confidence in a supportive environment.

When a sailor training for the Paralympics contacted Back Up looking for someone to helm the boat, the team put my name forward. I've since enjoyed a 10-year Paralympic career and continue to work in the sports industry. Without Back Up, that opportunity simply wouldn't have happened.

Now, 30 years on from my injury, I'm still involved. I keep in touch with the Back Up community and support events like The Push. I've signed up for my third one this year! Back Up has been there through every stage of my life, helping me live it to the fullest.







# Maia

## Living Confidently

In May 2021, I developed transverse myelitis, a condition that causes inflammation of the spinal cord. One day I was dancing with my friends. The next morning, I felt pins and needles in my legs, and by that night I couldn't walk. I was 13 years old.

I began rehabilitation at Stoke Mandeville Hospital, but because of Covid-19 restrictions, I could only have two visitors. It was really lonely, especially as I was also trying to adjust to a whole new way of life.

While I was in hospital, I joined Back Up's group cooking sessions, and it made my world feel normal again. Through those sessions, I discovered Back Up's Mentoring service and was paired with a brilliant mentor who helped me with everything, from travelling confidently in a wheelchair to trying out new sports.

As my confidence grew, I signed up for a Multi-Activity Course designed for teenagers. It was incredible to meet others in a similar situation. I tried loads of fun activities and learned new skills, like how to get up and down a kerb by myself. I don't know where I'd be without that experience. The course gave me back my independence and helped me discover what my 'new normal' looked like.

When I went back to school, Back Up supported me and my family. The team worked with my school and gave advice about accessibility, phased returns, and exam support – things we hadn't thought of.

Now I volunteer as a Young Group Leader. I mentor other young people and teach wheelchair skills. I love being part of their journeys, just as others were part of mine.

I'm also part of Back Up's Youth Advisory Group. We share ideas to help improve services for children and young people, and it's a great way to meet others affected by spinal cord injury. Recently, I helped design a new youth City Skills course and took part as a young group leader, which was an awesome experience.

**Back Up helps people believe in themselves again. Everyone should make the most of the opportunities that Back Up provides – they're genuinely life-changing.**



# Yasmin

## Living Confidently

I've always been active – I love the gym, swimming, and hiking. But in January 2018, I had a sporting accident which caused me to sustain an incomplete spinal cord injury at T12–L3. Now I walk with some support, using orthotics and walking sticks, and occasionally I use a wheelchair for longer distances.

Living with an incomplete injury can bring a lot of uncertainty. When I left hospital, I thought I'd return to my 'normal' life, but I didn't realise how many obstacles I'd face, or how isolated I would feel. Adjusting to life post-injury took a toll on my mental health. I knew I needed support and to connect with others like me, so I reached out to Back Up.

Back Up matched me with a mentor who also had an incomplete injury. We shared the same frustrations, the same emotions, and even the same humour. My mentor was eight years further along in her journey, and hearing her experiences made me feel so much less alone. I've had a Back Up mentor twice now, and each time they have reminded me that whatever the situation, I will always find a way through.

**I also join the Walkers' Lounge, Back Up's online space for people with spinal cord injuries who are able to walk. It gives me the confidence to continue moving forwards and embrace life. I love catching up with familiar faces online every fortnight, as well as welcoming new people to our community.**

I've set new goals for myself, like waterskiing independently and travelling again. At first, I felt embarrassed to ask for help and nervous about admitting my worries and anxieties. I wasn't sure others could relate. But I've learned that I have a strong support network, and I now share everything openly with them. That openness has given me freedom, autonomy, and confidence. Recently, I even took my little boy on our first holiday together – something I never thought I'd be able to do.







# Gareth

## Everyone Thriving

I'm 68 and a very proud grandfather of six. I used to run a marine civil engineering business and spent years as a diver. One night after work, I fell 10ft down the stairs at home. The fall left me with a complete spinal cord injury, broken ribs, and a shattered shoulder.

