

# The Back Up Trust: Laura's story



Name: \_\_\_\_\_ Date: \_\_\_\_\_

Watch **Laura's Story** and then answer the questions

<http://www.youtube.com/watch?v=R1lvgMbp-dY>

Answers to the following questions can be found in the film. Watch, read and listen to find the information.

1. Write down three facts about spinal cord injury from the film.

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2. What happened to Laura in the supermarket?

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3. How old was Laura when she was injured?

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What activities do the Back Up Trust offer teenagers with spinal cord injuries (SCI)?

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4. How did the course Laura attended affect her attitude to life and her injury?

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5. Briefly outline Laura's progression from the time of her injury to now.

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# The Back Up Trust

Adapted from information at <http://www.backuptrust.org.uk/Home>



Name: \_\_\_\_\_ Date: \_\_\_\_\_

Approximately 3 people every day have an accident or injury that results in permanent paralysis through damage to the spinal cord. Despite good medical progress there is still no cure. Paralysis is permanent.

Over 40,000 people in the UK have a spinal cord injury (SCI), the majority of whom are wheelchair users. Back-Up is a small, dynamic and professional charity that runs a range of services for people with SCI as well as their friends, family and volunteers to encourage independence, self-confidence and motivation following a life changing injury.

*'What Back-Up offers is beyond your wildest imagination when you are lying in a hospital having been told you will never walk again'* **Andy (31) cause of injury – climbing**

*'I feel that Back-Up is a vital organisation because it enables people to rediscover themselves and feel useful again.'* **Clinical Psychologist, Spinal Injuries Centre**

## Youth Zone

### Summer Multi activity courses

We have week & weekend courses to choose from. The courses have been designed by Back-Up and The Calvert Trust to introduce you to lots of different activities in an enjoyable, safe, fun and supportive environment.

Nobody will make you do anything that you really don't want to do, but we hope that with the support of the group you will feel able to try everything. The course is led by a Back-Up Trust leader, with expert spinal staff from spinal units contributing too. All activities are led by the qualified and experienced instructors.

The programme can be subject to change because of the weather, but the course is likely to include some of the follow:

- Canoeing & kayaking
- Climbing & abseiling
- Hiking
- Wheelchair skills
- Horse riding
- Archery
- Swimming

### The aims of the course are:

1. To have fun!
2. To offer the opportunity to regain motivation, inspiration and independence
3. To encourage people to discover their abilities
4. To encourage personal discovery and rediscovery
5. To promote an open minded approach
6. To offer a challenge to people who thought their days of an active outdoors lifestyle were over
7. To overcome fears leading to personal development.
8. To develop skills which are transferable back to everyday life

# The Back Up Trust:

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Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Now answer these questions on the above text in your own words:**

Pick out five facts from the text.

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Have you experienced any of the activities offered in the course? Would you like to?

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What benefits does a multi-activity course offer?

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Why do you think independence is important for wheelchair users?

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What struggles do you think a teenager faced with life in a wheelchair might have to deal with?

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Do you think the Back-Up Trust is a worthwhile charity to support? Why?

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