

Welcome from Kiera

 **There's never been a better time to kick start being active! If you have recently become an amputee or limb impaired then it's really important to take small steps getting back into activity.**

Our wonderful team of staff, advisers and volunteers can help you, whatever your level of impairment, age or fitness. We've been working hard this year to bring you more resources and opportunities to engage with activity.

In this newsletter you can read about some of the work we've been doing to remove barriers to activities and to facilitate participation. We're always keen to hear from you about what you have been up to and if you have any advice you can share with other members.

This summer has really stood out for me because we had two members, at two extremes of the rehabilitation journey, pushing themselves and raising funds for LimbPower. Richard, a double amputee using walking sticks, challenged himself from his couch to a 2K walk in the rain and David Williamson pushed 30 marathons in 30 days in a wheelchair.

We often look to Paralympians for inspiration but sometimes what they achieve is superhuman and beyond our reach. What Richard and David

have demonstrated is that we can all push ourselves to be a little bit fitter. In August LimbPower promoted our #ActiveAugust social media campaign to encourage everyone of all abilities to join in and create their own fitness goals. I can't wait to hear what you have all been up to.

Remember small steps lead to great achievements!

Kiera Roche
CEO – LimbPower



One man...one wheelchair... 30 marathons...30 days

 **On Saturday, 13th July at the MoJo MaraFun, three times HBSA Disabled Sports person of the year David Williamson completed an incredible 30 wheelchair marathons in 30 days – something which has never been achieved before.**

David (40) from Petersfield had both legs amputated through the knee when he was a few months old, having been born without tibia bones. As well as pushing marathons and being a five-time participant in the Great South Run, David has also completed a 24-hour wheelchair push and played over 300 games for South Hants Sitting Volleyball. In 2016 he was the recipient of the 2016 #wecandoit Personal Achievement Award. Using athletics tracks in the South East of England and then down on the sea front at Southsea, David pushed 30 marathons, back-to-back with no rest days, raising money for LimbPower and two other causes including:

- Three-year-old Felicity who has undiagnosed genetic conditions which the doctors think cause all of the different problems she has. She has three brain conditions, is visually impaired, has reflux and epilepsy. Felicity also has twitches every day that cannot be controlled by medication and because of the complexity of her conditions needs 24-hour care.
- Four-year-old Emerson developed a cyst on his spine when he was just two years old which paralysed him from the waist down. He lost all movement in his lower body and is unable to walk.

"I was always a very sporty kid and growing up in the 80s there were lots of



sports clubs geared towards disability sport. But when I went to university sport fell away – it's a very usual story," says David.

"Then a couple of guys from Portsmouth attended what was then called the Amputee Games, I tried Sitting Volleyball and enjoyed it so much they set up a club. I played over 300 games for that club and it was through getting back into sport that I started all my marathons, Great South Runs etc. It all stems from LimbPower running those Games," adds David.

"So, I owe LimbPower a huge debt of gratitude. This was just my way of saying thank you!"

As we go to press David has raised an amazing £18,812 which will be split equally.

Run for Fun!

MoJo MaraFun a runaway success!



 **This year's LimbPower MoJo MaraFun took place on Saturday, 13th July at Stoke Mandeville Stadium athletics arena, birthplace of the Paralympics.**

A record 100 people attended a fun-packed day with lots to entertain the children and adults, including a teddy bears picnic with free limb different teddy bears from Opcare.

Two of LimbPower's qualified Nordic Walking Instructors taught adults and children the benefits of Nordic Walking and the climbing wall was in constant use. Everyone enjoyed the range of trikes, bikes and scooters – thanks to Stuart Twigg from the Disability Cycling hub at Stoke

Mandeville and Swify Scooters. An alternative sports day, run by Eclectic Coaching, was a great hit as children could throw water bombs at their parents and dress up in oversized sports clothing!

- A special mention must go to:
- Ellie Zavaroni who completed a marathon on a handcycle
 - Tony and Tommy (aged 4) who completed a mile each to raise over £1,000 for LimbPower
 - Bahman Jamalalidni who completed 5k
 - Leigh Chitty who completed an outstanding 5K as a new amputee
 - Ann and Alice (aged 8) who each cycled 26 miles and
 - Poli Patterson and LimbPower CEO

Kiera Roche (with a little help from prosthetist Chris Parsons) and the children who completed a full marathon on our Swifty scooters.

The whole day was an outstanding success with adults and children taking part in activities together, sharing ideas and information.

Special thanks to Judi Ferreira for her incredible donation of £1,800 without whom this event would not have been possible. Roll on 2020!