When the consultant told me I'd never walk again, it was a huge shock. I knew life would never be the same. Suddenly, I needed help with the basics like washing and going to the toilet. Those early weeks in hospital were tough.

My family kept me going, especially my grandkids. Their support was superb. My wife even adapted our home before I was discharged, adding ramps, a wet room, and everything else I needed. Just ten days after leaving hospital, I passed my adaptive driving test and was back on the road in a van fitted with hand controls. Regaining that independence meant a lot.

My journey was also shaped by meeting Helen from Back Up during my three-month stay in hospital. She was young, full of life, and used a wheelchair herself. Seeing how she lived gave me a whole new perspective. She told me about a City Skills course in Cardiff, and even though I had doubts, I signed up.

And I'm so glad I did. The course changed everything. I learned practical wheelchair skills, like pushing myself across different terrain, managing kerbs, and handling everyday obstacles. It gave me the confidence to get out on my own. Just as importantly, I met others with spinal cord injuries. We shared our experiences and tips on everything from travelling abroad to getting back into work and managing day-to-day life.

Since then, I've been pushing myself in new ways – mowing the lawn with adapted kit, planning a return to diving, and even flying abroad with friends.

**Back Up didn't just teach me skills; it connected me to a community that understands my experiences. And that has made all the difference. I now have the confidence to live life on my own terms.**



# Hayley

## Meaningful Connections

My mum sustained a C4 complete spinal cord injury in June 2024 after falling down some steps. Her injury means she is paralysed from the chest down.

Mum spent eight weeks in intensive care and used a ventilator for six months. The operation to stabilise her spine was successful, but we didn't know what the longer-term impact would be.

Life became a blur of hospital visits and big decisions as I tried to process the reality of her injury. At times, it was difficult to stay positive.

**Ten days after Mum's accident, I had my first call with Back Up's Family Support team, and it was a real turning point. It changed my perspective because I realised that Mum could still have a full life.**

Back Up encouraged me to join the Family Mentoring Programme. My mentor's partner had a similar injury to Mum's but was a few years further along. She was a huge emotional support and answered every question, from 'big' ones about independence to tips and tricks about going on holiday or using public transport. She showed me that life wasn't over; things just required more planning now!

Every Back Up service I've accessed has been fantastic. They're all different but together they've helped me cope with the changes. I went to a relatives' afternoon in Sheffield, and it was such a relief to meet others with similar experiences. We talked openly and honestly, shared practical advice, and I left reassured that Mum and I were on the right track.

Back Up didn't just support us; the team gave me the confidence and hope to stay positive and be ambitious for the future. I could never have envisaged that we'd be where we are now, with Mum at home, living independently with care support. We're now planning theatre trips, holidays, and coffee outings. I'm part of a community, and I know I've always got somewhere to go and someone to turn to. Connecting with someone who truly understands my experience has changed everything.







# Our Plans for the Future

When we launched *Transforming Lives* in 2021, we set out to empower people affected by spinal cord injury to realise their full potential. Thanks to the passion and commitment of the incredible Back Up community, including our supporters, volunteers, funders, and staff, we've made huge strides.

But together we can do more. New data released in May 2025 shows more than 4,700 people in the UK sustained a spinal cord injury in the past year – a 7% increase on the previous 12 months. This makes our mission more important than ever.

As such, our new 2025-2030 strategy, *Limitless Ambition to Transform Lives*, sets out an ambitious vision for the next five years and ensures no one in need of our support is left behind.

