



Partners in possibility
after spinal cord injury

Our Impact Report

2025/26



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 From Our CEO, Abigail Lock



A spinal cord injury can happen to anyone, at any time. It can change life in an instant. But I have seen, time and again, that with the right people around you, the future can still be full of purpose, meaning, confidence and joy. That belief is at the heart of Back Up. It is why we were founded in 1986, and why we are still here today: to be partners in the possible.

This Impact Report comes at a very special moment for Back Up. It marks the first year of our new strategy, *Limitless Ambition to Transform Lives (2025–2030)*, and it comes as we celebrate 40 years of this extraordinary charity. Over the past 12 months, we're also proud to have been awarded Disability Confident Leader status and named as a finalist in the Third Sector Awards 2026. These achievements are a wonderful reflection of the progress Back Up has made over the past year, and our ongoing commitment to creating a world where everyone affected by spinal cord injury can reach their full potential.

In 2025/26, our services were accessed over 51,418 times – the highest number in our history. That happened because of the hard work, care and commitment of our staff team and volunteers who make this work possible every day. But for me, the most important thing is what sits behind that number: every conversation, every course, every moment of encouragement, and every person who felt a little less alone as they rebuilt self-belief and independence after spinal cord injury.

Over the past 12 months, our *Limitless Ambition* strategy has helped us focus on what matters most: making sure people affected by spinal cord injury can find Back Up easily, understand the support available, and access the right help at the right time. Refreshing our brand has been an important part of this, helping us speak more clearly about who we are, what we do and why it matters.

We have also been working hard to bring Back Up closer to people, building a stronger regional presence and offering support nearer to home. This year, we welcomed new Family Support Coordinators covering the Northwest, Scotland and the Southwest. We delivered our first City Skills Cymru course in Cardiff, alongside programmes in Manchester, Bristol, Bath, Leeds, Edinburgh, Exmoor and the Lake District. And we have started planning an exciting new course in Belfast too – watch this space!

Alongside this regional work, we are investing in our digital resources and strengthening partnerships across health and community services, so that more people can connect with Back Up from the very start of their journey.

As you read this report, you will meet people like Ayuna, Beth, Gerwyn, Joanne, Peter, Jane, Ella and Vajrin, and see what Back Up's support has meant in their lives. Their stories show the real meaning of our work: empowering people affected by spinal cord injury to live life to the full, in whatever way that means for them.

None of this would be possible without our incredible community of volunteers, fundraisers, partners, donors and staff. Thank you for believing in Back Up, for standing alongside people affected by spinal cord injury, and for being part of everything we are building together. As we look ahead to our 40th year, I feel hugely proud of what this community has achieved – and even more excited about what comes next.



The Impact of Back Up's Work in 2025/26



Our online support group, the Back Up Lounge, was joined **1,077 times**, up from 1,061 times in 2024/25. Over the year, 96 new people attended, compared to 191 in 2024/25. Our promotional focus has been on digital services such as our new Wheelchair Skills App tutorials, podcasts and videos, meaning the Back Up Lounge has had less exposure.



Our services have been accessed over **51,418 times**, up 16% from 43,934 times in 2024/25. This growth is largely due to our dedicated outreach and engagement work across the regions, growth of our family support activities, and the launch of new digital assets, including series two of our Back Up and Thriving Podcast and updated Wheelchair Skills App.



251 people were supported through our mentoring service, up from 201 in 2024/25, with 96% (90% in 2024/25) reporting an increase in at least three of five positive coping strategies. Our mentees awarded us an average mentoring quality score of 4.69 out of 5. Our Connections service delivered **217 one-off support sessions** on a range of topics like managing pain, travel and care.



Across the year, we recorded **1,039 attendances** at our wheelchair skills training sessions, up from 873 in 2024/25, with 95% of participants learning more skills and 96% feeling more confident using a wheelchair.



We delivered **700 interventions**, up from 278 in 2024/25, to ensure that children and young people are fully included in education. This growth has been made possible through having a new dedicated Coordinator in post, proactively working with young people and their families. Including our information, advice and guidance service, there were an additional 477 interventions, creating a total of **1,177 interventions** (870 in 2024/25).



553 family members accessed our family support services, up from 487 in 2024/25. This is largely due to our continued work to engage more effectively with families at the acute stage of their loved one's injury.



