

LimbPower news

**Limb
POWER**
Living life without limbs


AUTUMN 2023

- **PREPARE TO MOVE!**
Embrace your active lifestyle
- **ELEVATE YOUR WELLNESS**
On National Fitness Day
- **CAPTIVATING INTERVIEWS:**
Thriving with limb difference

**Claim your
complimentary
gift!**

Welcome!

Hello from the LimbPower team!

 **We're thrilled to connect with you this Autumn through our paper newsletter and share in the incredible journeys of our readers. At LimbPower, our focus is on YOU – your aspirations, challenges, struggles and triumphs. We understand that every individual's path is unique and we're here to support you every step of the way.**

Whether you're navigating your rehabilitation journey or seeking ways to enhance your engagement in school P.E., community activities, or sports, LimbPower is your dedicated partner supporting you, your family, your teachers, coaches and healthcare professionals with impairment specific information to aid your engagement in activity. We're not just a charity; we're a community that stands united to empower and uplift you!

We deeply understand the impact that the cost-of-living crisis is having on our community members, so we are creating more free resources and increasing our online programmes to reach you at home and in the community. Our programmes and events ensure there's something tailored for everyone. Our in-person multisport events provide immersive experiences that foster growth, camaraderie and an opportunity to try new activities and sport. It doesn't stop there – we offer FREE fitness classes and workshops that cater to our community's



needs and are adapted to suit both prosthetic and wheelchair users. Our low cost and subsidised 12-week reVAMP fitness and nutrition programme is designed to empower you with the tools to improve your physical and mental health.

For community members looking to try a specific sport, our single sport days allow you to explore new horizons and discover your passion. Our education training days, including the Fundamental Skills Workshops and the Prepare to Move: Prepare to Run clinics, equip you with essential skills to improve your prosthetic proficiency for everyday living and physical activity. We understand that beyond the physical, mental and emotional well-being is paramount. Our social programme is

dedicated to boosting your confidence, connecting you with like-minded individuals, and creating a sense of belonging. The LimbPower Book Club, Confidence Workshops and Family Fun Days are just a glimpse of what we have to offer.

Rest assured, our commitment goes beyond the events and workshops. We're here as your support system – to advise, motivate and stand by you on your rehabilitation journey and we're honoured to be a part of it.

Thank you for being a part of the LimbPower family. Let's continue to uplift, inspire, and achieve together.

Warm regards, Kiera and the LimbPower Team

Elevate your wellness journey with LimbPower: Grab your FREE gift and join the community

 **Get ready to power up your wellness journey with LimbPower! Join our database and become part of the LimbPower Family.**

Sign up now to receive our dynamic e-newsletter and claim your FREE gift from us to you! You'll receive a pack of specially crafted physical and mental well-being cards, designed exclusively for amputees and those with limb differences. Let these activity cards keep you motivated in your daily life. Join us today and let us support you!



Getting it done

A journey from past to future

A chat with a parent took me back to when I fought for my son's running blade post London 2012 Summer Paralympics. Back then, securing activity prosthetics for children was tough, as they weren't part of the NHS service.

Learning my son couldn't obtain a running blade from the NHS prompted an impactful campaign that re-shaped our lives. Countless efforts followed as we sought help and support to secure a running blade for Ollie. Serendipity led us to tea at the

House of Lords where we met LimbPower's Kiera, and the rest is history. A year later, Ollie got his running blade which was a deeply meaningful milestone.

Our persistent campaigning and government commitments resulted in LimbPower administering the Children's Activity Prosthetic Fund. This ensured access to specialised prosthetics for English children over seven years. Few realise that LimbPower annually justified the grant's necessity and usage. From 1st September 2023, activity limbs were integrated into the general children's



NHS prosthetic service.

Our efforts have transformed not only my son's life but many others. Countless children now enjoy life with activity limbs, sparking conversations with amazed parents.

Although LimbPower has transitioned from its role as fund administrator, our commitment to supporting children and families remains unwavering. If you seek assistance, advice, or even just

a few uplifting words, the LimbPower team are available.

To access an activity limb for your child, inquire at your NHS Limb Centre.

Written by Carly Bauert
(LimbPower Children and Family Officer).

Supporting limb different community activity

Established by Sport England post-COVID the Together Fund supports clubs and centres that struggled. LimbPower's Together Fund has assisted over ten clubs and two limb centres (Bristol and Manchester).



The funding has enabled the clubs and limb centres to develop hubs, run sessions, purchase adapted equipment and improve overall user experience for the limb different community and the wider disabled community at the facilities.

The fund has also helped limb centres to improve the rehabilitation experience of patients by running exercise workshops. We hope that this development into local grassroots clubs and centres will help the community become more active and move into becoming the next sporting leaders, coaches and champions.

LimbPower friends with benefits

Sign up or renew your LimbPower friendship to enjoy some amazing benefits like 10% off events and priority booking. Plus, you'll receive a cool LimbPower towel with a choice of three fitness packs.

- **The Family Pack** – perfect for creating fun and bonding experiences with loved ones.

- **The Wellness Pack** – designed to help you relax and practice self-care.
- **The Fitness Pack** – ideal for achieving your health and fitness goals.

Join today and don't miss out on these fantastic LimbPower Friends packs!

To join or renew today contact Gemma E: gemma@limbpower.com



Make a difference with Regular Giving

Set up a one-off or monthly regular giving donation and support the vital services that LimbPower offers to thousands of amputees, people with limb difference, family members and the professionals who support them.

Donating to LimbPower helps us provide the community with essential services like in-person and virtual events and workshops. Impairment specific and sport specific resources and up-to-date information.

1 Donating is simple with Donr.

Text **LIMBPOWER** with your chosen monthly donation amount (£3, £5, or £8) to **70580** For example **LIMBPOWER 8** will donate £8 a month and cost you the donation amount (plus two standard network rate messages).


2 Or you can donate via our JustGiving page.

Choose your monthly donation amount starting from £3. Follow this link to donate: <https://www.justgiving.com/limbpower>

Your generosity enables us to deliver vital services and resources to LimbPower members and their families every year. All monthly donations can be cancelled by you at any time and one-off payments are greatly appreciated.

Group activities

Recap: National Fitness Day – A Journey of empowerment and inclusivity

 Last month, on September 20th, we celebrated National Fitness Day with an event that left everyone inspired, educated and empowered. The day was a resounding success, promoting health, fitness and inclusivity in an online workshop that ran from 10:00am to 7:00pm.

Participants were treated to an array of engaging classes, each designed to enhance their fitness journey and cultivate healthier habits. From the invigorating Warm Up with UR: Enabled to the calming Tai Chi with Phil and the energetic Zumba with Kaaren. These adapted fitness classes catered to all impairment and fitness abilities.

The event was not just about physical activity; it was a celebration of embracing well-being for life. Participants were encouraged to view National Fitness Day as a stepping stone in their lifelong fitness journey. This has enabled us to help attendees adapt and achieve their personal

fitness and wellness goals.

As one participant shared, “I used to feel too self-conscious to try new things, but doing activities with a group of people ‘like me’ as part of National Fitness Day really helped. Now I feel like I can try anything!”

In addition to the remarkable workshop, November promises to continue the momentum. With free online classes adapted to different impairment and fitness abilities, everyone can find their niche. From Paracise and Wobble to Zumba, Tai Chi, Friday Fitness with Tyler and Yoga, the classes offer a welcoming space to explore and find which suits you best.




The resounding message from the event was clear: Let’s unite to dismantle barriers, embrace fitness, and empower ourselves to lead healthier, more active lives. Join the movement with #Fitness and #YourHealthIsForLife.

