

Goal two

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

Setting the Scene

Spinal cord injury does not discriminate it can affect any body of any age, gender, race, socioeconomic status or geography. Whatever your background, whatever you look like, whether you are old or young, have a higher or lower-level injury, regardless of your interests or circumstances, Back Up is there for you.

We know that the support each person and their family needs will vary according to circumstances and stage of life. How someone acquired an injury, available financial resources and the ability for individuals to access support, also differ. Back Up is committed to ensuring that anyone who needs us can get support.

What did people with spinal cord injury tell us?

“Tetras have a very different experience of spinal cord injury.”

“Back Up widens horizons.”

“I was scared and anxious. I wear a head scarf, what would they think of me? I used to ignore Back Up on the ward. Why would they help me? Back Up’s course made me realise things are possible. We can do things as a family. May Allah reward and bless you all.”



Our Focus to 2030

Reaching Those Who Need Us Most:

Our services will be targeted at those who need us most. We will focus on engaging with and removing barriers for people who face the greatest challenges in adjusting to life following spinal cord injury - at those times when we can have the most impact.



Tailored Support for Every Stage of Life:

From childhood to old age we will tailor our approach to what matters to an individual throughout their lives. Whatever background or level of injury - we will be there helping people fulfil their education, career, family life, travel, hobbies and social life goals, so that they can live the life they want.



Supporting Children and Young People:

We will be there for every child and young person affected by spinal cord injury - giving young people and their families the skills, confidence and knowledge to overcome barriers and open up a world of possibility.