There has been growth in our online courses, with **231 people** attending our What Next? and Skills for Work courses, up from 135 in 2024/25. 63% (89% in 2024/25) of those attending Skills for Work reported being in work, volunteering or education six to 12 months after attending the course. In total, we delivered **2,028 interventions** supporting people back to work, and we are offering support earlier post injury.



213 children and young people have been supported across all services, down from 221 in 2024/25. 100% of the children and young people Back Up has worked with say they are now feeling happier at school.





Wheelchair skills are the foundation of my life today. I found that when I could get up and down kerbs confidently, or balance safely on my back wheels, it was then so much easier to get onto a train, transfer into a car or just get on with my day. These skills help me live my life to the full.

Ayuna

Living Confidently

I woke up one morning in 2015 and I had no sensation in my legs – I was just 15 years old. A cold and an infection had caused inflammation in my spine which affected my mobility, and I've used a manual wheelchair ever since.

I came to the UK from Siberia in December 2021, ready to explore, challenge myself and see what I was capable of. I rediscovered dance and sport in a new way, and I became myself again. But something was missing and I felt I wasn't getting the most out of life. I didn't realise it at first, but I needed to connect with more people who understood my experiences, who could share tips and tricks about how to navigate the world as a wheelchair user.

Then, Back Up entered my life. Initially I went on a multi-activity course in the Lake District. I tried so many fun challenges and learned lots of new wheelchair skills that changed how I live my life. The best technique I mastered was how to go down stairs safely using the back wheels of my chair. I'd never done this before as I didn't have access to the right training or support. But once I did it for the first time, everything felt different. I felt free.

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Recently, I took part in Back Up's Accessible Travel Video Series, sharing my own experiences of using public transport independently, and I contributed to their Wheelchair Skills App videos too. In my spare time, I also enjoy listening to the Back Up and Thriving Podcast. Hearing other people's travel stories is really empowering and they've taught me so much, from practical guidance to recommendations of places I didn't think I could visit.

Being part of these experiences has grown my confidence in ways I never expected. Now I'm in the process of becoming a wheelchair skills trainer myself, and I can't wait to help others unlock the same freedom I have found.



Beth

Everyone Thriving

In January 2025, I hurt my back after twisting awkwardly. I was 29, operating as an associate ambulance practitioner assisting with a paramedic. Initially I thought nothing of it, but over time things started getting worse. By April I found it difficult to walk, I couldn't lift my son into his car seat, and I'd become incontinent. I took myself to A&E and was diagnosed with cauda equina syndrome because of severe compression at L3, L4 and L5, requiring two emergency surgeries.

The months that followed were the hardest of my life. I was managing bladder and bowel challenges, chronic pain, and limited access to specialist support. At times I often felt alone and unheard. Luckily, I had my wife, my son, my dog, and an amazing support network to help me through those dark days.

About six months after my surgeries, my neurology team introduced me to Back Up. That's when things started to change.

During my time in hospital, I had set myself a goal to return to work and complete at least one more ambulance shift. I spoke to Back Up's Vocation service, and for the first time someone just got it. They helped me understand what support I was entitled to from work, and it was like a big weight had been lifted.

The team gave me clear guidance on disability legislation and reasonable adjustments, and I was empowered to have a conversation with my managers knowing exactly what needed to be put in place for my return. I felt able to use my voice confidently and advocate for support at work.

I'm proud to say that I've now actually worked a few ambulance shifts alongside taking on a slightly calmer, desk-based role, and the future looks much brighter! Since getting back to work, my confidence has grown and I've unlocked other new opportunities. I even hope to take on a fundraising challenge for Back Up at some point in the future.

My advice to anyone going through something similar is that you are stronger than you know. Sometimes the help you need is right in front of you, other times it's harder to find. Either way, you aren't alone with Back Up. Reach out to those who've had similar experiences to you and never give up on yourself.

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When you connect with someone who gets it, it changes your life. Back Up gave me that connection when I needed it most, and I am not sure I would be where I am today without it.

Gerwyn

Meaningful Connections

I'm a father of two, a proud Welshman, and I've played rugby for 20-odd years. In November 2024, I was playing in a local league game when I took a heavy impact to the back of my neck. In that moment, my life changed forever. I sustained a C3/C4 incomplete spinal cord injury, and I now use a power chair to move around.