Stay updated on our activities by visiting www.limbpower.com or following us on #LimbPowerFitness.

easyfundraising


Raise donations for LimbPower with your online shop!

 If you haven’t signed up yet it’s easy and completely FREE 8,100 brands donate to us when you use easyfundraising to do your everyday online shopping – at no extra cost to you.

Every donation you raise makes a difference to LimbPower and helps us to support amputees and people with limb difference to lead active and fulfilling lives. After each online purchase, the retailer will donate to easyfundraising who passes the donation back to us! The amount varies but it’s usually between 0.5% and 5% of your total spend. Sign up at <https://easyfundraising.org.uk/causes/limbpower> Or scan this QR code.



LimbPower Junior Games 2023: A spectacular celebration of fun and inclusivity

 Sport, as a universal language, has the power to unite individuals and break down barriers. The LimbPower Junior Games 2023 exemplified that ethos through its diverse array of accessible sports and over 200 people onsite trying new sports.

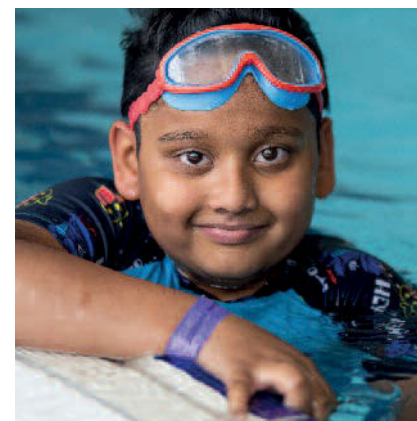
From the precision of archery to the speed of athletics, the thrill of cycling, the teamwork in football and the finesse of tennis, the LimbPower Junior Games provides a stage for young athletes to showcase their talents and forge friendships that will last a lifetime.

The LimbPower Junior Games provides a safe place where children of all abilities come together to celebrate the joy of sports, build lasting connections, create unforgettable moments and demonstrate that limitations are mere stepping stones to conquer.

An event that reminds us all that the true spirit of sports is not just about winning; it’s about the shared journey,

the bonds formed, and the invaluable lessons learned along the way.

A huge thank you to the sponsors and supporters of the LimbPower Junior Games – Frenkel Topping, Blatchford, Douglas Bader Foundation, Ottobock, Stewarts, Chapmans Charitable Trust CCT & Dorset Orthopaedic.



SPONSORED ARTICLE

My formula for happiness

— how my accident, humour, determination and getting hooked on challenges changed the course of my life.

Össur ambassador Mike Abbott talks us through his journey from tragic accident, through the dark days, to finding the perfect prosthesis from Naked Prosthetics, to building mental resilience and getting back to good.

Mike, what happened on the day of your accident?

My life changed on 19 July 2016. I was at work on a building site when my hand was crushed by a large earth-drilling machine. Somehow, despite lots of wrong turns and blood loss I managed to stay calm and conscious whilst I navigated my colleague to the hospital with my hand elevated. I didn't know what the outcome would be going into surgery, but it turned out I lost most of my two middle fingers and my little finger became calcified and unusable.

How did you protect your feelings in the aftermath of the accident?

The day it happened was a mad day. I was clearly in a state of shock but outwardly I was completely calm. Looking back, I think my brain went into protection mode to get me through it. It was further down the road that I started to unpick what happened.

How did your accident affect your family and loved ones?

My mum was set to go on a much-needed holiday that day. She walked into my hospital room and we both said 'Don't!' as we silently acknowledged I'd just messed up the holiday. Luckily, my mum shares my sense of humour, it's always been our way of coping. Friends...some stepped up when I needed them, others not so much. I guess there'll always be people who don't deal with difficult situations well.

What did you find most challenging to deal with?

Going from being completely independent to doing nothing and being reliant on other people was tough. My lowest point was when my mum had to cut my food up. That's when I got really down. I'd lie awake for hours at night, exhausted from the shock yet unable to sleep or relax.

How did you turn a corner with your mental health?

I realised I needed to address my mental health pretty quickly. I was diagnosed with PTSD, anxiety and depression and it took two years to get back to a good place. I started reading self-development books and quietly set goals to push myself physically and mentally. I'd had enough of being told of all the things I wouldn't be able to do.



Tell us about your Naked Prosthetics device and the difference it's made to your life.

I'd had great care from all the medical staff I'd encountered but couldn't accept that this was my life now. After some research I found Naked Prosthetics who tailor-make functional, mechanical finger prostheses. In 2019 they contacted me to say they were now distributing in the UK and in early 2020 I received my first Naked Prosthetics device. It was transformational. On a train journey, I reached up with my right hand to grab onto the handrail and when I looked up people in the carriage were looking at my hand, but with a different reaction. One of intrigue rather than disgust. That was a 'wow' moment for me. After I got



my new prosthetic, everything changed. My confidence and ability grew.

Things have gone from good to great and I now work as a personal trainer, specialising in exercise for disability, pre- and post-natal fitness and functional training.

With my prosthesis, I no longer suffer from phantom pains or require the cocktail of drugs I was taking to manage my health and my pain. I always say that I knew I wanted this device, but I didn't know that I needed it.

And now that Össur has acquired Naked Prosthetics and I'm an Össur ambassador, I can't wait to spread the word about the Naked Prosthetics range of solutions.

What would you advise others going through a similar experience?

Be open about your mental health, don't feel ashamed, and regularly tell people how you feel. Access all the help and peer support available and set small achievable challenges for yourself. Each one met feels like a win.


There's always a knock-on effect when someone has a life-changing accident. Obviously, it's horrific for the person who had the accident, but loved ones feel the blow too. Make sure you look out for each other and accept the down days along with the good.

If you or someone you know could benefit from a Naked Prosthetics device, call the Össur Customer Care team on 03450 065 065 or scan the QR code.



Activities

Game for anything

 **The 2023 LimbPower Games (8th-9th July) at Stoke Mandeville Stadium, home to the Paralympics, was a resounding success, uniting 76 incredible limb different participants with 25 limb different coaches, mentors and instructors.**

The atmosphere in the Guttman Centre was electric and you could sense the palpable excitement in the space. It was heart-warming to see familiar faces and newbies coming together to enjoy the thrill of physical activity and sports. Participants enthusiastically shared their positive experience, highlighting the diverse activities that catered to the communities' interests and adapted to everyone's abilities.

The camaraderie and sense of belonging participants felt were unmatched. Attendees got to showcase their skills, work as a team and cheer each other on, leaving with memories that will last forever.

From the exhilaration of wheelchair basketball to the zen of yoga and empowering strength sessions, there was a perfect fit for everyone. The seamless integration of the exercise programme into the main sports event was outstanding and




enhanced the overall engagement and enjoyment of the Games.

The LimbPower Games is a reminder that our limb loss doesn't define us – it's our courage, determination, have-a-go attitude and passion that matters. Here's to more amazing moments at the 2024 LimbPower Games!




Making a splash

 **Meet Ellie Challis LimbPower's remarkable Junior Ambassador. Ellie's journey began at 16 months old when she conquered meningitis in a fight that led to the amputation of her limbs.**

An encounter with Winter, a dolphin with an amputated tail, and attending the LimbPower Junior Games ignited Ellie's passion and steered her towards becoming a world champion swimmer.

Ellie's aced two #ICan Teen Camps and her humour and vitality light up every event. She's now back as a mentor at the LimbPower Junior Games. From triumphantly winning silver in Tokyo to swimming alongside our LimbPower Juniors, Ellie you're a beacon of inspiration within our LimbPower family and we can't wait to cheer you on and watch you dominate Paris 2024!

