



**back up**

transforming lives after spinal cord injury

The Back-Up Trust  
Report and financial statements

**For the year ended 31 March 2024**

Company number: 3596996 • Charity Number: 1072216 • OSCR Number: SC040577



“One of the things I love about Back Up is that they have given me lots of support at every stage. They helped me right at the beginning but still continue to guide me, inspire me and show me that my voice matters.”



The Trustees present their report and the audited financial statements for the year ended 31 March 2024. Reference and administrative information set out on pages 34-35 forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association, the requirements of a directors' report as required under company law, and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

## An overview of our impact in 2023/24

---



Our services have been accessed **31,401** times up from 19,253 in 22/23. This growth is largely due to our dedicated outreach and engagement work across the regions, growth of our family support offer, and strong continued performance of our digital service offer.



**221 people** were supported through our mentoring service, up from 203 in 22/23 with 84% (84% in 22/23) reporting an increase in at least five of seven positive coping strategies.

# 440



**440** one to one support interventions have been successfully delivered to ensure that children and young people are fully included in education (including the information and guidance service).



# 338

**338 family members** accessed our family support services, up from 229 in 22/23 (an increase of 48%). This is largely due to continued growth of our family support teams across the regions, and our work to better engage with families at the acute stage of their loved one's injury.

# 128



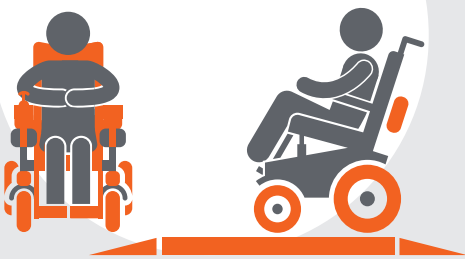
**128 people** attended our virtual What Next? and Skills for Work course and careers fair event, up from 80 in 22/23. 82% (79% in 22/23) of those attending Skills for Work reported being in work, volunteering or education 6-12 months after attending the course.

# 211



**211 children and young people** have been supported (up from 145 in 22/23) across all services. 100% of the children and young people Back Up have worked with say they are now feeling happier at school.

# 812



**812 people** attended our Wheelchair Skills Training sessions, up from 510 in 22/23, with 98% of participants learning more skills and feeling more confident using a wheelchair.

# 922



Our online support group, the Back Up Lounge, was attended **922 times** (down from 1,064 times in 22/23). This is largely due to there being fewer lounge groups available. There were however 206 new people attended compared to 191 in 22/23.

# Welcome from Damian Riley, our Chair of Trustees



For the past five years, Back Up and other charities have been developing services and building new funding streams on the basis that there are 60,000 people in the UK living with a spinal cord injury, with an estimated 2,500 people sustaining an injury every year.

In May the NHS released new data showing that in 2023/24 4,400 people sustained a spinal cord injury across the UK. That is one person every two hours. It is now estimated that there are 105,000 people living with spinal cord injury in the UK.

Back Up wants to be there for everyone affected by spinal cord injury.

Back Up's work truly does transform lives, and I speak from experience. Five years ago, I sustained a life-changing spinal cord injury, when I broke my neck in a cycling accident, leaving me paralysed from the shoulders down. During my recovery, I had three ambitions:

1. To return home from hospital and be with my young family
2. To maximise my physical recovery
3. To return to work

Back Up have been instrumental in helping me achieve my goals, which is just one of the reasons why I am delighted to be Back Up's Chair of Trustees.

We couldn't do what we do without the support of our volunteers, funders and the staff team. I want to thank Abigail for her exceptional leadership over the last year, in which Back Up has gone from strength to strength, and most importantly seen us support more people than ever before. I am hugely excited by the opportunity to work with Abigail, the rest of the Board, and the whole Back Up team in building on our success over the last twelve months, and accelerating our progress in the year ahead.

Damian Riley  
Chair of Trustees, 2024

# Welcome from Abigail Lock, CEO



The Back Up community is a positive and welcoming space for everyone affected by spinal cord injury. In the third year of our Transforming Lives strategy, we supported 2622 people, a 23% increase from the year before.

Spinal cord injury is life changing - impacting every area of your life. Back Up gives people the practical skills and crucially the confidence to positively adjust to life following spinal cord injury. Understanding what matters most to individuals and supporting people to achieve their goals takes time. Crucially we have seen an increase in the numbers of times that people are coming to Back Up for support. This year with the help of our amazing volunteers we delivered 31,401 individual instances of help. Each of these interactions are supporting people to get life back on track; whether it be getting back to work or education, travelling to new places or taking the grandchildren to the park.

It is not simply the amount of people that we support but crucially the quality of support provided. As any organization grows there is a risk that there can be a deterioration in the quality of provision. We have worked tirelessly to retain those things which make Back Up unique and to ensure that our services remain as impactful as ever. Our impact measures which are taken directly from people who have used our services consistently score above 90% and time and again individuals choose to return for support. Many people we have supported will then go on to become volunteers and supporters.

This year we have continued to expand our team working in communities across the UK. For the first time we have a team member based in Northern Ireland. With support from National Lottery Cymru we are expanding our services for people affected by spinal cord injury in Wales. We have expanded our support for family members too. We have also found new ways to support people including our new Back Up Connect Service where we connect someone with a spinal cord injury for one off conversation on key topics.

We have developed new and impactful partnerships most notably with the Motability Foundation which has enabled us to greatly expand our focus on travel confidence - a key issue facing many people with spinal cord injury.

We were also delighted to be selected as the October Club's charity of the year 2024. Their support will enable us to invest in vital infrastructure which is needed to extend our reach to Major Trauma Centres.

Lived experience continues to be at the heart of everything we do. Many of our staff team are directly affected by spinal cord injury so we were absolutely thrilled to be awarded The Times and The Sunday Times Spotlight Award as the Best Place to work for Disabled Employees 2024.

Abigail Lock  
CEO, 2024



# Transforming Lives Strategy 2021 – 2025

**We are led by the needs of people affected by spinal cord injury which is why our strategy was developed by people affected by spinal cord injury. In fact, over 300 people helped create our strategy through workshops, surveys, and focus groups.**



## Vision

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

## Mission

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

## Values

Embrace challenge  
Have fun  
Build inclusive communities  
Ambitious for each other

### Living confidently

All people with a spinal cord injury have the confidence and practical skills to live a full independent life.

### Thriving at any age

All people with spinal cord injury are able to reach their full potential.

### Staying connected

Everyone affected by spinal cord injury is connected with someone in a similar situation helping them achieve goals that matter to them.

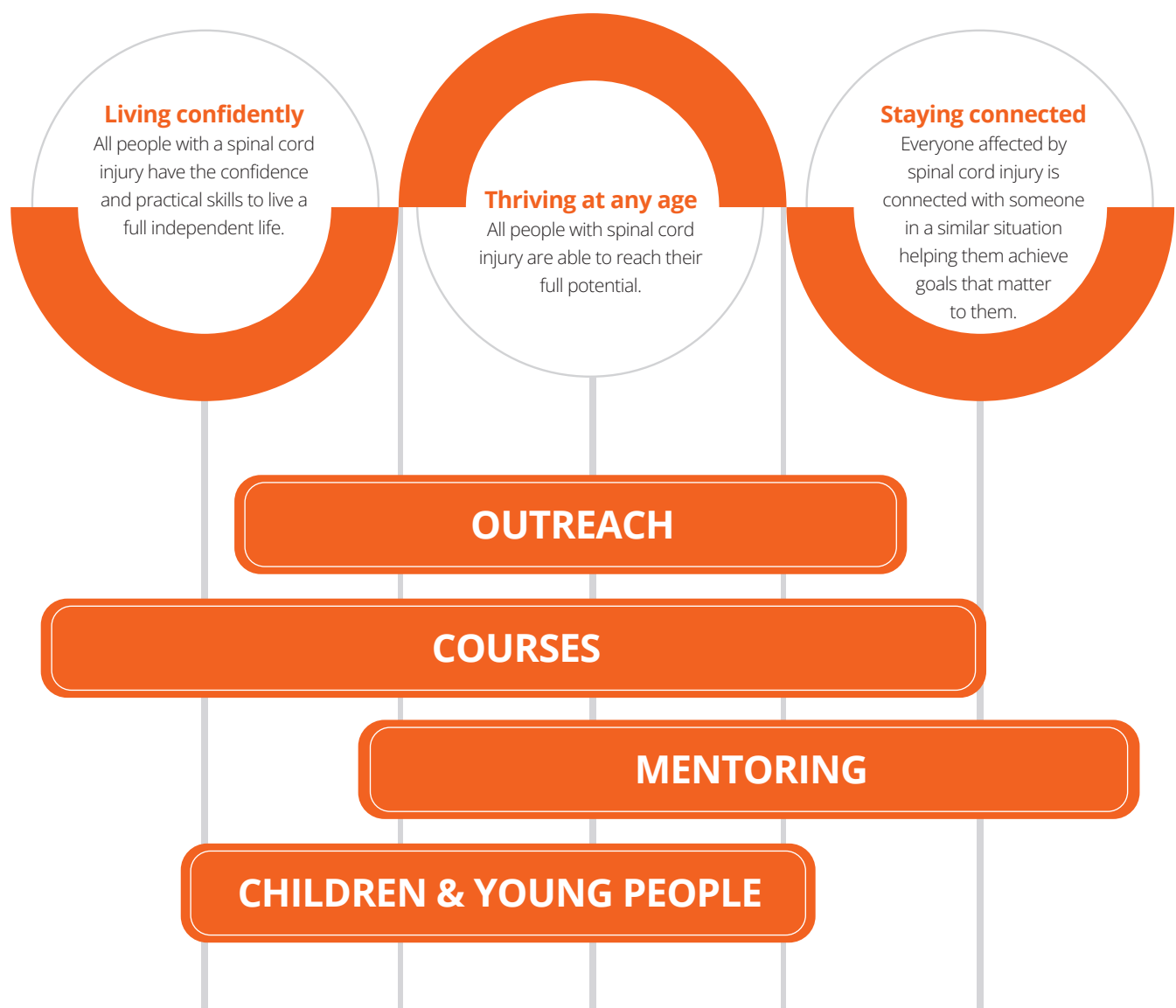
## Components of success

- Being peer driven
- Growing fundraising to meet our ambition
- Developing and empowering our people
- Being inclusive
- Harnessing technology
- Driving efficiency and effectiveness
- Volunteers at our heart
- Compelling communications
- Committed to collaboration
- Open and accountable



# How we have supported people affected by spinal cord injury – our achievements and performance

Our charitable activities; Mentoring, Courses, Outreach and Support and Children and Young People are focused on achieving our three strategic goals.