Photos: With kind permission of www.stevehughesphotography.com



Additional resources

Making the most of your Limb Centre visit

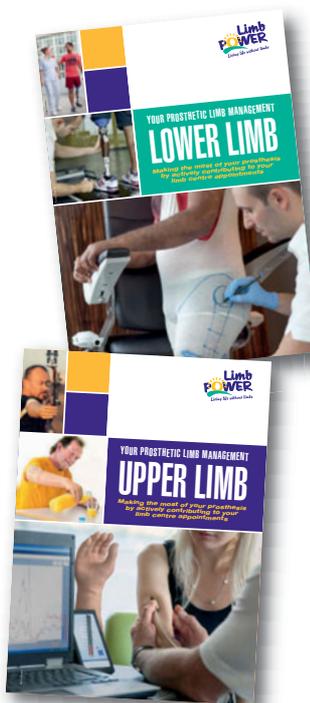
 **In March LimbPower launched two new much needed resources to support both upper limb and lower limb amputees through the rehabilitation process.**

This year-long collaboration with healthcare professionals and amputees has created a detailed resource to help you make the most of each limb centre visit, with the aim of reducing the number of appointments you need to attend and how to make the best use of each appointment.

We hope that these guides will enable you to better understand and contribute to the different treatments

and appointment types that are available to you and empower you to care for your residual limb, sound limb and prosthesis and to plan adequately for your trips to your prosthetic service centre.

These guides were sponsored by the legal firm Field Fisher. Additional copies are being printed and distributed by Opcare as we have nearly run out of the first 2,000 copies of each guide!



Limbformation Goes live!

 **The new Limbformation website for families and children with limb loss or limb difference is now LIVE!**

Over the last few years Starworks have been working with LimbPower and other stakeholders to identify gaps in the market and the needs of child amputees and children with limb difference. Through this research it was identified that children and families want access to information to support them through the rehabilitation journey and living with limb difference.

This exciting new collaborative website is for families and children, healthcare professionals, educators and sports instructors and coaches working with these families. The purpose of this one-stop portal is to empower, support and educate through factual information, useful and relevant resources and personal stories from children and families.

Visit www.limbformation.com at any point during your rehabilitation journey and get support through the rehabilitation process and life afterwards. Please do share your stories and ideas with us. This website is for you and the more information you share with us the more information we can share with other families and the professionals who support them.

This much-needed website has been funded through the Department of Health, Devices for Dignity Starworks Programme, which LimbPower have been supporting.

Meet our new Physical Activity Advisers

 **The Limb Centre Physical Activity Advisers form part of LimbPower's strategy to engage amputees and people with limb difference in physical activity and sport. Research shows that the earlier we engage with people in the rehabilitation process the greater the impact and long-term health benefits.**

The Physical Activity Advisers are critical to this programme engaging with and supporting amputees and individuals with limb difference during the early stage of their rehabilitation journey and supporting the healthcare team at the Artificial Limb Centres in Nottingham and Manchester.

After the sad passing of both Derek Campbell and Jo Blinman we are working with the Roehampton Artificial

Limb Centre and the Bristol Enablement Centre looking at ways in which we can continue the great work started by Derek and Jo.

In the past six months our Advisers have worked with over 165 patients and staff, sharing their knowledge of local engagement opportunities and the work of LimbPower and other charities.

In July LimbPower were pleased to announce that

Nicola Hughes and **Amanda Nelson** have joined the LimbPower Adviser team. Nicola will be based in the Newcastle Limb Centre and Amanda at Oxford. There are on-going discussions with a number of other Limb Centres who are keen to join the programme.

If you require more information about this exciting programme please contact Andy on **07503 030702** or email andy@limbpower.com



We get by with a little help from our Friends!

If you would like to help support LimbPower so we can continue our work with amputees and people with limb difference to engage in physical activity, sport and the arts, then why not become a Friend of LimbPower?

Simply contact kerry@limbpower.com for more information. Thank you!

FUN!-draising

Fundraising update

 As always, a HUGE thank you to everyone who has donated to LimbPower so far this year, whether you have pledged money, sponsored someone at an event or given us some of your valuable time. Without your support we could not do what we do!

LimbPower relies on a combination of funded grants as well as income from fundraising and sponsorship. Often grants are only awarded for special projects and do not cover any of the operational costs involved in running a charity. As a small charity we run on a skeleton staff all working remotely to minimize our overheads. To be transparent with our supporters this means that a percentage of money received goes towards the running costs of LimbPower.

BIG thanks to . . .

...Everyone who organised a tea morning, coffee morning, cake sale or shopping event for this year's AmputEA

FeBREWary – you raised an astonishing £5000!