The future's bright


 **Mark your calendars for The Brighton Marathon on Sunday, 7th April 2024 and get ready to conquer this fantastic challenge while raising vital funds for LimbPower!**

This event has a unique atmosphere and is perfect for everyone, regardless of your running experience so embrace your inner power and have a ton of fun along the way – we can't wait to see you there!

Choose between the 10 km or the Full Marathon (26.3 km) catering to every fitness level and personal goal. Whether you want to push, walk, jog, run, or even dance your way to the finish line, we've got you covered! Don't miss the chance to be a part of our LimbPower Brighton 10K or Marathon team. To find out more or secure your space, contact rebecca@limbpower.com



Top Tips Guide for athletics incoming

 **Introducing two brand-new additions to the LimbPower line-up of child-centric infographics – the Children's Athletic Infographics, one for children and young people and one for coaches.**

LimbPower spoke with parents and children before partnering with inclusivity and athletic experts to create these tailor-made illustrated resources which fully cater to the unique needs of limb-impaired children participating in athletics. The Top Tips Guide for Athletics aims to empower and equip budding talent to confidently embrace athletics whilst giving professionals the support they need to be fully inclusive. Contact carly@limbpower.com with any queries.

ottobock.

Calling all C-Leg users!

Have you ever wanted to do yoga with puppies? Become a zoo keeper for the day? Live life adventurously at GoApe?

To celebrate C-Leg being available via NHS England for six years, we're offering six unique opportunities for C-Leg users to participate in.

Don't miss out!



Enter here for 6
chances to win

or visit: www.ottobock.com



#CLegExperience


#CLegacy

#WeEmpowerPeople



Are you fit?

Discover free online fitness classes!

 Join LimbPower's free online fitness classes tailored to meet the adapted exercise needs of the limb different community. Led by professional personal trainers with limb loss or who have specialised training in adaptive physical exercise, these classes are perfect for amputees and individuals with limb difference. Let's stay fit and active together! Check the class schedule below, to sign up for any classes, contact rebecca@limbpower.com

Monday:

Wobble at 6:30 pm

Paracise at 7:15 pm

Kickstart your week with a double dose of fitness fun! Join PT Liv for Wobble and experience the joy of seated dance movement, boosting your happy hormones. Or advance into Paracise, a standing class that will keep the energy flowing and leave you feeling energised.



Wednesday:

Zumba at 12:00 pm

Get ready to spice up your Wednesday with the vibrant rhythms of Latin dance and fitness moves led by the amazing Instructor Kaaren! In this adapted Zumba class, you'll experience a burst of energy that will have you feeling fantastic. Let those feel-good endorphins flow as you move and groove to the beat.



Thursday:

Tai Chi at 6:30 pm

A truly rejuvenating experience. Join Phil for a session of tranquillity and gentle movements as we delve into the calming world of Tai Chi. Whether you prefer seated or standing participation, this class is tailored to accommodate your comfort level and needs.



Friday:

Tyler Saunders Weekly Training Circuit

Get ready to supercharge your Friday with an energising, full-body training circuit led by the incredible Tyler Saunders. This weekly recorded session offers a dynamic interval class boosting your strength and leaves you feeling invigorated. This circuit is adaptable for both seated and standing workouts, so no matter your fitness level or abilities, you can fully participate and challenge yourself.



Saturday:

Paracise at 10:15 am

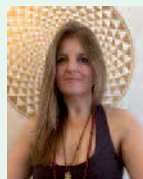
Start your Saturday with a rejuvenating low-impact standing exercise class led by Kaaren. Enhance your posture and mobility as you gracefully engage in gentle movements. This class will give you a revitalising kick start to your weekend, leaving you feeling refreshed and ready to take on the day.



Sunday:

Yoga at 09:00 am

Prepare to unwind and recharge with Angela's transformative yoga and meditation class. Allow yourself the gift of tranquillity as you flow through gentle movements and find inner serenity for this soul-nourishing Sunday practice. Whether you choose adaptive seated or standing poses, this session offers a peaceful way to connect, destress, and embrace the week ahead.



Join the amputee fitness revolution!

 Take control of your health and fitness with reVAMP - LimbPower's life-changing supported fitness programme led by personal trainer Jack Eyers. In just 12 weeks, you'll embark on a transformative journey of adapted exercise circuits and nutritional advice, backed by a dedicated team of healthcare professionals and instructors.

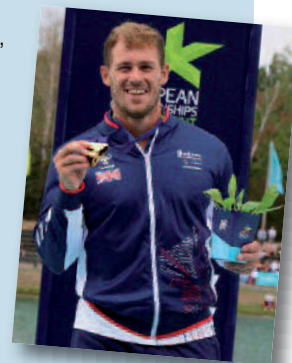


Get ready to discover tailored fitness training circuits designed to target specific muscle groups, boosting your self-confidence, overall strength and helping you achieve your fitness goals.

With reVAMP, you'll experience a safe and controlled support network, ensuring you have all the resources you need to succeed. The programme offers two options: reVAMP Standing, ideal for those mobile on their prostheses, and reVAMP Seated, tailored for individuals not wearing a prosthesis. Whichever you choose, rest assured that both are equally effective in targeting the right muscle groups to improve core strength and mobility.


What's more, you can conveniently complete all reVAMP training circuits in the privacy of your own home, with minimal equipment required. So, no matter your circumstances or location, you can take full advantage of this incredible fitness opportunity.

Ready to join the movement and start your fitness journey? For more information or to sign up, contact rebecca@limbpower.com



What's Coming Up

Connect, Share and Discover: Join the LimbPower Book Club!

 **Do you find solace in the pages of a book? Do you yearn to connect with like-minded individuals from the limb different community? Look no further! Join the LimbPower Book club which we launched in May 2023. It's the perfect opportunity to make new friends, engage in stimulating discussions and embrace the joy of reading.**

Rediscover the Joy of Reading Together

Isolation is no fun, especially for those who have faced the challenges of limb loss and negotiating the rehabilitation process. The LimbPower Book Club aims to bridge this gap, offering a vibrant space where amputees, individuals with limb differences and their immediate family members can come together. Whether you're a bookworm, casual reader, or just looking for a way to connect, this club welcomes you with open arms.

Gemma, our dedicated administrator, is spearheading this initiative. She's eager to create a warm and inviting atmosphere where members can share their love for literature while fostering meaningful connections and making friends!

A Space for Everyone, Wherever You Are

If you're over 18 and have a passion for reading, the LimbPower Book Club is

tailor-made for you. Immediate family members, parents, partners, carers and siblings are all invited to participate. Even parents of children with limb differences can join in, creating a diverse and inclusive community of readers.

Stay connected beyond the meetings by joining our Book Club Facebook Group. Share your thoughts, engage in discussions and build friendships that extend beyond the pages of the books we read. However, let's keep the plot twists and revelations for our Zoom meetings!

Together, We Choose the Literary Journey

One of the most exciting aspects of the LimbPower Book Club is the democratic selection of books. Two weeks before each meeting, Gemma will call upon members to recommend their favourite reads. Via a monthly Facebook Poll or email, you can vote for your preferred book from the



list. The book with the most votes becomes our next captivating read, ensuring that everyone has a voice in shaping our literary journey.