# Living Confidently - How we have supported people with a spinal cord injury to build the confidence and skills needed to get the most out of life

*“It was the best experience – I’m smiling now talking about it. Going with Back Up there’s that underlying understanding. The skiing was liberating. It’s given me that boost and gave me so much confidence feeling comfortable with myself”*

## 2025 Year Aims

By 2025 we will reach all newly injured people in the UK including all children and young people. By providing support from the beginning of the adjustment process we can make sure people have the skills and confidence they need to live life independently.

## 2023/24 Objectives

We will have registered and offered support to at least 1,000 people with a spinal cord injury, 150 families and at least 75 children and young people.

We will have delivered at least 13,500 individual support interventions across all services using a range of channels and methods.

## Review of Progress

Back Up supported more people than ever before – 2,182 adults up from 1,695 in 22/23, 286 families from 229 and 211 children and young people up from 145 in 22/23. Moving us closer to our aim of being there for everyone affected by spinal cord injury.

Back Up registered 877 people with a spinal cord injury, 338 family members and 57 young people.

In total we provided 31,401 instances of help up from 19,253 in 22/23.

By 2025 we will be more inclusive, expanding the number and range of our transformative courses, online resources and services for people who cannot access specialist support in spinal centres – making them accessible wherever they may be in the UK.

We will develop our What Next? Course into a wider access online course that reaches at least 100 people over the course of the year.

This year over 146 people attended a Back Up course with 92% achieving their personal aim.

We have transformed our What Next? Course allowing us to bring key partners together including: Motability, Wellspect, NHS Fittleworths and Stewarts Law to support people to positively adjust to life following spinal cord injury. 78 people accessed What Next?

We continue to grow the numbers of spinal cord injury outreach workers in regions around the UK.

## 2025 Year Aims

By 2025 we will be leaders in supporting people with a spinal cord injury in getting back to work and volunteering, working collaboratively with businesses, the NHS and other organisations where we can achieve more together to provide opportunities.

## 2023/24 Objectives

We will have secured funding for at least one new service.

We will deliver at least two Skills for Work online courses.

50% of people accessing our vocation support will be in work or volunteering 6-12 months after engagement.

## Review of Progress

We have extended our vocation offer providing 1036 one to one interventions - up from 308 in 22/23.

We have delivered three Skills for Work courses.

82% of people who attended Skills for Work are in work, volunteering or education 6-12 months after attending the course.

## Thriving at any age - How we have ensured people with spinal cord injury are able to reach their full potential

*“Our lovely granddaughter was 13 when she suffered a spinal stroke, which left her paralysed below the waist. As you can imagine our family were devastated. The support she’s received from Back Up has been fantastic. She is now back at school, plays wheelchair basketball and competes in athletics.”*

## 2025 Year Aims

By 2025 we will provide specialist advice and information to children, young people and their parents in order for them to access care, equipment and social support to help them live well. We will work with the NHS to ensure that all children and young people with spinal cord injury receive the treatment that they deserve through the established Children and Young Person's pathway.

## 2023/24 Objectives

We will deliver at least 1000 individual support interventions using a range of channels and methods to children and young people with a spinal cord injury.

## Review of Progress

We achieved over our target of providing more than 1,000 individual support interventions to children, young people and their parents.

We offered 597 instances of help up from 587 in 22/23 to 211 children and young people up from 145 in 22/23.

We had 21 attendees on our online Youth Break Out Lounge. Plus 440 one to one education support interventions.

2025 Year Aims	2023/24 Objectives	Review of Progress
<p>By 2025 we will ensure our support will be targeted at times of greatest need, helping people affected by spinal cord injury overcome barriers they may face in their education, career, family life, hobbies and social life, so that they can live the life they want. We will have increased our resources for people who are ageing with spinal cord injury and have established a course for newly injured people who have sustained a spinal cord injury later in life.</p>	<p>90% of those attending Back Up courses will report having achieved their personal aim.</p>	<p>92% of people attending a Back Up course reported achieving their personal aim.</p>
	<p>We will have developed resources for those ageing with a spinal cord injury.</p>	<p>We are developing new resources for older people with spinal cord injury which we will launch in the next year.</p>
	<p>We will further develop our outcome measurement to better understand and demonstrate where our services make the greatest impact.</p>	<p>We have a better understanding of the social return on investment of our service offer. We are now able to report to our largest funders a £ value of social return due to their funding .</p>
<p>By 2025 we will provide support to every child and young person with a spinal cord injury who wants our help to ensure that they are fully included in their education and that their voice is heard in this process. We will be there for any teacher, school, college or university that needs our support around inclusion and meeting the needs of a child or young person with a spinal cord injury, to ensure they have a positive education experience.</p>	<p>90% of children we work with will feel happier at school.</p> <p>90% of schools that work with us will report an improved understanding of inclusion.</p>	<p>440 one to one support interventions have been successfully delivered to ensure that children and young people are fully included in education – engaging with 77 educational settings, 29 in 22/23 with 100% reporting an improved understanding of inclusion.</p> <p>Most importantly 100% of the children and young people Back Up have worked with say they are now feeling happier at school.</p> <p>We remain the only UK wide charity with dedicated services for children and young people with spinal cord injury.</p>

# Staying Connected- How we have helped connect people affected by spinal cord injury with others in a similar situation to achieve goals which matter to them

*“It’s been amazing talking to someone who’s already done the journey and listening to me even when I think it’s silly and doubtful. They reassure me that it’s ok to take baby steps, it’s not a race.”*

## 2025 Year Aims

By 2025 we will provide more in-depth one to one support to those who are really struggling, increasing our capacity to mentor three times more people with a spinal cord injury and their family members. We will also establish a parent support programme and parent mentoring. This will involve sharing experiences and parents being provided with practical support to help them come to terms with what has happened, and adjust positively to life post-injury.

By 2025 we will offer the family of each newly injured person a ‘family rehab service’. This begins with the acute phase through information and advice online and in-person at relatives’ days, to post- discharge from the hospital, through peer mentoring and dedicated courses.

## 2023/24 Objectives

We will establish 300 mentoring relationships.

We will develop and widen our approach to ‘Staying Connected’, listening to feedback to create new solutions that will extend to support parents of those affected by spinal cord injury.

We will attend or deliver 28 family support events.

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

We will deliver at least 100 digital support interventions to families.

## Review of Progress

We established 221 mentoring relationships up from 203 in 22/23.

This year we have averaged a real time quality score of 4.53 out of 5 for our mentoring.

We have developed and piloted ‘Back Up Connect’. This is a new service where individuals affected by spinal cord injury can connect with a trained Back Up Connector on a range of topics. Nine new peer connections were made in the test phase.

Due to challenges accessing some spinal cord injury centres, we have attended 20 family support events in venues around the UK.

338 family members registered for Back Up’s support or used Back Up’s services up from 229 in 22/23.

We have delivered 169 digital support interventions to families.

89% of families report feeling more supported as a result of our work.

## 2025 Year Aims

By 2025 we will be integrated into the NHS's spinal services rehabilitation pathway in order to increase access to the first-hand knowledge that comes from living with a spinal cord injury. We will work in partnership with the spinal centres' psychology, physiotherapy and occupational therapy professionals for in-patient support. We will work in partnership with the outreach and out-patient teams to support those with a spinal cord injury in other hospital settings, and in the community.

## 2023/24 Objectives

We will extend our NHSE Back Up on Track model to all of England's Spinal Cord Injury Centres.

## Review of Progress

In August we started the final year of a three-year partnership agreement with NHS England, and we are working with the NHS on future plans for evolving the programme. The programme is designed to improve knowledge, skills and confidence. It works with newly injured people, family members and centre staff to build bespoke packages of support. We have already signed up 580 patients exceeding the programme target of 250 participants. Impact is measured through pre and post engagement measures which shows distance travelled. We're delighted that on average, 98% of participants have reported improvements in their wellbeing and confidence scores.





# Financial review

## How we have spent our funds

### Charity financial position

This year we have raised £2,615,743 (2023: £2,068,948) and our expenditure was £2,412,523 (2023: £2,093,809).

Back Up relies on the generosity of our supporters and partners. Many of our partners prefer to fund specific charitable activities through restricted grants and donations. We also aim to raise sufficient unrestricted income each year to ensure the smooth operation of the charity, investment in its future development and to cover shortfalls on restricted projects where they arise.

## Reserves policy and going concern

### Reserves

The Trustees have agreed a level of unrestricted reserves of £1,005,000 (2023: £799,000) to ensure sufficient cashflow for day-to-day activities, meet opportunities that arise over time, and mitigate any unforeseen events that could come up over the next 12 months. This is in line with the Reserves Policy which is to hold a reserves equivalent to four month's budgeted expenditure for 2024/25 financial year.

At the end of the 23/24 financial year, total funds were £1,406,476 (2023: £1,190,648) This was made up of £1,014,052 (2023: £995,191) of unrestricted funds, £270,512 (2023: £56,129) of restricted funds, £20,999 (2023: £38,415) of tangible fixed assets and £100,913 (2023: £100,913) of endowments.

To support Back Up's ambitious growth strategy, the Trustees have approved a break-even budget for the next financial year. (I.e. projected in year expenditure equals in year projected fundraising). Investment in the fundraising team will support increased income generation over the coming years.

Further investment in the services team and in digital tools will support expansion of support for people affected by spinal cord injury. The Trustees will aim to grow the Charity's reserves in the coming years in line with the Charity's growth ambition.

## Investments

Part of the unrestricted reserves which are not needed in the short term, are invested in UK Common Investment Funds or fixed term interest bearing bank deposits mainly to mitigate the long-term risk of inflation and to maximise return to support charitable activities. The market value of investments at the end of the year was £566,845 (2023: £137,757). The Board of Trustees review the investment performance quarterly and review the policy at least every three years.

## Principal risks and going concern

Our Trustees have reviewed the major risks Back Up faces, and confirm that the following systems are in place to manage them:

- A clear four-year strategy (2021-2025).
- Clear three-year services growth and fundraising strategic plans (2022-2025)
- A detailed one-year business plan and budget approved by trustees.
- Quarterly review of financial targets and results, variance from budgets and non-financial performance indicators by Senior Management Team (SMT) and Trustees.
- Quarterly in-depth review of financial performance by the Finance, Audit and Risk committee.
- Scaled authority and segregation of duties.
- Identification and management of risks reviewed and approved by trustees.
- Work is underway on 2025-30 strategy and associated plans.



