

LimbPower news

**Limb
POWER**
Living life without limbs

SUMMER 2017

Welcome to the Junior Games and Weekend of Family Fun!

 **LimbPower are really excited to be holding our first full weekend of family fun at Stoke Mandeville on Saturday 30th September and Sunday 1st October 2017.**

We will be holding our much anticipated LimbPower Junior Games on Saturday 30th September for young amputees and children with limb impairments aged 5 – 18 years old, followed by a fun packed Manic MaraFun and Family Fun Day on Sunday 1st October. Many families are planning to stay for the weekend so if you would like details of our on-site accommodation offer or information on local hotels, please contact us.

On Saturday The Games will provide the children with an opportunity to try a range of sports and activities in a safe and friendly environment. On offer will be climbing, track & field athletics, tennis, archery, amputee football, badminton, sitting volleyball, golf and snooker. There will also be an opportunity to try the brilliant, new, inclusive sport of baskin, based on basketball as well as an opportunity to try your hand at wheelchair fencing, both of which feature on the programme for the first time this year! A climbing wall and caving set-up will be available throughout the day plus there will be a chance for everyone to

enjoy exclusive use of the swimming pool at the end of the day – so don't forget your swimming costumes!

Our Family Fun Day is open to everyone, including non-participating individuals, so come along and soak up the atmosphere. You don't have to take part in the Manic MaraFun to enjoy the day. We have lots of exciting events lined up including music, children's activities, games and even the chance to participate in a firewalk, for the braver amongst us!

The Manic MaraFun is a 26-mile fundraising challenge, but with a difference. Each participant need only complete one mile, or four laps of the track at the wonderful Stoke Mandeville Stadium and to make it even more appealing, you can choose from a variety of wacky ways in which to do it. Whether it be running, walking backwards, cycling, scooting, pushing a wheelchair or even doing the wheelbarrow with a friend, there are plenty of options for completing your mile and



having fun while you do it! The MaraFun will be running throughout Sunday with individuals and families participating to complete a stage or two, all in aid of raising funds for future events and services for the LimbPower family. Fancy dress is optional and our theme this year is to come dressed as your favourite book character.

Join LimbPower for a mile of this year's fun filled Manic MaraFun and do your mile in style! Registration is just £11 for adults and £1 for children and all fees will be reimbursed for anyone who reaches the £50 fundraising target!

Download entry forms for the Junior Games and the Manic MaraFun at www.limbpower.com. For further information on the Games, contact andy@limbpower.com. For sponsorship forms and details of the Manic MaraFun, contact carly@limbpower.com.

Active August

Join LimbPower and Axis, powered by Ottobock for #ActiveAugust and challenge yourself to a fitter, healthier you.



If you are currently inactive but really want to get active, lose weight, feel fitter or less fatigued then why not join LimbPower and Ottobock for the #OttobockFitness Challenge. We will be doing a daily morning workout using the Ottobock fitness app available on both the iPhone and Android

phones, choosing between strength and endurance, condition and balance, and stretch and relax. You can do as little or as much as you want to in your own home, but remember not to overdo it! Start slowly and build up. If you haven't exercised before, speak with your rehabilitation consultant or G.P. before starting any new exercise programme.

If you are already active and want to do more or challenge yourself to a new personal best why not take on the #ActiveAugustChallenge and raise invaluable funds for LimbPower at the same time. It's easy, set yourself a challenge, share it on social media and set up a JustGiving page to raise funds. All challengers who raise a minimum



of £15 will receive a free #ActiveAugust T-Shirt and a medal.

Fun for the family, why not join in as a family and do a bike ride, a swimathon or park run. Support LimbPower and spend some time together as a family building memories. If you want some inspiration or ideas contact Carly or Kiera.

If you want to know more please contact Kiera Roche kiera@limbpower.com.