Dive into a World of Stories

As we embark on this new venture, we've already delved into intriguing titles such as:

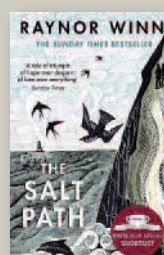
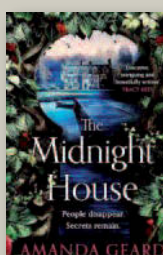
- **The Midnight House** by Amanda Geard
- **A Terrible Kindness** by Jo Browning Wroe
- **The Salt Path** by Raynor Winn
- **Ultra Processed People** by Chris van Tulleken

Our monthly Zoom meetings, scheduled for Wednesday evenings at 7.30pm until

8.30pm, offer the perfect platform to share your thoughts, explore themes, and unravel the mysteries of the books we read. Gemma May and Emma Newman will take turns hosting these sessions, ensuring a dynamic and engaging experience for all.

Don't miss out on this opportunity to connect, share and discover with the LimbPower Book Club. To find out more and join the club, reach out to Gemma at gemma@limbpower.com or call 07778 9075632.


Let's turn the pages of fantastic stories together and create lasting connections that go beyond the binding.



Group activities

Unleash your potential:

Join the 2023 Beyond Boundaries Workshop on European Limb Loss Day!

 **LimbPower is thrilled to unveil the upcoming Beyond Boundaries Workshop, a transformative event meticulously designed to empower new amputees and individuals with limb differences on their rehabilitation journeys and beyond.**

Join us on December 2nd to transcend your limitations, ignite an active lifestyle and foster advanced rehabilitation.

A Vision of Transformation

The Beyond Boundaries Workshop is part of our unwavering commitment to promote inclusivity and support you into a healthy and active lifestyle. This adapted event offers both in-person and online workshops, ensuring all participants can engage, learn and flourish.

Interact with expert speakers, immersive workshops and insightful sessions focused on improved mobility, health, strength, conditioning, agility, balance and coordination. A virtual option ensures everyone can access knowledge shared.

Invitation to Empowerment

Join us to discover newfound abilities and embrace opportunities. Whether you're a new amputee or new to fitness and need help embarking on an active journey, the Beyond Boundaries Workshop is tailored for you!

Mark Your Calendar

Save the date: **December 2nd, 2023**


For More Information

To learn more about the Beyond Boundaries Workshop and secure your spot, contact rebecca@limbpower.com. Let's celebrate abilities, push boundaries, and pave an exceptional, active future together.



#ICan Camps 2024

Join us at one of the UK's flagship camps designed for individuals with limb differences.

 **LimbPower has been at the helm of the #ICan project since 2017 emphasising capabilities over limitations. Join us in embracing possibilities!**

Who's Invited?

The #ICan Family Camp welcomes families with children aged 4 to 18, and the #ICan Adult Camp is designed for individuals aged 18+ with amputations or limb differences. The entire family is encouraged to participate, from parents and siblings to grandparents – all are welcome to engage in exciting activities like zip-lining and canoeing! The #ICan initiative has already benefited over 100 children and

180 adults, fostering inclusivity and camaraderie.

Why Join Us?

People facing limb loss or limb differences encounter unique challenges and life transitions. These camps aim to provide lifelong support, offering engaging activities like canoeing, zip wire and climbing in a safe, enjoyable and inclusive environment. The camps promote independence, social skills and a positive



mindset. At #ICan Camp, individuals with limb differences can fully participate, with activities tailored to include everyone.

#ICan Adult Camp 2024
March 1st to 4th at Calvert Trust, Exmoor.

#ICan Family Camp 2024
June 30th to July 2nd at Longtown Outdoor Education Trust, Brecon Beacons.

A participant shared her experience, saying, "The #ICan Camp was amazing. I gained valuable advice, made cherished friendships and had loads of fun. Having numerous professionals and qualified individuals on hand made me feel safe and reassured."

For more information or to express interest in the #ICan Family Camp or #ICan Adult Camp, please contact carly@limbpower.com or tom@limbpower.com

What's Coming Up



Buckle up and get ready for the ride of your life

☀️ If you're an adrenaline addict or simply wish to challenge your boundaries this zipwire fundraising adventure is for you. LimbPower is beyond excited to invite you to an extraordinary flight at Hangloose Project Eden

Get ready to experience England's fastest zipline, all while supporting your favorite charity LimbPower!
On Saturday October 7th, LimbPower daredevils will brace

themselves for speeds of up to 60mph as they take flight and soar through the skies on England's fastest zipline over the Eden Project site.

LimbPower have booked out the last slot of the day to provide community members with a unique opportunity to experience this exhilarating adventure at a leisurely pace. Grab your friends and family for a twin zipline extravaganza, or dare to fly solo – no matter what, this Cornish zipwire promises memories you'll be chatting about for years to come. Fundraiser places are available for £20 per flyer.

Don't risk missing out on this unique experience by hanging back, register now by contacting carly@limbpower.com or emma@limbpower.com alternatively sign up online at: <https://bit.ly/3OEGsQ7>

AmpuTEA FeBREWary – Make a difference with every sip!

☀️ Are you ready to be a part of something truly special? Imagine a gathering filled with warmth, laughter and delicious treats, all while making a meaningful impact. Introducing AmpuTEA FeBREWary – an incredible social event that combines community spirit, scrumptious goodies and unwavering support for LimbPower!

What's AmpuTEA FeBREWary all about?

Picture this: a cozy tea/coffee morning, a thrilling baking competition, or a delightful cake sale. You can make it as big or small as you'd like – the choice is yours! It's not just an event; it's a chance to show off your

baking skills, mingle with friends, family and colleagues, and most importantly, make a real difference for LimbPower.

Calling all heroes – amputees, individuals with limb impairments, healthcare professionals, families and friends! This is YOUR invitation



to shine. By hosting a morning or afternoon tea party, you're not just serving treats – you're serving a brighter future for the LimbPower community.

Be the spark that ignites change. Be the heart that brings smiles. Be a part of AmpuTEA FeBREWary – where tea, coffee,

and cake brew something truly remarkable.

For more information and an AmpuTEA FeBREWary fundraising pack please contact carly@limbpower.com or call 07789 075709.

Empowering preparation

Fundamental Skills Workshops – for children aged between 4 and 18 years old



Hey there, all you amazing kids and teens out there! Are you ready to unleash your skills and have a blast? Join us for the LimbPower Fundamental Skills Workshop – a day filled with fun, friends and fantastic activities!

Calling all champs between the ages of 4 and 18 with a cool activity limb, prosthetic, or if you're just eager to get moving. Whether you want to be a high-fiver or a toe-tapper, these workshops are tailor-made for both upper and lower limb amputees.

Picture this: a day packed with exciting adventures to help you conquer both the physical and mental challenges like a true champion. We've got some seriously cool stuff lined up for you:

- Learn awesome skills that'll have you rocking School P.E. and ruling Community Games like a boss.
- Master the art of using your prosthetic for action-packed fun and sport, all in a super relaxed and exciting environment.
- Boost your confidence and feel like a star because guess what? You totally are one!
- Parents, we've got your back too! We're hosting special workshops just for you to chat



about how you can cheer on your awesome kids even more.

Get ready to dive into the world of throwing, catching, kicking, running, jumping, skipping and hopping – the ultimate toolkit for every budding sports star!

Mark your calendars! The next thrill-packed Fundamental Skills Workshop is hitting Surrey on November 18th 2023.

And guess what? We've got a surprise in store for our buddies in Bristol too, so stay tuned for the date reveal!

Don't miss out on this epic adventure. To sign up or for more information, just give a shout to carly@limbpower.com or call **077890 75709**.

Get ready to unlock your ability – see you there!