... All those who took part in 100 people – £100 – 100 days ranging from walking 5k (Richard Zacharzewski, Meva Singh

Dhesi and Janet Trigwell) to walking and running marathons (Adam Wright, Alistair Morris, Freddie Wardlaw, Caroline Bennette, Claire Blackburn and Tunde Modra-Swain). The funds are still being collected for this event.



...The intrepid climbers, Billy, Fen, Frankie, James, Jenny, Kiera, Laura, Lucas, Lucy, Paul, Ollie, Natasha, Nick and Stuart who scaled the dizzy heights of the O2 Arena in London raised an incredible £5,008.51. This money will go towards LimbPower's contribution to the I Can Family Camp run in conjunction with Steps and the Limbless Association.



...Everyone who took part in the 24-hour Kayak challenge at Guildford Canoe Club on 8th and 9th June organised by Bryan Leaver to raise funds for the I Can Family Camp, so far you have raised £1,313.45.

NEW! Top Tips for young people

 While working on the Limbformation website our team has also been creating a series of Top Tips Infographics designed for children and young people to aid their rehabilitation journey.

These infographics cover the seven key topics identified through the Starworks Sandpit events; Limb Centre visits, Limb care and hygiene, school, at home, on holiday, friends and siblings.



Now available on the www.limbformation.com website and the www.limbpower.com website.

LimbPower and YST launch new school resource

 Since the launch of the Children's Prosthetic Fund in 2016 LimbPower have identified an increase in the number of enquiries from parents and schools about taking part in school P.E. and school sport.

LimbPower have been working in partnership with the Youth Sport Trust (YST), a children's charity working to ensure every child enjoys the life changing benefits that come from play and sport, to develop a resource for child amputees. This is a resource to ensure that young amputees are fully included in the school curriculum.

Together with the Nottingham Limb Centre and a couple of local schools we have now produced a video and case study which shows the journey of a young amputee from entering the limb center, meeting the prosthetist and physiotherapist and learning how to use their activity limb.

For more information on how schools can access the free resources visit www.youthsporttrust.org/top-sportsability Parents can also download the case study from www.limbformation.com. For further information contact andy@limbpower.com or carly@limbpower.com



Events



Golf day goes with a swing

This year's Limb Service Provider Opcare and LimbPower Golf Day was held at Frilford Heath Golf Club in Abingdon where 14 golfers had fun with a par three challenge in the morning, access to the golf simulator, as well as a few top tips from the golf professional.

In the afternoon there was an 18-hole stableford competition won by Mike O'Byrne from Opcare.

Plans are already underway to make next year's event bigger and better with opportunities to enter as a team as well as the individual competition and beginner's classes. The date for your diary is 8th May 2020 at Frilford Heath.

For further details please email andy@limbpower.com.



Bahman is on the ball in Lottery video!

LimbPower were recently contacted by the National Lottery as they wanted to feature an amputee footballer in their new promotion.

LimbPower suggested it might be an idea to feature an amputee playing football wearing their prosthetics as this might encourage more people to give walking football a try, something LimbPower and the FA have been working on.

LimbPower knew that Bahman was interested in promoting walking football so approached him to see if he would like to be involved. Take a look at the National Lottery video at <https://www.youtube.com/watch?v=geKX2Yovm3g&feature=youtu.be> and see how it turned out!

Giant steps for LimbPower and the Nordic Walkers!

In January six volunteers attended a two-day Nordic walking instructors' course at Nottingham University and all attendees passed with flying colours! A physiotherapist, prosthetist and four amputee patients all took part and we believe that the four amputees are the first qualified instructors in the world!

Our instructors are engaging with patients at the artificial limb centres and surrounding areas and attending events. Limb Centre physiotherapists identify patients for the instructors to work with and to-date they have supported and encouraged more than 130 people to take up Nordic Walking as part of their rehabilitation journey.

For further information please contact andy@limbpower.com or call 07503 030702.



Pictured here are two of our qualified Nordic Walking instructors – Allyson and Rosie – at the MoJo MaraFun event.

Photo: With permission of www.stevehughesphotography.com

STOP PRESS: Another amputee has just completed his instructors training, so we now have a total of seven instructors across the UK.

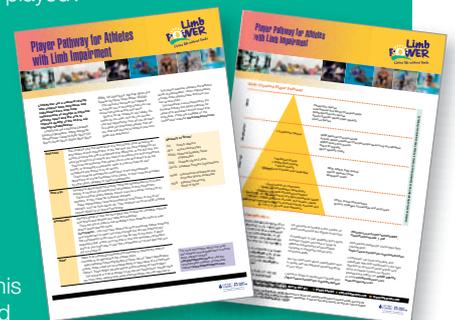
Player Pathway resource

The new Player Pathway resource has been put together to support you in knowing where exactly you can access physical activity and sport.

