

## What LimbPower can do for you



**Welcome to the first LimbPower member's newsletter. Our aim is to empower you to change your own life through the power of physical activity, sport and the arts. Our members and beneficiaries range in age from 0 to 90, so not everyone is going to be healthy, young and sporty!**

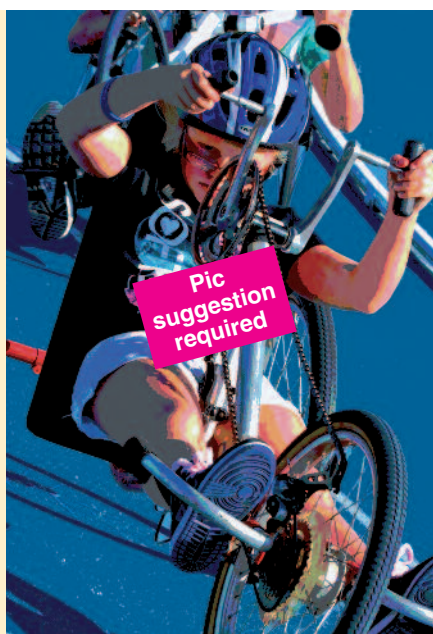
LimbPower's mission is to engage amputees and individuals with limb impairments in regular and sustained participation in physical activity, sport and the arts to improve your quality of life and to aid your lifelong physical, social and psychological rehabilitation. We plan to do this through providing you with the information, tools and resources you need to engage in activity, whether this be gardening, ski-ing, hill walking, dancing, exercise, running or team sports. We will also offer you the opportunity to attend introductory events and workshops to help get you started on the road to a better and healthier you!

Over the next five years, LimbPower will develop three programme streams aimed at three different age groups. 0-18, 19-55 and 55+. We will focus on the activities you have told us you want to do. With your help through feedback, surveys, research and participation we will tailor these programmes to deliver what you want.

Please get in touch with Suzanne Thomas at [suzanne@limbpower.com](mailto:suzanne@limbpower.com) if you have any ideas or suggestions. **Welcome to LimbPower!**

### LIMBPOWER FACTOID...

*Seven out of ten disabled people want to be more active. Amputees and individuals with limb impairments want to swim, walk, cycle, go to the gym, attend fitness classes, weight-lift, play golf, run, shoot and play team sports.*



## Children's Activity Protheses Fund



**The recent trial fund released by the Department of Health for Children's Activity Protheses has been welcomed by all.**


Last March the ex-chancellor announced that £1.5 million would be set aside for Children's Activity Protheses. £750,000 has been allocated to provision of activity limbs for children and £750,000 will be used for further research into the use of activity limbs by children, with a view to extending this trial fund.

LimbPower is working closely with limb centres and the Department of Health over the next 18 months to support parents, healthcare professionals and children through the process of applying for an activity limb. Activity limbs include running

blades, swimming fins and other activity components. LimbPower aim to help parents and children to make the best use of this opportunity. If you feel that your child may benefit from a specialised activity limb, both upper and lower limbs are included, then you should make an appointment with your NHS Limb Centre and speak to your prosthetist. Application is made by the centre itself, for those children who are prescribed an activity limb by the rehabilitation team and also meet the Department of Health's criteria. If you would like to know what the eligibility criteria is or you would like to know more about the fund, please contact **Carly Bauert** at LimbPower – [carly@limbpower.com](mailto:carly@limbpower.com) or 07824 992 689

## The Year Ahead

# Calendar of Events for 2017

 **LimbPower have listened to feedback and comments from members, amputees, individuals with limb impairments and professionals from across the country and we have adapted the 2017 event programme in light of this feedback. We have also listened to feedback from loyal LimbPower Games participants, we will be relaunching the LimbPower Games on 19th-20 May for the 2018.**

This will be a more competitive event with registration for activities and medals. People have told us that they want more events and participation opportunities.

Our aim is to give more people more opportunity to experience physical activity

and sport in a safe and friendly environment where they can meet other like minded people and make friends. We have an unprecedented number of events and activities planned for you in 2017. There are two Junior LimbPower Games for the children and three one-day Adult Multisport events where you will have the opportunity to engage in physical activity and try out a range of sports in a safe and friendly environment.

If you fancy a challenge, why not join us for Hike the Pike on 20th May – a fundraising trek to the top of Scafell Pike, the highest peak in England? If this doesn't sound like your cup of tea, then why not come along to an AmputEA FeBREWary

event or better still host one in your area where you can enjoy a cuppa and a slice of cake while raising funds to help limb impaired people. LimbPower are also working with Artic One and the Superhero Series.

