



YOUR LOCAL SUPPORT NETWORK 2024

South Wales & West of England

1974 - 2024
sia50
for life after spinal cord injury



WHAT IS SPINAL CORD INJURY?

Spinal cord injury is life-changing, causing paralysis and loss of sensation below the level of damage to the spinal cord.

You might not be able to walk, or you might lose control of your bladder and bowel function. Some people might still be able to walk but experience other complications because of their injury.

If you have a higher-level injury, you may also have limited or no hand and arm function or rely on a ventilator to breathe.

A spinal cord injury can be hugely traumatic – for the person directly affected and their family.

But you're not alone...



Around 105,000 people are living with spinal cord injury in the UK



Every two hours, someone sustains a spinal cord injury

SIGN UP TODAY

SCAN TO JOIN



Sign up today – join as a member for free and get a lifetime of support – whenever you need it.

www.spinal.co.uk/joinus

“Thank you, SIA, for being so supportive, professional and empowering.”

SIA member

spinal.co.uk



HOW CAN SIA HELP?

As the expert guiding voice for life after spinal cord injury, we're here to help you and your loved ones lead a fulfilled life.



With and for our members

1 Providing critical health and care support for people with spinal cord injury

2 Coordinating a network of support services nationwide

3 Building vital specialist expertise across the health and care sector

4 Campaigning for change

Spinal Injuries Association
SIA House, 2 Trueman Place, Milton Keynes, MK6 2HH
Tel: 01908 604 191
Freephone support line: 0800 980 0501
sia@spinal.co.uk

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Registered Charity No. 1054097
Charitable Company No. 3175203

CONNECTING AND EMPOWERING YOU FOR A FULFILLED LIFE WITH SPINAL CORD INJURY

Your support line

For a friendly, knowledgeable referral service signposting you to the team best placed to resolve issues around care, access, employment, driving, campaigning and more.

0800 980 0501

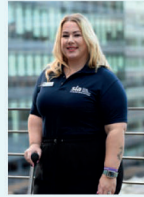
weekdays 10am to 4pm

Your local support network coordinator

Gaynor Thompson - support network coordinator
South Wales & West of England
T. 07964 457980
E. g.thompson@spinal.co.uk

For practical advice and a listening ear from someone who's been there – scan the QR code to book a chat with me.

SCAN TO BOOK



Your clinical specialist team

SCISpecialistClinicians@spinal.co.uk

For help and advice on bowel, bladder, skin care, emergency care plans and more.



Your specialist counselling team

For emotional and psychological support for you or your family, delivered by expert counsellors with lived experience of spinal cord injury. Ask your support coordinator for more info or call our support line.

Your team of experts

For anyone involved in your care to learn more about spinal cord injury. You can get involved in spinal cord injury research too. Visit spinal.co.uk/frank-williams-academy



Your knowledge hub

For in-depth info on body, mind and life-related matters for anyone affected by spinal cord injury.

Visit spinal.co.uk/knowledge-hub

Your FORWARD magazine

Subscribe to SIA's FORWARD magazine for in-depth articles on health, employment, relationships, travel and more.

SUBSCRIBE



Your one-stop shop

For a lifetime of support, join SIA today (it's free!) and we'll help you build **your** network of support to lead a fulfilled life with spinal cord injury – whatever that means for you and the people you care about. **Opt into emails when you sign up to receive SIA's The Voice** each month.

SCAN TO JOIN



Your local SIA community groups

For chats and catch ups in accessible venues near you, you'll find full details of our community groups on your local page at spinal.co.uk. Find your local support network under the 'get support' tab, or scan the QR code for all upcoming community group get togethers. For national social networks, follow SIA's social channels and join exclusive online communities like the SCI Owners Club Facebook group.

OUR GROUPS



OUR PARTNERS



Your local (and national) partners

For organisations – selected for being among the best in their sector AND for their understanding of spinal cord injury – who can offer solutions to the challenges you may face, scan the QR code to meet your local partners.

We know your challenges could include:

- YOUR HEALTHCARE NEEDS
- ACCESSIBLE HOUSING OR ADAPTING YOUR HOME
- FINANCIAL PLANNING OR BUDGETING
- LEGAL WORRIES – MAKING A CLAIM OR SIMPLY GETTING THINGS IN ORDER
- YOUR REHABILITATION

Here are some of the trusted organisations we're confident can help you find **your** solution:



plus a mix of local and national care providers



Supporting people with spinal injury



HUGH | JAMES



Welsh Spinal Cord Injury Rehabilitation Centre

plus a mix of local and national rehab options



Visit spinal.co.uk/directory to see our full national network of more than 70 organisations who can help you lead a fulfilled life with spinal cord injury.

Your notes (jot down ideas, contacts, things to follow up)
