



# Support at every stage



**ANNUAL REPORT 2015**

# CLIENTS STORIES

## SUSAN - CORK

**I was in a road traffic accident which resulted in my Spinal Cord Injury during my final year in school and now use a wheelchair.**

To say this was a disruption to my life and my studies is an understatement. After returning home from my time in the National Rehabilitation Hospital both myself and my family found my difficulties in resuming a social life and returning to education quite frustrating. It was hard and I felt very alone.

I haven't had the greatest experience of services in the past but the Community Outreach Officer from SII took things slowly with me and gradually I have been able to trust her. Over time I confided in her about my feelings of depression, isolation and loss of opportunity and she explained how we could set some small goals to help with my confidence.

When the Community Outreach Officer visited me in my home, she also talked to my family. Together, we agreed that the PA service wasn't working for me or my family as I didn't feel able to direct the PA as to what I wanted to be done. We resolved this together by discussing different options with the provider of the PA service and now we all find it much easier and helpful for a PA to be in my life and our family home. After some time, I began working with the SII Community Outreach Officer on some bigger goals like going out with friends, counselling and going back to education. A big achievement for me was attending my school graduation ball and finding the confidence to go on more social outings with my friends. After a few disappointments

due to unavailability and inaccessibility on some courses we managed to identify a course locally and submitted an application. With the Community Outreach Officers support we started to meet outside of the house and over time managed to travel to the college destination independently by train. The next time I did this, I arranged to meet my friends afterwards and now meet up with them regularly. My other great achievement was that I got a place on the course. I'm really enjoying the structure of the classes and getting out more. This has also helped me to structure my PA service and I am much better placed to make good use of this now.

**My next goal is learning how to drive!**

## DAVID - GALWAY

**I have a spinal cord injury due to a condition called Cauda Equina which happened to me in 2014.**

I am able to walk slowly, with a stick and have all the same hidden issues as others with spinal cord injury including loss of control of my bowel and bladder. It has been very challenging to learn how to manage these myself.

I first met the Community Outreach Officer from SII a few weeks after I returned home from the NRH. I was feeling very lost and alone and it was a great relief to talk to someone who not only listened but also gave me some very practical advice. Over a few visits, we set some goals together, some small and some large. The Outreach Officer explained how I could register with a Jobs Coach to get some specific career advice. As a result of this I signed up for a course

with the Adult Guidance Centre on work place skills. It's a great course and is really helping me return to my old confident self and feel more able to apply for jobs.

When I met the Outreach Officer we also discussed my social life. I love sport and she gave me information on how to sign up to the local IWA. I now attend the IWA as often as I can to participate in their sporting programme. The other goal I have achieved is to coach teenagers in soccer. Even though I can't play myself anymore, I love to be able to share what I know and see how the teenagers progress.

SII has Regional Meetings in my local area every few months and I have attended a few of these. Apart from getting some really useful information from the talks on 'rights and entitlements' and 'chronic pain' I have also met other people in a similar situation to me. It's been great to build these friendships and have a place where we can provide support for one another. Being given the right information by SII at the right time has been a great help to me. I feel very optimistic about the future.



## CHAIRMAN'S STATEMENT

**I wish to acknowledge the great work and improvements in services as implemented by the management and staff as part of the 2014-2018 Strategic Plan. The organisation strives to provide a pathway of lifetime support for people and families who are impacted by spinal cord injury from onset of injury to inclusion in society and we are pleased to report that we have significantly extended the reach of our services over the past 12 months. Our ambition to continue to extend the reach of our services creates a significant funding challenge for our organisation and meeting this challenge continues to be a key focus of the Board's work. We would like to thank all those who have supported SII over the past 12 months and hope that you can continue to do so into the future, without this support our organisation simply cannot provide the level of services we aspire to.**

The organisation incurred an operating deficit in 2015 and obviously this is a concern for the Board. Also during 2015, the Board was notified that the SII Resource Centre located on the NRH Campus will have to be relocated during late 2016 as the new hospital building project will be commencing. Although the Board and Management very much welcome the new hospital development, rental or purchase of a new Resource Centre will further impact on the organisation's finances however we are currently putting the structures in place to provide financial sustainability by 2018.