Events past and future



Birmingham LimbPower Junior Games

 **The LimbPower Junior Games are going from strength to strength with more 5 – 18 year olds attending every year.**

On Saturday 24th June 2017, we held our first Junior Games away from the usual Stoke Mandeville venue. LimbPower have listened to requests from parents to hold events at different locations across the country and this was our first regional Junior Games. We welcomed some familiar faces and saw over 25 new families joining LimbPower for this event. Over 30 children registered for the event which was held at Small Heath Wellbeing Centre in Birmingham.

We had a wide selection of inclusive sports for the children to try, including wheelchair basketball, track and field athletics, football, tennis, gymnastics, sitting


volleyball, golf, table tennis and snooker. Canoeing and cycling were also on offer in addition to the very popular climbing wall and caving set up, a huge hit with the children and some adults! It was wonderful to meet and work with new families and for them to learn from the experiences of families who have been before. Everyone who attended the day felt it was a great success, with many families expressing an interest in joining us again in September at Stoke Mandeville to enjoy the fun all over again. The Junior Games not only offers the opportunity for children with limb impairments to try out a range of sports and activities that they might not otherwise contemplate, it also builds friendships between the children and, of course, their families. Parents often find that they benefit as much as the children by forging friendships with other parents in similar circumstances, the connections that are made at the LimbPower events help to provide a safe and experienced sounding board for all.

LimbPower would like to thank Small Heath Wellbeing Centre, Birmingham for their support and the generous use of their facilities; all of the coaches who spent the day coaching and supporting the children; the volunteers including students who were

invaluable and, of course, the families that travelled to attend the event.

LimbPower would love to welcome everyone to the next LimbPower Junior Games at Stoke Mandeville Stadium on Saturday 30th September which is immediately followed by the Manic MaraFun and Family Fun Day on Sunday 1st October. If you are interested in attending both events please get in touch so that LimbPower can reserve accommodation for you for the Saturday evening. Entry forms can be downloaded from the website – www.limbpower.com or please contact carly@limbpower.com if you have any questions about the Junior Games. We look forward to seeing you at Stoke Mandeville.

Getting Active with LimbPower!

 **LimbPower recently collaborated with St Mary's University to host two LimbPower events in June to encourage amputees and people with limb impairments to get active.**

The first event held on Sunday 4th June was an Introduction to Physical Activity Workshop aimed at new amputees to help them build confidence, strength and stability and to empower them in the early stages of rehabilitation to improve their mobility. The free workshop was a mixture of theory and practical sessions which focussed on the benefits of physical activity. – It included a circuit training session and group exercises aimed at improving core stability and balance; tuition in Nordic walking using walking poles to reduce pressure on the residual limb and increase speed and a Special Yoga lesson developing balance, relieving muscle tension and helping to destress. As well as providing practical support, the workshop presented a forum for new amputees to meet and share their experiences which can provide a much-needed psychological boost. The feedback

from all the participants was overwhelmingly positive and everyone was keen to attend the next LimbPower event.

Fortunately there wasn't long to wait with the first LimbPower Multisport Event taking place at St Mary's University on Sunday 25th June. Using the excellent facilities available, the event was designed to provide people with an amputation or limb impairment with a unique opportunity to participate in sport and physical activity in a relaxed, friendly and supportive environment. Sports on offer included badminton, sitting volleyball, tennis, golf, track and field athletics as well as Nordic walking. In addition to the timetabled activities, there were drop in sessions for para-canoeing, snooker and wheelchair fencing! Cathryn Ogori, St Mary's Assistant Sports Facilities Manager, reported "Our staff complimented LimbPower on how well organised the event was." LimbPower CEO, Kiera Roche reported, "These events are so inspirational, seeing fellow amputees throwing caution to the wind and trying new activities which can be difficult and exhausting is so humbling. It reminds us




all to keep motivated and to keep trying no matter how hard it gets. These events offer people with an amputation or limb impairment the opportunity to try sport, to learn about sport, and to build relationships with others, which is critical in enabling them to lead active lives."