**We're making bold changes to ensure we can reach more people at critical moments in their journey. These include:**

- **Expanding Regional Delivery:** We will deliver new courses in new parts of the country, and introduce additional staff in underserved areas, bringing support closer to home for all.
- **Growing Digital Resources:** We will push forward with full-scale digital transformation, building on our existing services to reach all parts of the UK, providing support right from the start of the adjustment process to all who need our services.
- **Targeting Those Who Need Us the Most:** We will remove barriers and provide targeted support to those who face the greatest challenges in adjusting to life following a spinal cord injury.
- **Supporting More Families:** From the acute phase to post-discharge and beyond, we will support more family members to create a positive future for themselves and their loved ones. We'll expand the reach of our support to at least three new areas of the UK.
- **Partnerships for Greater Impact:** We will further develop our work with the NHS, wheelchair services, and other organisations to reach the nearly four in five people who do not access specialist spinal cord injury centres.

**With your support, we can achieve more than ever before. Join us on the journey towards a world where everyone affected by spinal cord injury can reach their full potential.**

To make a single donation, set up a regular gift, or learn more about leaving a gift in your Will, please visit [www.backuptrust.org.uk/donate](https://www.backuptrust.org.uk/donate). For more ways to help, visit [www.backuptrust.org.uk/get-involved](https://www.backuptrust.org.uk/get-involved).





# Cath

## Powered by Volunteers

In 2017, my son Pete's life – and our family's – changed in an instant. He had a mountain biking accident and sustained a high-level, complete spinal cord injury. In the blink of an eye, he was permanently paralysed from the neck down.

The early days were difficult – there's no other word for it. It was hard for everyone. We had support from the occupational therapy teams at the hospital, but we were still overwhelmed. How would Pete return to living independently with a high-level spinal cord injury? We had no idea what the future would look like. It was a very traumatic time.

When Pete was discharged from hospital, we faced new challenges: arranging care support, accessible housing, and adjusting to the reality of life post-injury. To make things harder, we were living hundreds of miles apart – Pete was in Edinburgh, and we were in the West Midlands. As a mum, my instinct was to be with him and help wherever possible. But I had to step back, trust the professionals, and support from a distance. We had lots of phone calls – it's amazing the impact simply listening has.

**During the pandemic, lockdown meant we couldn't travel or visit Pete. I felt helpless - until I found Back Up's Family Lounge. It helped me cope during a very difficult time. I found a place where I was listened to, and where I could receive advice and empathy.**

That experience inspired me to give something back. I became a volunteer mentor for Back Up, supporting family members in similar situations. Most of the time, I just listen, because I know how important that is. I also help on the What Next? course and attend relatives' days at spinal centres and hospitals across the UK.

Everyone's journey is different, but sharing what I've learned can make a real difference for someone just starting theirs. This year, I was honoured to receive the Family Volunteer of the Year Award at the Back Up Ball. It was emotional and unexpected, but it means a lot to be recognised. Volunteering has given me purpose, and I'm proud to support others on this journey.



# The Difference Our Volunteers Make

Volunteers are an essential part of our mission. Their impact is felt across the whole charity. Thanks to their unwavering passion, commitment, and dedication, we can ensure that more people get the support they need after sustaining a spinal cord injury. Last year, we estimated that our volunteers contributed the following hours to our work:



Volunteer mentors spent **3,265 hours** making positive changes to the lives of others.



Office volunteers gave **1,206 hours** of their time to provide fundraising and administrative support.



Our family volunteers dedicated **288 hours** to supporting family members of people with a spinal cord injury.



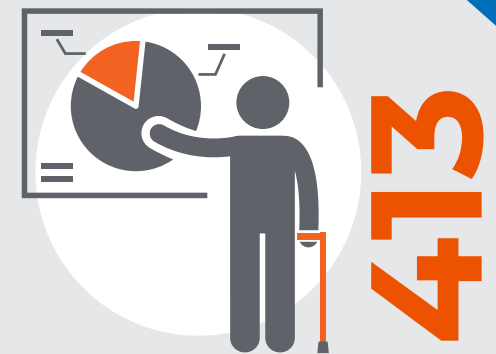
The volunteers who support our life-changing courses dedicated **14,120 hours** to building our course participants' confidence and independence.



Our fundraising volunteers gave **1,568 hours** to planning our special events, sourcing prizes for events, and supporting our work.



