

ALISON FRANCE



'In November 2017 I fell down stairs at home and have an L2 incomplete SCI. I was extremely fortunate to be walking, driving and working again within a few months. However I am left with bowel, bladder and sexual functioning challenges. I found out about SIA whilst in hospital and I had support from a peer support worker, the helpline and a nurse specialist whilst adapting to my 'new normal' way of life.

'I've been a trustee for an LGBTQ Mental Health charity (MindOut) since 2015 and am currently Chair. I am also a business psychologist working in diversity and inclusion, leadership, team development and organisation change. From my experience I could see provisions for SCI people are sadly lacking so with the blend of my trustee and professional experience I decided to volunteer for the SIA. I'm now privileged to be a trustee able to support and further the amazing work done by our wonderful National charity.'