LimbPower would like to thank St Mary's University for the use of their facilities; all of the coaches and volunteers who helped to make the event such a success and finally the participants who seized their courage and joined us for a wonderful and rewarding day of sport and activity. Well done all of you!

LimbPower are holding two further Multisport Events later this year if you are interested in attending. The first event will be held on Saturday 16th September at Small Heath Wellbeing Centre in Birmingham and the second event will be held on Saturday 7th October at the English Institute of Sport in Sheffield. Please go to the LimbPower website – www.limbpower.com to download an entry form or contact andy@limbpower.com for further details.

Splattered!

Team Unlimited!

 **Team Unlimited is the UK's first disabled paintball team. The players have a mixture of issues to deal with ranging from mental or health issues, such as acute diabetes and autism, to hearing and sight impairment, or loss of limbs in the case of their amputees.**

The team was established in 2013 by the late Alex (Rat) Heath, with the goal of taking an adaptive team to the Millennium paintball championships.

On the 2nd July 2017 that ambition was finally realised, when the team stepped out onto the field for the first time at Campaign Cup – the UK round of the European series.

Just getting to the event was a massive achievement for the team but the squad played brilliantly, winning three out of four matches to end up top of their group in Division three after the first day. Going into day two they needed to win their last qualification game against Thunderducks to guarantee moving into the finals on Sunday. Despite their best efforts they lost the match 2-0 missing the finals... so that was the end of their tournament.

In the event the team placed ninth out of 28 teams in Division three which was an amazing result for their first attempt at playing in the series. It's really spurred the team on to train harder, and enter more high profile events in the future. Unlimited would like to thank G.I. Sportz Europe for sponsoring the team at this event. They really couldn't have done it without them.

They currently have two teams entered in the UK national CPPS five man championships, which is played over five rounds at Penkridge in Staffordshire. The team also trains at the One41 site near Gatwick several times a month. So anyone



that's interested in playing adaptive paintball is more than welcome to come down for a session.

If you are interested in finding out more about adaptive paintball, check out the team's Facebook page <https://www.facebook.com/Team-Unlimited-UKs-Disabled-Paintball-Team-552301068262527/> or contact Bryan Leaver on 07850 540078 or email bryanleaver@hotmail.co.uk.

Coming up...

LimbPower Calendar of Events

August



Active August Online participation campaign in conjunction with Axis, powered by Ottobock. If you are currently inactive but really want to improve your fitness and get active, lose weight, feel healthier or less fatigued then join LimbPower and Ottobock for the **#OttobockFitnessChallenge**. We will be doing a daily morning workout – you can do as little or as much as you want to in your own home. You can also set yourself a challenge to raise funds for LimbPower. The first 50 people to enter will get a free t-shirt.



SuperHero Series Tri Event – 19th August, Dorney Lake, Eton, Berks. LimbPower are putting together Senior and Junior Teams for this exciting event. We will also have a stand so come and say hello. If you would like to join us and fundraise for LimbPower, please contact Carly on **07789 075709** or email carly@limbpower.com

September

Arctic One Junior Para-Triathlon – 3rd September, Chesham Leisure Centre. The event is free and open to children between the ages of 5-18 with a disability. You can

do the whole triathlon or just parts of it – swim, bike or run. For more information, please contact carly@limbpower.com

LimbPower Multisport Event – 16th September, Small Heath Wellbeing Centre, Birmingham. Join LimbPower for this ‘have-a-go’ multisport event,



open to adults over the age of 18 with a limb impairment offering an opportunity to trial a range of activities and sports in a friendly and supportive atmosphere. To download an entry form, go to www.limbpower.com or contact andy@limbpower.com for more information.

Golf Development Day – 23rd September, Frilford Heath Golf Club, Abingdon, Oxford. Joint initiative between LimbPower and OpCare featuring junior development in the morning and a round of golf for established players in the afternoon. Contact Andy on **07503 030702** or email andy@limbpower.com for more details.