Adherence to the governance code is a focus of the Board and as we are on the pathway, we undertook Director training during 2015 to assist Directors in their onerous roles. I would like to take the opportunity to thank my fellow Directors for their commitment and support in re-structuring the organisation.

**James McCarthy**  
**Chairman**





## CHIEF EXECUTIVE'S REVIEW

**During 2015, the staff and volunteers worked tirelessly to make significant improvements in the support we provide to this hidden group in society. Staff have been retrained and new systems are being implemented to improve services.**

Most significantly the organisation was rebranded and a new website was developed. In particular I would like to thank one of our members, Keith Nally, who invested time and talent in producing the new identity and supported us in the development of the new website.

As funding is a major issue for the organisation, a new fundraising strategy was developed during 2015 and our first national day was launched on 02 October with 'Colour Me Friday' to co-incide with the launch of our new website. Following that a direct mail campaign was launched for Christmas. Both these fundraising initiatives were sponsored by Sooner than Later who provide all fundraising print material on a pro bono basis. Without this support, we would be unable to run these essential fundraising initiatives.

I would also like to take this opportunity to acknowledge the support of Brian Cooney, CFI Property and Paul Carroll, CPL Recruitment who provided pro bono professional services to SII during 2015.

Research that Spinal Injuries Ireland launched in 2014, illustrated the shocking statistics that 76% of people with a SCI are unemployed. We were delighted to receive Pobal funding during 2015 to launch a new pilot programme 'Discovering the Power in Me' which is a life skills programme developed by the Pacific Institute in the US specifically for people who have sustained a traumatic injury and which has had very positive outcomes in the US, Canada and Australia. Funding was also provided for SII to partner with the School of Psychology, NUIG to evaluate the programme which will be delivered to 80 young people with either a SCI or brain injury. During 2015 we also launched our peer support programme 'Someone like Me' for inpatients at the NRH and we received funding by IPB/Cork County Council for a one year peer support programme in Cork.

The expansion of services like this fulfil our strategic objectives and increase support in assisting people to resume life following an injury.

Going forward we will be striving to create greater awareness of spinal cord injury and to increase our advocacy role to support people during their journey.

**Fiona Bolger**  
**CEO**



# ABOUT SPINAL INJURIES IRELAND



## Vision

By 2018, all people with a Spinal Cord Injury (SCI) in Ireland will have access to the necessary supports and services to live a fulfilled life and an equal opportunity to participate in the social, economic and cultural life of the community.

## Mission

SII's mission is to engage with people with a SCI and their family members, to address the barriers that prevent full participation in society and to empower members to work towards achieving personal, social and vocational goals.

## Our Values

Our values govern what we do and how we interact with all stakeholders.

## Innovative & Dynamic

We will be flexible and positive about change to achieve our Vision and Mission.

## Fair & Respectful

We treat all our staff, members and stakeholders in a fair manner and free of bias. We will promote a positive working environment, with clear boundaries and decision-making processes.

## Clarity in messaging

We ensure that all our internal and external audiences are clear about what they need to do and when.

## Accountability & Transparency

We are accountable for the decisions we make and the work we undertake and support one another in our decisions. We will make the best use of the resources available to achieve our goals by providing a unique service to our members. We are compliant with the Governance code for charitable organisations and promote good practice.

## KEY OUTCOMES FOR 2015

1800

PEOPLE  
availed of services

356  
PEOPLE

used the Information service

338  
PEOPLE

Participated  
in sports  
and  
social outings

534  
GOALS

Set with individuals

1218

Home visits  
by the  
Community Connect  
Team

358

PEOPLE  
Attended regional Meet Ups

71  
PEOPLE

Availed of  
Peer Support

82

hours of counselling

84

FAMILY MEMBERS  
Attended regional Meet Ups



## REVIEW OF SERVICES

### SOMEONE LIKE ME (AT THE NRH)

The peer support programme began on 9th February 2015. Participation during 2015 was as follows:

Number of patients attending peer support sessions in the NRH in 2015	54
Number of trained volunteer peer mentors volunteer peer support sessions in the NRH	15
Number of clients linked for formal and informal peer support in the community	17
Time spent by trained peer volunteers visiting / talking on the phone to patients / clients outside of NRH sessions	22 hours

#### Evaluation

A six month evaluation of the programme took place in Oct 2015 through questionnaires to participants and volunteers and meetings with relevant stakeholders.