I spent six months in rehabilitation at the Midland Centre for Spinal Injuries. It was there that I first came across Back Up. Lizzie, one of the charity's Outreach and Engagement Coordinators, visited the ward and I was instantly struck by her warmth. She remembered everything about everyone and she was always there to make sure you had what you needed. She even shared a Welsh language copy of the Back Up Services Guide with me.

Through Lizzie, I connected with the Mentoring Team. They took the time to understand my story, what support I was looking for, and what mattered to me before matching me with a mentor. The care they showed in finding me the right person really meant a lot to me.

My mentor had also sustained a spinal cord injury playing rugby and he worked in a similar industry to me. Those two things made it feel like we'd known each other for ages. It was so easy to talk to him, and I didn't have to explain myself or pretend – he just got it.

We worked through a couple of my key goals together. The most important one was getting out and about in public using my power chair. He encouraged me to take the bus into town with my wife or a friend, and he guided me through how it would work. After I'd done it once, I started to feel a lot more comfortable going outside.

My confidence has grown so much from talking to my mentor. I'm still part of my rugby club, and I helped them with a project to improve their accessibility through the addition of disabled parking, ramps and an accessible bathroom. I'm also moving towards getting back into work, which feels like the next chapter.

When you connect with someone who gets it, it changes your life. Back Up gave me that connection when I needed it most, and I am not sure I would be where I am today without it.



Joanne

Living Confidently

I didn't sustain my spinal cord injury in one single moment. Rather, my lifelong passion for horses and a severe car accident meant I sustained several serious injuries over many years. This caused cumulative damage to my spinal cord and challenges with my balance, bladder and bowel care. I also have Ehlers-Danlos syndrome which weakens the connective tissues in my joints, causing around 16 slipped discs. I can walk short distances, however I use a power chair when I go outside.

For a long time, I just tried to get on with life. But when I heard about Back Up I felt a spark and something clicked. I joined their City Skills course in Edinburgh and for the first time I realised what I was capable of.

Meeting others similar to me who were further along in their journey was transformative. Seeing what was possible for them helped me discover what was possible for myself – after all, if they could get down a kerb in their power chairs, so could I!

We also went to a sports hall to practice our wheelchair skills together. Now I use the techniques I learned in Edinburgh most days, especially when I'm out and about in the world.

The course was the first time I didn't have to worry about accessibility or be in constant planning mode. We went to lots of restaurants, and it was lovely to sit together having a proper laugh without any stress.

Being around people with different levels of injury enabled me to find the community I needed. Before, I felt like I didn't belong anywhere because I could walk but I also used a wheelchair. Speaking with others who understood made me feel like I was accepted – that my experience was real and it mattered.

Back Up gave me the confidence to enjoy my life as a wheelchair user which has changed everything. Since going on the course, I've been empowered to take on new challenges and I've even entered the London to Brighton Cycle so that I can give something back.

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As part of the course, we went on lots of different adventures, visiting the SS Great Britain, going bowling and completing a treasure hunt. These experiences helped me discover what's possible as a young wheelchair user, and I now have more confidence to plan trips by myself.

Peter

Everyone Thriving

When I was eight years old, I was diagnosed with a cancerous tumour which compressed my spine at T2. The damage it caused was incomplete, meaning I have no movement below my chest, but I have varying levels of sensation.

The months after my injury were hard. I was in hospital having cancer treatment, whilst also going to physio and occupational therapy every day to regain my strength and balance. A little while after I was discharged, my mum and I found a leaflet about Back Up. We reached out for support, and that's when things started to change.

We were introduced to the Children and Young People Team who helped me return to school. They worked with my mum to develop an Education, Health and Care Plan, and they even gave an assembly about spinal cord injury for my classmates.

After that, I wanted to give something back to the charity, so I decided to become a young group leader. I first volunteered on an under-13s multi-activity course in Exmoor. It felt great encouraging others and watching their self-belief grow throughout the week. The course also enabled me to challenge myself and I tried lots of new activities, including horse riding, abseiling and archery.

Alongside group leading, I became a young wheelchair skills trainer. I have particularly enjoyed coaching on the Youth City Skills course in Bristol, showing people how to get up steep hills, go down steps and use the correct pushing techniques.

As part of the course, we went on lots of different adventures, visiting the SS Great Britain, going bowling and completing a treasure hunt. These experiences helped me discover what's possible as a young wheelchair user, and I now have more confidence to plan trips by myself.

