





John O'Farrell from Croom, Limerick, was 47 when a serious Road Traffic Accident turned life as he knew it upside down. The accident resulted in John sustaining a C3 incomplete spinal cord injury. Following his injury John retained the ability to walk with a cane, after which he moved to crutches for a while, but over the following 10 years the deterioration of his movement and the immense related pain saw John transition to becoming a full-time wheelchair user.

Married with two young sons, John was in his 24th year of working as a psychiatric nurse at the time of his accident. He was beginning to plan early retirement so that he and his wife Mary could spend more time focused on the things they loved; family, gardening and travel. John and Mary had only recently bought 10 acres of land which they hoped to farm for organic produce. They were even mapping out all the places they had planned to travel across the globe.

'The hardest thing about my injury was the loss of our plans; having to let go of the life we had been planning and working towards'

Chronic Pain has been a momentous issue affecting every aspect of John's life since sustaining his injury.

'The pain was first and foremost, even above the disability. Being in a wheelchair wasn't the end of the world for me - it's all the other things that come with it. It's the pain and the challenges that you can't see'

John tried physiotherapy, spent time in the NRH for rehabilitation as his walking became more difficult and he also studied mindfulness but nothing seemed to combat the pain. The number of painkillers he needed to get through each day was having a negative effect on his abilities and could have long term effects on his health. Reading and even socialising were hugely trying due to the medications.

'Chronic Pain became my life'

John started working with the Spinal Injuries Ireland Community Outreach team in 2015. Willing to try anything to help, he attended workshops and discussed the challenges he was facing with his Community Outreach Officer, Philippa. Together they secured a 'Hospital Saturday Fund grant for a stand-up frame to help with pain and reduce further deterioration. John also engaged in SII programmes such as the SII Gym Programme run in the University of Limerick. The Gym course involved two sessions per week for 8 weeks with one-to-one support offered by trained UL students guiding each participant through exercises and movements appropriate to their abilities and goals. Having originally signed up with nothing more than the hope to meet like minded people and get out of the house, John began to learn and see the positives in specialised exercise.

'For me the SII Gym Programme was nothing short of life-changing. I still have chronic pain but now I know how to deal with it'

Through resilience and determination, John is now back to setting goals, making plans to travel and enjoying some light gardening. He and his family have been through a lot in this time but he believes that **'sometimes you are forced to learn the hard way that life is for living.'** John now reaches out to others when he can, people who may have been through similar situations to him. He encourages them to seek out the right help for the stage they are at in their rehabilitation.

'There is help along the way if you look for it.'

SII are determined to help people who have a spinal cord injury from the point of injury for as long as we are needed. SII believe in the strength and value of each and every individual and aim to foster hope and nurture resilience through the toughest days to the joyful ones. To contact our Community Outreach team, call 01 6532180 or email info@spinalinjuries.ie



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CHAIRMAN'S ADDRESS

I wish to acknowledge the work of the staff and volunteers of Spinal Injuries Ireland under the direction of the CEO Fiona Bolger.

2018 was a very positive year for the organisation. We moved in to our state of the art Resource Centre on Pottery Road in Dun Laoghaire, expanded our services and also hosted the first national conference for people with a spinal cord injury by people with a spinal cord injury including many international speakers.

It was a huge achievement to attain voluntary governance code compliance in September 2018.

All this would not have been possible if it was not for the support of Minister Finian McGrath and the HSE funding our Resource Centre. I would also like to thank our other state funder Pobal for their contribution to our operating costs.

Finally, as always, funding is a challenge. Although we operated with a very small surplus in 2018, sustainable funding is always a challenge and it is a major undertaking to fundraise 70% of our operating costs annually. We could not do this without the support of our loyal donors who support us in so many ways throughout the year. Without your support we would simply not be able to operate. Thank You.

John Twomey

Chairman



CHIEF EXECUTIVE'S REVIEW

Spinal Injuries Ireland made some momentous leaps in 2018 thanks to the community we have built nationwide to support over 2000 people and their families who are living with a spinal cord injury in Ireland.

Our new Resource Centre has given us a new platform to improve our services and I would like to thank my fantastic colleagues for striving on a daily basis to make people's lives better.