- 100% of participants who attended a peer support session at the NRH found it helpful and / or useful.
- 56% of participants felt more supported in their injury as a result of the peer support sessions and 44% felt somewhat more supported.
- 66% of participants felt less isolated as a result of the peer support sessions and 33% felt somewhat less isolated.
- 78% of participants said that they received information that they didn't already know and 66% were somewhat less worried about going home.



“ Attending the peer group helped me by sharing my ordeal with others, and giving advice on how to cope with their injuries, but also listening to their ups and downs. You can relate to some of them and understand more about your own situation.”





## SOMEONE LIKE ME (CORK)

This programme was launched in the Cork area in November 2015 and is being implemented as follows:

- One to one matching and support of peer mentor and mentee
- Facilitation of small coffee mornings for SII clients within local area

This programme is supported by funding from IPB/Cork County Council and National Lottery Funds. It would not be possible without the time and support provided by our peer volunteers.

In total 24 peer volunteers and the Services Team were trained in 2015 by Peer Mentoring Resources and facilitation skills training was provided by IBEC.



In addition SII partnered with the following events

**5th September 2015**

**- Spinal Games**

In partnership with IWA Sport, Dun Laoghaire/Rathdown Sports Partnership and the NRH.

52 participants and over 40 volunteers across 17 different sports.



**27th October 2015**

**- Activities Day**

In partnership with I-Canoe, Irish National Sailing School and Dun Laoghaire Marina.

18 participants from around the country participated in kayaking, powerboat, sea fishing and airsoft.

## ACTIVE ME (AT THE NRH)

Active Me provides sport and social outings to patients at the NRH.

Activity	Number of Participants in 2015
Sporting Activity (including 88 on the RIB)	243
Social Activity	95



**21st November 2015**

**- Indoor weekend activities session at NRH**

12 patients and clients attended multi activity session in the NRH sports hall, facilitated by SII

We currently have no funding for this programme. A grant was received from BBA Aviation to provide the correct watersports clothing and equipment for people with a SCI.





**COMMUNITY  
CONNECT**

**SII employs 6 Community Outreach Officers nationwide.**

**In 2015 the goal setting with clients using the principle of active support was implemented as a standardised approach nationwide. The following was achieved:**

Number of individual clients visited 2015:	<b>657</b>
Number of outreach visits in 2015:	<b>1218</b>
Number of short term goals achieved in 2015:	<b>534</b>
Number of medium term goals achieved in 2015:	<b>125</b>
Number of long term goals achieved in 2015:	<b>58</b>
Total number of goals achieved in 2015:	<b>26</b>

**EXAMPLES OF PERSON CENTERED GOALS ACHIEVED**

**Short Term:**

- Organised a multi-disciplinary meeting in hospital where client resides.
- Secured a work experience opportunity
- Attended bingo one night a month
- Tried and joined wheelchair rugby
- Engaged with employability service
- Secured household benefits package and fuel allowance
- Organised an appointment with the pain clinic

**Medium Term:**

- Explored ways to increase social circle
- Met with MABS to get financial debt under control
- Returned to education
- Returned to driving
- Sourced a course in adult literacy
- Went to Debs with her friends
- Secured extra PA hours to enable him to attend a course
- Returned to work

**Long Term:**

- Moved out of residential unit to live independently
- Accessed housing outside of the family home
- Returned to education
- Found team sport that he enjoyed
- Returned to work
- Applied for the social housing list
- Explored ways to improve bladder issues





## RESOURCES AND INFORMATION SERVICES

Number of queries responded to through drop-in or phone call to the office:	<b>235</b>
Number of queries followed up by office on behalf of Community Team:	<b>121</b>
Total number of queries researched and responded to from Dublin Office:	<b>356</b>



## SIGNPOSTING TO OTHER AGENCIES INCLUDED:

FAS, Citizens Information Centre, HSE Community therapists (Physiotherapists, Occupational Therapists, Public Health Nurses), Addiction Centre, Adult Guidance Centre, Irish Wheelchair Association, Primary Care Counselling, Community Counselling, GROW Support Group, NRH, National Learning Network, Enterprise Ireland, General Practitioner, Functional Zone Gym, Age Friendly Club, Volunteer Centre, National Adult Literacy Agency, Men's Shed, Employability, SIPTU.

