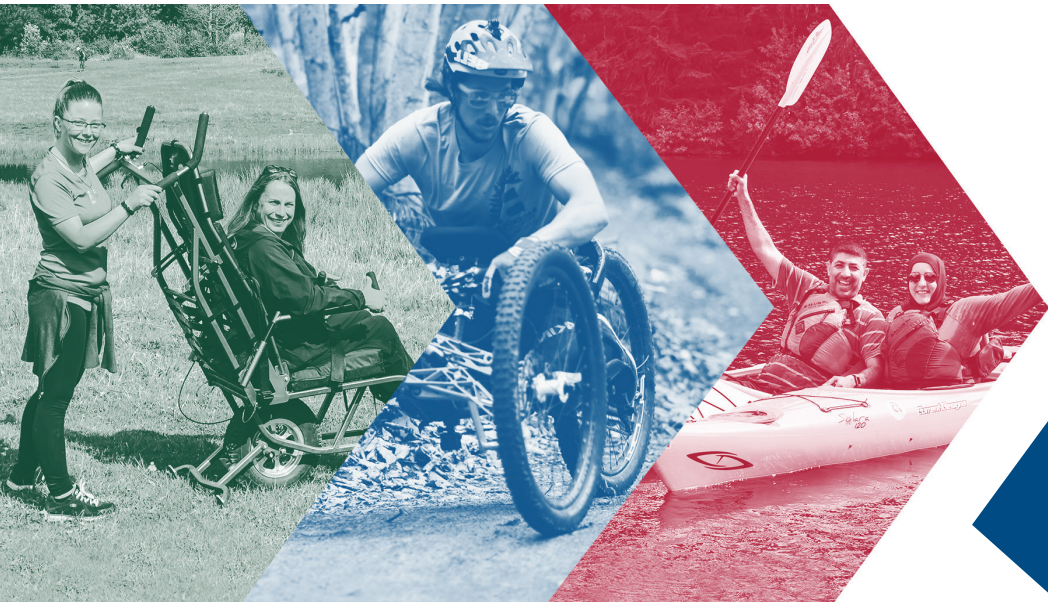


Support in Action



**Spinal Cord Injury BC
2019 ANNUAL REPORT**

We know that a spinal cord injury can happen to anyone at any time. And that no one should go through it alone.

THAT'S WHY SINCE 1957 Spinal Cord Injury BC (SCI BC) has been reaching out to British Columbians with spinal cord injuries, and their families and friends, to help them adjust, adapt, and thrive. Whether someone is dealing with a new injury or struggling with the ongoing challenges of living and aging with a physical disability, we're there to ease the transition back to everyday life and open up a new world of possibilities.

SCI BC's support equals action. Throughout BC, we're working with our members, staff, volunteers, donors and local partners to increase connection, confidence and participation. Whether we're planning an exciting new event, breaking down barriers to accessibility, or creating resources that educate and inspire, our support does not stop. We are committed to providing life-changing programs and services and will continue to create change through action.



Ed Milligan
Board Chair



Chris McBride
Executive Director

BOARD OF DIRECTORS (2018-2019) *living with spinal cord injury

Anthony Ariganello
Aleem Bandali
Donald Danbrook*
Bernard Fahy
Harry Hole

Terrence LeBlanc*
Scott McCloy (Vice Chair
& Treasurer)
Edward Milligan*
(Chairperson)

Dianna Robertson
Thomas Romano*
Jessica Vliegenthart*

More than 12,000 British Columbians live with a spinal cord injury, with 500 new injuries occurring each year. As the population ages, the number of SCIs will grow.



COMMUNITY & SUPPORT

Our local events, meetup groups and one-to-one Peer matches connect British Columbians with spinal cord injuries, and their families, with people who have been there too.



INFORMATION & SUPPORT

Our online Resource Centre, SCI Information Database, toll-free InfoLine and websites offer essential information on a variety of topics.



CONNECTION & SUPPORT

Our blog, videos and *The Spin* magazine highlight SCI experiences and innovations, while our social media pages and Virtual Peer Groups provide ongoing connections.