Get ready to step into action with LimbPower's empowering Prepare to Move and Prepare to Run Clinics!



LimbPower, the champion of amputees and individuals with limb differences, is thrilled to unveil the highly anticipated "Prepare to Run" and "Prepare to Move" days!

Following the remarkable success of the 2023 events in Surrey, Bath and Greater Manchester, these programmes are poised to empower amputees with essential exercises and techniques.

Wave goodbye to limitations and embrace boundless possibilities! Tailored to address unique challenges, the Prepare to Move and Prepare to Run Clinics encourage amputees to strut their stuff, run with the wind and groove on everyday prosthetics and custom activity/running limbs.

The Prepare to Move Workshop fosters mobility, self-confidence and prosthetic trust. No limits on your groove! Meanwhile, the Prepare to Run programme unleashes

your inner speedster, enhancing strength, agility, balance and running foundations.

"I gained invaluable skills from these workshops, improving my prosthetic proficiency and trust. I recommend these to anyone with a prosthesis," says Kiera Roche, LimbPower CEO.


Prepare to Run isn't just a training programme – it's a leap toward an exhilarating lifestyle. With insights, techniques and exercises, LimbPower unlocks improved mobility, running, and physical well-being.

Ready to leap? Learn more at www.limbpower.com or email tom@limbpower.com or call **07503 030702**.



Above it all

Embark on an unforgettable adventure with LimbPower at Hangloose Bluewater – inclusive adventure for everyone!

 **Get ready for an adrenaline-charged journey like no other! Join us on Saturday, October 7th, at the exhilarating Hangloose Adventure Bluewater in Kent for a day that promises to take your excitement to new heights.**

Picture yourself zooming through the air on the Skywire, the longest zipline in England. The rush of wind in your hair, the breath-taking views – it’s a heart-pounding experience that’ll leave you breathless in the best way possible!

This is your chance to be part of an adventure that welcomes everyone, regardless of age or ability. We’re proud to create an inclusive environment for anyone over the age of 12,

including amputees and individuals with limb differences. We’ve secured the last session of the day for extra accessibility. Join us at 4:00pm to ensure that we have ample time to provide additional support for wheelchair users and amputees. Your comfort and enjoyment are our priorities!

You will be supporting a worthy cause by taking part in this fantastic day. You’re not only pushing your own limits



but also helping others with limb differences. Your participation will directly contribute to raising much-needed funds that go towards supporting individuals facing these challenges.

How You Can Get Involved

Joining us is easy! We’re asking fundraisers to pay a £25 deposit and aim to raise a minimum of £200. Friends and family who want to accompany you can either fundraise alongside you or simply pay £55 to participate. We promise, the experience will be worth every penny.


Hurry, limited spots

available! With only ten spots up for grabs, you won’t want to miss out on this thrilling adventure. To secure your place, send an email to kiera@limbpower.com or call **07502 276 858**. Act fast and be part of something extraordinary!

Get ready to challenge yourself, have a blast and make unforgettable memories. LimbPower invites you to seize the opportunity to push boundaries, support an amazing cause and join us on an adventure that’ll be the talk of the town!

Let’s do this together – See you at Hangloose Bluewater!

Join the thrilling Up at The O2 Climb and fundraise for LimbPower November (tba)

 **Get ready to step up for an unforgettable adventure that supports a fantastic cause! We’re inviting you to join us for the Up at The O2 Climb – an exhilarating experience that takes you on a guided expedition over the iconic roof of The O2.**

This incredible event will not only raise funds for LimbPower but also contribute to LimbPower’s advocacy programme, resources and events and workshops. It’s a chance to make a difference and create lasting memories, all while conquering new heights.

Up at The O2 offers a heart-pounding 90-minute adventure (with 60 minutes dedicated to the climb) that guides you over the roof of The O2 via a secure fabric walkway. Suspended 2 metres above the surface, this 380-metre-long walkway offers

incredible views from its 52-metre height. You’ll encounter inclines of 28° on the ascent and 30° on the descent, providing a thrilling challenge that mirrors the tent’s surface.

How you can make a difference:

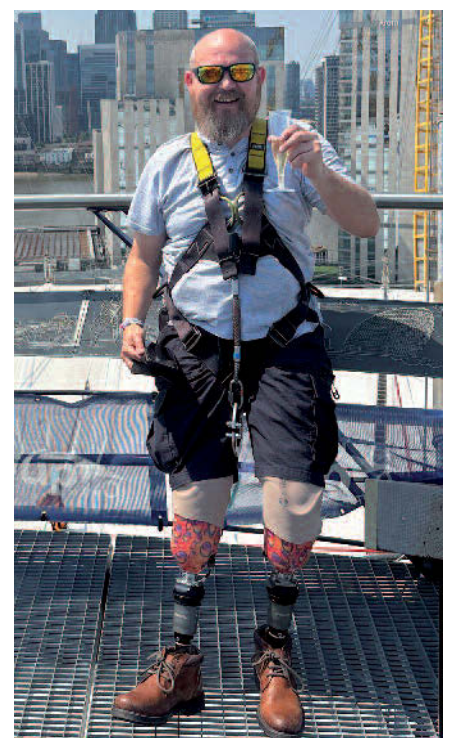
To participate, secure your places with a deposit of £25. As a fundraiser, your aim is to raise a minimum of £200, directly contributing to LimbPower’s meaningful initiatives. Accompanying friends and family members have two options: join the fundraising efforts or pay £50 to partake in the climb.

Don’t miss out – limited places available!

With only a handful of spots available, act swiftly to seize this extraordinary opportunity. Reach out to us at gemma@limbpower.com to secure your place.

Get ready to elevate your adventure and be part of an incredible journey that supports LimbPower’s mission while creating memories that will last a lifetime. Let’s conquer new heights together!

See you Up at The O2!



Out and about

Celebrate Limb Loss Awareness Month: Empower your abilities!

 Join us next April for a vibrant celebration of Limb Loss and Limb Difference Awareness! The theme is 'Find Your Sport, Find Your Activity,' and we're excited to have YOU on this incredible journey.

Throughout April, we're spotlighting limb loss and limb difference awareness, while empowering you to embrace independence through increased mobility. Dive into our dynamic #GetMoving campaign on social media and uncover the physical and mental health benefits of staying active. Whether you're at home, work or school, let us inspire you to move more and embrace an active lifestyle.

Kiera Roche, CEO of LimbPower, emphasises, "This isn't just a campaign; it's a movement of unity. Together, we amplify the importance of being active and


independent. Limb Loss Awareness Month showcases that everyday activities are as vital as sports."

Whether aiming for the Paralympics or seeking everyday vitality, we've got you covered. Stay tuned for inspiration on social media, practical infographics and tips to seamlessly integrate activity. Ready to #GetMoving and make April unforgettable? Contact Carly or Tom at carly@limbpower.com or . Join us in celebrating abilities and forging a healthier, more active future!



Machu Picchu Charity Trek

18th – 27th October 2024

 Join LimbPower's dream team for a ten-day hiking expedition and tick UNESCO World Heritage site Machu Picchu off your bucket list. This fully guided and supported Trek to Machu Picchu with Charity Challenge is a breathtaking fundraising challenge that will live with you forever.

Machu Picchu is located on a 2,430 metre mountain ridge offering panoramic views of sublime scenery. You'll spend five days following the uncrowded Ancasococha trail, surrounded by snow-capped Andean mountains and glaciers before reaching the spectacular Sun Gate.