**Community Outreach Officers attended at least 16 meetings to services / multi-disciplinary meetings with SII clients (figures only available from June 2015).**

**Community Connect Team received training from Fidelma Feely-Kiernan, an independent social welfare consultant on rights and entitlements.**

# COMMUNITY CONNECT REGIONAL MEET UPS

Total Number of Clients attending regional meet ups in 2015:

**358**

Total number of family / friends attending regional meet ups in 2015:

**84**

Location	Date	Topic	Clients	Family / Friends
Portlaoise	6th March	Positive Mental Health - John Lonergan	11	1
Cork	8th March	Women's Day (collaboration)	7	5
Kerry	24th February	Rights & Entitlements (Citizens Information Centre)	10	3
Limerick	4th March	Rights & Entitlements (Citizens Information Centre)	4	1
Waterford	11th March	Bowel Care - Siobhan O'Driscoll	7	1
Wexford	19th March	Bladder Care - B Braun	3	1
Dundalk	9th March	Rights and Entitlements - Citizens Information Service	6	3
Dublin	18th March	Positive Mental Health - John Lonergan	11	4
Mayo	1st April	Bowel Care - Siobhan O'Driscoll	8	4
Clare	24th March	Bowel Care - Siobhan O'Driscoll	4	2
Galway	3rd March	Bowel Care - Siobhan O'Driscoll	8	4
Portlaoise	22nd May	Sports - local sports partnership	6	1
Donegal	5th June	Overview of local sports services - IWA	10	1
Cork	9th June	Positive Mental Health - John Lonergan	13	4
Kerry	5th May	Bowel Care - Siobhan O'Driscoll	7	1
Limerick	9th June	Positive Mental Health - John Lonergan	12	2
Waterford	6th May	Rights and Entitlements - Citizens Information Service	13	0
Dundalk	13th May	A guide to healthy eating - nutritionist	9	1
Dublin	11th May	A guide to healthy eating	18	4
Mayo	17th May	Managing Chronic Pain - Chronic Pain Ireland	3	1
Galway	12th May	Managing Chronic Pain - Chronic Pain Ireland	10	4
Portlaoise	11th Sept	Rights and Entitlements - Citizens Information Centre	7	1
Donegal	17th Sept	Employment Rights - INTREO	7	2
Cork	8th Sept	Exercise & Physical Activity - Functional Zone, Leisureworld; Sports Inclusion Disability Officer and IWA	14	4
Kerry	24th August	Exercise & Physical Activity - CARA Centre	8	2
Limerick	9th Sept	Exercise & Physical Activity - Deirdre Griffin	12	3
Waterford	15th Sept	Accessible Sports - Sports Partnership & IWA	4	1
Wexford	23rd Sept	Rights & Entitlements - Citizens Information Service and IWA	8	2
Dundalk	23rd Sept	Sport and Exercise - IWA	19	3
Dublin	9th Sept	Sports and Exercise	20	0
Mayo	8th Oct	GROW - local representative	2	2
Clare	1st Sept	Managing Chronic Pain - Chronic Pain Ireland	5	2
Galway	12th May	GROW - John Lonergan	9	3
Portlaoise	27th Nov	Bladder Care - B Braun	4	1
Donegal	2nd Dec	Christmas get together and boccea	6	2
Leitrim	4th Dec	Informal meet up	1	0
Cork	7th Dec	Christmas get together	4	1
Kerry	23rd Nov	Positive Mental Health - Jigsaw Programme	9	2
Limerick	3rd Dec	Christmas get together	7	2
Waterford	2nd Dec	Looking after your mental health during the winter months - SHINE	9	1
Wexford	25th Nov	Informal Meet Up	4	0
Dublin	2nd Dec	Christmas meeting / activities - Jen Ridley	12	2
Galway	1st Dec	Christmas get together and boccea	7	3

Funding of €300,000 is provided by the HSE for provision of the Community Connect service. The organisation operated at a deficit of €223,000 which was funded through the organisation's reserves. This underfunding of service provision must be addressed to ensure the sustainability of the services SII provides.