I'm also a member of Back Up's Youth Advisory Group. Connecting with other young people affected by spinal cord injury is really special, and together we share our experiences to help shape the charity's youth services. It's an incredibly supportive, friendly environment where my voice matters, and that's really empowering.

When you sustain a life-changing injury, you may want to shut yourself away – but don't let that happen. Get involved with Back Up as much as you can and they can show you so many paths forward.



Meaningful Connections

I'm an artist based in Manchester, although I've spent most of my time in London for the past two years. In 2024, my mum underwent emergency bowel surgery. About a week later, she had a bleed on her spine and sustained a spinal cord injury at T7. She was 85, and the months that followed changed our lives.

I moved back to London to support mum, arrange her care, and look into adapting her house. My brother also started coming over from Spain every month to help out. Suddenly the world we knew had been turned upside down.

Mum was incredibly stoic throughout those early days, but I found it really tough. I felt overwhelmed and I didn't know where to go for help. After reaching out to another spinal injury charity, they encouraged me to connect with Back Up.

At first I had family support calls with Poppy, who talked me through the practicalities of mum coming for home visits. I was worried that something would go wrong, and things didn't always go to plan, but having someone who understood what we were facing made such a difference and helped us make the visits a success.

I was also matched with a volunteer family mentor, whose father had sustained a spinal cord injury a few years prior. Speaking to someone who had experienced something similar, felt the

same fears and negotiated the same challenges was invaluable. She got it in a way that's difficult to explain to people who have not been through it themselves.

More recently I joined Back Up Together, a new online service designed to bring small groups of family members together for meaningful discussions. I met others who were supporting a parent or grandparent affected by spinal cord injury, and it was so helpful. Everyone's situations were different, but we had so much in common – talking about our experiences and sharing practical tips helped me feel less alone.

Mum's house is proving hard to adapt and I'd lost hope that it would be possible. But recently, Back Up helped me identify specialist contractors and now I'm in the process of finding out what changes are possible.

Looking ahead, mum is going on the City Skills Cymru course and we're figuring out ways for her to live independently. As a family we're still adjusting, but I feel better equipped for whatever comes our way.

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Our Plans for the Future

At Back Up, we partner with people affected by spinal cord injury to unlock new possibilities, build confidence, and live life to the full. Now, we want to reach even more people and have an even greater impact. Our five-year strategy, *Limitless Ambition to Transform Lives (2025-2030)*, sets out exactly how we'll get there.

2025/26 marks our first full year delivering what we've set out to achieve in *Limitless Ambition* and we've made great strides already, as the pages in this report show. But there's always more we can do. We're making bold changes to ensure we can be there for everyone affected by spinal cord injury, empowering individuals to reach their full potential:

- **Bringing support closer to home** – We're going to deliver more in-person services throughout the UK, enabling more people to establish meaningful connections with us and each other.
- **Full scale digital transformation** – By growing our digital resources, we'll be able to provide assistance right from the start of the adjustment process to everyone who needs our services.
- **Transforming the lives of those who need us most** – We'll remove barriers and offer targeted support to those who face the greatest challenges in adjusting to life after spinal cord injury.
- **Reaching more families** – From the acute phase to post-discharge and beyond, we'll help more family members create a positive future for themselves and their loved ones.
- **Deepening our impact through partnerships** – We will work with the NHS, wheelchair services and other organisations to reach the almost four in five people who don't get to specialist spinal cord injury centres.

With your support, we can achieve more than ever before. Join us on our journey and help people regain independence after spinal cord injury.

To make a single donation, set up a regular gift, or learn more about leaving a legacy in your will, please visit www.backuptrust.org.uk/donate. For more ways to help, visit www.backuptrust.org.uk/get-involved.





There were feelings that I couldn't put into words that she recognised immediately and helped me understand. She also encouraged me to see that what I was going through was real, that I wasn't exaggerating, and that I belonged to a community.

Ella

Powered by Volunteers

I sustained my spinal cord injury in June 2020 following a fall whilst rock climbing. It was during the COVID-19 pandemic. Five weeks after finding out I had damaged my spinal cord at L1, I was discharged from hospital – suddenly I was back to 'normal' life, but nothing felt 'normal' anymore.