We have a framework which is used at all levels of management to identify risks and respond to them appropriately. Our 'risk register' includes an assessment of key risks, causes, consequences, their likelihood and significance, and a description of how they will be managed and mitigated.

The register is regularly monitored by the senior management team and the Finance, Audit and Risk committee of the board.

Our plans balance risks and opportunities. We won't take risks that undermine our impact or the safety of our service users and volunteers, but we do want to be in a position where we can realise potential opportunities.

At the time of writing, the biggest risks we face are:

### **Financial – failure of our fundraising team to meet targets**

We have an ambitious strategy which sees us growing our services in order to support even more people affected by spinal cord injury. In order to deliver our ambitions, we need to increase income. We are fundraising against a backdrop of economic uncertainty, geopolitical instability and cost of living pressures.

This has been mitigated by:

- Increasing the focus on multi-year grants.
- Diversifying our income streams and ensuring we are not overly reliant on any one area.
- Monthly reforecasts enabling us to take early action to address any shortfall in any one area.
- An annual risk-based review of our income streams which guides the level which we set our reserves.
- A measured approach to expenditure commitments (i.e. fixed term contracts)
- The development of a three-year fundraising strategic plan which is tied back to service delivery - performance against the plan is overseen by our Fundraising Committee.

- Stewardship plans across our fundraising streams.
- Support from a fundraising development board.

### **Financial – overfunding of projects**

In order to meet our ambition we need to increase our income. Our fundraising strategy sees us growing income across multiple income streams including shifting a focus to larger multi-year grants, increasing the number of donors and ways to support and increasing the headcount and participant numbers at our events. Fundraising is not an exact science so there is the possibility that the success rate is higher than anticipated.

This has been mitigated by:

- Having a clear pipeline of funding opportunities linked to projects.
- A clear database showing the percentage of restricted funding attributable to any area of our work.
- Monthly reforecasts enabling us to take early action to respond to higher than budget income.
- Having scalable plans in place.
- Oversight from our Finance, Audit and Risk Committee.

## Recruitment and retention

Our staff team make Back Up the organisation it is today. With high levels of job vacancies across the UK economy and relatively, low unemployment rates it is a challenging time to recruit.

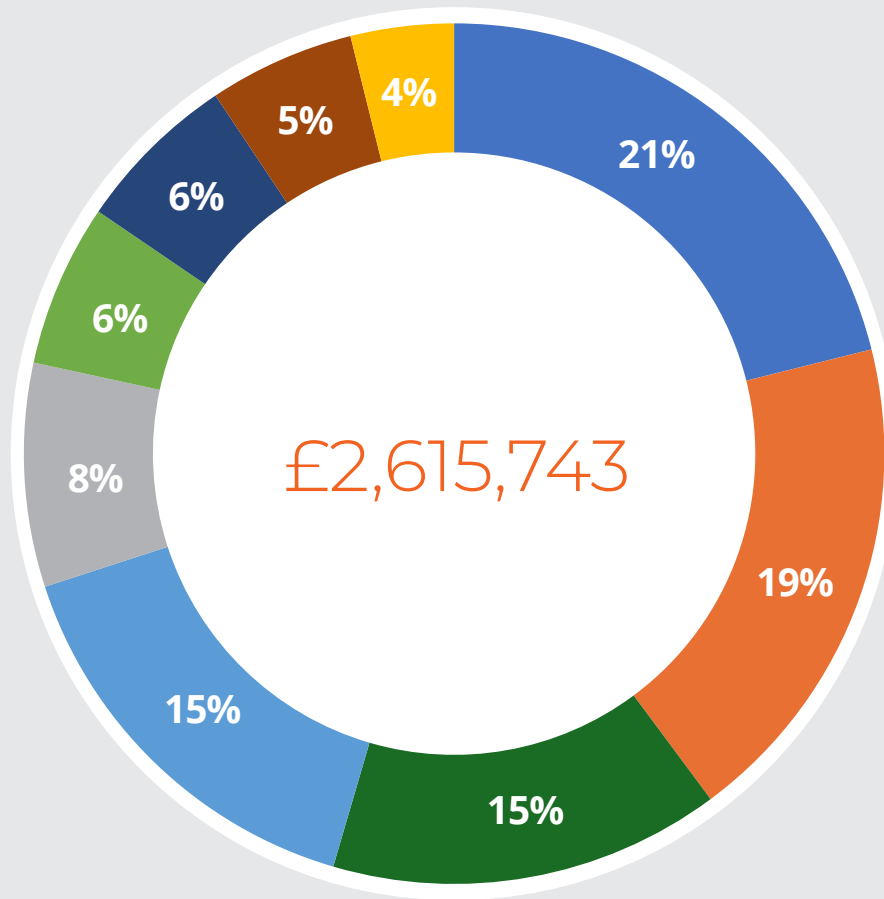
This has been mitigated by:

- A focus on our culture which ensures that all team members recognise the impact of their work in delivering Back Up's mission and recognises the importance of having fun. Aiding both retention and recruitment.
- Back Up has been awarded The Times and Sunday Times Spotlight Award for best place to work for disabled employees 2024.
- A focus on health and wellbeing – with all staff members having access to a wellbeing group, wellbeing action plans and an Employee Assistance Programme.
- Regular benchmarking of salaries against other similar sized charities.
- Flexible working arrangements.
- A focus on learning and development including dedicated resources to develop training programmes.
- Regular all-together staff activities to maintain a strong sense of belonging.
- Improving internal planning to aid handovers and wider succession planning.
- Recognising, valuing and thanking staff.

In light of the above, and the current level of unrestricted funds, the Trustees are confident that the Charity can continue to operate in the next 12 months.



# How we raised our money



■ Motability Foundation  
**£552,030**

■ Trusts  
**£489,954**

■ Events  
**£384,435**

■ Donations  
**£404,461**

■ Corporate  
**£219,765**

■ NHS Support Grant  
**£160,000**

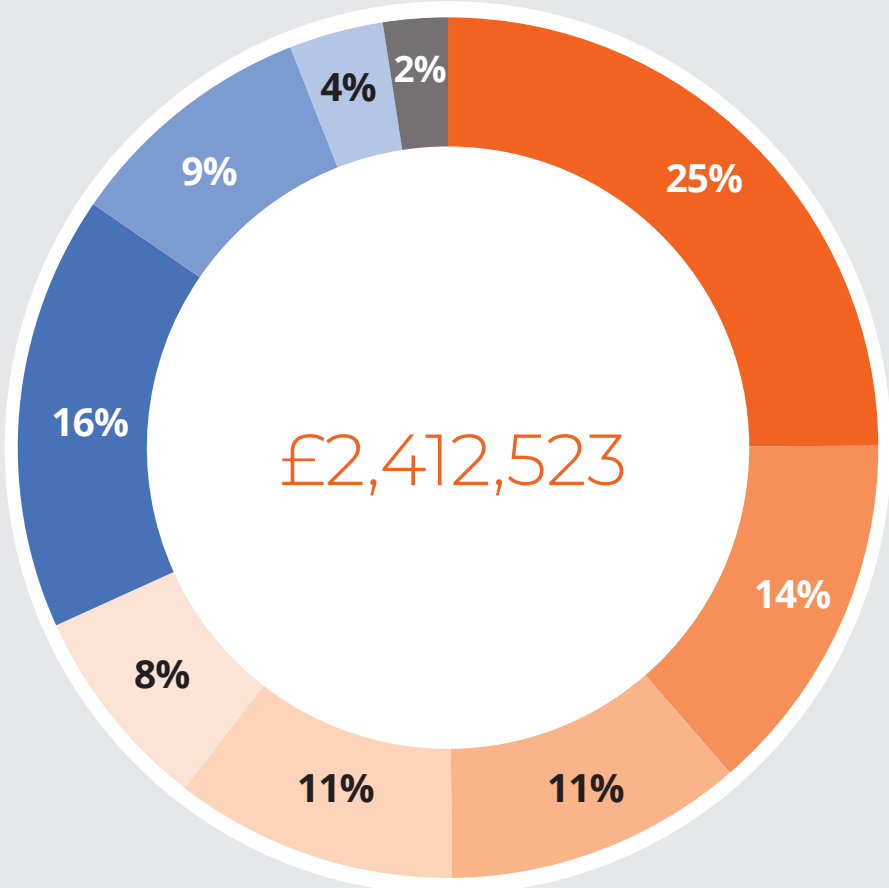
■ Trading activities & Investment  
**£160,406**

■ Challenge  
**£143,357**

■ Community  
**£101,335**

In 2023/24, with the help of our incredible donors, partners and fundraisers, we raised £2,615,743. 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 secured a three-year grant from the Motability Foundation for £1.86 million which is enabling us to reach many more people affected by spinal cord injury and build on our work supporting people affected by spinal cord injury to be travel confident. 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



£2,412,523

- Outreach & Engagement **£601,327**
- Courses **£330,782**
- Awareness **£353,786**
- Mentoring **£256,613**
- Children and Young People **£186,654**
- Fundraising **£335,166**
- Events **£215,162**
- Challenge **£74,493**
- Governance **£58,540**

## Fundraising approach, regulation and complaints

Back Up is registered with the Fundraising Regulator and we comply with the standards as set out in the Code of Fundraising Practice across all of our fundraising activity. We comply with the key principles and behaviours of the Code to ensure that any vulnerable persons are treated fairly.

We gained consultancy support from third-party fundraisers in this period. Where we worked with third parties we had agreements in place to ensure compliance with Back Up's policies and the Code of Fundraising Practice. We have commercial participator agreements in place with corporate partners where appropriate.

Our ethical donations and partnerships policy outlines our position on not accepting donations from companies or individuals where there is a conflict with our mission and values.

We received one complaint relating to one of our fundraising events this year. Our complaints policy is reviewed by the board on a three-yearly cycle and is available on our website.

# Structure, governance and management

We are governed by a board of trustees which meets formally four times a year. As well as attending board meetings our trustees support us in a range of ways including supporting the development of our strategy, agreeing policies and making sure they are put into practice and providing guidance on projects.

Our trustees ensure the charity's aims, objectives and activities remain focused on its stated purposes. The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives that have been set.

Our trustees ensure that all of Back Up's charitable activities, as defined in the charity's articles, focus on people affected by spinal cord injury in order to:

- Rehabilitate and encourage independence
- Promote reintegration within society
- Promote education and awareness of spinal cord injury
- Support family members regarding their emotional health and welfare needs which arise from the spinal cord injury of the relative

These activities are undertaken to further the Back Up Trust's charitable purposes for the public interest.