Our youth advisers and education advocates gave **216 hours** of their time to support children and young people with a spinal cord injury, through mentoring and our Youth Break Out Lounge.



Our trustees dedicated **413 hours** to governing Back Up and shaping the charity's future.

We estimate that our services, fundraising, and office volunteers, together with our trustees, have contributed **25,256 hours** to our work this year (22,273 hours in 2023/24). This works out at over **1,052 days' worth of time** (928 days in 2023/24). We are extremely appreciative of the amazing support offered to us and proud of the contributions our volunteers make.



# Dan

## Embrace Challenge

Ten years ago, I fell down an escalator. I didn't realise it at the time, but I damaged my spinal cord – I even walked home that night. A few weeks later, something still didn't feel right, so I went to my GP. An MRI scan showed an abnormality on my spine. Three months later, my right foot went numb, and the numbness spread to my whole leg. After several operations, there was a complication: I had a bleed in my femoral artery which clotted in my spine and caused paralysis. Everything changed so suddenly, and adapting to this new life was difficult at first.

I first met Back Up during a wheelchair skills session in hospital after my injury. Learning those skills helped me build confidence and independence. I'm now a wheelchair skills trainer myself, teaching others the same techniques that helped me. I also support Back Up's relatives' days, working with families as they adjust to life after spinal cord injury.

My friend Rachael has volunteered with Back Up since 2014 as part of the care team on courses. We met in 2017 on a Back Up Ski Course and have had countless adventures since! We've visited European cities together, scaled mountains (including taking part in The Push), and joined the 'Do the Loop' challenge.

Rachael had always wanted to do the West Highland Way since moving to Glasgow, and she knew I'd love it too. The West Highland Way is a 96-mile hike from Milngavie, near Glasgow, to Fort William in the Scottish Highlands. To our knowledge, no one had completed it using a manual wheelchair before.

The hardest part was alongside Loch Lomond. It was raining and cold, the terrain was extremely challenging, and my wheelchair broke! But the team camaraderie, the stunning scenery – especially when the sun came out – and knowing we were raising money for Back Up kept us going.

We were a team of 10 strangers, but each of us brought something unique and supported one another throughout. We tackled every challenge that came our way, and it was an amazing achievement.

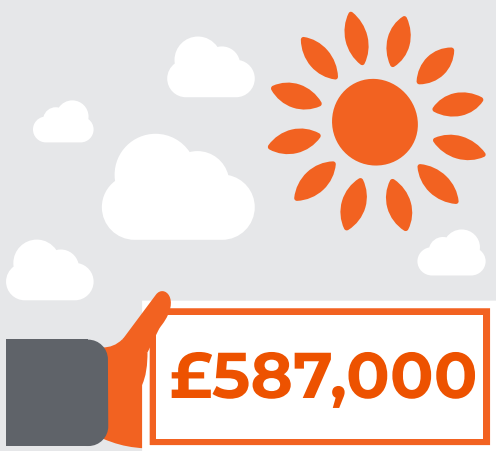
**Crossing into Fort William after six tough days was unforgettable. Together, we raised over £2,500 for Back Up. Giving back through volunteering and fundraising has helped me rediscover my purpose.**





# How We Raised Our Money

In 2024/25, we raised an incredible **£3,591,754**, over £900,000 more than in 2023/24. Read on to discover some of our fundraising highlights:



Our wonderful community of individual supporters donated and fundraised over **£587,000**.



**845 people** supported our iconic fundraising events, including our Front Row Fashion Show, City Dinner, and Back Up Ball.