SPINAL CORD INJURY

FACTS, FIGURES & IMPACT

500 > 12,000

new injuries
every year

British Columbians with
a spinal cord injury

over 80% of people with SCI are men



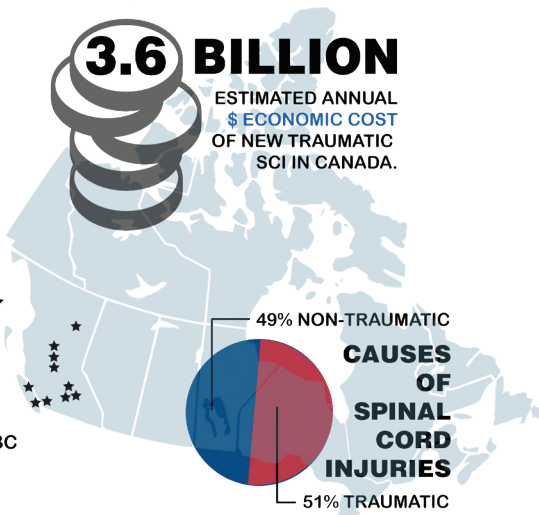
49%
of people with
an SCI are aged
60 or older



SCI BC Peer
Coordinator
locations in BC

3.6 BILLION

ESTIMATED ANNUAL
\$ **ECONOMIC COST**
OF NEW TRAUMATIC
SCI IN CANADA.



86,000

people living with SCI in Canada

121,000 projected by 2030

\$1.6-3 MILLION

estimated lifetime cost of living
with a spinal cord injury in BC

SUPPORTING PARTNERS

Working with the BC SCI Community Services Network* we have extended the provincial reach of our collective services and improved operational efficacy through shared resources, knowledge, infrastructure and ongoing collaboration.

Together, we are helping to make BC the best place for people with disabilities and their families to live, work and be active.

SUPPORTING RESEARCH

SCI BC's ongoing partnership with ICORD, a world-class research centre, works to increase participation in research by people with SCI. From investigating the magic of Peer support to improving bowel management, from smoking cessation to aging with an SCI—a lot of ground is covered—including the development and implementation of the new International Physical Activity Guidelines for People with SCI, led by Dr. Kathleen Martin Ginis at UBC Okanagan.

*SCI BC, BC Wheelchair Basketball Society, BC Wheelchair Sports Association, Disability Foundation and Neil Squire Society.

IN THE THREE YEARS since Noreen sustained an incomplete SCI, her only goal was to get better. Physiotherapy, doctor's appointments, rehab, and repeat. What she didn't realize though, that part of "getting better" was also returning to her social life and connecting with others. At the advice of her clinical team, Noreen was prescribed more fun, less work.

"My doctor said that I've done everything, there's nothing more he can do for me but to continue living," Noreen says. She took this advice to heart and has since been a staple at SCI BC events, attending everything from our coffee groups, annual Women's Event and Handcycle Demo Day, to showing her support at this year's Scotiabank Charity Challenge. "The events, the things you do ... I didn't know [about] any of them for the last two and a half years. I was just too focused trying to get better," she says. "I can never say anything but wonderful things about the organization."

COMMUNITY SUPPORTING EACH OTHER

Last year, attendance at our events and **244 "Bean There" meetup groups** throughout the province exceeded **4,000** people.

19 Virtual Peer Groups connected with **179 members** in BC communities to provide at-home engagement, answers and support. Plus, **thousands** more people interacted via our new Virtual Peer videos.

127 new people with an SCI or related disability registered with our Peer Support Program.

"SCI BC brings normalcy in my life. Things I never imagined possible and I'm grateful!"

-Noreen Segui
SCI BC Peer





► This experience allowed me to reclaim a sense of capacity I had long since let go ... The sense of freedom and inclusion was awesome.



► The past few years I was sitting at home doing nothing. After getting involved with SCI BC I realize there's more out there. In the last year I've done more than I have in my whole life.





► Events like this enable persons with disabilities to feel 'part of', included and valued.



► It will probably take a month or so to wipe the smile off my face. This was something I've wanted to do for many years.



► It is a great feeling accomplishing something I had once thought impossible.