Work is underway to update our articles to align with charity commission guidance. Our objects will remain substantively the same but the articles will be updated to reflect changes in legislation and recommended practice. Thanks to DLA Piper who have supported this work.

Our trustees are all volunteers with a range of skills from diverse backgrounds. Well over half have personal experience of spinal cord injury.

Trustees who served during 2023/24 are named on page 34.

To support its work, the board has established three committees. Each committee meets quarterly and has a term of reference describing their roles and responsibilities. They are:

- The Services and Disclosure and Barring Committee
- The Fundraising Committee
- The Finance, Audit and Risk Committee

The Board of Trustees also runs a Remuneration and Nominations Committee which oversees the salary structure, sets the pay for the CEO and oversees recruitment, induction and ongoing training for trustees. The committee runs as necessary and at least annually.

All committee meetings have declarations of interests as a standing agenda item and where a conflict arises, we ensure our Conflict of Interest Policy is followed. All Trustees including the Chair have an annual performance review. This supports our trustees and governance structure to develop and make sure we are best placed to support people affected by spinal cord injury.



# Statement of responsibilities of the trustees

The trustees (who are also directors of The Back-Up Trust for the purposes of company law) are responsible for preparing the trustees' annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and group and of the incoming resources and application of resources, including the income and expenditure, of the charitable company or group for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles in the Charities SORP.
- Make judgements and estimates that are reasonable and prudent.
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and group and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- There is no relevant audit information of which the charitable company's auditor is unaware.
- The trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The total number of such guarantees at 31 March 2024 was 11 (2023:11). The trustees are members of the charity, but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

# Future Plans

As we enter the final year of our Transforming Lives Strategy, we are actively working on developing our 2025-30 strategy.

Our strategy development is based on a number of principles and assumptions. We believe that Transforming Lives is an effective strategy which is owned by the Back Up team. We are proud of the progress that has been made in implementation. So, our 2025-30 strategy will be an evolution and not revolution. We will focus on developing Back Up's strengths and areas of expertise, identifying opportunities which are complementary to our existing offers and expertise. We will ask what do we want to become? And what do we want to achieve?

We will prioritise areas that enhance our ability to deliver for people affected by spinal cord injury. People affected by spinal cord injury are at the heart of everything that we do. We are engaging both people that we have supported and those who do not currently use Back Up's services to better understand the barriers which are preventing us from truly being there for everyone affected by spinal cord injury.

Our reach 500 campaign involves all Back Up team members and trustees calling individuals affected by spinal cord injury to gather insights and identify what they would like to see from Back Up in the future. In depth engagement is taking place with people with higher level injuries, ethnic minorities and children and young people affected by spinal cord injury to ensure that their voices are heard.

New figures from the NHS show that almost 4 out of 5 people sustaining spinal cord injury in the UK will not be admitted to specialist spinal cord injury centres. In response we will continue to expand our regional services to be closer to where people live and will focus beyond NHS specialist centres.

We were delighted to be selected as October Club's partner of the year 2024. This partnership will enable us to build vital infrastructure to reach the UK's 33 Major Trauma Centres which is a major focus.



Each year the board agrees annual objectives that move us closer to achieving our 2025 year aims.

Individual KPI's are based on expectations of user demand, resource availability and funding.

# Goal

**Living confidently:** people with a spinal cord injury have the confidence and practical skills to get the most out of life.

## 2025 Year Aims

By 2025 we will reach all newly injured people in the UK, including all children and young people. By providing support from the beginning of the adjustment process we can make sure people have the skills and confidence they need to live life independently.

By 2025 we will be more inclusive, expanding the number and range of our transformative courses, online resources and services for people who cannot access specialist support in spinal centres – making them accessible wherever they may be in the UK.

By 2025 we will be leaders in supporting people with a spinal cord injury in getting back to work and volunteering, working collaboratively with businesses, the NHS and other organisations where we can achieve more together to provide opportunities.

## 2024/25 Objectives

We will have registered and offered support to at least 1,275 people with a spinal cord injury, including at least 75 children and young people.

We will reach all NHS rehabilitation settings where newly injured people are.

We will have delivered at least 35,000 individual support interventions across all services using a range of channels and methods.

We will grow the number of in person courses from 12-15.

We will expand our What Next? course collaborating with more charity partners and reaching at least 225 people with online sessions and e-learning guides over the course of the year.

We will develop plans for our first City Skills course in Wales ready for launch in 25/26.

We will relaunch our Wheelchair Skills App and develop a range of new travel and transport resources focused on giving people the confidence to get out and about.

We will deliver at least three Skills for Work courses and run a careers fair with corporate partners.

50% of people accessing our vocation support will be in work or volunteering 6-12 months after engagement.

We will launch Coach to Work - more intensive support for people wanting to return to work who are unclear on what they want to do, and Employment Advocacy for those looking for support to return to the same employer post injury.

# Goal

**Thriving at any age:** all people with a spinal cord injury are able to reach their full potential.

## 2025 Year Aims

By 2025 we will provide specialist advice and information to children, young people and their parents in order for them to access care, equipment and social support to help them live well. We will work with the NHS to ensure that all children and young people with spinal cord injury receive the treatment that they deserve through the established Children and Young Person's pathway.

By 2025 we will ensure our support will be targeted at times of greatest need, helping people affected by spinal cord injury overcome barriers they may face in their education, career, family life, hobbies and social life, so that they can live the life they want. We will have increased our resources for people who are ageing with spinal cord injury and have established a course for newly injured people who have sustained a spinal cord injury later in life.

By 2025 we will provide support to every child and young person with a spinal cord injury who wants our help to ensure that they are fully included in their education and that their voice is heard in this process. We will be there for any teacher, school, college or university that needs our support around inclusion and meeting the needs of a child or young person with a spinal cord injury, to ensure they have a positive education experience.

## 2024/25 Objectives

We will deliver at least 1,200 individual support interventions using a range of channels and methods to children and young people with a spinal cord injury – including accredited Information Advice and Guidance support.

90% of those attending Back Up courses will report having achieved their personal aim.

We will have further developed resources for those ageing with a spinal cord injury.

We will continue to develop our outcome measurement to better understand and demonstrate where our services make the greatest impact.

90% of children we work with will feel happier at school.

90% of schools that work with us will report an improved understanding of inclusion.

# Goal

**Staying connected:** everyone affected by spinal cord injury can connect with someone in a similar situation to themselves, to overcome challenges and achieve goals that matter to them.

## 2025 Year Aims

By 2025 we will provide more in-depth one-on-one support to those who are really struggling, increasing our capacity to mentor three times more people with a spinal cord injury and their family members. We will also establish a parent support programme and parent mentoring. This will involve sharing experiences and parents being provided with practical support to help them come to terms with what has happened and adjust positively to life post-injury.

By 2025 we will offer the family of each newly injured person a 'family rehab service'. This begins with the acute phase through information and advice online and in-person at relatives' days, to post-discharge from the hospital, through peer mentoring and dedicated courses.

By 2025 we will be integrated into the NHS's spinal services rehabilitation pathway in order to increase access to the first-hand knowledge that comes from living with a spinal cord injury. We will work in partnership with the spinal centres' psychology, physiotherapy and occupational therapy professionals for in-patient support. We will work in partnership with the outreach and out-patient teams to support those with a spinal cord injury in other hospital settings, and in the community.

## 2024/25 Objectives

We will establish 300 connections, either through medium term mentoring relationships or one-off meaningful conversations between peers.

We will roll out our new Back Up Connect service. Our team of volunteer connectors will support people to find the right support on issues which matter to those affected by spinal cord injury.

We will further develop our approach to family mentoring with new support for parents of those affected by spinal cord injury.

We will attend or deliver 24 family support events.

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

We will deliver at least 225 digital support interventions to families.

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.

# Relationships with other organisations

Back Up is committed to collaboration. We work closely with Aspire, Spinal Research, Wings for Life, Great Britain Wheelchair Rugby, Spinal Injuries Scotland, Horatio's Garden, Spinal Injuries Association and other organisations to provide better support for people affected by spinal cord injury. We do this by sharing ideas and information with a view to delivering complementary services. We recently brought a coalition of charities together with colleagues from the NHS to get a better understanding of spinal cord injury data. By working together, we were able to gain new insights which benefitted the whole sector. Our partnership with Aspire means that anyone who accesses one of our organisation's services – with their permission, automatically gains access to the services of the other.

## Auditor information

Sayer Vincent LLP is appointed as the charitable company's auditor during the year and has expressed its willingness to continue in that capacity. The trustees' annual report has been prepared in accordance with the special provisions applicable to companies subject to the small companies' regime.

The trustees' annual report has been approved by the trustees on 31 July 2024 and signed on their behalf by:

Richard Rawstron  
Treasurer







# Administrative Information

<b>Company number:</b>	3596996
<b>Country of incorporation:</b>	United Kingdom
<b>Charity number:</b>	1072216
<b>Country of registration:</b>	England & Wales, Scotland
<b>OSCR Number:</b>	SC040577

## **Registered office and operational address:**

4 Knightley Walk, London, SW18 1GZ

## **Our People**

### **Trustees**

Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows:

Gordon Craig  
Helen Cooke\*  
Anne Luttmann-Johnson\*  
Christopher Morgan\* (Resigned on 13th November 2023)  
Ben Parker \*\*  
Richard Rawstron (Treasurer)  
Damian Riley\* (Chair, appointed on 1st May 2024)  
Tom Roberts\*\*  
Rebecca Stevenson  
Grace Spence Green\*  
Joanna Wright\* (Interim Chair of Trustees until 1st May 2024)  
Paul Fairhurst\*  
Louise Jolliffe\* (Appointed on 26th July 2023)  
Martine Petetin (Resigned on 3rd May 2023)

In keeping with the charity's ethos of inclusion, Back Up aims to have 50% representation on the board from people who are spinal cord injured.

<b>President</b>	Konrad Bartelski
<b>Chief Executive Officer</b>	Abigail Lock

---

\*spinal cord injured

\*\* immediate family member has/had a spinal cord injury

# Administrative Information

## Senior Management

Kevin Filby\*\*

## Team:

Salvatore La Monica (Company Secretary)  
Sean McCallion\*  
Charlene Vallory

## Patrons:

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

## Volunteers:

We could not operate without the support of our amazing volunteers. Whilst we can't name everyone in total, we estimate that our services, fundraising and office volunteers, alongside our trustees, have contributed 22,273 hours to our work this year. This works out at almost 928 days (22/23: 957 days), or over' worth of time. We are extremely appreciative of the amazing support offered to us and proud of the contributions our volunteers make.