Junior LimbPower Games – 30th September, Stoke Mandeville Stadium, Aylesbury. This event offers young people the chance to engage in

physical activity and sports in a safe and friendly environment. Entry forms are available on the LimbPower website – www.limbpower.com or contact andy@limbpower.com for more information.

October

Manic MaraFun & Family Fun Day – 1st October, Stoke Mandeville Stadium, Aylesbury. The Manic MaraFun is a 26 mile fundraising challenge, with a difference. Each participant only has to do one mile, or four laps of the track at Stoke Mandeville Stadium, and to make it even more appealing, you can choose from a variety of wacky ways in which to complete it. The Family Fun Day is free and open to everyone to attend, with children’s activities, music, fire walking, Britain’s Strong Man activities, a climbing wall and sports. For further information, contact carly@limbpower.com or download an entry form at www.limbpower.com

LimbPower Multisport Event – 7th October, England Institute of Sport, Sheffield. Join us for this ‘have-a-go’ multisport event open to adults over the age of 18 with a limb impairment offering an opportunity to trial a range of sports in a friendly and supportive atmosphere. To download an entry form, go to www.limbpower.com or contact andy@limbpower.com for more information.

November

Moulin Rouge LimbPower Fundraising Ball – 25th November, Westerham Golf Club.

Come and join us for fun, frolics, feathers and fizz at our annual social event of the year. Our annual ball is a major fundraising event and we pride ourselves on creating a spectacular spectacle! This year’s theme is Moulin Rouge!

December

International Day for Persons with Disabilities, – 3rd December. **Online campaign.** LimbPower will be running a social media campaign with the Limbless Association to promote a positive message about limb loss and limb difference. Please visit the LimbPower website in October to find out what this year’s message is.

Winter Wonderwheels, – 3rd December, Dorney Lake, Eton. LimbPower will be attending the UK’s first festive disability sports event where you can cycle, walk, run or push around Dorney Lake. See <http://superheroseries.co.uk/winter-wonderwheels> for more details.


February 2018

AmpuTEA FeBREWary. LimbPower are asking everyone affected by limb loss or limb impairment to host a tea party in the month of February to raise donations to support the work of the charity. For more information and to receive an AmpuTEA FeBREWary pack contact carly@limbpower.com or call Carly on **07789 075709**



Research and Funding

LimbPower Leading the Way: Using research to make an impact on Leisure Time Physical Activity (LTPA) among people with an amputation in England.

 **Dr Ross Wadey and Dr Melissa Day ('Ross & Mel') from St Mary's University and the University of Chichester have finished writing up a research study on behalf of LimbPower.**

The study is entitled, "A Longitudinal Examination of Leisure Time Physical Activity Following Amputation in England" and has been submitted for publication in a special issue of a highly prestigious journal: *Psychology of Sport and Exercise*. The special issue is called "Innovations in Disability Sport and Exercise Psychology Research" (<https://www.journals.elsevier.com/psychology-of-sport-and-exercise/call-for-papers/call-for-papers-for-innovations-in-disability-sport-and-exer>). The paper is currently under review and we should know the outcome very

soon. Once accepted for publication, it will be disseminated to LimbPower members and go on to inform our policies and practices.


This original study examined the barriers, facilitators and benefits of leisure time physical activity among people with an amputation in England. From April 2014 to May 2016, Ross and Mel collected and analysed data from amputees and identified 10 themes: Personal Wellbeing, Social Wellbeing, Physical Wellbeing, Inspiration, Self-Presentation, Experience of LTPA (leisure time physical activity), Knowledge of LTPA, Environment, Organisational Functioning, and Personal Life and Resources. The paper makes a novel research contribution to the literature revealing the dynamic and relational nature of barriers, facilitators and benefits. Perhaps



more importantly, it also offers us numerous practical implications for LTPA policies and practices in England at various levels (interpersonal, institutional, community, and policy) that will not only benefit LimbPower members, but also the broader amputee community. Indeed, these findings provide a rigorous foundation for a 'bottom up' rather than 'top down' approach for LTPA promotion, which aligns with the National Health Service's vision for person-centred care (NHS England, 2014).

