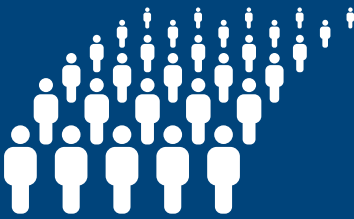


WHAT IS SCI?

There are around **50,000** people living with a spinal cord injury (SCI) in the UK



That's one person every **eight hours**



Approximately **2,500** people sustain or acquire a spinal cord injury each year



SCI can occur from a traumatic injury or increasingly from an illness or disease. Either will result in loss of movement and sensation along with other neurological complications. Half are acquired or sustained from injury whilst the rest are due to infections or tumours of the spine. There is currently no treatment to reverse paralysis.

For many, a spinal cord injury is a life-changing and permanent disability that causes paralysis and loss of sensation below the level of injury. This can mean an inability to walk or loss of control over bladder and bowel function. Those with a higher-level injury may additionally have little or no hand and arm function, or be reliant on a ventilator to breathe. Those who do retain an ability to walk may experience other health and mobility complications.

Learning they may never walk or have control of their bodily functions again is devastating. SCI people, their families and friends will also have to come to terms with the psychological impact of sustaining a life-changing disability affecting every aspect of their lives and those closest to them.

Alongside others with disabilities, SCI people also face inequality and adversity. Inaccessible buildings and transport, employment discrimination, poor care packages and an assumption of mental incapacity are just some of the challenges they must face.

However, we believe that with the right support SCI people can lead fulfilled lives.

*WHAT WE'VE DONE IN THE LAST YEAR

We supported 13,300 SCI people and their families. Our other achievements include:



2,359 sessions with our SCI nurse specialists

312 healthcare professionals trained by SCI nurse specialists



155 emergency care plans created for SCI people

100 talks given to charity and healthcare partners by our SCI nurse specialists



46 virtual cafes run to help SCI people feel connected to community



Our support line became a 111-style service providing essential information and advice, connecting the SCI community to our specialist staff and services, and signposting them to external help. The support line received its highest number of calls ever, handling over 2,000 enquiries over the year. Most of these related to guidance at various stages of the pandemic.

Here's how your donation can help

£25



Helps cover the cost of an SCI nurse specialist consultation. Our nurses continue helping SCI people to prepare emergency care plans and support them and their healthcare professionals with bowel and bladder management. This small but vital intervention can save lives.

£50



Pays towards regional support for a SCI person. Families tell us they would've struggled to cope without the practical advice and heartfelt empathy given by our regional coordinators.

£75



Helps ensure NHS funding packages are in place so everyone with a spinal cord injury gets the care needed to lead a fulfilled life, safely and with dignity.

*2021/21

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