## Company Secretary:

Salvatore La Monica

## Bankers:

NatWest  
153 Putney High St. Putney  
London  
SW15 1RX

## Auditor:

Sayer Vincent LLP  
Chartered Accountants and Statutory Auditor  
110 Golden Lane  
LONDON  
EC1Y 0TG

---

21/22 figures did not include fundraising volunteers. 22/23 764 days vs 21/22 511 days

# Independent auditor's report

We have audited the financial statements of The Back-Up Trust (the 'parent charitable company') and its subsidiary (the 'group') for the year ended 31 March 2024 which comprise the consolidated statement of financial activities, the group and parent charitable company balance sheets, the consolidated statement of cash flows and the notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

## In our opinion, the financial statements:

- Give a true and fair view of the state of the group's and of the parent charitable company's affairs as at 31 March 2024 and of the group's incoming resources and application of resources, including its income and expenditure, for the year then ended.
- Have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice.
- Have been prepared in accordance with the requirements of the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and regulations 6 and 8 of the Charities Accounts (Scotland) Regulation 2006 (as amended).

## Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the group in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

## Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on Back-Up Trust's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

## Other Information

The other information comprises the information included in the trustees' annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements, or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

## Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- The information given in the trustees' annual report for the financial year for which the financial statements are prepared is consistent with the financial statements; and The trustees' annual report has been prepared in accordance with applicable legal requirements.

## Matters on which we are required to report by exception

In the light of the knowledge and understanding of the group and the parent charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the trustees' annual report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 and the Charities Accounts (Scotland) Regulations 2006 (as amended) require us to report to you if, in our opinion:

- Adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- The financial statements are not in agreement with the accounting records and returns; or
- Certain disclosures of trustees' remuneration specified by law are not made; or
- We have not received all the information and explanations we require for our audit; or
- The directors were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the trustees' annual report and from the requirement to prepare a strategic report.

## **Responsibilities of trustees**

As explained more fully in the statement of trustees' responsibilities set out in the trustees' annual report, the trustees (who are also the directors of the parent charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the group's and the parent charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the group or the parent charitable company or to cease operations, or have no realistic alternative but to do so.

## **Auditor's responsibilities for the audit of the financial statements**

We have been appointed as auditor under section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005 and under the Companies Act 2006 and report in accordance with regulations made under those Acts.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud are set out below.

## **Capability of the audit in detecting irregularities**

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, our procedures included the following:

- We enquired of management, which included obtaining and reviewing supporting documentation, concerning the group's policies and procedures relating to:
- Identifying, evaluating, and complying with laws and regulations and whether they were aware of any instances of non-compliance;
- Detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected, or alleged fraud;
- The internal controls established to mitigate risks related to fraud or non-compliance with laws and regulations.
- We inspected the minutes of meetings of those charged with governance.

- We obtained an understanding of the legal and regulatory framework that the group operates in, focusing on those laws and regulations that had a material effect on the financial statements or that had a fundamental effect on the operations of the group from our professional and sector experience.
- We communicated applicable laws and regulations throughout the audit team and remained alert to any indications of non-compliance throughout the audit.
- We reviewed any reports made to regulators.
- We reviewed the financial statement disclosures and tested these to supporting documentation to assess compliance with applicable laws and regulations.
- We performed analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud.
- In addressing the risk of fraud through management override of controls, we tested the appropriateness of journal entries and other adjustments, assessed whether the judgements made in making accounting estimates are indicative of a potential bias and tested significant transactions that are unusual or those outside the normal course of business.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities is available on the Financial Reporting Council's website at: [www.frc.org.uk/auditorsresponsibilities](http://www.frc.org.uk/auditorsresponsibilities). This description forms part of our auditor's report.

## **Use of our report**

This report is made solely to the charitable company's members as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006 and section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Noelia Serrano (Senior statutory auditor)

Date TBC

for and on behalf of Sayer Vincent LLP, Statutory Auditor 110 Golden Lane, London, EC1Y 0TG  
Sayer Vincent LLP is eligible to act as auditor in terms of section 1212 of the Companies Act 2006

## The Back-Up Trust

### Consolidated statement of financial activities (incorporating an income and expenditure account)

#### For the year ended 31 March 2024

	Note	Unrestricted £	Restricted £	Endowment £	2024 Total £	Unrestricted £	Restricted £	Endowment £	2023 Total £
<b>Income from:</b>									
Donations and legacies	2	610,496	-	-	<b>610,496</b>	574,070	3,000	-	577,070
Charitable activities	4	150,000	1,019,121	-	<b>1,169,121</b>	150,000	460,615	-	610,615
Other trading activities									
Activities for raising funds	3	809,847	-	-	<b>809,847</b>	875,418	-	-	875,418
Investments		23,898	-	2,381	<b>26,279</b>	3,906	-	1,939	5,845
<b>Total income</b>		<b>1,594,241</b>	<b>1,019,121</b>	<b>2,381</b>	<b>2,615,743</b>	<b>1,603,394</b>	<b>463,615</b>	<b>1,939</b>	<b>2,068,948</b>
<b>Expenditure on:</b>									
Raising funds		721,984	-	-	<b>721,984</b>	748,498	-	-	748,498
Charitable activities		203,333	1,484,825	2,381	<b>1,690,539</b>	152,485	1,190,887	1,939	1,345,311
<b>Total expenditure</b>	5	<b>925,317</b>	<b>1,484,825</b>	<b>2,381</b>	<b>2,412,523</b>	<b>900,983</b>	<b>1,190,887</b>	<b>1,939</b>	<b>2,093,809</b>
<b>Net income / (expenditure) before net gains / (losses) on investments</b>									
		668,924	(465,704)	-	<b>203,220</b>	702,411	(727,272)	-	(24,861)
Net gains / (losses) on investments		12,608	-	-	<b>12,608</b>	(8,535)	-	-	(8,535)
<b>Net income / (expenditure) for the year</b>	6	<b>681,532</b>	<b>(465,704)</b>	<b>-</b>	<b>215,828</b>	<b>693,876</b>	<b>(727,272)</b>	<b>-</b>	<b>(33,396)</b>
Transfers between funds		(680,087)	680,087	-	-	(783,401)	783,401	-	-
<b>Net movement in funds</b>		<b>1,445</b>	<b>214,383</b>	<b>-</b>	<b>215,828</b>	<b>(89,525)</b>	<b>56,129</b>	<b>-</b>	<b>(33,396)</b>
<b>Reconciliation of funds:</b>									
Total funds brought forward		1,033,606	56,129	100,913	<b>1,190,648</b>	1,123,131	-	100,913	1,224,044
<b>Total funds carried forward</b>		<b>1,035,051</b>	<b>270,512</b>	<b>100,913</b>	<b>1,406,476</b>	<b>1,033,606</b>	<b>56,129</b>	<b>100,913</b>	<b>1,190,648</b>

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 22 to the financial statements.



## The Back-Up Trust

### Consolidated balance sheet

Company no. 3596996

As at 31 March 2024

	Note	Group 2024 £	2023 £	Charity 2024 £	2023 £
<b>Fixed assets:</b>					
Tangible assets	11	20,999	38,415	20,999	38,415
Investments	12	-	137,757	100	137,857
		<b>20,999</b>	176,172	<b>21,099</b>	176,272
<b>Current assets:</b>					
Stock		2,317	-	-	-
Debtors	15	363,058	312,782	402,550	391,413
Short term deposits		152,746	-	152,746	-
Cash at bank and in hand		1,193,211	961,610	1,138,966	861,463
		<b>1,711,332</b>	1,274,392	<b>1,694,262</b>	1,252,876
<b>Liabilities:</b>					
Creditors: amounts falling due within one year	16	(325,855)	(259,916)	(308,885)	(238,500)
		<b>1,385,477</b>	1,014,476	<b>1,385,377</b>	1,014,376
<b>Net current assets</b>		<b>1,385,477</b>	1,014,476	<b>1,385,377</b>	1,014,376
<b>Total net assets</b>		<b>1,406,476</b>	1,190,648	<b>1,406,476</b>	1,190,648
<b>Funds:</b>					
	20a				
Restricted income funds		270,512	56,129	270,512	56,129
Endowment funds		100,913	100,913	100,913	100,913
Unrestricted income funds:					
General funds		1,035,051	1,033,606	1,035,051	1,033,606
Total unrestricted funds		<b>1,035,051</b>	1,033,606	<b>1,035,051</b>	1,033,606
<b>Total funds</b>		<b>1,406,476</b>	1,190,648	<b>1,406,476</b>	1,190,648

Approved by the trustees on \_\_\_\_\_ and signed on their behalf by

Richard Rawstron  
Treasurer

The Back-Up Trust

Consolidated statement of cash flows

For the year ended 31 March 2024

	Note	2024 £	£	2023 £	£
<b>Cash flows from operating activities</b>					
Net income / (expenditure) for the year (as per the statement of financial activities)		215,828		(33,396)	
Depreciation charges		17,735		15,659	
(Gains) / losses on investments		(12,608)		8,535	
Dividends, interest and rent from investments		(26,279)		(5,845)	
(Increase) in stock		(2,317)		-	
(Increase) / Decrease in debtors		(50,276)		139,351	
Increase in creditors		65,938		91,020	
<b>Net cash provided by operating activities</b>			<b>208,021</b>		215,324
<b>Cash flows from investing activities:</b>					
Dividends, interest and rents from investments		26,279		5,845	
Purchase of fixed assets		(318)		(31,221)	
Purchase of investments		(140,138)		(1,937)	
Proceeds from sale of investments		137,757		-	
<b>Net cash (used in) investing activities</b>			<b>23,580</b>		(27,313)
<b>Change in cash and cash equivalents in the year</b>			<b>231,601</b>		188,012
Cash and cash equivalents at the beginning of the year	22		<b>961,610</b>		773,598
<b>Cash and cash equivalents at the end of the year</b>			<b>1,193,211</b>		961,610

## The Back-Up Trust

### Notes to the financial statements

#### For the year ended 31 March 2024

---

#### 1 Accounting policies

##### a) Statutory information

The Back-Up Trust is a charitable company limited by guarantee and is incorporated in United Kingdom.