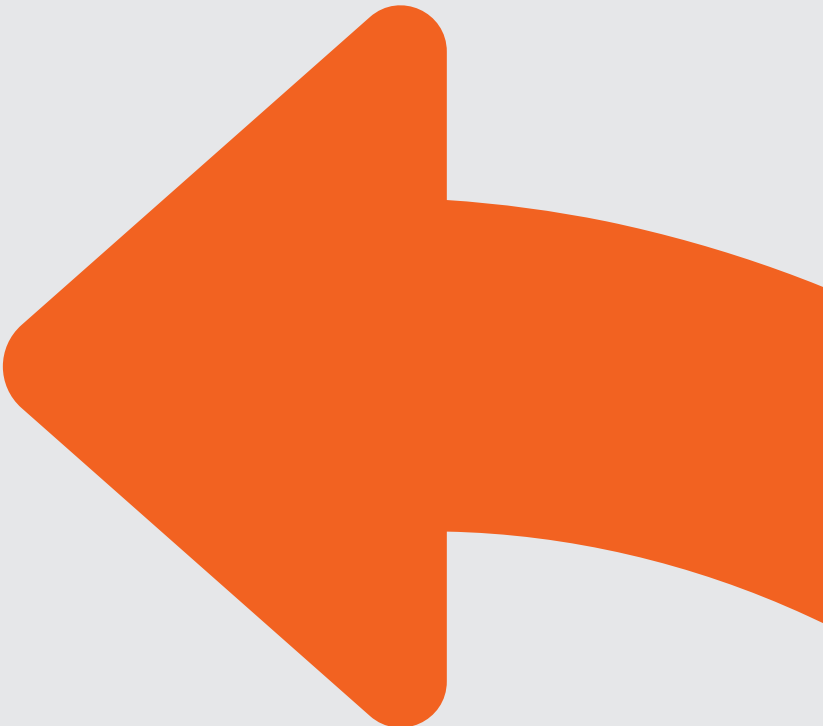
**£1.636m** was donated by **75 trusts**, foundations, and companies through grants, sponsorship, pro-bono support, and employee fundraising.



**398 people** took part in our challenge events, including The Spinal Circuit and The Push.



Our partnership with The October Club raised over **£690k**.