In April, along with the support of our volunteers, we hosted the first national conference in the RDS for people with a spinal cord injury. Attended by over 250 people, this was a huge success which was achieved with the financial and professional support of our sponsors, Coloplast. This partnership allows us to deliver events and programmes of a very high standard on an annual basis and we are very grateful for their continued support.

The cost of compliance to the Governance Code for a small charity like Spinal Injuries Ireland is very demanding in terms of time, administrative cost and resources. However, in 2018 the Board took this challenge on and with the support of my colleague Mary Dunne and our volunteers Ken Greene and Aoibheann Treacy we achieved compliance in September.

I would like to thank each of our funders, HSE, Pobal, our corporate partnerships with Coloplast and Windsor, and all the financial support that we receive from our service users, their families and our very loyal donors who support us year in and year out. In particular, I would like to thank the Iris O'Brien Foundation for their very generous donation in December. This enabled SII to appoint our first Family Officer and open a new clinic in the National Spinal Unit in the Mater Hospital.

Finally I would like to thank our colleagues in the NRH, and health care professionals around the country, who we work with on a daily basis to improve lives for people post injury.

We will continue to work with the community to improve services as part our new strategic period 2019 -2023

Fiona Bolger
CEO

SII SERVICES REVIEW 2018

THE YEAR IN NUMBERS....

PEER SUPPORT

45
SESSIONS

ACTIVITIES

74

TRIPS WITH SERVICE
USERS AND FAMILY

WATER SPORTS
INCLUSIONS GAMES
GALWAY

110
PEOPLE OVER 2 DAYS

405

SERVICE USERS
GOALS ACHIEVED

2004
SERVICE
USERS

57

GRANTS APPLIED FOR

ALL SERVICE
USER
INTERACTIONS

9452

Overview of 2018

'I would not have got through the last number of years without the support of my Community Outreach Officer. I encourage people to link in with SII and access their services'

2018 proved to be a busy year for Spinal Injuries Ireland with the inaugural "This is my Life" conference, recruitment of new staff and the undertaking of a full review of all services as part of our strategic development for 2019- 2023. Since SII first started to support those living with a SCI we have developed and adapted our services to meet the ever-changing needs of those living with a SCI. As a result of our first-hand experience working with people with SCI over a 25-year period, we are in a unique position to fully empathise with, and understand, the broad range of challenges that people with a SCI and their families face.

Collaboration and Partnership were key themes of 2018 which focused upon enhancing the support delivered to our service users. Services are designed to increase access to support and treatment services, improve ability to manage physically and practically while increasing emotional resilience. We empower all service users to set goals using the principles of active support. A case management system is used to support service users in achieving short, medium and long-term goals.



HIGHLIGHTS OF 2018

My Life Conference

The inaugural SII Conference took place in May in the RDS Dublin with over 250 attendees who travelled from all over the country to join us. The international guest speakers imparted the latest information on every aspect of living with a SCI. The event was organised by SII to create an open forum in which real and practical issues facing those living life post-injury could be shared and discussed. Long-time supporters and sponsors of SII, Coloplast, supported and funded the event making its scale and success possible. See full details on pages 10 and 11

Strategy Development

In order to meet the ever-changing needs of those living with a SCI and their families we engaged Dr Pádraig MacNeela, Senior Lecturer at the School of Psychology in NUI Galway to design a nationwide survey to inform our strategy 2019-2023. The survey was carried out to describe the profile, impact, and consequences of spinal injury for SII service users. The 2018 survey gives an update on the findings from the survey conducted in 2014 by Dr Katrina Collins.



The main sections in the survey were on living situation, personal independence, access and transport, finances and employment; perceptions, suggestions, and satisfaction with SII services; social support, resilience, distress, and challenges. The survey was supported by interviews with family members in order to better appreciate the needs and suggestions of supporters of people with SCI.

As demonstrated by the results of the research from Dr Éimear Smith (2018), the demographics of the SCI population is changing and SII's work needs to reflect these changes. Key stakeholders were invited to take part in the review by attending face to face interviews, focus groups and phone interviews to gather a fair representation of all who engage with SII. All findings will inform the SII strategy for 2019 – 2023

New Service: Family Outreach.