The registered office address is 4 Knightley Walk, London, SW18 1GZ.

##### b) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) - (Charities SORP FRS 102), The Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

These financial statements consolidate the results of the charity and its wholly-owned subsidiary Back-Up Promotions Limited on a line by line basis. Transactions and balances between the charity and its subsidiary have been eliminated from the consolidated financial statements. Balances between the two entities are disclosed in the notes of the charity's balance sheet. A separate statement of financial activities, or income and expenditure account, or cashflow for the charity itself is not presented because the charity has taken advantage of the exemptions afforded by section 408 of the Companies Act 2006.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

In applying the financial reporting framework, the trustees have made a number of subjective judgements, for example in respect of significant accounting estimates. Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. The nature of the estimation means the actual outcomes could differ from those estimates. Any significant estimates and judgements affecting these financial statements are detailed within the relevant accounting policy below.

##### c) Public benefit entity

The charity meets the definition of a public benefit entity under FRS 102.

##### d) Going concern

In assessing the going concern, the Trustees have considered the uncertainties that the charity could face over the next 12 months and all the severe but reasonably plausible scenarios show that there is reasonable assurance that the Charity will have sufficient funds to continue operating on a going concern basis. The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

##### e) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

For legacies, they are included on the earlier of when the charity is advised by the personal representative of an estate that payment will be made or property transferred and the amount involved can be quantified or when a distribution is made.

Income received in advance of the provision of a specified service is deferred until the criteria for income recognition are met.

##### f) Donations of gifts, services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item or received the service, any conditions associated with the donation have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), volunteer time is not recognised so refer to the trustees' annual report for more information about their contribution.

##### g) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

## The Back-Up Trust

### Notes to the financial statements

#### For the year ended 31 March 2024

---

##### 1 Accounting policies (continued)

###### h) Fund accounting

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

Endowment funds are held on trust and the return on investments can be spent on each restricted fund.

###### i) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Costs of raising funds relate to the costs incurred by the charity in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose
- Expenditure on charitable activities includes the costs of delivering services undertaken to further the purposes of the charity and their associated support costs
- Other expenditure represents those items not falling into any other heading

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

###### j) Allocation of support costs

Resources expended are allocated to the particular activity where the cost relates directly to that activity. However, the cost of overall direction and administration of each activity, comprising the salary and overhead costs of the central function, is apportioned on the following basis which are an estimate, based on staff time, of the amount attributable to each activity.

Support and governance costs are re-allocated to each of the activities on the following basis which is an estimate, based on staff time, of the amount attributable to each activity

• Outreach and engagement	31%
• Mentoring	13%
• Courses	9%
• Children Young People	9%
• Cost of Raising funds	28%
• Raising awareness	10%

Governance costs are the costs associated with the governance arrangements of the charity. These costs are associated with constitutional and statutory requirements and include any costs associated with the strategic management of the charity's activities.

###### k) Operating leases

Rental charges are charged on a straight line basis over the term of the lease.

###### l) Tangible fixed assets

Items of equipment are capitalised where the purchase price exceeds £1,000. Depreciation costs are allocated to activities on the basis of the use of the related assets in those activities. Assets are reviewed for impairment if circumstances indicate their carrying value may exceed their net realisable value and value in use. Major components are treated as a separate asset where they have significantly different patterns of consumption of economic benefits and are depreciated separately over its useful life.

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life. The depreciation rates in use are as follows:

- Office equipment 3 years

###### m) Listed investments

Investments are a form of basic financial instrument and are initially recognised at their transaction value and subsequently measured at their fair value as at the balance sheet date using the closing quoted market price. Any change in fair value will be recognised in the statement of financial activities. Investment gains and losses, whether realised or unrealised, are combined and shown in the heading "Net gains/ (losses) on investments" in the statement of financial activities. The charity does not acquire put options, derivatives or other complex financial instruments. Cash held on deposit with a maturity date of more than three months after year end is treated as an investment.

###### n) Investments in subsidiaries

Investments in subsidiaries are at cost.

## The Back-Up Trust

### Notes to the financial statements

#### For the year ended 31 March 2024

#### 1 Accounting policies (continued)

##### o) Stocks

Stocks are valued at the lower of cost and net realisable value. Net realisable value is based on the selling cost less further costs expected to be incurred to completion and disposal.

##### p) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

##### q) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

##### r) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

##### s) Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

#### 2 Voluntary income

	Unrestricted	Restricted	2024 Total	Unrestricted	Restricted	2023 Total
	£	£	£	£	£	£
Individuals	429,667	-	429,667	379,441	-	379,441
Charitable Trusts	68,063	-	68,063	62,500	3,000	65,500
Corporate Donations	112,766	-	112,766	132,129	-	132,129
	<b>610,496</b>	<b>-</b>	<b>610,496</b>	<b>574,070</b>	<b>3,000</b>	<b>577,070</b>

#### 3 Income from activities for raising funds

	2024 Total	2023 Total
	£	£
General events	292,465	379,999
Major events	384,435	385,113
Other trading activities	132,947	110,306
	<b>809,847</b>	<b>875,418</b>

All income from raising funds is unrestricted for 2024 and 2023.

## The Back-Up Trust

### Notes to the financial statements

#### For the year ended 31 March 2024

#### 4 Income from charitable activities

	2024			2023		
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	£	£	£	£	£	£
Motability Foundation		235,750	<b>235,750</b>	-	-	-
NHS England Back on Track	150,000	-	<b>150,000</b>	150,000	-	150,000
National Lottery Community Fund Wales: People and Places 3	-	42,868	<b>42,868</b>	-	-	-
Henry Smith Charity	-	34,065	<b>34,065</b>	-	<b>20,000</b>	20,000
National Lottery Community Fund - Scotland	-	30,867	<b>30,867</b>	-	33,244	33,244
The City of London Corporation	-	29,801	<b>29,801</b>	-	31,389	31,389
R S Macdonald Charitable Trust	-	17,000	<b>17,000</b>	-	-	-
The Childwick Trust	-	12,000	<b>12,000</b>	-	<b>10,000</b>	10,000
Mitre Trust	-	10,000	<b>10,000</b>	-	-	-
The Big Yellow Foundation	-	10,000	<b>10,000</b>	-	-	-
NHS England Family Rehab Service	-	10,000	<b>10,000</b>	-	<b>100,000</b>	100,000
The Eveson Trust	-	7,500	<b>7,500</b>	-	-	-
The Varrier-Jones Foundation	-	6,000	<b>6,000</b>	-	-	-
Hugh Fraser Foundation	-	5,500	<b>5,500</b>	-	-	-
William Allen Young Charitable Trust	-	5,500	<b>5,500</b>	-	-	-
The Mickel Fund	-	5,000	<b>5,000</b>	-	-	-
The Rectory Foundation	-	5,000	<b>5,000</b>	-	-	-
Porticus Foundation	-	5,000	<b>5,000</b>	-	-	-
The Medicash Foundation	-	4,000	<b>4,000</b>	-	-	-
Persula Foundation	-	3,600	<b>3,600</b>	-	-	-
Other Charitable Trusts	-	33,300	<b>33,300</b>	-	64,981	64,981
<b>Outreach and Engagement</b>	<b>150,000</b>	<b>512,751</b>	<b>662,751</b>	<b>150,000</b>	<b>259,614</b>	<b>409,614</b>
			<b>2024</b>			<b>2023</b>
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	£	£	£	£	£	£
Motability Foundation	-	58,488	<b>58,488</b>	-	-	-
Henry Smith Charity	-	36,184	<b>36,184</b>	-	35,000	35,000
The City of London Corporation	-	15,800	<b>15,800</b>	-	16,450	16,450
The Big Yellow Foundation	-	10,700	<b>10,700</b>	-	-	-
National Lottery Community Fund Wales: People and Places 3	-	6,907	<b>6,907</b>	-	-	-
National Lottery Community Fund - Scotland	-	6,750	<b>6,750</b>	-	7,361	7,361
The Childwick Trust	-	3,000	<b>3,000</b>	-	5,000	5,000
The Eveson Trust	-	2,500	<b>2,500</b>	-	-	-
Persula Foundation	-	2,400	<b>2,400</b>	-	-	-
The Medicash Foundation	-	1,000	<b>1,000</b>	-	-	-
Other Charitable Trusts	-	5,700	<b>5,700</b>	-	22,835	22,835
<b>Mentoring</b>	<b>-</b>	<b>149,429</b>	<b>149,429</b>	<b>-</b>	<b>86,646</b>	<b>86,646</b>
Motability Foundation	-	87,433	<b>87,433</b>	-	-	-
Bruce Wake Charitable Trust	-	15,000	<b>15,000</b>	-	14,000	14,000
National Lottery Community Fund - Scotland	-	12,896	<b>12,896</b>	-	8,356	8,356
POM Charitable Trust	-	10,000	<b>10,000</b>	-	-	-
The Alice Elen Cooper Dean	-	5,000	<b>5,000</b>	-	5,000	5,000
Henry Smith Charity	-	4,750	<b>4,750</b>	-	-	-
The City of London Corporation	-	4,649	<b>4,649</b>	-	4,880	4,880
National Lottery Community Fund Wales: People and Places 3	-	3,274	<b>3,274</b>	-	-	-
Other Charitable Trusts	-	8,520	<b>8,520</b>	-	36,444	36,444
<b>Courses</b>	<b>-</b>	<b>151,522</b>	<b>151,522</b>	<b>-</b>	<b>68,680</b>	<b>68,680</b>
St James Place Charitable Foundation	-	31,559	<b>31,559</b>	-	30,075	30,075
Other Charitable Trusts	-	3,500	<b>3,500</b>	-	15,600	15,600
<b>Children and Young People</b>	<b>-</b>	<b>35,059</b>	<b>35,059</b>	<b>-</b>	<b>45,675</b>	<b>45,675</b>
Motability Foundation	-	170,360	<b>170,360</b>	-	-	-
<b>Raising Awareness</b>	<b>-</b>	<b>170,360</b>	<b>170,360</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total income from charitable activities</b>	<b>150,000</b>	<b>1,019,121</b>	<b>1,169,121</b>	<b>150,000</b>	<b>460,615</b>	<b>610,615</b>

The Back-Up Trust

Notes to the financial statements

For the year ended 31 March 2024

5a Analysis of expenditure (current year)