I didn't know anyone who had been through something like I had, and it took me a while to realise that I needed to speak to someone who understood my experiences. I looked at different leaflets and groups and thought, that's not for me. Then I discovered Back Up. There was someone in their leaflet who could walk using mobility aids, and a dedicated section on their website for people who aren't wheelchair users. That mattered so much to me because I felt seen, so I decided to pick up the phone and ask for support.

I was matched with a mentor who had a similar injury and had also been discharged relatively quickly. Speaking with her was really impactful, and I felt like a weight had been lifted off my shoulders from the very first session.

There were feelings that I couldn't put into words that she recognised immediately and helped me understand. She also encouraged me to see that what I was going through was real, that I wasn't exaggerating, and that I belonged to a community.

A few years later, Back Up launched its Future Trustee Programme. By working with a trustee mentor, this initiative helps people build the skills, confidence and experience to become a charity trustee in the future. I felt like it was time to give something back, so I signed up in 2025 and spent the following year learning how a board works.

I had lots of interesting conversations, particularly about youth involvement at Back Up. I led on a project around elevating the voices of young people, and in March 2026 I presented my recommendations to the Board of Trustees. This experience really increased my confidence and it showed me that my voice matters.

Attending the board meetings confirmed everything I already knew about Back Up – there's a thoughtfulness, commitment and passion to everything they do, and I am proud to be a part of it.

Back Up was there for me when I needed it most. Being a volunteer means I can support others the way Back Up supported me.



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 spinal cord injury. Last year, we estimated that our volunteers contributed the following hours to our work:



3,474

Volunteer mentors spent **3,474 hours** making positive changes to the lives of others.



972

Office volunteers gave **972 hours** of their time to provide fundraising and administrative support.



204

Our family volunteers dedicated **204 hours** to supporting family members of people with a spinal cord injury.



11,340

The volunteers who support our life-changing courses dedicated **11,340 hours** to building our course participants' confidence and independence.



1,544

Our fundraising volunteers gave **1,544 hours** to planning our special events, sourcing prizes for events, and supporting our work.



291

Our youth advisors and inclusion support volunteers gave **291 hours** of their time to support children and young people with a spinal cord injury through sharing their experiences and shaping our youth services.



567

Our trustees dedicated **567 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 **24,487 hours** to our work this year (25,256 hours in 2024/25). This works out at almost **1,020 days' worth of time** (1,052 days in 2024/25). We are extremely appreciative of the amazing support offered to us and we're proud of the contributions our volunteers make.





This gave me the push to take on the No Limits: London to Paris Cycle. I trained hard, hand-cycling from Bath to Cheddar Gorge and beyond. I raised over £10,000 for Back Up. The generosity of my friends, cyclists, colleagues, and my Buddhist community was extraordinary – I still find it hard to believe, and I feel deeply touched.

Vajrin

Embrace Challenge

In February 2020, I attempted a 3,000km bikepacking tour the length of New Zealand. A third of the way in, I slipped on mud and fell 20 metres down a ravine. As a respiratory consultant, I knew immediately that I was paralysed. I sustained a T4 complete spinal cord injury. Four months on, I developed a rare complication, requiring multiple neurosurgical operations. Whilst the surgery saved my life, it left me with pain and abnormal sensation up to my neck.

During my rehabilitation at Stoke Mandeville Hospital, I discovered Back Up. I'd been through so much, from sustaining my injury and being locked down in New Zealand through four months of early COVID, to being repatriated to the UK and undergoing further surgery at St George's, London. I wondered whether Back Up could reconnect me with life beyond hospital.

I started with a What Next? course, then moved to Back Up's mentoring service. That changed everything. My mentor helped me process what I'd been through, building things up in small steps. He encouraged me to see what was possible and helped me work towards my goals of independence, travel and sport. What I remember most is that he never overwhelmed me with other people's achievements, the way well-meaning friends might, when I could barely do anything for myself.

Then one day, he mentioned how he'd cycled from London to Paris. Being competitive by nature, something in me shifted: maybe I could too?

Not long after, I went on a Back Up multi-activity course in Exmoor, another turning point. I practiced wheelchair skills, such as back wheel balancing down a slope, and took on activities I'd never imagined, including wheelchair abseiling. It built confidence I hadn't expected and reshaped what I thought life after injury could look like. Above all, it reignited a sense of adventure.