In late 2018, we enhanced our support to family members of those with a SCI through the recruitment of a new Community Outreach Officer for our Early Days Programme. The purpose of this vital new role is to provide comprehensive support to people with a spinal cord injury, with a special emphasis on providing practical and ongoing support to family members. We know that there are significant informational and support needs for family members from the moment a SCI occurs, during the hospital stay, the rehabilitation phase and after discharge home. From our experience of supporting service users, family life is disrupted, and new and unfamiliar responsibilities combined with emotional distress is the new reality. This new addition to our team will enable family members to access our supports from the onset of the SCI regardless of geographical location.

We will be collaborating with the National Spinal Team in the Mater Hospital to pilot a family outreach programme where we want to support new SCI patients and their families from the moment of injury. We will complement the services delivered by the spinal teams nationwide by providing non-medical support and information. The service will include access to peer and emotional support as well as practical support through each step in the recovery phase.

Vocational Support

The Discovering the Power in Me Programme (DPM) was delivered by SII to assist in the progression of vocational goals for work or education, by providing guidance and support in the transition back into mainstream settings. This course was delivered via webinar and face to face groups. The DPM course has been very successful in empowering the service users completion of their goals. DPM guides the individual to make positive changes in life to help shape the future they want. With DPM we explored techniques and tools which are simple yet effective in assisting the individual in achieving those goals. The DPM programme was supported by a grant from The Horizon Fund.

Peer Support

Our Peer Coordinator engages with new patients in the NRH on a regular basis by providing face-to-face support while in the hospital and connecting them with their SII Outreach Officer. In 2018 we welcomed Brian Lawlor to our team who coordinates the peer to peer programme. His first-hand experience of living with a spinal cord injury gives him unique insight into the effect a SCI can have. Brian liaises with the peer mentors and peer volunteers who provide support around the country for people with all levels of SCI.



The peer support group was expanded in 2018 with the addition of a women's peer support group for those who are walking with aid. This vibrant group held regular meetings sharing their invaluable learnings and experiences of living with a SCI. Regular, facilitated meetings were held nationally which were convened by SII staff who collaborated with local experts to address topics of relevance to each group.

Activities

While rehabilitating from their injury in the National Rehabilitation Hospital (NRH) service users are offered the opportunity to participate in activities coordinated by SII. This gives them their first taste of living life with their SCI. One of the first steps in recovery and gaining independence is their first trip out of the hospital. The unforgettable SII boat experiences in Dublin Bay or weekly trips to the cinema were delivered throughout the year. With the fine summer weather, the RIB was in high demand creating opportunities for informal peer support among the service users and their families. Our volunteers are key to the work of SII. These highly-trained volunteers go above and beyond to deliver our activities for those most in need of an excursion with their families. Other activities such as Air Soft shooting, the Water sports Inclusion Games, Farmer's Day and Women's Day were delivered in partnership with the NRH and allied organisations nationwide.

Access to Financial Assistance

Achieving vocational goals are imperative for most service users yet many of these goals have an associated cost which can inhibit them being achieved. SII applied to many charitable organisations for funds to support service users in moving towards their goals. Regular success is achieved whether for further education, mobility appliances or exercise programmes; these grants are invaluable in enabling service users to realise their goals.

Our service users depend on us to support them and show them the possibilities open to them after their SCI. As the number of people with a SCI increases in Ireland, the demand for our essential service increases. Our strategic plan for supporting service users and their families at every stage of their journey starts with the firm belief that each individual deserves the opportunity to live a fulfilled life with a SCI. Throughout 2018 we have seen people achieve their goals and exceed their own expectations. SII will strive to make sure that our service users can and will continue to thrive in the years to come.

2018 FUNDRAISING UPDATE

Thanks to the wonderful support we received from our donors throughout the year, 2018 was another big year for Spinal Injuries Ireland. Our supporters get involved with Spinal injuries Ireland in so many ways, from attending a Ball, hosting BBQ's and lunches, to even cycling from Paris to Nice! This amazing support from the public allows us to deliver care of the highest quality whilst also being able to make a commitment to each and every one of our service users nationwide that we will be there for them for as long as they need us.