INFORMATION

SUPPORTING KNOWLEDGE

LAST YEAR



16,600

readers per issue of
The Spin magazine



120,525

visits to
our websites

Including...

28,698 visits to scisexualhealth.ca

1,469 visits to livingwithsci.ca

5,847 visits to accessiblebc.ca



10,000+

people in our online
community

WHO CONTACTED US?

Last year, our SCI BC InfoLine service received **3,408 information requests**.
1,749 were phone calls and **1,581** were emails.



Family/
Friend



General
Public



Person with
SCI/Related
Disabilities



Healthcare
Agencies/
Professionals



Other

TOP 5 INFOLINE REQUESTS

1. Health
2. Housing
3. SCI BC
4. Equipment
5. Recreation

"You are actually one of the few people who have kept me afloat ... Thanks for always being there for me, it has meant more than you could ever guess."

- InfoLine caller



www.include-me.ca



SUPPORTING ACCESS AND INCLUSION

Through our partnership with the SCI Canada-led Federal Accessibility Legislation Alliance, SCI BC played a role in supporting the successful development and passage of the Accessible Canada Act. In BC, SCI BC is an active member of the Minister of Social Development and Poverty Reduction's provincial accessibility legislation consultation advisory group, and contributed to the Ministry's poverty reduction consultations. In addition, through our Access BC program, we have partnered with BC's tourism and hospitality sector associations, University of Northern BC researchers, and local and provincial government associations and ministries to provide accessibility information, training and assessments of outdoor recreation spaces and tourism products.

**KRISTEN MCBRIDE;
ENTREPRENEUR, MENTOR,
WIFE, MOTHER** and new to her list

of accolades this year—Co-Captain of SCI BC's Team Walk 'n Rollers for the Scotiabank Charity Challenge. "Anyone who knows me knows that if I take something on, I give it my all." It's no surprise then, that when approached by SCI BC to help fundraise for our annual 5K race, Kristen set a lofty goal of recruiting over 100 teammates and raising more than ever before.

"This event is truly close to my heart ... SCI BC has been in my life since my injury, for almost 16 years," Kristen says about her motivation to be Co-Captain.

"The doctors [and] therapists are great, don't get me wrong, but seeing someone else living and doing life sitting down—that is priceless."

True to her word, this year's Team Walk 'n Rollers had over 100 participants, over 930 generous donors and dozens of family and friends who helped raise a ground-breaking **\$89,525** for SCI BC. Proving, once again, that great things are accomplished through connection.

CONNECTION

SUPPORTING TOGETHER



"I've gotten to try kayaking, mountain biking, paddleboarding and sailing [with SCI BC]. Life goes on after a devastating injury ... and you can still live a well-rounded, active, happy and healthy one."

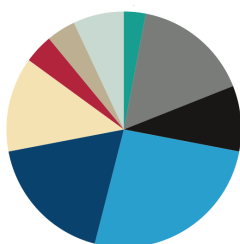
-Kristen McBride

SUMMARY

FINANCIAL STATEMENTS

April 1, 2018-March 31, 2019

Revenue Sources



3%	Events & Projects
16%	Corporations
9%	Individual Donations
26%	Government
18%	BC Paraplegic Foundation
13%	Gaming
4%	Fees for Service
4%	Other
7%	Community Organization Grants & Donations

Summary of Operations

Revenue	2019	2018
Donations, bequests & fundraising projects	\$ 581,485	\$ 597,197
Donation from the BC Paraplegic Foundation	508,372	346,637
Government Grants	344,228	500,101
Gaming Grants	250,000	250,000
Community groups and United Way donations & grants	77,720	129,992
Fees for services	76,980	122,162
Other	123,401	59,561
Membership fees	940	785
	1,963,126	2,006,434

Expenses		
Programs	1,209,451	1,252,418
Fundraising	145,449	173,254
Administrative and support services	602,635	567,878
	1,957,535	1,993,550
Surplus (Deficit)	\$ 5,591	\$ 12,884