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Since then, I've become a Back Up mentor and train other mentors. My experiences have taught me that making a connection – even when your instinct is to withdraw – is one of the most important things you can do.



How We Raised Our Money

In 2025/26, we raised an incredible **£3,708,118**, over £100,000 more than in 2024/25. Read on to discover some of our fundraising highlights:



£1.09m

Our wonderful community of individual supporters donated and fundraised over **£1.09m**.



512 people

512 people supported our iconic fundraising events, including our Front Row: Next Gen fashion show and City Dinner, raising over £314,000.



£2.24m

£2.24m was donated by **91 trusts, foundations and companies** through grants, sponsorship, pro-bono support, and employee fundraising.



433 people

433 people took part in our challenge events, including the No Limits: London to Paris Cycle, Do the Loop, and The Push.



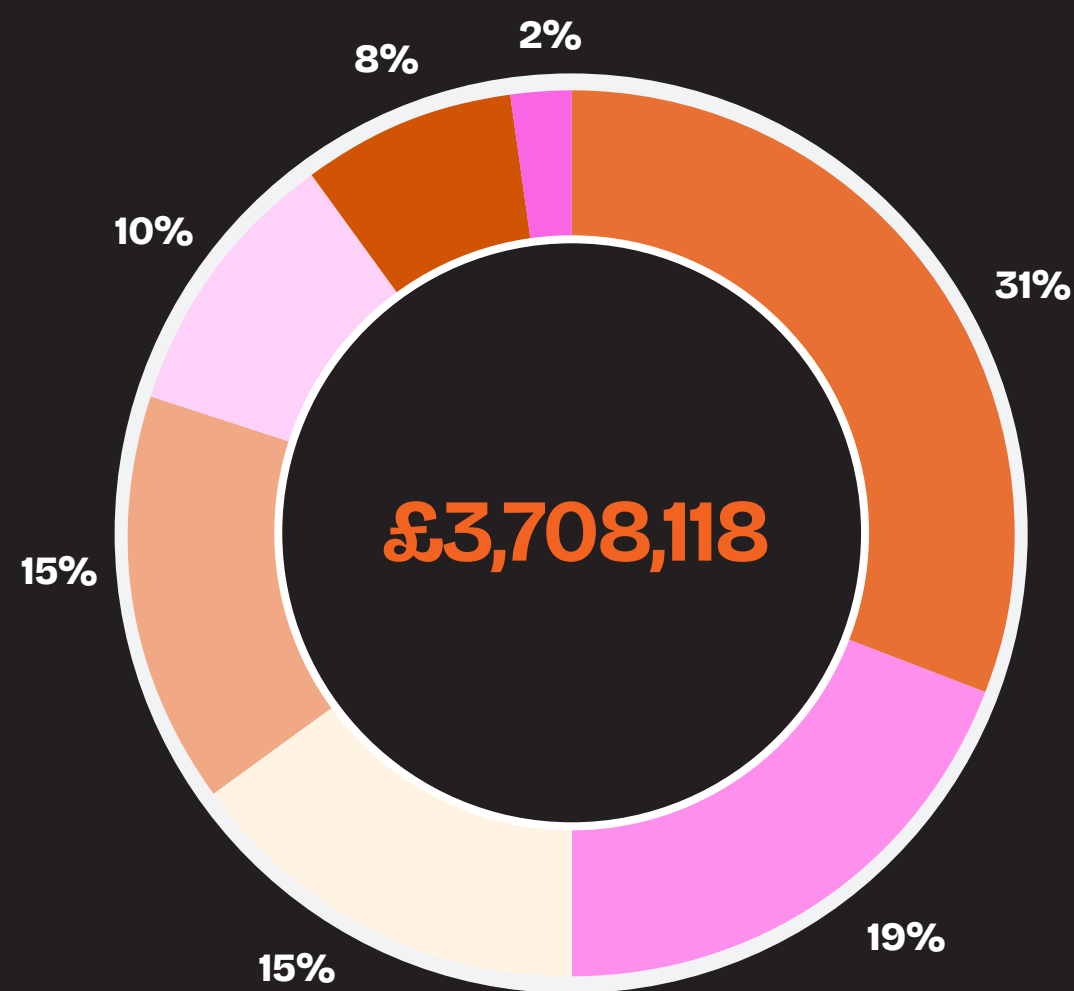
In 2025/26, with the help of our amazing donors, partners and fundraisers, we raised **£3,708,118**.