Our biggest fundraising event last year for us last year was the Christmas Lunch, organised for us by The Iris O'Brien Foundation. This lunch raised in excess of €136,000, one of the single biggest donations Spinal Injuries Ireland has ever had the good fortune to receive. A huge thanks from all of us here, from the staff, volunteers, and service users across the country to all who were involved and helped make this happen.

This Christmas Lunch may have been the icing on the cake for 2018, but it's thanks to each and every one of our donors, no matter what amount they contribute, that we are able to do what we do. A special thanks goes out to all our Committed Givers who support us on a monthly basis, your donations allow us to plan ahead with confidence through 2019 and beyond.

Our Q Ball, Cork Jazz Ball, and Spring Lunch were yet again tremendous successes. A huge thanks to everyone who came along to these. Between ticket sales, auctions and generous donations made by people at the events, a staggering €169,000 was raised for people living with spinal cord injuries. Thank you to everyone involved for your incredible generosity.

The annual End of Summer BBQ was yet again run on our behalf by Ger Dargan and her ever-so-enthusiastic committee. This was held in Old Belvedere Rugby Club and raised an incredible €25,000 for Spinal Injuries Ireland. An amazing achievement.

Our annual pre-loved designer handbag auction, BagIt, took place in Davy on Dawson St in Dublin in October. The event saw a range of beautiful handbags auctioned off in aid of Spinal Injuries Ireland including stunning Chanel, Burberry and Louis Vuitton pieces. Brian Dempsey from DNG compèred the event which was graciously hosted by Marah Curtin of Davy, and supported by Designer Exchange, Cobblers Wardrobe, the dedicated Bag It organising committee lead by Fiona D'arcy, and the generous donors who helped raise to almost €10,000 for SII services.

A big thanks also goes out to a special friend of and great Ambassador for Spinal Injuries Ireland, Ristéard Cooper. Ristéard ran a lunch for us before the Heineken Cup Rugby Final between Leinster and Racing 92 (with special guest commentary from Brent Pope, Paul Wallace & Denis Hickie!) and it was a huge success. Not only did Ristéard manage to raise almost €12,000 on the day, but the atmosphere and craic had by one and all was second to none. Ristéard was one of our team of three who took on the 700km Paris2Nice challenge for SII, alongside Jacqui Carroll and Fiona Bolger. In total they raised over €33,000. An incredible feat and an incredible total.



We would also like to thank our Corporate Sponsors, Coloplast, Windsor Motors, David Lloyd Riverview, Davy and Avolon. Your generous support makes such a positive impact on the lives of our service users. You allow us to reach more people with spinal cord injuries and to provide them with a wider range of care and support from the moment they are in the hospital, right the way through to getting back to work. You help us support families at what is undoubtedly one of the toughest moments they will ever experience as a family unit. We hope you are as proud of what you have helped our service users achieve as we are grateful for it.

Our annual SII Raffle is a key fundraiser each year and its success is a true reflection of the dedication of each of our supporters who sell tickets across the country to raise vital funds. The spirited work of each person who took part this year saw us raise over €27,000! Thank you to all involved. A special thank you also goes to long-time SII sponsors Windsor Motors who generously supported the raffle again for 2018.

A big thanks also to everyone who helped out within their local communities. We had a huge range of activities take place in aid of Spinal Injuries Ireland in 2018. From packing bags and shaking buckets to table quizzes and head shaves, the support from the public was inspirational and we truly appreciate it. It is thanks to each and every one of our donors that we are able to roll out programmes and services to those who need it most. Donations like these allow us provide Community Outreach Services across the country, so that no matter where someone has a spinal cord injury, we are there for them. Donations like these allow us provide peer support, both on-site in the NRH as well as in local communities, to provide a listening ear, valuable advice and practical support. Donations like these allow us collaborate with people with SCI's to draw up vocational plans, to explore both short and long term education options, and to help cut through the barriers that stand in the way of our service users making their own contribution to society.

From everyone here at Spinal Injuries Ireland, a huge thanks to each and every donor who supported us in 2018. We couldn't do what we do without you. Thank you.

