

Supporting young people who have amputations or limb impairments in PE and sport

LimbPower, was founded in 2009 to engage amputees and people who have limb impairments in physical activity, sport and the arts to improve quality of life, aid lifelong rehabilitation, and help them to reach their physical potential. LimbPower became a National Disability Sports Organisation in 2014.

The **Youth Sport Trust** is a children's charity working to ensure every child enjoys the life-changing benefits that come from play and sport.

LimbPower organises and supports events that can help young people who have amputations or congenital limb impairments get into sport and physical activity.

Contact them at info@limbpower.com

"As the Children's Officer for LimbPower I'm able to help parents, schools and Limb Centres to come together to support a child."

"I can't do anything until the parent contacts me - so it's important that schools and limb centres are aware of this and point them in our direction."



Carly Bauert, Limbpower

LimbPower administer the Children's Prosthetic Fund on behalf of the Department of Health and Social Care.

Contact Carly -
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Max

"I like to do pretty much every sport, but at the moment we're doing hockey in school and I do cricket, swimming, football - and I also do a bit of golf with my dad!"



Olivia

"If I didn't have my blade then I wouldn't be able to do any running or sports - I'm busy every day of the week doing netball, yoga, swimming, dancing and skiing... without my blade I wouldn't be able to do any of that."



Rich, Nottingham Mobility Centre

"If the children want to do sporting activities they can come back to us and we'll link them to the local sport organisations that support young people who have impairments."



Jill, Abbey School

"All our children are different - some like meeting other young people with similar impairments, some prefer to be with non-disabled peers - we need to create opportunities to meet their needs."



YOUTH
SPORT
TRUST

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PE & school sport



Speak with the young person about their needs; find out what they can do and use this as the start point.



Adapt sport sessions to make them fully inclusive. Ensure that the young person is included with their peers, not asked to go to another class or be by themselves.



Provide **additional training** for staff to ensure they are comfortable and knowledgeable on how to support a young person who has a prosthetic.



Host an **assembly** for year groups to promote inclusion. Ensure young people are aware of differences and provide examples of how they can support their peers.

Sources of information and support

- Utilise your **Lead Inclusion School** for support and guidance (www.youthsporttrust.org/inclusion-lead-schools).
- Find inspiration and recommendations from **TOP Sportsability**. You can register for free by completing the registration form found here: topsportsability.co.uk/signin/Signup.
- Contact your **local Mobility Centre** (sometimes called **Limb Centres**) to find out more about the adaptations that can be made for a young person using a prosthetic (see www.limbpower.com).



This information is part of a collaboration between the Youth Sport Trust (YST) and LimbPower. It complements a short film of the same name and can be found both on the YST TOP Sportsability web-based resource (www.topsportsability.co.uk) as well as the LimbPower website (www.limbpower.com)

Access to the TOP Sportsability digital resource is via the Lead Inclusion School for your county. For details visit www.youthsporttrust.org/top-sportsability

Visit the LimbPower website to discover how they support young people who have limb impairments, their parents and carers, teachers and other relevant professionals with information about self-care, adapting sport and physical activity, and news about their events and programmes. www.limbpower.com

LimbFormation is an inclusive website for children and families, as well as educators and professionals working with these children. It is a one-stop-shop information portal. www.limbformation.com