The hike is deliberately slow, allowing you to traverse at your own pace, acclimatise to high altitudes and enjoy the unique surroundings, flora, fauna and traditional Peruvian culture. If you've dreamed of picnicking with alpacas and exploring ancient Inca citadels, this trek is for you. For more information email: kiera@limbpower.com or telephone 07502 276858.



Pedal Power Coming soon

 Get ready to change gears and level up your cycling by joining LimbPower's Cycle Mallorca Challenge.


Exchange U.K. drizzle and potholes for the glorious weather and sublime road surfaces of Europe's renowned cycling island for a wonderful weekend of rides in sunny Spain.

You'll stay in an all-inclusive resort at Port de Pollença where beaches are accessible and the riding is a perfect mix of flat coastal paths, rolling terrain and the beautiful Tramuntana Mountains close by. The trip is fully guided and supported and LimbPower have carefully selected some wonderful rides that will provide a suitable level of challenge for amputees and individuals with limb difference with extension rides to the legendary Cap de Formentor for those wishing to challenge themselves further. For further information, email: emma@limbpower.com or ring: 07904 512265.



Sport empowers

Wheelchair basketball

 **Wheelchair basketball is a thrilling and inclusive team sport that empowers amputees to unleash their inner champions and experience the joy of a competitive game.**



A standard basketball court is filled with two teams of five players, all zipping around in sports wheelchairs, ready to conquer the court and score those epic baskets!

There is a network of clubs across the UK offering regular training sessions led by

enthusiastic coaches. Clubs welcome players of all physical impairments, abilities and levels, from rookies seeking their first hoop to seasoned pros aiming for glory in the British Wheelchair Basketball Leagues like Amy Conroy. Wheelchair basketball is

a gateway to a world of positive benefits; improved mental health, boosted physical fitness and a chance to connect with a lively like-minded community. When you hit the court, you're not just shooting hoops—you're building independence, friendship and a sense of belonging. 78% of players reported a slam dunk impact on their mental well-being, while 96% felt like supercharged athletes after getting in on the action. Wheelchair basketball breaks down barriers, bringing together disabled and non-disabled players to compete, united in the spirit of inclusivity and camaraderie.

British Wheelchair Basketball are on a mission to promote, grow and elevate wheelchair basketball to new heights. With over 17,000 players and 200+ teams across the country, the sky's the limit!

Grab a sports wheelchair, and let the good times roll!

Ultimate hot chocolate indulgence Autumn Raffle

 **Love to win a bunch of Hotel Chocolat hot chocolate sachets and Velvetiser hot chocolate machine engineered by Dualit? Now is your chance because LimbPower has one up for grabs!**

The Velvetiser promises barista-grade hot chocolate in 2.5 mins and is the perfect cosy winter treat.


Entry costs £3 and tickets are available by **texting the word HOT to 70215**

Competition closes 22/10/23 UK only.

Congratulations to community member Helen Raftopolos for winning 12 delicious bottles of Waitrose Cellars wine. A heartfelt thank you to everyone who entered the Summer Raffle. It's your continued support that enables LimbPower to keep running these initiatives.



Para Triathlon

 **Want to give para-triathlon a go? It's an incredible multisport event combining swimming, cycling and running, designed for people with physical impairments.**

Take a look at inspiring athletes Andy Lewis, the British paratriathlete who has won gold medals at European, world and Paralympic levels and Lauren Steadman, British Paralympic athlete who has competed in four Summer Paralympics.

Para-triathlon involves a race across three disciplines: 750 meters of swimming, 20 kilometres of cycling and 5 kilometres of running. It's a thrilling adventure that pushes your limits and showcases your abilities.

For beginners like you, there are fantastic

events like the Superhero Series Tri <https://superheroseries.co.uk/> and the Arctic One Para Tri <https://www.arctic1.co.uk/> every year at Dorney Lake, Buckinghamshire. These events provide a safe and supportive environment for newcomers, allowing you to connect with other limb different individuals and embrace the para-triathlon experience. LimbPower take part every year so join our team.

British Triathlon is fully committed to developing para-triathlon athletes. Their paratriathlon programme identifies and nurtures talented individuals leading up to the Paris 2024 Paralympic Games and beyond. They offer elite training hubs, comprehensive coaching and support services at Loughborough University.

Don't miss out on this incredible opportunity to challenge yourself, discover



your potential and be part of the para-triathlon community.

Visit the Sports Directory to find contact details and website links.

Pulling power

Unlock the Power of Para-Rowing

Want to take part in the exhilarating sport of para-rowing? Designed for individuals with physical impairments, para-rowing offers a unique opportunity to experience the thrill of rowing while pushing your limits. Get inspired by athletes like Alex Danson, a British amputee para-rower who has achieved incredible success.

Para-rowing combines power, technique and teamwork as athletes propel themselves across the water using specialised equipment. It's a dynamic and thrilling experience that will challenge you both physically and mentally.

Whether you're a seasoned rower or new to the sport, adaptive rowing welcomes everyone. It's all about removing barriers and ensuring that anyone, regardless of their



impairment or disability, can enjoy the incredible benefits of rowing.

The para-rowing community offers you the chance to learn



new skills, make lifelong friends and stay fit and healthy, it also opens doors to incredible opportunities. The GB Para-Rowing Team has achieved phenomenal success, winning 50% of the gold medals awarded in Paralympic rowing since 2008. But to continue this legacy, they need new athletes like YOU. They are on the lookout for talented individuals with mental and physical attributes to become competitive para-rowers.

No rowing experience is necessary! The British Rowing team provides a talent identification programme to discover and nurture future stars.

To embark on your para-rowing journey, see the Sports Directory for the necessary links where you'll find a treasure trove of information about getting started in para-rowing.

Join the para-rowing movement today!

Paracanoeing

Calling all adventure seekers! Have you considered the thrilling sport of paracanoeing? An exhilarating water sport designed for individuals with physical impairments, offering an incredible experience for people looking to enjoy time on the water or looking to push their limits. Take a look at Gold medalist and LimbPower Ambassador Jack Eyers who learnt about paracanoeing at the LimbPower Games.

Paracanoeing involves the exciting challenge of navigating through the water using a kayak or canoe. It's a test of strength, skill and determination. Being on the water also offers freedom and an opportunity to relax and enjoy the scenery.

British Canoeing runs talent programmes to discover and nurture future paracanoeing stars to represent Great Britain. Additionally, they organise top-notch events on home waters to ensure high-quality competition for athletes of all levels.

British Canoeing is committed to developing paracanoeing athletes who can compete on the world stage. Their paracanoeing programme identifies and

supports talented individuals on their journey to the Paris 2024 Paralympic Games and beyond. They offer elite training hubs, comprehensive coaching and support services.

Don't miss out on this incredible opportunity to challenge yourself, discover your potential and become part of the paracanoeing community. Join the paracanoeing movement today and embark on an extraordinary journey of personal growth and sporting achievement.

See the LimbPower directory for contact details and links.



LimbPower sports index

Sports Organisations Contacts

England Athletics

- <https://www.Englandathletics.org/find-a-club/>
- <https://www.Englandathletics.org/about-us/contact-us/>

Embrace the growing interest in athletics within the limb different community. Thousands are participating weekly in the UK. Whether with prosthetics, wheelchairs, or specialised equipment, join in activities like sprinting, running, throwing, and wheelchair racing. England Athletics offers guidance on funding and participation. Reach out to tom@limbpower.com or visit their website.