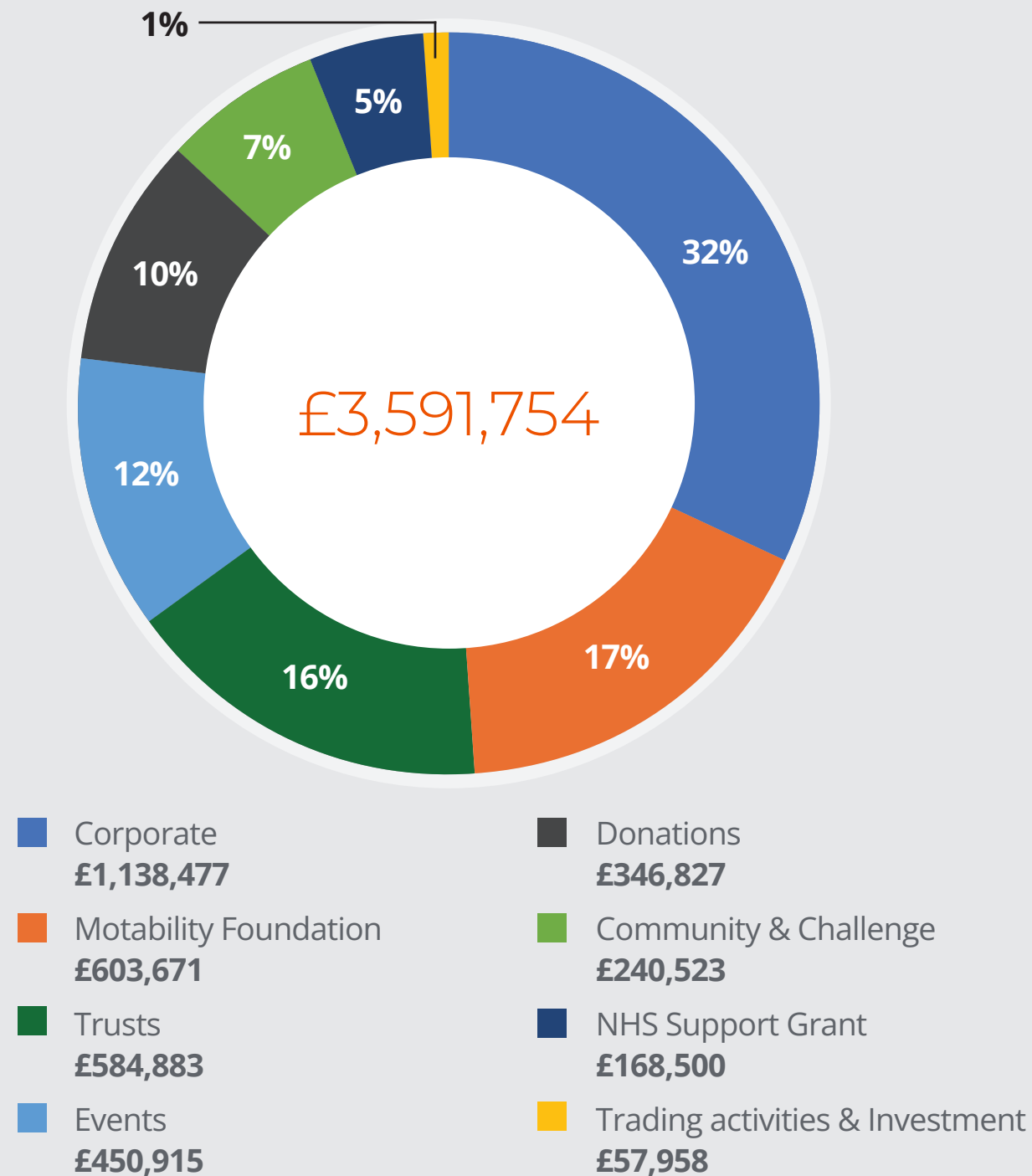


**In 2024/25, with the help of our incredible donors, partners, and fundraisers, we raised £3,591,754.**

From riding bikes and hosting barbecues to birthday fundraisers and everything in between, hundreds of individuals have gone above and beyond to support Back Up this year. Thank you so much to every person and organisation for joining us in 2024/25. **Quite simply, we couldn't do what we do without you.**