We are looking for team members to join our teams at these two events. The Artic One TRI & PARA-TRI FESTIVAL is on Monday 29th May 2017 (Bank Holiday) at Dorney Lake and the SuperHero series event is on August 19th 2017 also at Dorney. If you are interested in joining us for these two events please contact [carly@limbpower.com](mailto:carly@limbpower.com) or 07824 992 689.

## January

### I Can...New Year's Pledge

Join LimbPower in pledging to do something to help you become fitter, healthier or happier. Is there a small or big goal or challenge that you really want to set yourself this year?

## February

### AmputEA FeBREWary

Tea or coffee morning fundraisers being held throughout the month of February. This isn't just a fundraiser it's a chance to socialise and chat with friends or colleagues all in the name of a good cause.



**Introduction to Physical Activity Workshop – 16th February,** Birmingham Limb Centre

**Introduction to Physical Activity Workshop – Manchester**  
Dates to follow. Please check the LimbPower website for dates.

## March

**Naidex – 28th-30th March, NEC Birmingham. Disability roadshow.** Come and visit us at the Naidex Exhibition in Birmingham. LimbPower will be on stand D60 with the Douglas Bader Foundation and Artic One.

## April

**Limb Loss Awareness Month**  
LimbPower are going to run a series of stories and a campaign to promote limb loss awareness.

**Disability Swimming taster sessions – 23rd April,** Tiverton Pool, Birmingham

## May

**Scafell Pike – 19th-21st May, Ambleside.**  
Join our team on this challenge of a lifetime. Conquer the highest peak in England and raise funds for LimbPower.

**The Artic One TRI & PARA-TRI FESTIVAL – Monday 29th May** (Bank Holiday) at Dorney Lake

## June

**Introduction to Physical Activity workshop – 4th June,** St Mary's University, Twickenham

**Junior LimbPower Games – 24th June,** Small Heath Wellbeing Centre, Birmingham

**Adult Games Multisport Event – 25th June,** St Mary's University, Twickenham

## August

**SuperHero series event – August 19th 2017,** Dorney Lake

## September

**Adult Games Multisport Event,** Midlands. Date TBC

**Junior LimbPower Games – 30th September,** Stoke Mandeville Stadium



## October

**Manic Marafun – 1st October,** Stoke Mandeville Stadium



**Adult Games Multisport Event – 7th October,** England Institute of Sport, Sheffield

**Cuba Cycle Ride – <<Date>>**  
Xxxx xxz xxxx xxxxx xxx xxz  
xxxx xxxxx

## November


**LimbPower Fundraising Ball – 25th November,** Westerham Golf Club

## December

**International Day for People with disabilities.**  
LimbPower will be running a campaign with the Limbless Association to promote a positive message about limb loss and limb difference.

**General News**

# Disability Coach Mentoring Programme

 **Did you know that only 6% of entry level coaches are disabled? This shockingly small percentage indicates that current figures are falling far short of the government's stated aim that grassroots sport needs to be delivered so that it reflects the people it serves (DCMS Sporting Future: A New Strategy for an Active Nation).**

All this is set to change with the launch of a new project which aims to develop new and existing coaches with a physical impairment.

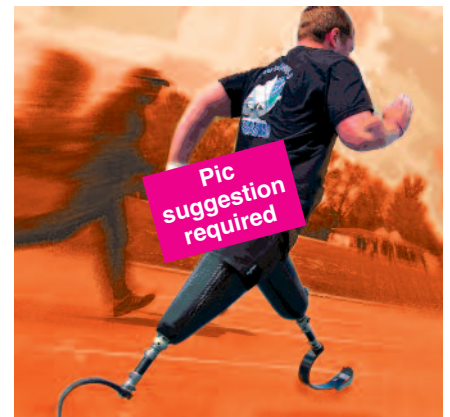
The project delivered in partnership with Sport England, LEAP (County Sports Partnership in Buckinghamshire), National Governing Bodies of Sport (NGBs), WheelPower and LimbPower aims to increase the number of disabled coaches and provide valuable insight into identifying the support they require.

LEAP, LimbPower and Wheelpower

identified there was a need to run a specific project looking to address the lack of coaches with a physical impairment and what was needed to develop them. Not just by offering a sports course but by looking at the person and identifying other aspects of training that would develop all the skills needed to be a successful coach.