Behind every pound raised are people and organisations choosing to get behind Back Up in their own way. From supporting our gala dinners and riding from London to Paris, to community fundraising and giving generous donations and grants, our donors, partners and fundraisers have gone above and beyond this year. Their generosity helps us deliver our vital services for people affected by spinal cord injury.

Thank you so much to everyone who has supported Back Up in 2025/26. Quite simply, we couldn't do what we do without you.



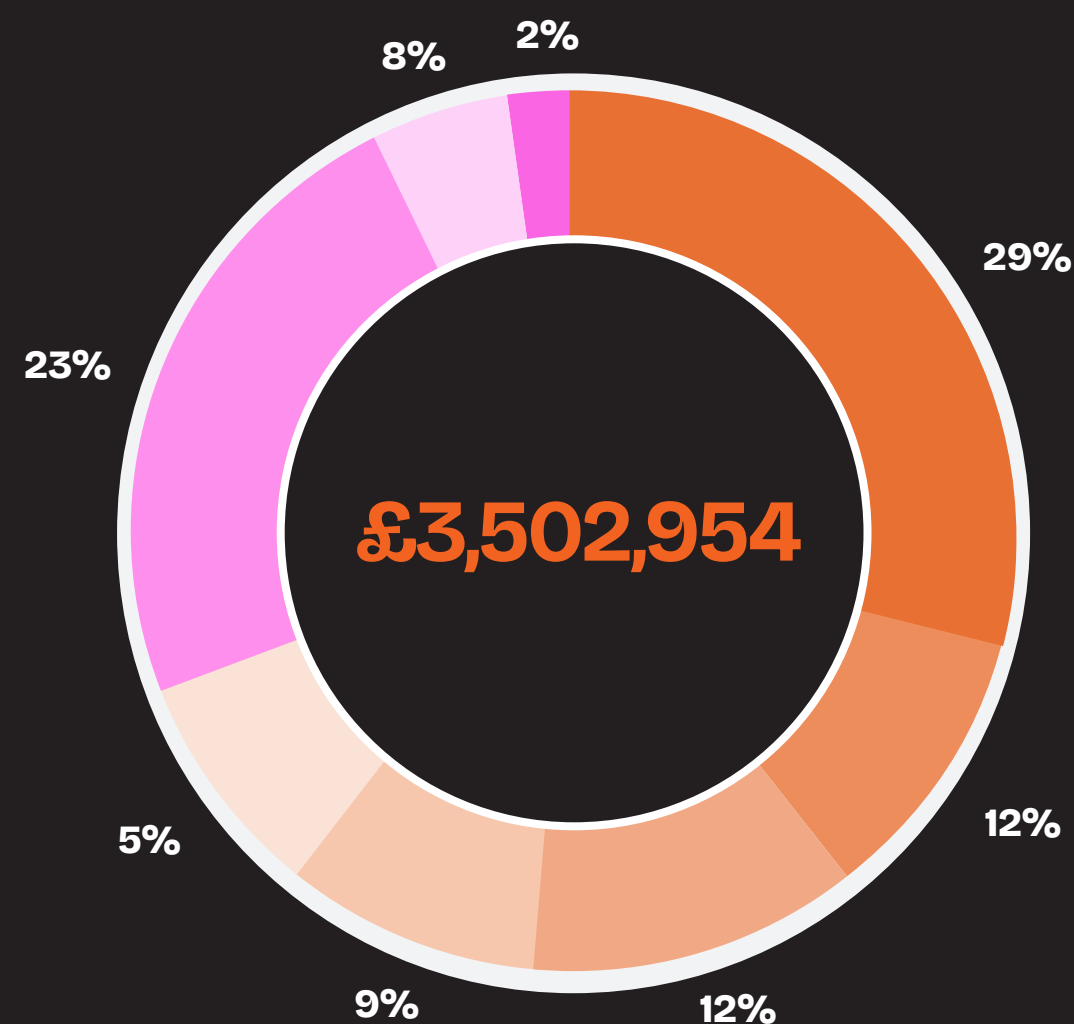
How We Raised Our Money



- Trusts & Statutory
£1,146,151
- Corporate
£380,508
- Motability Foundation
£713,111
- Community & Challenge
£553,872
- Donations
£538,400
- Events
£314,012
- Trading Activities & Investment
£62,064