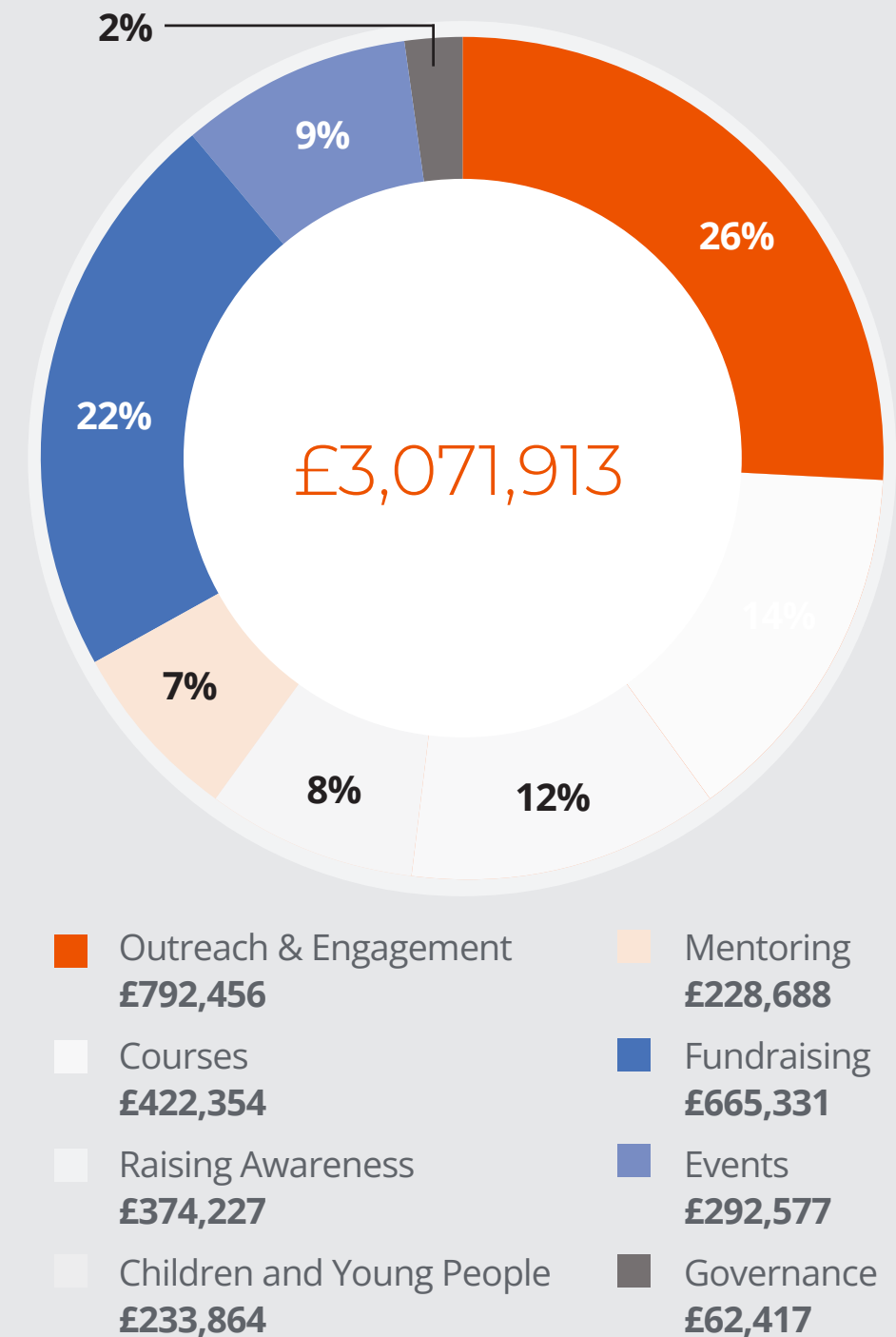


# How We Raised Our Money



In 2024/25, with the help of our incredible donors, partners, and fundraisers, we raised £3,591,754. From riding bikes, to hosting barbecues to birthday fundraisers and everything in between, hundreds of individuals have stepped up to support Back Up this year. Corporate supporters, trusts and foundations and major donors have continued to partner with us to deliver our vital services to people with spinal cord injury. Most significantly we were chosen as The October Club's Charity of the Year 2024. This partnership raised an incredible £690k which will be invested in Back Up's infrastructure over the next three years so that we can reach more people affected by spinal cord injury. To all of our funders thank you so much. **Quite simply we couldn't do what we do without you.**

# How We Spent Our Money



*"I love working with Back Up – your whole team is so enthusiastic and collaborative. The work you do is amazing and having attended one of the Activity Courses myself as a Corporate Buddy I have seen first-hand how much difference the course makes to the people that attend. It was one of the most rewarding weeks I have experienced, lots of tears (of pride), laughter, and fun."*  
(Corporate partner)



# Acknowledgments

We would like to thank the individuals, organisations, corporate partners, trusts, and foundations who have enabled us to support people with spinal cord injury in 2024/25. Without your generosity our work would simply not be possible.

