

Goal one

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

Setting the Scene

Spinal cord injury can change your life in an instant. The impact can be catastrophic, affecting every area of your life from your bladder, bowel and sexual function to your career and relationships and how you age. For others the impact of spinal cord injury develops over time.

Adjusting to spinal cord injury can be overwhelming, but we believe it shouldn't stop anyone from getting the most out of life. Our award-winning, practical services challenge preconceptions and are there to show people affected by spinal cord injury what is possible; we help increase skills, confidence and know-how for living life independently.

What did people with spinal cord injury tell us?

“Maintain Back Up’s core services but grow the organisation’s reach with more regional activities and support.”

“At the beginning of my rehab, Back Up were amazing at getting me involved in multi-activities and being able to help me cope with my new life.”

“I took so much from Back Up’s What Next? course, I got so many tips. I was so inspired and motivated afterwards.”



Our Focus to 2030

Expand Regional Delivery:

We will grow the number and variety of our in-person services, closer to where people live, offering support when it matters. We'll ensure our services better reflect the diversity of the spinal cord injured community. We will deliver services in every region of the UK.



Growing Digital Resources:

Our online support will be available right from the beginning of the adjustment process so that individuals have the skills, knowledge and confidence they need to live life independently. Using data and insight we'll target our services to those who need them the most.



Supporting Return to Work, Education and Volunteering:

We'll be leaders in helping people with spinal cord injury return to work, education or volunteering. Taking a confidence building approach to addressing life's barriers in areas such as travel and transport so that they don't get in the way or stop people realising their ambitions. We will collaborate with education providers, employers, the NHS, partner charities and other organisations to enable people with spinal cord injury to realise their ambitions.