	Charitable activities								2024 £	2023 £
	Raising funds £	Outreach and Engagement £	Mentoring £	Courses £	Children and Young People £	Raising awareness £	Governance costs £	Support costs £		
Staff costs (Note 7)	358,965	408,271	165,185	112,421	123,460	134,560	32,237	193,247	1,528,346	1,295,962
Other direct costs	219,689	49,936	31,410	176,810	21,643	89,956	-	-	589,444	532,662
Premises	-	-	-	-	-	-	-	103,285	103,285	97,750
Insurance	-	-	-	-	-	-	-	18,672	18,672	16,421
Communications	-	-	-	-	-	-	-	91,565	91,565	78,855
Office expenses	-	-	-	-	-	-	-	22,856	22,856	16,164
Finance costs	-	-	-	-	-	-	-	12,522	12,522	7,082
Audit/Accountancy fees	-	-	-	-	-	-	14,490	-	14,490	17,270
Professional fees	-	-	-	-	-	-	7,804	1,795	9,599	13,901
Trustee expenses	-	-	-	-	-	-	4,009	-	4,009	2,083
Depreciation	-	-	-	-	-	-	-	17,735	17,735	15,659
	578,654	458,207	196,595	289,231	145,103	224,516	58,540	461,677	2,412,523	2,093,809
Support and Governance costs	143,330	163,018	65,956	44,888	49,296	53,728	(58,540)	(461,677)	-	-
<b>Total expenditure 2024</b>	<b>721,984</b>	<b>621,225</b>	<b>262,551</b>	<b>334,119</b>	<b>194,399</b>	<b>278,244</b>	<b>-</b>	<b>-</b>	<b>2,412,523</b>	<b>-</b>
Total expenditure 2023	748,498	490,169	235,350	290,279	175,090	154,424	-	-	-	2,093,809

## 5b Analysis of expenditure (prior year)

	Charitable activities								2024 £
	Raising funds £	Outreach and Engagement £	Mentoring £	Courses £	Children & Young People £	Raising awareness £	Governance costs £	Support costs £	
Staff costs (Note 7)	356,221	323,136	156,059	115,210	118,717	80,314	15,976	130,329	1,295,962
Other direct costs	264,715	51,816	21,682	133,920	15,223	45,306	-	-	532,662
Premises	-	-	-	-	-	-	-	97,750	97,750
Insurance	-	-	-	-	-	-	-	16,421	16,421
Communications	-	-	-	-	-	-	-	78,855	78,855
Office expenses	-	-	-	-	-	-	-	16,164	16,164
Finance costs	-	-	-	-	-	-	-	7,082	7,082
Audit/Accountancy fees	-	-	-	-	-	-	17,270	-	17,270
Professional fees	-	-	-	-	-	-	13,901	-	13,901
Trustee expenses	-	-	-	-	-	-	2,083	-	2,083
Depreciation	-	-	-	-	-	-	-	15,659	15,659
	<u>620,936</u>	<u>374,952</u>	<u>177,741</u>	<u>249,130</u>	<u>133,940</u>	<u>125,620</u>	<u>49,230</u>	<u>362,260</u>	<u>2,093,809</u>
Support and Governance costs	127,562	115,217	57,609	41,149	41,149	28,804	(49,230)	(362,260)	-
<b>Total expenditure 2023</b>	<b><u>748,498</u></b>	<b><u>490,169</u></b>	<b><u>235,350</u></b>	<b><u>290,279</u></b>	<b><u>175,090</u></b>	<b><u>154,424</u></b>	<b><u>-</u></b>	<b><u>-</u></b>	<b><u>2,093,809</u></b>



## The Back-Up Trust

### Notes to the financial statements

#### For the year ended 31 March 2024

#### 6 Net income for the year

This is stated after charging / (crediting):

	2024	2023
	£	£
Depreciation	17,735	15,659
Operating lease rentals:		
Property	80,273	87,421
Auditor's remuneration (excluding VAT):		
Audit	11,120	8,900
Other services	3,370	5,150
	<u>111,903</u>	<u>117,130</u>

#### 7 Analysis of staff costs, trustee remuneration and expenses, and the cost of key management personnel

Staff costs were as follows:

	2024	2023
	£	£
Salaries and wages	1,285,133	1,097,917
Social security costs	117,809	103,156
Operating costs of defined benefit pension schemes	60,514	51,519
Training	12,298	20,863
Recruitment	28,976	15,633
Other staff costs	23,616	6,873
	<u>1,528,346</u>	<u>1,295,962</u>

The following number of employees received employee benefits (excluding employer pension costs and employer's national insurance) during the year between:

	2024	2023
	No.	No.
£70,000 - £79,999	1	2
£80,000 - £89,999	1	-
	<u>2</u>	<u>2</u>

The total employee benefits (including pension contributions and employer's national insurance) of the key management personnel were £342,663 (2023: £299,422).

The charity trustees were neither paid nor received any other benefits from employment with the charity in the year (2023: £nil). No charity trustee received payment for professional or other services supplied to the charity (2023: £nil).

Trustees' expenses represents the payment or reimbursement of travel and subsistence costs totalling £1,266 (2023: £931) incurred by 1 (2023: 3) member relating to attendance at meetings of the trustees. £1,770 of costs was incurred in the recruitment of new trustees (2023: £0). In addition there were a further £972 (2023: £896 ) expensed for trustees' meetings by the charity.

The aggregate figure for trustee donations in the year was £12,884 received from 11 trustees (2023: £19,969 from 13 trustees). All of these were unrestricted.

#### 8 Staff numbers

The average number of employees (head count based on number of staff employed) during the year was 46 (2023: 38).

Staff are split across the activities of the charity as follows:

	2024	2023
	No.	No.
Fundraising	11	10
Services	29	24
Support	5	3
Governance	1	1
	<u>46</u>	<u>38</u>

## The Back-Up Trust

### Notes to the financial statements

#### For the year ended 31 March 2024

#### 9 Related party transactions

During the year the charity charged expenses of £32,842 (2023: £29,044) to Back- Up Promotions Limited, a wholly owned subsidiary of the Company. The Company also received income of £95,183 (2023: £76,407) on behalf of Back- Up Promotions Limited. The amount due from them at the year end was £68,025 (2023: £105,451).

Following an in- depth procurement process, in November 2022 the Charity has subscribed an annual licence for a Fundraising platform of which one of the trustees is a Director. The decision to subscribe to the platform was made on the basis of functionality and cost. The decision to subscribe to the platform was made at an operational level. The annual cost is £1,620 (£1,620 recognised as an expense in FY 23- 24 and £675 held as a prepayment at the year end).

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

#### 10 Taxation

The charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes. The charity's trading subsidiary Back- Up Trust Promotions Limited distributes under Gift Aid available profits to the parent charity.

#### 11 Tangible fixed assets

The group and charity	Office equipment £	Total £
<b>Cost</b>		
At the start of the year	87,405	<b>87,405</b>
Additions in year	318	<b>318</b>
Disposals in year	-	-
At the end of the year	<u>87,723</u>	<u><b>87,723</b></u>
<b>Depreciation</b>		
At the start of the year	48,990	<b>48,990</b>
Charge for the year	17,735	<b>17,735</b>
Eliminated on disposal	-	-
At the end of the year	<u>66,725</u>	<u><b>66,725</b></u>
<b>Net book value</b>		
<b>At the end of the year</b>	<u>20,999</u>	<u><b>20,999</b></u>
At the start of the year	<u>38,415</u>	<u>38,415</u>

All of the above assets are used for charitable purposes.

#### 12 Investments

	The group		The charity	
	2024	2023	2024	2023
	£	£	£	£
Fair value at the start of the year	<b>137,757</b>	144,355	<b>137,757</b>	144,355
Additions	-	1,937	-	1,937
Disposals	<b>(137,757)</b>	-	<b>(137,757)</b>	-
Net (losses)/ gain on change in fair value	-	(8,535)	-	(8,535)
Fair value at the end of the year	<u>-</u>	<u>137,757</u>	<u>-</u>	<u>137,757</u>
Shares in Trading subsidiary (Note 13)	<u>-</u>	<u>-</u>	<u><b>100</b></u>	<u>100</u>
Total value of investments	<u>-</u>	<u>137,757</u>	<u><b>100</b></u>	<u>137,857</u>
Historical Cost	<u>-</u>	<u>124,577</u>	<u>-</u>	<u>124,577</u>

Investments comprised only of UK common investment funds. There have been no transactions within the year, other than the transfer to short term investments. The Trustees intend to dispose of the investments in 2024 to increase liquidity in support of Back- Up's growth plans.

## The Back-Up Trust

### Notes to the financial statements

#### For the year ended 31 March 2024

#### 13 Subsidiary undertaking

The charity owns the whole of the issued ordinary share capital of Back-Up Trust Promotions Limited, a company registered in England. The company number is 02719893. The registered office address is 4 Knightley Walk, London, England, SW18 1GZ.

The subsidiary is used for non-primary purpose trading activities. All activities have been consolidated on a line by line basis in the statement of financial activities. Available profits are distributed under Gift Aid to the parent charity.

The Subsidiary is exempt from the requirements of the Companies Act 2006 relating to the audit of individual accounts by virtue of Section 479a.

Janna Wright, Richard Rawstron and Abigail Lock were appointed as Directors of the subsidiary on 29 April 2021. Janna Wright and Richard Rawstron are also Trustees of the parent charity.

A summary of the results of the subsidiary is shown below:

	<b>2024</b>	2023
	<b>£</b>	£
Turnover	<b>132,947</b>	110,306
Cost of sales	<b>570</b>	(2,578)
<b>Gross profit</b>	<b>133,517</b>	107,728
Management Recharge	<b>(32,842)</b>	(29,044)
Administrative expenses	<b>(3,492)</b>	(2,277)
<b>Profit on ordinary activities before taxation</b>	<b>97,183</b>	76,407
Taxation on profit on ordinary activities	-	-
<b>Profit for the financial year</b>	<b>97,183</b>	76,407
<b>Retained earnings</b>		
Total retained earnings brought forward	-	-
Profit for the financial year	<b>97,183</b>	76,407
Distribution under Gift Aid to parent charity	<b>(97,183)</b>	(76,407)
<b>Total retained earnings carried forward</b>	<b>-</b>	-
The aggregate of the assets, liabilities and reserves was:		
Assets	<b>87,195</b>	127,061
Liabilities	<b>(87,095)</b>	(126,961)
<b>Reserves</b>	<b>100</b>	100

## The Back-Up Trust

### Notes to the financial statements

For the year ended 31 March 2024

#### 14 Parent charity

The parent charity's gross income and the results for the year are disclosed as follows:

	2024 £	2023 £
Gross income	2,625,431	2,064,093
Result for the year	<b>215,828</b>	<b>(24,861)</b>

#### 15 Debtors

	The group		The charity	
	2024 £	2023 £	2024 £	2023 £
Trade debtors	96,221	65,708	65,939	39,034
Amounts due from group undertakings	-	-	70,025	105,451
Prepayments and accrued income	266,837	247,074	266,586	246,928
	<b>363,058</b>	312,782	<b>402,550</b>	391,413

#### 16 Creditors: amounts falling due within one year

	The group		The charity	
	2024 £	2023 £	2024 £	2023 £
Trade creditors	54,434	69,483	54,434	69,370
Taxation and social security	37,908	32,915	33,621	26,212
Other creditors	24,356	31,639	24,456	31,739
Accruals	30,871	18,260	28,471	16,810
Deferred income (note 17)	178,286	107,619	167,903	94,369
	<b>325,855</b>	259,916	<b>308,885</b>	238,500

## The Back-Up Trust

### Notes to the financial statements

#### For the year ended 31 March 2024

#### 17 Deferred income

Deferred income comprises of income received in advance for events taking place within 2024/25.