## Trustees

Gordon Craig  
Helen Cooke\*  
Anne Luttmann-Johnson\*  
Ben Parker \*\*  
(Resigned on 6th November 2024)  
Richard Rawstron  
(Treasurer)  
Damian Riley\*  
(Chair, appointed on 1st May 2024)  
Tom Roberts\*\*  
Rebecca Stevenson  
Grace Spence Green\*  
Joanna Wright\*  
(Resigned on 6th November 2024)  
Paul Fairhurst\*  
Louise Jolliffe\*

\*spinal cord injured  
\*\* immediate family member  
has a spinal cord injury

## Patrons and Ambassadors

Mike Nemesvary\*  
Barbara Broccoli  
Valerie Singleton  
Eric Lanlard  
Sophie Morgan\*  
Martin Bell  
(to 17th June 2024)  
Sophie Carrigill\*  
Claire Danson\*

## Individual Supporters

Brian Abram  
John & Sue Adams  
Vicki & Martyn Beckwith  
Richard Dunne  
Jean Egbunike  
Nicky Ellis  
Sean Everill  
Malene Forup  
David Fraser  
Tim Green  
Charlotte Grobien OBE  
Olly Harris  
Mike Hendry  
Louise Hurley  
Steve Ingham CBE

Helen Kelisky  
Mary Kenny  
Rosalie Kersey  
Karen & David Kremer  
Sue Loney  
Ian Maskell  
Anna Masters  
Jos Matthews  
Iain McCombie  
Nick & Karen Millar  
Richard Mountain  
Paul Newrick  
Melanie Nicholas  
Sarah Oughton  
Stewart Parvin  
Lauren Pethick  
Jamie Robertson  
Jane Rogan  
Nigel & Margot Russell  
Kara Smith  
Mark Somerset  
Rikki Tahta  
James Taylor  
Ollie Thorn  
Susie Turnbull  
Suzzane Wood  
Patrick Woodall  
Jo & David Wright  
Mel Zuydam

## Trusts, Foundations, and Corporate Supporters

Alstom Transport UK  
Aspire Law  
The Big Yellow Foundation  
the charity arm of Big Yellow Self Storage.  
Bolt Burdon Kemp  
Bruce Wake Charity  
City Bridge Foundation  
Digby Brown Solicitors  
Eversholt Rail  
Fittleworth Medical Limited  
Fletchers Solicitors  
Garfield Weston Foundation  
G J W Turner Trust  
Hays Travel Foundation  
Heart of Bucks Community Foundation  
Helen Clifford Law  
Howden Group  
Hugh James  
Irwin Mitchell LLP  
Irwin Mitchell Scotland LLP  
James Anderson Charitable Trust  
James T Howat Charitable Trust  
Kingsley Napley LLP  
Leigh Day Solicitors  
Marguerite Foundation  
Medicash Foundation  
Mitre Trust  
Motability Foundation  
National Lottery Community Fund – Scotland (Improving Lives)  
National Lottery Community Fund Wales (People and Places 3)  
NHS England Back Up on Track  
NHS England Family Rehab Service  
The October Club  
Persula Foundation  
POM Charitable Trust  
R.U.B. White Charitable Trust  
Russell Cooke Solicitors  
Savills (UK) Ltd  
Shoosmiths LLP  
St. James's Place Charitable Foundation  
Stewarts Law LLP  
Slater and Gordon  
Tetra Consulting LTD  
The Alice Ellen Cooper-Dean  
Charitable Foundation  
The Ardwick Trust  
The Barbour Foundation  
The Childwick Trust  
The Dixie Rose Findlay Charitable Trust  
The D'Oyly Carte Charitable Trust  
The Henry Smith Foundation  
The Hugh Fraser Foundation  
The James Weir Foundation  
The Michael and Anna Wix Charitable Trust  
The Noble Charitable Trust  
The Proven Family Trust  
The R S Macdonald Charitable Trust  
The Ryvoan Trust  
The Steven Bloch Image of Disability Charitable Trust  
Wellspect Ltd  
Wesleyan Foundation





---

Back Up  
4 Knightley Walk  
London  
SW18 1GZ

Tel: 020 8875 1805  
Email: [admin@backuptrust.org.uk](mailto:admin@backuptrust.org.uk)

-  [backuptrust](#)
-  [@backuptrust](#)
-  [@backuptrust](#)
-  [@backuptrust](#)