“Back Up is a great charity. It really is one of my favourite charities and they just do the most amazing work with people who have gone through a real life-changing condition. But with the support of Back Up, we see so many people with spinal cord injuries go on and rebuild their lives, get back to work, or just do other truly amazing things.”
(Corporate Supporter)

How We Spent Our Money



- Outreach & Engagement
£1,031,972
- Raising Awareness
£420,186
- Courses
£418,858
- Mentoring
£309,740
- Children & Young People
£187,737
- Fundraising
£803,265
- Events
£268,229
- Governance Costs
£62,967

“Meeting with someone who has lived experience provides a unique perspective that cannot be replicated by the clinical team. It offers patients reassurance, hope, and realistic insight into life after injury. They are able to ask questions openly and discuss concerns with someone who understands their situation. This type of support can help patients to build confidence, adjust psychologically, and feel less isolated. It also provides families with reassurance and practical understanding.”
(Medical Professional)



Acknowledgements

We would like to thank the individuals, organisations, corporate partners, trusts and foundations who have enabled us to support people affected by spinal cord injury in 2025/26. Without your generosity, our work would simply not be possible.

Trustees

- Meryl Bushell CBE**
- Harmesh Chauhan*
- Alan Cook*
- Helen Cooke CBE*
(End of term July 2025)
- Gordon Craig
- Paul Fairhurst*
- Louise Jolliffe*
- Anne Luttman-Johnson*
(End of term July 2025)
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(Treasurer)
- Damian Riley*
(Chair of Trustees)
- Tom Roberts**
- Grace Spence Green*
- Rebecca Stevenson
- Annelore Hill-Verhaegen**

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- Eric Lanlard
- Sophie Morgan*
- Mike Nemesvary*
- Valerie Singleton OBE

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- Nigel and Margot Russell
- Michelle Sharland
- Kara Smith
- Hannah Spencer
- Dr Michael Spencer,
on behalf of the Cambridge
Annual Medicolegal Conference
- James Taylor
- Merryn Thomas
- Ollie Thorn
- Susie Turnbull
- Suzzane Wood
- Patrick Woodall
- Mel Zuydam

Trusts, Foundations and Corporate Supporters

- The Alice Ellen Cooper-Dean Charitable Foundation
- Aspire Law
- The Barbour Foundation
- The Big Yellow Foundation,
the charity arm of Big Yellow Self Storage
- Bolt Burdon Kemp
- Bruce Wake Charity
- City Bridge Foundation
- Corner House Club
- Digby Brown Solicitors
- DLA Piper
- Beacon Rail,
formerly Eversholt Rail
- Fittleworth Medical Limited
- Fletchers Solicitors
- Garfield Weston Foundation
- Health Lottery Foundation
- Helen Clifford Law
- The Henry Smith Foundation
- Howden Group
- Hugh James
- Irwin Mitchell Solicitors
- Irwin Mitchell Solicitors Scotland
- James and Grace Anderson Biggart Charitable Trust
- Kingsley Napley LLP
- Leigh Day Solicitors
- The Lemford Foundation
- Marguerite Foundation
- Masonic Charitable Foundation
- Michael Watson Charitable Trust
- Mitre Trust
- Motability Foundation
- National Lottery Community Fund Northern
Ireland: Awards for All
- National Lottery Community Fund Scotland:
Fairer Life Chances
- National Lottery Community Fund Wales:
People and Places
- NHS England
- POM Charitable Trust
- Premium Care Solutions
- RS Macdonald Charitable Trust
- The Roger and Jean Jefcoate Trust
- Royal Mid-Surrey Golf Club
- Russell-Cooke LLP
- The Ryvoan Trust
- Sandra Charitable Trust
- Savills
- The Shanly Foundation
- Shaw Trust
- Shoosmiths LLP
- Slater and Gordon
- Spring Capital Partners Limited
- The Stanley Grundy Foundation
- Stewarts Law LLP
- Triride UK
- The Varrier-Jones Foundation
- The William Allen Young Charitable Trust

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





Partners in possibility
after spinal cord injury

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Registered Charity Numbers

England and Wales (1072216) and Scotland (SC040577)
Charitable Company in England and Wales (3596996)

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commsandmarketing@backuptrust.org.uk and
we will do our best to accommodate any requirements.