# GRANTS

**SII provides a number of grant opportunities for services users. These grants can be applied for through the Community Connect Team.**

## SII Short Course Fund

The purpose of this fund is to provide an opportunity to take a first tangible step towards a long term goal and can reduce social isolation, increase workforce readiness and employment opportunities, develop personal and social skills, build self-confidence and improve physical and mental health. The maximum received by one client is €500.

Due to budget constraints, the funding for short courses was suspended from June to Dec 2015.

Two clients benefited from the short course fund in 2015:

1. 12 riding lessons to improve balance and engage socially
2. Driving lessons to increase independence and reduce high insurance premium

## Hospital Saturday Fund (HSF)

Partnership developed with HSF. HSF is a registered charity who provide grant assistance to people with a disability towards specialised equipment or practical forms of treatment. Individuals cannot directly apply and this partnership has created a new grant opportunity for SII clients. The fund covers:

- Specialised Mobility Equipment (wheelchairs, mobility scooters, car adaptations)
- Special Appliances and Aids (Hearing aids, nebulisers, specialised vision aids)
- Specialised Computer Equipment
- Therapeutic Equipment / Treatment (Orthopaedic beds, mattresses or pillows, riser/recliners chairs, lift hoist/aids, physiotherapy, hydrotherapy, acupuncture, speech therapy, osteopathy, chiropractic treatment, reflexology, massage therapy and aromatherapy)
- Home adaptations (walk in showers, accessibility adaptations to bathrooms, access ramps, non-slip flooring, stair lifts)

## Turn to Us - Elizabeth Finn Fund

Turn2Us is a charity that helps people living in financial hardship in the UK and Ireland. The organisation provides grants to individuals through their Elizabeth Finn fund. The grants are usually a one off award and can be available for help towards:

- Household items
- Disability equipment, aids and adaptations
- House repairs for homeowners



- A flexible grant to spend as needed (up to €1,300 for a single person and €2,000 for a couple, family or parent with a child)
- Costs of moving to a more affordable home
- Help with transport, work or care costs
- Costs of education or training where it will help individuals return to employment (excluding first or second full time degrees)

The grant must be applied for through a partner organisation. This partnership has therefore provided another opportunity for SII clients who are experiencing financial hardship.

## Jubilee Sailing Trust

The JST is a registered charity whose mission is to promote the integration of all physical abilities through the challenge and adventure of tall ships aboard the Nelson and Tenacious. They offer both able bodied and disabled people holidays on board the tall ships. Every aspect of ship board life is accessible and available to all from setting sails, going aloft and helping the ship.

In 2015 SII secured a partnership with the Irish Cruising Club and the Jubilee Sailing Trust-Irish to offer one person and a buddy the opportunity of a bursary fund to sail on one of the fully accessible tall ships. Further opportunities will be available in 2016 through this partnership.



## COUNSELLING

SII provides counselling through contracting Maria McBride who is an accredited psychotherapist and previously a spinal nurse in the NRH. Maria has an in depth understanding of issues related to spinal cord injury and is available to clients by telephone or in person in the Dublin area

Community Outreach Officers link clients to primary care counselling services or subsidised community supports. However, clients are referred to Maria while on waiting lists for these services, if they are in a crisis situation or if they need the specific support of someone who understands spinal cord injury.

Due to budget restraints, referrals to Maria were suspended from June to October 2015.