To all LimbPower members who took part in this project, Ross and Mel would like to express their sincere thanks and gratitude for your time and efforts. Only by listening to and learning from our members will we see the landscape of LTPA promotion in England change for the better.

Children's Activity Prosthetic Fund

 **LimbPower has been delighted to help the Department of Health in the coordination of the current fund available to children who would like to apply for an activity prosthesis. Since October 2016, over 100 children have benefited from the fund and others are currently in the process, either waiting for the issue of their limbs or awaiting clinical approval.**

There was an initial rush of applications when the fund was released and a degree of confusion as to which children would qualify. It was a learning process for both health care professionals and parents.

LimbPower has been able to help limb centres with applications and perhaps more importantly support parents and carers by sharing the criteria and application process. The most important point to be highlighted is that a child must be medically and clinically able to benefit from the issue of an activity prosthesis. Contrary to a widely held belief, it is not imperative that your child be a budding Paralympian to apply. An NHS limb centre prescribes limbs if, in their opinion, a

child's life would be improved with access to an activity limb. Activity could include dancing, playing in the park with friends and greater integration in school PE lessons.

There is some question as to whether the scheme will continue after March 2018, when the current fund closes. However, extensive research has been taking place into children's prosthetic provision within the current system. Many families have taken part in focus groups based at limb centres and filled in questionnaires. This has been a fantastic opportunity for families to have a say in the future direction of prosthetic provision for children. This includes the recent issue of activity prostheses, with the current uptake being considered. There have been huge benefits in the lives of children who have been issued activity limbs. These prosthetic devices have not only empowered the child but also their wider family by helping to make activity for all a little easier.

If you have any questions regarding the fund or the application process, please email carly@limbpower.com. She will be available to answer questions or to help put



you in touch with the appropriate service who can give you the correct medical and professional advice. We will keep you updated with any news that we receive from the Department of Health.



Hike the Pike!



On the 20th May 2017, a team of 18 amputees, individuals with limb impairments and supporters travelled to Scafell Pike in Cumbria to take on the incredible challenge to summit the highest peak in England.

The team was a mixture of experienced walkers and new recruits; all of whom were enthusiastic about setting themselves a challenge and reaching the summit. Regrettably, the weather was against us and on the eve of the trek, we learned that a storm with hailstones was forecast. Even before we set off, the rain was upon us, fortunately we had come prepared and once everyone had donned their waterproofs, we embarked on what would become a beautiful, breath-taking and challenging nine-hour walk, but unfortunately not the one we had planned.

A couple of miles into the walk and the predicted hailstones arrived and dark clouds loomed over the mountain. The guides advised us to take an alternative valley walk, which included a smaller ascent of Side Pike at over 300m. This was my absolutely favourite bit of the walk as it was fun and challenging, even if it was raining. There was

great disappointment amongst the team about having to take an alternative route and I think it was only when we saw the rescue helicopter and heard that other groups had been turned back, that we all realised it was the right decision.

The lake district is one of the most beautiful parts of the UK and the mountains and valley were beautiful and tranquil, even in the pouring rain! I think we each learnt a lot about our limits and about the vast difference between walking Snowdon and walking Scafell Pike. The team walked a total of 16.2km over the course of the day (around 9.5 hours) and we raised an incredible amount of money for LimbPower, with a final fundraising tally of **£6,097.98**.

Ordinarily I complete the challenges I set and this was only the second time I have had to concede defeat. However, I am not defeated or downhearted as I intend to go back and try again but this time with more experience and more training. I have employed a personal trainer to give me a programme and exercises so that I can attempt this again in 2018 and who knows, some of the other team members might join me!



On behalf of LimbPower, I would like to offer my sincere thanks to everyone who took part in the challenge; to everyone who fundraised or donated to the charity and to Dave Barrow & Lee Lewis from Adventure Café for guiding us home safely.

Please email kiera@limbpower.com if you are interested.