Each coach is supported by a mentor who works with them to help identify specific training needs and supports them to access the necessary training. The coaches are being developed in disabled and non-disabled sports and deployed in both disability and mainstream coaching settings. There are currently six trainee coaches who comprise a mix of wheelchair users and amputees. Most of them live in Buckinghamshire area.


The project has helped former athlete and upper limb amputee, William Ricketts, who prior to a motorcycle accident was a national class powerlifter. With the help of LimbPower, he has completed a power



lifting coaching course with the aim of moving into disability coaching.

Should you be interested in taking part in the next round of the Disability Coach Mentoring Project, then contact **Andy Brittles** at [andy@limbpower.com](mailto:andy@limbpower.com) or **Sion Kitson** at [skitson@leapwithus.org.uk](mailto:skitson@leapwithus.org.uk)

## LimbPower Research

 **As part of the funding received from Sport England in 2014, LimbPower have embarked on several research projects both collaboratively with the other National Disability Sports Organisations (NDSO) and on its own.**

The objective of LimbPower's research is to better understand the needs, wants and aspirations of amputees and people with a limb impairment.


Last year we conducted a sport and physical activity survey with 249 amputees and people with limb impairments. The survey covered a wide range of topics including people's current and future participation in sport and activity, and their motivations and barriers to being active.

A number of questions in the survey were included with the aim of exploring the impact of prostheses on sport and physical activity participation.

The research is available online at [www.limbpower.com](http://www.limbpower.com)

# Naidex 2017

## Surpass a Life Defined by Disability

 **On the 28th – 30th March, 12,000 consumer, healthcare professional and trade visitors in the independent living and disability sector will be taking over the Birmingham NEC for three of the most enterprising days the industry has ever seen.**

Naidex is Europe's largest event dedicated to the care, rehab and lifestyle of people with a disability or impairment. Setting no limit on potential, Naidex combines 250 world-class exhibitors, 150 thought provoking speakers, industry-leading experts, 1-2-1 advice, live demos, specialised zones (including Mobility, Sport, Tech and Children to name a few!), a fully hands-on inclusive marketplace and unrivalled networking



opportunities. Motivating, inspiring and forward-thinking, Naidex gives you the future of disability technology, services, lifestyle and care.

**This is the event of the year. Register for your free ticket at [www.naidex.co.uk](http://www.naidex.co.uk)**




## Confidence Workshops

LimbPower will be organising a Confidence Workshop this year. We are just working on a venue and dates. Please check the next newsletter for more details on this event.

### Out and About

# Junior LimbPower Games Report

 **A record number of children took part in the Junior LimbPower Games on 1st October 2016. For the first time, siblings were invited to join the event and 62 children registered to take part, truly making this an event for all the family.**

There was a wide range of sports on offer – track and field athletics, wheelchair basketball, badminton, cycling, sitting volleyball, tennis, archery and football. In addition, climbing was introduced for the first time with the inclusion of a climbing wall which was a big hit with all the children! The promised rain showers arrived by lunchtime but the coaches and activities continued unperturbed and it didn't manage to dampen the spirits of the

competitors who remained resolutely cheerful.

It was tremendous to see children with limb impairments and amputations taking part with their siblings and to watch every child grow in self-confidence as they tried and mastered something new. Children, mentors and parents all had fun trying new activities, making new friends and showing everyone that having a limb impairment is no barrier to what you can achieve.

We would like to thank all the coaches, mentors and sports organisations for helping make this event such a success and also express our gratitude to Leigh Day & Co Solicitors and the Douglas Bader Foundation for their sponsorship and volunteers.



The Junior Games will be held at **Birmingham on Saturday 24th June** and again at **Stoke Mandeville on Saturday 30th September**. We hope to see you there.

# Ski Sunday



 **LimbPower held its first ever ski event on Sunday 6th November at Milton Keynes Snozone. Adults and children were invited to sign up for sit ski-ing, ski-ing and snow boarding – dependent on their level of impairment.**

Age, experience and disability were no bar to our group of intrepid challengers – the only prerequisite was a willingness to have a go! We were joined by over 10 plucky souls who

made their way onto the slopes for a one-to-one session with specially trained instructors. It was a challenging but rewarding experience for all and a great opportunity to make new friends. The Snozone coaches were friendly, encouraging and knowledgeable and helped every participant to gain confidence over the course of the session. Derek Campbell, a double amputee who tried snowboarding for the first time at the session commented "Wicked! I'll definitely be up for it again!"

There will be more snow sessions to follow in 2017 so keep an eye on the website and Facebook page for further details.



*Our youngest participant, Pierce was delighted to have a crack at snowboarding.*