Number of clients who attended SII funded counselling support **16**

Number of hours of counselling provided by SII counselling supports **82**  
(average 5 sessions per person)

Number of clients supported into HSE / community / subsidised counselling supports **14**

**“ Ha you would never believe it within only 2 hours of me emailing you yesterday firstly Griffith College contacted me to tell me when I start which will be on the 3rd February, so that was brilliant news in itself. Then I got a phone call from Irish Life Counselling with a start date the 19th of January and to top all that I have been waiting to hear back from the dentist as I need a lot of work done on my teeth and being on the medical card there was no chance in getting what I need done but because of my medical history the dentist sent a form off for me, so he rang me just after getting off the phone with the counsellor and told me that I got a grant to cover all the work I need done. LOL. I guess all that praying and trying my hardest to stay positive is slowly but surely starting to pay off. For some reason which I can only put down to faith and positive thinking, things always seem to come in groups of three like always. Sure when I get through this year I hope to be able to write down my journey through life in the hope that it may just inspire one other human being. So it's all go from the last weeks in January till the day that I can hopefully work from home and get off welfare... Anyhow I thought you might have liked my good news, will try my best to check in with you throughout the coming year as much as possible. Again thanks from the bottom of my heart for planting one of the first seeds with the counselling as I know I will be a better person from it. Slan and kind regards. ”**

SII currently has no funding for the counselling service.

### Walkers

In 2014, a walkers' event took place in the NRH. This was a very well attended event and a group of participants wished to continue the momentum with a 'walkers group' which was facilitated by SII.

The group wished to survey all SII clients who are walkers to establish the need for the group and common issues. This survey was coordinated by Anthony Rushe, an SII client who carried out his college placement in SII.

The results of the survey were mixed in relation to feeling supported as a walker with a spinal cord injury. The group agreed that there was no basis for continuing to meet and subsequently disbanded.

### Pain

In January 2015 SII partnered with UCD School of Public Health in order to better understand the supports that could be provided for SII clients in relation to neuropathic pain. Following this, a UCD Masters by Research student undertook a piece of research on SCI and neuropathic pain. SII facilitated the research by facilitating the contacting of SII clients to participate. Results showed that:

- A total of 43% of surveys were returned
- Pain is a dominant issue. 70% of respondents reported pain in the last week and almost 40% reported experiencing neuropathic pain.
- More than half said that pain began within six months after SCI and few said it had improved since then.
- Pain is described as relentless for most, more than half those with pain said they feel their pain all of the time.
- Those with pain reported that it is having an enormous impact on their daily life including sleep and family activities.
- The quality of life reported by those with no pain was significantly better than those with pain of any kind.
- Rates of employment were 10% lower in those with neuropathic pain versus those with no pain.

The study concluded that the key areas of focus for the future are:

- Improved referral systems to pain clinics.
- Increased availability of pain management programmes.
- Further education on pain after SCI and best practice management.
- Further research to analyse treatments which have the most effect of relieving pain and improving health related quality of life post SCI.

Following the study, UCD ran a pilot pain clinic in partnership with the NRH. SII is currently in conversation with the student in UCD regarding the development of an online module to assist with techniques to reduce neuropathic pain.

### Wheelchair Provision

SII is working with Dr Rosie Gowran, UL on research in to wheelchair provision.

## ADVOCACY

SII increased its advocacy role during 2015 by supporting individuals seeking services such as care packages, rehabilitation and services in the community.

The CEO presented at the ESCIF conference in Amsterdam.

Increased partnership with Spinal Injuries Association UK. Dan Burden, Head of Public Affairs visited SII in March 2015. Following this SII became part of the SCI Network in the UK.

# FINANCIAL STATEMENTS

## Income and Expenditure Account Year ended 31st December 2015

	<b>2015</b>	<b>2014</b>
	€	€
Income	605,367	625,185
Interest receivable and similar income	18,664	34,150
<b>Gross income for the reporting period</b>	<u>624,031</u>	<u>659,335</u>
Expenditure	807,637	1,109,798
Depreciation and charges for impairment of fixed assets	39,406	44,062
<b>Total expenditure in the reporting period</b>	<u>847,043</u>	<u>1,153,860</u>
<b>Net income/(expenditure) before tax for the reporting period</b>	(223,012)	(494,525)
Tax payable	-	-
<b>Net income/(expenditure) for the reporting period</b>	<u>(223,012)</u>	<u>(494,525)</u>

All income and expenditure arise from continuing operations.  
There were no other recognised gains or losses during the period under review.