Archery GB

- <https://archerygb.org/clubs/find-a-club>
 - <https://archerygb.org/about/contact>
- Email: enquiries@archerygb.org

Embark on an inspiring journey in disability archery as an amputee. Whether you're drawn to compound or recurve bows, experience the art of precision and camaraderie within a community of fellow enthusiasts. Get involved by reaching out to local archery clubs or organisations dedicated to adaptive archery. For personalised guidance and inquiries, contact Archery GB.

Badminton England

- <https://www.badmintonengland.co.uk/on-court/disability/>
- <https://www.badmintonengland.co.uk/contact-us/>

Email: enquiries@badmintonengland.co.uk

Explore the inclusive world of disabled badminton with Badminton England. Clubs are becoming more accessible, creating opportunities for disabled individuals to join. Discover Para Badminton Festivals, offering skill-based activities and games. Embrace the sport's growth for disabled players through development plans and inclusive practices. Join the movement and get in contact with Badminton England.

British Canoeing

- <https://www.britishcanoeing.org.uk/canoe-near-you>
- <https://www.britishcanoeing.org.uk/guidance-resources/disability>

Explore the world of paracanoeing as an amputee. Experience the thrill of paddling and connect with a community of enthusiasts. Reach out to local canoe clubs or adaptive sports organisations offering paracanoeing programmes. Join paracanoeing and embrace the waters with excitement and camaraderie.

Cricket

- <https://www.ecb.co.uk/play/disability-cricket>
- <https://www.ecb.co.uk/play/county-cricket-boards>

Participate and engage within the exciting world of Para Cricket as an amputee with likeminded individuals. Contact local cricket clubs or adaptive sports organisations offering para cricket opportunities. For specific guidance, reach out to the England and Wales Cricket Board website to explore tailored information on equipment, training, and events.

Cycling

- <https://www.britishcycling.org.uk/limitless>
- <https://www.britishcycling.org.uk/disability/article/20150812-disability-static-content-About-para-cycling-0>

Embrace cycling's rising popularity within the limb different community through British Cycling's 'Limitless' initiative. This all-encompassing inclusive club programme offers cycling opportunities for all ages and abilities. Whether a novice or experienced cyclist, joining a Limitless club opens avenues for sports engagement. For involvement, contact tom@limbpower.com, meet British Cycling at the LimbPower Games, or visit the British Cycling website.

British Disability Fencing and British Fencing

- <https://www.bdfa.org.uk/contact-us/>
- <https://www.britishfencing.com/about-para-fencing/>

Step into the world of fencing as an amputee in England. Experience the art of swordplay, develop skills, and connect with fellow enthusiasts. Engage by reaching out to local fencing clubs or organisations. Discover adaptive equipment, events, and opportunities tailored for amputees. To get involved visit the British Fencing website to find out more.

England Football

- <https://www.Englandfootball.com/play/disability-football>
- https://find.Englandfootball.com/?_ga=2.183907622.161857423.1691577367-1387702504.1687172858

Step into the world of amputee football and become part of dynamic matches and a close-knit community. Link up with local football clubs or adaptive sports organisations for active involvement.

Explore opportunities, training, and events. Embrace the essence of amputee football and ignite your journey with fervour. Visit their website to find out more.

England Golf

- <https://www.Englandgolf.org/contact-us>
- <https://www.Englandgolf.org/disability-golf>

Golf is for everyone, regardless of impairment. Explore various formats and equipment to suit your abilities. England Golf fosters inclusivity, making clubs accessible for disabled players. Join competitions with modified rules, allowing all to participate. Play against various abilities and make new connections at disability golf events. Embrace the game, connect and grow with us!

Handcycling UK

- <https://www.handcycling.org.uk/contact-us/>
- <https://www.handcycling.org.uk/>

Empower your cycling journey with Handcycling UK. Discover the joy of hand biking, from sport to recreation. Join racing events, adventurous off-road rides, and group road cycling. Attend Taster Days, borrowing handcycles, or bring your own. Experience the freedom of cycling, regardless of ability, in a supportive community. Elevate your cycling prowess and physical well-being.

Netball England

- <https://www.Englandnetball.co.uk/play-netball/core-inclusive-clubs/>
- <https://www.Englandnetball.co.uk/about/contact-us/>

Discover the world of disability netball for amputees with England Netball. Engage in this exhilarating sport, connecting with fellow players. Reach out to local clubs or adaptive sports organisations for participation. For tailored insights, consult England Netball's disability resources via the website.

British Nordic Walking

- <https://britishnordicwalking.org.uk/apps/store-locator>
- <https://britishnordicwalking.org.uk/pages/contact-us>

Discover the invigorating world of Nordic Walking tailored for amputees and those with limb differences. This exercise method offers exceptional advantages, distributing effort between upper and lower body, reducing prosthetic limb strain. Nordic Walking's

LimbPower sports index

Sports Organisations Contacts

specially designed poles improve posture enhance stability, confidence, and cardiovascular fitness, while fostering community connections. Visit British Nordic Walking website for more information.

Rowing

- <https://www.britishrowing.org/gorowing/learn-to-row/adaptive-rowing/sign-up/>
- <https://www.britishrowing.org/go-rowing/>
- <https://www.britishrowing.org/rowing-activity-finder/>

Embark on the waters of para-rowing as an amputee. Feel the power of the oars and connect with a community of rowing enthusiasts. Contact local rowing clubs or adaptive sports organisations offering para-rowing opportunities. Visit the British Rowing Website for more information.

Table Tennis

- <https://www.tabletennisengland.co.uk/contact-us/>

Email: help@tabletennisengland.co.uk

Step into the realm of table tennis in England as an amputee by becoming a part of the community. Embrace the sport's excitement, hone your skills, and connect with fellow enthusiasts. Begin your journey by contacting local table tennis clubs or organisations in England. For guidance, please visit the website.

Lawn Tennis Association

- <https://www.lta.org.uk/play/inclusion-disability/>
- <https://www.lta.org.uk/play/inclusion-disability/wheelchair-tennis/>
- <https://www.lta.org.uk/about-us/contact-us/>

Embark on an exciting tennis journey in England as an amputee. Discover the thrill of the game, enhance your skills, and connect with fellow enthusiasts. Reach out to local tennis clubs or organisations to get started. For support and information tailored to amputees, contact the Lawn Tennis Association (LTA).

Triathlon

- <https://www.britishtriathlon.org/clubs/search>
- <https://www.britishtriathlon.org/about-us/contact-us>

Embark on an exhilarating journey in para triathlon as an amputee. Whether your passion lies in swimming, cycling, or running, experience the thrill of multi-disciplinary competition and connect with

a community of fellow athletes. Find out more via the British Triathlon website.

Wheelchair Basketball

- <https://britishwheelchairbasketball.co.uk/contact-us-2/>
- <https://britishwheelchairbasketball.co.uk/get-involved/play/club-finder/>

Experience the thrill of wheelchair basketball—a dynamic, inclusive team sport empowering amputees to shine. On a standard court, two teams of five players zip around in sports wheelchairs, aiming for victory. UK clubs offer diverse training sessions led by enthusiastic coaches, embracing all abilities. Join this vibrant community for improved mental health, fitness, and camaraderie. Visit the website for more info.

Wheelchair Rugby

- <https://gbwr.org.uk/find-a-club/>
Email: info@gbwr.org.uk

Experience the adrenaline of wheelchair rugby as an amputee. Engage in high-impact action and connect with a vibrant community of athletes. Reach out to local wheelchair rugby clubs or adaptive sports organisations. Join the dynamic realm of wheelchair rugby and embrace the excitement of the game. For tailored guidance visit the website

Physical Disability Rugby League

- <https://www.rugbyleague.com/getinvolved/play/physical-disability-ri>
- <https://www.rugby-league.com/ages-and-stages/inclusion>

Immerse yourself in the excitement of Physical Disability Rugby League as an amputee. Engage in thrilling matches and connect with a vibrant community of players. Reach out to local clubs or adaptive sports organisations offering the sport. For tailored information, contact the PDRL the governing body in the UK. Visit the website to uncover opportunities, training, and events.

