



Partners in possibility
after spinal cord injury

Limitless Ambition

26/27 Objectives



Limitless Ambition 26/27 Objectives

Goal	Our Focus to 2030	26/27 Objectives
Living Confidently – Empowering people with a spinal cord injury with the confidence, knowledge and practical skills to live a full and independent life	<p>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 injury community. We will deliver services in every region of the UK.</p> <p>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.</p> <p>Using data and insight we'll target our services to those who need them the most.</p> <p>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.</p> <p>We will collaborate with education providers, employers, the NHS, partner charities and other organisations to enable people with a spinal cord injury to realise their ambitions.</p>	<p>We will deliver 16 in-person courses, including the return of our City Skills course in Belfast.</p> <p>90% of those attending Back Up courses will report having achieved their personal aims.</p> <p>We will trial delivery of a new regional course.</p> <p>We will have delivered at least 50,000 individual support interventions across all services using a range of channels and methods.</p> <p>Our Data and Systems Transformation programme will support us to make better use of our data enabling us to target support to those who need it the most.</p> <p>We will deliver a third season of our 'Back Up and Thriving' podcast which empowers people with spinal cord injuries to travel confidently.</p> <p>60% of people will be in work, education or volunteering 6-12 months after attending a Skills for Work course.</p>
Everyone Thriving – Ensuring all individuals affected by spinal cord injury can reach their full potential	<p>Reaching Those Who Need Us the 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.</p> <p>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.</p> <p>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.</p>	<p>We will roll out our new 'Back Up Together' service, where people who share similar challenges or barriers to adjustment can come together to support each other.</p> <p>We will have supported at least 3,000 people affected by spinal cord injury across all age groups. Our support will be aimed at helping people to live the life they want.</p> <p>We will diversify the Back Up Lounge to feature a range of specialist speakers and groups that focus support on topics that will help people to achieve their goals or address specific challenges they are facing.</p> <p>We will launch a new digital resource aimed at giving children, young people and their families crucial advice and guidance.</p> <p>We will do more to ensure the voices of children and young people affected by spinal cord injury are heard at a board level.</p>



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Goal

Meaningful Connections –
Creating opportunities for people affected by spinal cord injury to connect with others in similar situations to achieve their

Our Focus to 2030

Creating Meaningful Connections:

We will create more opportunities for people affected by spinal cord injury to connect with others who understand their experience. These connections will help people gain confidence and practical support, guiding them through their adjustment to life post-injury. We will provide clear pathways for individuals to become supporters and mentors, helping others along their journey.

Supporting Families:

We will be leaders in supporting family members of those with a spinal cord injury. This begins with the acute phase, through information and support online and in-person at relatives' days, to post-discharge from the hospital through peer mentoring, family rehabilitation, online courses and dedicated digital pathways. We will help family members recognise that a positive future is possible.

Partnerships for Greater Impact

We will work alongside the NHS, wheelchair services and other partner organisations to reach those who may not have access to specialist spinal cord injury centres. By sharing resources based on lived experience, we'll challenge negative perceptions of spinal cord injury and show that a positive future is possible.

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We will establish 405 peer connections, either through medium-term mentoring relationships or one-off meaningful conversations between peers.

We will actively promote pathways for individuals to become supporters and mentors.

We will attend or deliver 27 family support events, engaging at least 200 family members.

80% of families will report feeling more supported as a result of our work.

We will actively engage with professionals who support people affected by spinal cord injury, raising awareness of the full range of Back Up's services.





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Back Up
4 Knightley Walk
London SW18 1GZ

T 020 8875 1805
E admin@backuprust.org.uk
www.backuptrust.org.uk



Registered Charity Numbers

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