## Balance Sheet as at 31st December 2015

	<b>2015</b>	<b>2014</b>
	€	€
<b>Fixed Assets:</b>		
Tangible Assets	<u>84,071</u>	<u>120,300</u>
<b>Current Assets:</b>		
Debtors and prepayments	11,074	30,804
Investments	-	1,153,744
Cash at bank and in hand	1,439,272	453,649
	<u>1,450,346</u>	<u>1,638,197</u>
<b>Liabilities</b>		
Creditors: Amounts falling due within one year	(31,933)	(33,001)
<b>Net current assets:</b>	<u>1,418,413</u>	<u>1,605,196</u>
<b>Total assets less current liabilities</b>	1,502,484	1,725,496
Creditors: Amounts falling due after more than one year	-	-
<b>Total net assets</b>	<u>1,502,484</u>	<u>1,725,496</u>
<b>The funds of the charity:</b>		
Restricted income funds	40,138	8,434
Unrestricted funds	1,462,346	1,717,062
<b>Total charity funds</b>	<u>1,502,484</u>	<u>1,725,496</u>



# LEGAL AND ADMINISTRATIVE DETAILS

Spinal Injuries Ireland is a company limited by guarantee, incorporated in Ireland on 24th November 1994 under number 225205 in accordance with the Companies Act 2014. The charity does not have a capital share and consequently the liability of members is limited, subject to and undertaking by each member to contribute to the net assets or liabilities of the charity on winding up such amounts as may be required not exceeding €1.27.

It is registered as a charity under the Taxes Consolidation Act, 1997, under reference CHY 11535.

The registered office and principal place of business are NRH Campus, Rochestown Avenue, Dun Laoghaire, Co Dublin.

The charities Chief Executive Officer is Fiona Bolger.

Other relevant organisations or persons providing banking services or professional advice to the charity and the board of trustees are as follows:

## Auditors

Connelly Auditing Services Limited  
Chartered Certified Accountants & Statutory Auditors  
Greenville  
School Road  
Rathcoffey  
Co Kildare

## Solicitors

McMahon Goldrick Solicitors  
45 Dawson Street  
Dublin 2

## Bankers

Bank of Ireland plc  
Phibsborough  
Dublin 7

KBC Bank plc  
Sandwidth Street  
Dublin 2

# MARK - MEATH

**I had a fall in 2010 which resulted in my spinal cord injury. I can walk but with great difficulty and cannot manage stairs.**

I also have to manage my bowel and bladder on a regular basis. I experience a lot of spasm which is very painful and difficult and also have a lot of nerve pain. When I first returned home after my rehab I was just about able to manage the stairs to my bedroom and bathroom. Over a period of a couple of years however, this all changed, my condition deteriorated and I was no longer able to get upstairs.

The Community Outreach Officer in this area has been a great support to me in all sorts of ways. When I first met her, I discussed my goal of returning to part time work with her and she referred me to a Jobs Coach and supported me to explore all my options. She also wrote supporting

letters and worked closely with me to follow up with the Housing Office about getting my own accommodation that was accessible. Over 2 years, she helped me to keep track of everyone I needed to contact about my housing and wrote many letters in support of my application. We also approached my local TD's together. By the end of 2014 I was no longer able to climb the stairs, I was sleeping downstairs on the couch and had to visit my parents' house to be able to wash. Over all of this time the Community Outreach Officer didn't give up, encouraging me to fight my case and supporting me the whole way. I don't know what I would have done without her, she was the only person on my side.

Finally, at the end of the year I was given the keys to my new house. It has changed my life and I am so grateful for the support of SII. The housing has a support office and I can join in with local activities and get meals if I want to. I feel so much happier and included in the community. I have even joined a local sports club. The Outreach Officer also told me I was entitled to fuel allowance and the household benefits package so we completed the applications for these which will be a big help financially. I'm ready to work towards my goal of returning to work now.



**Support at every stage**



**ANNUAL REPORT 2015**