OUR INAUGURAL SII MY LIFE WELLBEING CONFERENCE WAS A GREAT SUCCESS

The first ever patient-centred conference for people living with spinal cord injuries in Ireland took place on Saturday 21st April at the RDS, Dublin. The event, called the My Life Wellbeing Conference, was organised by Spinal Injuries Ireland in collaboration with Coloplast.

This was a real highpoint of the year for SII as an organisation with a great turn out of our members, service users, families, volunteers and supporters. There were over 250 people in attendance on the day who came along to meet other members of the community and listen in to talks from our expert speakers.

On the day, we had a schedule of lectures including talks from a line up of international speakers (who each have spinal cord injuries themselves), information stands from accessible companies, a panel discussion, and music from the Rathfarnham Ukulele Band.

Our passionate speakers covered a broad array of topics and each of our attendees went home with a range of information along with plenty of new ways to improve their health while living with a SCI.

The first speaker to take to the stage at the My Life Wellbeing Conference was Niek Van Den Adel from Holland who was paralysed from the chest down in 2010 following a motorcycle crash when he was just 28 years old. Niek spoke about living with chronic pain, how he overcomes it and his plans for the future.

Our second speaker was fitness expert Rob O'Byrne from Dublin who took to the stage with physiotherapist Lorenza Caffola. Rob sustained a C5 spinal cord injury in July 2005 after a diving accident on holiday with his family. After completing a degree in business management, he later returned to education to become a qualified gym instructor and personal trainer. Whilst encouraging audience participation, Rob gave a demonstration of exercises people with SCIs can do in their own homes.



The next speaker to take to the stage was travel enthusiast Suzanne Edwards from the UK. Suzanne was paralysed from the waist down in 2011 when a balcony she was standing upon while on holiday collapsed. Suzanne now works at Accomable, the accessible travel section at Airbnb. She also competes in international tournaments playing wheelchair tennis and is on the Great Britain Development Squad. Suzanne gave a great talk all about going back to work after she sustained her SCI and how she has achieved success as an international athlete.

The fourth speaker on the day was Kevan Baker from the UK. Kevan was paralysed at the age of 19 when he was involved in a serious road crash. Kevan is a successful Paralympian and was honoured with an OBE by HRH Queen Elizabeth II in 2012 for his voluntary service to disability sport. Kevan spoke about bowel & bladder care and gave great tips and advice on how to tackle ongoing health problems.

The last speaker of the day was Annemarie de Vries-Postma from Holland. Annemarie is a well-known model/author/chef from Holland and she was paralysed from the waist down when she was just 11 years old following an untreated tick bite. She was the world's first professional model with a visible disability and she is now a best-selling author with a focus on staying healthy using the power of food. Annemarie spoke passionately about how she stays healthy while living a sedentary lifestyle.

At the conference, we also featured a range of information stands from companies including: Care to Comfort, Lyncare, DM Mobility, GaryB Wheelchair Accessories, ISB Mobility, What's Your Excuse Fitness, Accuscience/Exo Bionic Suit, Coloplast and MMS Medical.

SII, with the support of Coloplast, will be working on awareness campaigns specifically around spinal cord injury for 2019 and aims to bring another patient-centred conference to Ireland in 2020.

For further information on the speakers involved in the event you can contact us on info@spinalinjuries.ie

A SPOTLIGHT ON THE 2018 WATERSPORTS INCLUSION GAMES



Spinal Injuries Ireland were delighted to be part of this wonderful weekend of inclusion held in August 2018. The event is a chance for people of all backgrounds and abilities to get involved in water sports for both leisure and competition. SII's RIB made the journey down to Galway for the weekend to take individuals, families and friends out on the water for an exhilarating experience journeying along the docks.

The event was organised by Irish Sailing in association with Canoeing Ireland, Rowing Ireland, Galway Local Sports Partnership, Galway Bay Sailability with RIB experience by Spinal Injuries Ireland and SUPing by Wet Mongrel Adventures and Waterabilities, and also included the Sailability Disabled Sailing Championships.

Approximately 160 enthusiastic participants and 160 dedicated volunteers attended over the two days; a phenomenal turnout of people coming together to celebrate inclusion. The atmosphere was full of positivity exemplified by 220 or so attendees partying the night away together on Saturday at the Galway Bay Hotel!