	The group		The charity	
	2024 £	2023 £	2024 £	2023 £
Balance at the beginning of the year	<b>107,619</b>	64,086	<b>94,369</b>	47,933
Amount released to income in the year	<b>(107,619)</b>	(64,086)	<b>(94,369)</b>	(47,933)
Amount deferred in the year	<b>178,286</b>	107,619	<b>167,903</b>	94,369
Balance at the end of the year	<b>178,286</b>	107,619	<b>167,903</b>	94,369

#### 18 Pension scheme

The company operates a stakeholder pension scheme. Employees can make contributions to the scheme and the company contributes between 2-3% plus an additional matching amount up to a maximum of 5%. The pension cost charge for the year is £60,515 (2023: £51,519). £1,698 (2023: £nil) was owing to the pension scheme at the year end.

#### 19a Analysis of group net assets between funds (current year)

	General unrestricted £	Endowment funds £	Restricted funds £	Total funds £
Tangible fixed assets	20,999	-	-	<b>20,999</b>
Net current assets	1,014,052	100,913	270,512	<b>1,385,477</b>
<b>Net assets at 31 March 2024</b>	<b>1,035,051</b>	<b>100,913</b>	<b>270,512</b>	<b>1,406,476</b>

#### 19b Analysis of group net assets between funds (prior year)

	General unrestricted £	Designated funds £	Endowment funds £	Restricted funds £	Total funds £
Tangible fixed assets	38,415	-	-	-	<b>38,415</b>
Investments	137,757	-	-	-	<b>137,757</b>
Net current assets	857,434	-	100,913	56,129	<b>1,014,476</b>
<b>Net assets at 31 March 2023</b>	<b>1,033,606</b>	<b>-</b>	<b>100,913</b>	<b>56,129</b>	<b>1,190,648</b>

## The Back-Up Trust

### Notes to the financial statements

For the year ended 31 March 2024

#### 20a Movements in funds (current year)

	At 1 April 2023 £	Income & gains £	Expenditure & losses £	Gain on revaluation £	Transfers £	At 31 March 2024 £
<b>Restricted funds:</b>						
<b>Outreach &amp; Support</b>						
Outreach and Engagement (General) Fund	56,129	512,751	(621,225)	-	156,345	<b>104,000</b>
<b>Mentoring Services</b>						
Mentoring Services (General) Fund	-	149,430	(262,551)	-	137,682	<b>24,561</b>
<b>Courses</b>						
Courses (General) Fund	-	151,521	(334,119)	-	219,314	<b>36,716</b>
<b>Children &amp; Young People</b>						
Children and Young People (General) Fund	-	35,059	(194,399)	-	159,340	-
<b>Raising Awareness</b>						
Raising Awareness (General) Fund	-	170,360	(72,530)	-	7,405	<b>105,235</b>
<b>Total restricted funds</b>	<b>56,129</b>	<b>1,019,121</b>	<b>(1,484,825)</b>	<b>-</b>	<b>680,087</b>	<b>270,512</b>
<b>Endowment funds:</b>						
Alasdair Ross Memorial Fund	50,000	1,191	(1,191)	-	-	<b>50,000</b>
William Gardner Victoria Cross Fund	50,913	1,191	(1,191)	-	-	<b>50,913</b>
<b>Total designated funds</b>	<b>100,913</b>	<b>2,381</b>	<b>(2,381)</b>	<b>-</b>	<b>-</b>	<b>100,913</b>
<b>Unrestricted funds:</b>						
General Fund	1,033,606	1,594,241	(925,317)	12,608	(680,087)	<b>1,035,051</b>
<b>Total unrestricted funds</b>	<b>1,134,519</b>	<b>1,596,622</b>	<b>(927,698)</b>	<b>12,608</b>	<b>(680,087)</b>	<b>1,135,964</b>
<b>Total funds</b>	<b>1,190,648</b>	<b>2,615,743</b>	<b>(2,412,523)</b>	<b>12,608</b>	<b>-</b>	<b>1,406,476</b>

The narrative to explain the purpose of each fund is given at the foot of the note below.

## The Back-Up Trust

### Notes to the financial statements

#### For the year ended 31 March 2024

#### 20b Movements in funds (prior year)

	At 1 April 2021 £	Income & gains £	Expenditure & losses £	Loss on revaluation £	Transfers £	At 31 March 2023 £
<b>Restricted funds:</b>						
<b>Outreach &amp; Support</b>						
Outreach (General) Fund	-	262,614	(490,169)	-	283,684	<b>56,129</b>
<b>Mentoring Services</b>						
Mentoring Services (General) Fund	-	86,646	(235,350)	-	148,704	-
<b>Courses</b>						
Courses (General) Fund	-	68,680	(290,279)	-	221,599	-
<b>Children &amp; Young People</b>						
Children and Young People (General Fund)	-	45,675	(175,090)	-	129,415	-
<b>Total restricted funds</b>	-	<b>463,615</b>	<b>(1,190,887)</b>	-	<b>783,401</b>	<b>56,129</b>
<b>Endowment funds:</b>						
Alasdair Ross Memorial Fund	50,000	970	(970)	-	-	<b>50,000</b>
William Gardner Victoria Cross Fund	50,913	970	(970)	-	-	<b>50,913</b>
<b>Total designated funds</b>	<b>100,913</b>	<b>1,939</b>	<b>(1,939)</b>	-	-	<b>100,913</b>
<b>Unrestricted funds:</b>						
General Fund	1,056,131	1,603,394	(833,983)	(8,535)	(783,401)	<b>1,033,606</b>
Designated funds	67,000	-	(67,000)	-	-	-
<b>Total unrestricted funds</b>	<b>1,123,131</b>	<b>1,603,394</b>	<b>(900,983)</b>	<b>(8,535)</b>	<b>(783,401)</b>	<b>1,033,606</b>
<b>Total funds</b>	<b>1,224,044</b>	<b>2,068,948</b>	<b>(2,093,809)</b>	<b>(8,535)</b>	-	<b>1,190,648</b>

#### Purposes of restricted funds

The Outreach Fund provides individual support for spinally injured individuals during their rehabilitation.

The Mentoring Services Fund provides a matched mentoring service for those affected by spinal cord injury.

The Courses Fund provides a variety of courses for people with a spinal cord injury and able bodied volunteer helpers.

The Children and Young People's Fund provide services for participants under eighteen years of age.

The Raising Awareness Fund provides digital and other information to support people affected by spinal cord injury.

## The Back-Up Trust

### Notes to the financial statements

#### For the year ended 31 March 2024

##### Purposes of endowment funds

With The Alasdair Ross Memorial Fund, Alasdair's family and Back Up trustees intend to create a lasting memory (for at least 10 years) of Alasdair Ross, who was Back-Up's treasurer. An expendable endowment fund of £50,000 has been established. The income generated from cash deposits or investments of the fund's assets is to be applied to support an annual winter course in memory of Alasdair Ross. The capital in the expendable endowment may be spent to support general expenditure at Trustees discretion, but only in exceptional circumstances, in consultation with the Ross Family.

The William Gardner Victoria Cross Fund is being funded from the sale of a Victoria Cross awarded to William Gardner in 1958. His family wish to create a bursary to support a tetraplegic participant and their carer on a summer course each year. This participant would be selected by the Services Team and would be the person most in need of support. The capital in the expendable endowment may be spent to support general expenditure at Trustees discretion, but only in exceptional circumstances, in consultation with the Gardner family.

The transfer between unrestricted and restricted income, is to cover the costs of the key projects, that were not fully covered by restricted funding.

##### Purposes of designated funds

The fund has been designated for costs related to the CYP Information, Advice and Guidance project, which was fully utilised in 2023-24.

## 21 Note to the Group Cash Flow Statement – analysis of cash and cash equivalents

	2024	2023
	£	£
Cash in Hand	244,561	961,610
Notice Deposits maturing in less than 3 months	948,650	-
	<b>1,193,211</b>	<b>961,610</b>

## 22 Analysis of changes in net debt

	At 1 April 2023	Cash Flows	Fair Value Movement	At 31 March 2024
Cash	961,610	(717,049)	-	244,561
Cash Equivalents	-	948,650	-	948,650
Investments maturing after 3 months	137,757	2,381	12,608	152,746
	<b>1,099,367</b>	<b>233,982</b>	<b>12,608</b>	<b>1,345,957</b>

## 23 Operating lease commitments payable as a lessee

The group's total future minimum lease payments under non-cancellable operating leases is as follows for each of the following periods:

	Property	
	2024	2023
	£	£
Less than one year	88,845	88,845
One to five years	208,847	296,150
	<b>297,692</b>	<b>384,995</b>

## 24 Indemnity Insurance

Funds belonging to The Back-Up Trust have been used in the purchase of professional indemnity insurance, to protect the charity from loss arising from the neglect or defaults of its Trustees and employees. The amount paid this year is £2,158 (2023: £1,997).

## 25 Legal status of the charity

The charity is a company limited by guarantee and has no share capital. The liability of each member in the event of winding up is limited to £1.







transforming lives after spinal cord injury

---

Back Up  
4 Knightley Walk  
London  
SW18 1GZ

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

 [backuptrust](https://www.facebook.com/backuptrust)

 [@backuptrust](https://twitter.com/backuptrust)

 [@backuptrust](https://www.instagram.com/backuptrust)

 [@backuptrust](https://www.linkedin.com/company/backuptrust)