Summary of Financial Position

Assets	2019	2018
Current Assets	\$ 917,160	\$ 1,138,606
Restricted Cash	250,150	250,000
Capital Assets	23,231	37,251
	\$ 1,190,541	\$ 1,425,857

Liabilities and Net Assets		
Current Liabilities	\$ 433,540	\$ 602,601
Deferred Contributions	65,916	137,762
Net Assets	691,085	685,494
	\$ 1,190,541	\$ 1,425,857

Complete financial statements, audited by Manning Elliott LLP, as well as the auditors' reports on those financial statements, are available upon request by calling 604-326-1225 or by emailing info@sci-bc.ca



2019 HIGHLIGHTS

Nanaimo had a busy summer with renewed coffee group energy and the introduction of a **handcycling day and kayaking.**

WE SUPPORTED 2,661 SCI BC MEMBERS AND THOUSANDS OF OTHER PEOPLE WITH SCI AND RELATED DISABILITIES, AS WELL AS THEIR FAMILY AND FRIENDS.



25 new, fully accessible cabins opened at Cultus Lake after we completed consultations with BC Parks on this important project.

Our brand new Wellness Weekend in Merritt was so popular RSVPs maxed out in two days! Art therapy, adaptive mountain biking and hiking, cooking and some quality R&R left everyone in smiles.



Of our **30 staff**, spread across **11 communities** in BC, 56% are people living with physical disabilities.



Feedback February gathered input from Peers across BC through a series of virtual discussions that helped inform our work.

294 VOLUNTEERS DONATED OVER 1,300 HOURS.



We hosted our **first-ever Multi-Sports Day in Prince George** with help from the BC SCI Network community. All ages and abilities participated for a huge inaugural success!



The Access BC team and our tourism partners travelled the province to promote inclusion with **Access BC Days.**

THANK YOU

It would be impossible for us to reach out through programs, services and support without the generosity of the broader community — our donors, sponsors, volunteers and partners.

GRANTS

BC Gaming Commission,
Ministry of Finance
BC Paraplegic Foundation
City of Kamloops
City of Nanaimo
City of North Vancouver
City of Prince George
City of Surrey
City of Vancouver
District of North Vancouver
District of West Vancouver
Hamber Foundation

Insurance Corporation of BC
Neil Squire Society
North Peace Savings & Credit Union
Prince George Community Foundation
Province of British Columbia
Provincial Employees
Community Services Fund
SPARC BC
Spinal Cord Injury Canada

United Way of Central & Northern Vancouver Island
United Way of Northern BC
University of BC (ICORD)
Vancouver Coastal Health
Vancouver Foundation
Victoria Foundation
Walmart Canada Corporation
WorkSafe BC

DONORS & SPONSORS

\$1,000 to \$4,999

All-Span Engineering & Construction Ltd.
Allergan Canada
Andrew Mahon Foundation
BlueShore Financial
DR Robertson Injury Law
First West Credit Union – Envision Financial
Fraser River Pile and Dredge
Fraternal Order of Eagles – BC Provincial Auxiliary
Fraternal Order of Eagles - Cranbrook
G&F Financial Group
Gyro Club of Vancouver
Neptune Bulk Terminals
North Peace Savings & Credit Union
Ranger Transport

We have not listed individual donors in respect of their privacy, but are grateful to receive support from over 1,600 generous donors.

\$5,000 to \$9,999

CIBC
Macdonald's Home Health Care
Vancouver Regional Construction Association
West Shore Constructors Ltd.

\$10,000 to \$14,999

The 1988 Foundation
West Shore Holdings Ltd.

\$15,000 +

Chair Stuff
Coloplast Canada
Murphy Battista LLP
Vancouver International Airport Authority

And we were moved and grateful to receive gifts in honour or memory of:

Bayan Azizi	Joan Ogilvie
Brian Frost	Tara Olson
Karl Hartig	Robert Scagel
Wilfred Jacob	Norm Shawchek
Bon Tuey Lee	Malcolm Tidmarsh
Doug Mowat	

Legacy Gifts:

Estate of Marje Delange


Spinal Cord Injury BC
www.sci-bc.ca



Charitable Business

#11883 5024

Registered under Canadian
Paraplegic Association (BC)

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