SII will be once again honoured to take part in the 2019 Water Sports Inclusion Games to be hosted in Kinsale, August 2019 and we hope to take many more people out to experience a journey on the SII RIB come the time!

COMMUNICATIONS

Throughout 2018, our communications programme continued to raise awareness of Spinal Injuries Ireland's mission and work on local and national levels by highlighting the stories of our service-users, families, our volunteers and supporters, and through actively supporting our fundraising endeavours. We worked to build upon our media profile and were featured regularly in print and digital media surrounding SII events, issues of advocacy and supporting SII members who wished to share their own personal experiences with a wider audience to raise awareness of the challenges that a spinal cord injury can bring.



Our broadcast highlights throughout the year included coverage surrounding our SII My Life Wellbeing Conference hosted in the RDS in May (see pages 10-11) where Key speakers were featured on platforms such as Ireland AM and the Six O'Clock Show, alongside newspaper and digital coverage in prominent national outlets. Our Paris2Nice team and the launch of our inaugural Tall Ships Challenge were also well publicised in the build-up to these key fundraising events reaching audiences through channels such as the Irish Times, Woman's Way, Dublin South FM, Afloat.ie and the Irish Independent. We were also grateful for the prominence given to us on important platforms through interviews by individuals such as Jenna Fitzgerald on RTE Radio 1 with Ryan Tubridy at the end of the year.

SII also began to expand upon the organisations social media presence to share word of our SII activities, peer-mentoring, and vocational and advisory programmes available to our members as well as highlighting the importance of those SII members, service-providers, researchers, volunteers, fundraisers and donors who make our work possible. This is an area that has seen fantastic engagement amongst our members, individual fundraisers and attendees to many of our successful fundraising events.

We are grateful to each and every SII member who shared their story throughout 2018 and in doing so powerfully helped to spread the word of the challenges facing the SCI community in Ireland. Through this ambassadorial approach we have worked upon educating the greater public around hidden challenges and gaps in services in order to boost greater support for those in need now and those who may be in need of heightened supports in the future. Through raising the profile of Spinal Injuries Ireland, advocating for change at policy level and educating stakeholders on key issues that need to be addressed at regional and national levels we hope to strengthen the supports and to help improve the pathway of care for those in need going forward.



Income and Expenditure Account Year ended 31st December 2018

	2018	2017
Income	1,001,690	808,662
Interest receivable and similar income	1,340	1,518
Gross Income for reporting period	1,003,030	810,180
Expenditure	988,933	897,510
Depreciation and charges for impairment of fixed assets	10,363	57,781
Total expenditure in the reporting period	999,296	955,291
Net Income/ (Expenditure) before tax for the reporting period	3,734	(145,111)

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 2018

	2018	2017
Fixed Assets		
Tangible Assets	32,458	39,109
Current Assets		
Debtors and prepayments	29,344	36,372
Cash at bank and in hand	1,146,082	1,126,814
Total	1,175,426	1,163,186
Liabilities		
Creditors: Amounts falling due within one year	(38,354)	(36,499)
Net current assets	1,137,072	1,126,687
Total assets	1,169,530	1,165,796
The funds of the charity:		
Restricted Income Funds	8,774	22,479
Unrestricted Income Funds	1,160,756	1,143,317
Total Charity Funds	1,169,530	1,165,796

Directors/Trustees and Other Information

Directors/Trustees

John Twomey
James McCarthy
Keith Mangan
Donal O'Flynn
Herman Wilmink
Eimear Smith
Brian Dempsey
Emma Cahill

Company Secretary

Louise Moore

Chief Executive Officer

Fiona Bolger

Registered Office

G3, The Pottery, Bakers Point,
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A96 Y932

Company Registration Number
Charity Regulatory Authority Number
Charity Number

225205
20031855
CHY 11535

Principal Bankers

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KBC Bank Ireland Plc
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Dublin 2
D02 X489

Solicitors

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Auditors

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A96 C8N3

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AVOLON

David Lloyd
CLUBS



CHY: 11535

Registered Charity Number: 20031855

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