Sailing

- <https://www.rya.org.uk/start-boating/sailability/new-sailors>
- <https://www.rya.org.uk/club-centresupport/affiliates/sailability-club-and-centre-support>

Embark on a thrilling journey in disability sailing with the Royal Yachting Association (RYA) as an amputee. Experience the freedom of the open waters, build sailing skills, and connect with a supportive community.

To participate, reach out to your local sailing clubs affiliated with RYA. For tailored guidance and information specific to amputees, contact RYA via the website. Start your adventure in disability sailing with RYA and embrace the joy of sailing on the seas!

Swimming

- https://www.swimming.org/poolfinder/?utm_campaign=GlobalHeader&utm_medium=PoolFinder&utm_source=GlobalNav
- <https://www.swimming.org/sport/para-swimming-advice/>

Connect with LimbPower for tailored advice or you can attend an assessment at a Start Para-Swimming Centre with Swim England coaches. Join a local club for training and camaraderie. Set goals and collaborate with your coach to achieve them. Unsure about your para-swimming level? Numerous para-swimming clubs are embracing Swim England's initiative, offering more opportunities. Reach out for details at tom@limbpower.com.

Disability Snow Sports UK

- <https://www.disabilitysnowsport.org.uk/adaptive-snowsport/what-is-adaptive-snowsport>
- <https://www.disabilitysnowsport.org.uk/adaptive-snowsport/contact/contactus>

Embark on the thrill of disability snow sports, tailored for amputees. Experience the slopes with fellow enthusiasts by contacting local snow sports clubs or adaptive organisations. The governing body for disability snow sports in the UK is Disability Snowsport UK (DSUK). Connect with them via their website for more information. Embrace the winter wonderland and dive into the world of disability snow sports.

Disability Shooting UK

- <http://www.ds.gb.uk/>
- <http://www.ds.gb.uk/contact>

Delve into the realm of disability target shooting as an amputee, whether your interest lies in pistol or rifle shooting. Discover precision and forge connections within a community of like-minded enthusiasts. Engage by contacting local shooting clubs or organisations specialising in adaptive shooting. For tailored guidance and information, reach out to Disability Shooting GB via their website for more information. Unveil adaptive equipment and shooting events curated for your needs and embark on a thrilling journey in disability target shooting.

Life story

A chat with Vicky McGeehin

 **We chat with Vicky McGeehin an open water swimmer, mother, prosthetist and long-term amputee about maintaining fitness and managing challenges.**



When did you become an amputee?

I was born with a congenital deformity of my right leg. I had a fibula, but my tibia hadn't fully formed and my leg was unable to support me. I had a knee disarticulation amputation when I was 13 months old. My first prosthetic leg consisted of a leather block socket with lace up fastening, a metal shin, wood foot with metal hinged side steels. At primary school, I got called 'Metal Mickey' I'd run after them and threaten to kick them. I was 7 when I got my first modern prosthetic, staff told me I was the youngest to trial it. Growing up I was like any other active child doing judo, swimming and dancing. It was as a teenager that I became more self-conscious (of my prosthetic). I was fortunate to have accepting friends but still tried to hide my prosthetic with tights and long skirts.

What led you to become a prosthetist?

I attended dancing classes tap, modern and ballet, I remember being frustrated I couldn't point my toe (at ballet) and declaring "When I grow up, I'll make my own leg!" By GCSE's I'd dropped ballet but wanted to be a 'fitter'. I did a BTEC in engineering (where I designed a model for my dream pointy foot) and then graduated from the University of Strathclyde with a BSc Degree in Prosthetics & Orthotics. I now work at the Gillingham Limb Centre.



How do you stay active?

I regularly swim or attend gym classes after work. I've recently introduced weightlifting into my week to support my midlife needs. I especially enjoy open water swimming and have taken part in The Serpentine one – and two-mile events.

How do you manage the challenges you face?

Since my 30's, walking long distances and standing (in queues or on the spot) have become challenging. I use a



If you could go back in time, what advice would you give yourself or do differently?

I'd have been born later – the technology is so much better! I'd have loved to have known about the Paralympics and swam in them. I'd tell myself not to hop (so bad for joints) worry less and be more confident in myself.

As an amputee and prosthetist what advice would you give other amputees about the prosthetic service?

Take advice from the professionals! Write down your questions – however 'silly' they might seem.


Regularly attend your limb centre and talk through any lifestyle changes or needs.

Listen to your body, know your limits and stay as active as possible.

walking stick when walking distances now which makes it obvious on public transport for the need to sit down. I always enquire about accessibility queues. If events are standing room only, I don't attend. Maintaining a steady weight has become harder during midlife so I focus on eating healthily to keep my leg comfortable.

Thanks for your support

Make An Impact

 Your regular donations and fundraising enable LimbPower to deliver our life-changing community focused programme of events and workshops. When you donate or raise the following amount you directly impact our ability to provide the community with the following resources:

- £10 an information support pack
- £35 an hour-long online fitness session
- £150 a child's Fundamental Skills Workshop place
- £150 an adult's reVAMP place
- £185 an adult's LimbPower Games place
- £200 a child's LimbPower Junior Games place
- £330 an adult's #ICan Adult Camp place
- £750 a family to attend the #ICan Family Camp
- £2,000 Top Tips Infographic
- £5,000 sport specific guides

Each time you generously donate, fundraise or volunteer for LimbPower your action is helping to drive change enabling this community to flourish and thrive. To discover how you can make a tangible difference contact emma@limbpower.com or call 07904 512265

Thank you!

 A HUGE heartfelt thank you to all our dedicated fundraisers & enthusiastic supporters for being the driving force behind our mission to engage amputees and individuals of all ages with limb difference in regular physical activity, sport and arts to aid physical, social and psychological rehabilitation. Your unwavering commitment and contributions are instrumental in enabling LimbPower to deliver a meaningful difference in the lives we touch.

- Ani H
- Anna B
- Andrew L
- Andy P
- Braydon P
- Cameron B
- Carl B
- Conrad N
- Daniel P
- David W
- Emma N
- Fern R
- Gary S
- George M
- Hayley R
- Helen S
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- Lisa J
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- Mike P
- Mitesh P
- Patrick S
- Rachel M
- Rob R
- Robert B
- Scott T
- Sofie W
- Tom H

- Blatchford
- Design Prosthetics
- Douglas Bader Foundation
- Dorset Orthopedics
- Frenkel Topping
- Fletchers
- Go Glass
- Limb Art
- Naked Prosthetics
- Össur
- Ottobock
- Pellitec
- Stewarts
- Sport England
- UR Enabled

Our corporate friends

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<https://www.ottobock.com>



<https://www.designprosthetics.co.uk>



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Baxter & Co.
CHARTERED CERTIFIED ACCOUNTANTS

<https://baxterco.co.uk/>



<https://fletchersfoundation.org.uk>



<https://www.yourkoalaa.com/>

STEWARTS

<https://www.stewartslaw.com/>



www.ftcharitablefoundation.co.uk



<https://www.dorset-ortho.com/>

Leigh Day

<https://www.leighday.co.uk/>

Blatchford:

www.blatchfordmobility.com/en-gb