Sport is for all, whatever your ability. So, where do you start? How do you access your first opportunity? How do you go back to a sport you previously played?

How do you start that journey to achieve your own goals and ambitions?

The Player Pathway explains the different levels of participation, which organisations provide what opportunities and how you can access them. This factsheet is accompanied by the Physical Activity and Sport matrices for upper limb amputees and for lower limb amputees and is available on the LimbPower website www.limbpower.com.



#Everyone Can...

#ICan#YouCan#WeCan

Fun in the Brecon Beacons

 **May saw the second #ICan Teen Camp 2019 and this year we hit the beautiful Brecon Beacons.**

#ICan #YouCan #WeCan young people's camps have been part of a collaboration between LimbPower, Steps and the Limbless Association.

Children and young people with limb loss and limb difference face many barriers in life and can struggle with key transitions such as starting a new school or leaving school and moving into work. Together we are able to deliver adventure/activity camps for children and young people with limb difference to aid their physical, social and psychological well-being. We focus on building resilience, confidence, self-esteem and self-efficacy with the objective of reducing isolation through making friends and establishing relationships with the healthcare

professionals who support them through their lifelong rehabilitation.

Longtown Outdoor Education Centre worked closely with us to adapt activities for all the young participants. The young people attending were able to invite a friend or sibling to join them, so we were a fully inclusive group, and everyone was able to enjoy climbing, paddle boarding and canoeing. Three adults joined the group along with the fantastic team at the Centre including Chris Parsons who was the resident prosthetist for the weekend.

Everyone had a great time and we are already getting requests to join us next year. Parents and children have been giving equally positive feedback on the weekend.



27th, 28th, 29th September will see the #ICan Family Camp launching, for our younger members of the community and of course Mum, Dad and siblings can come too.

This is one not to miss – for all the family – offering interactive workshops, support and information, a chance to speak with prosthetists, physiotherapists and other professionals, and of course lots of fun family time. Contact carly@limbpower.com for more details.



“ Our son went on the #ICan Teen Camp on his 14th birthday, a shy and quirky teenager and had a wonderful time. I collected him in the Herefordshire sunshine on the Sunday with his friend and they talked about the camp all the way home. A couple of days later I found my son confidently talking to an adult in the cinema and he said that he really felt he had turned a corner with his confidence after the camp. Thank you so much to all the charities involved for facilitating this. ”

Parent comment

Fundamental Skills Workshops for children



 **LimbPower's Fundamental Skills Workshops are designed to improve children's prosthetic proficiency, looking at core skills children need to take part in physical activity at school and in the community.**

The workshops are held throughout the year around the country and due to demand have been opened up to all children who wear any prosthesis, not just an activity limb.

Our coaches look at running, jumping, catching, throwing, hopping, skipping and kicking – all skills that enable children to take part in sports such as athletics, badminton, football, tennis etc. All exercises are adapted for amputees and children with limb difference.

Every child attending receives a Fundamental Skills certificate and, on successful completion of a level of proficiency, receives a badge.

We work with all school age children and also offer Parent Focus Groups to help put a support network in place. From experience we've found that learning from other families can be really beneficial, not only do you get to hear from people that



have been there, you also get a chance to help others and make friends who understand what you and your family have experienced.

Siblings are also welcome and get the same treatment as a child with a limb difference – it really is a day out for the whole family as we're mindful that an amputation or congenital limb difference impacts on the whole family. The workshops are free of charge and a

packed lunch is provided for each child. The venues we use offer a cafe for parents to use during the day.

For more information contact Carly at carly@limbpower.com.

What's On

Events calendar

 **LimbPower aim to give more people more opportunity to experience physical activity and sport in a safe and friendly environment where you can meet other like-minded people and make friends. We have a terrific line up of events for you throughout 2019 and 2020 with something for everyone! Take a look at the calendar and see what you could be doing in the months ahead...**

August

Active August

Awareness and social media campaign



Superhero Series powered by Marvel

17th August – Dorney Lake, Windsor

Take part in 1km, 5km and 10km challenges.

September

Artic One Junior Para Triathlon

14th September – Chesham Leisure Centre

Open to children between 5-18 years old with a disability
Contact: Matt Kirby at thearticonefoundation@gmail.com or tel 01494 771857



#ICan #YouCan #WeCan

Family Camp

27th, 28th, 29th September – Brecon Beacons

A weekend of family fun for the whole family – information workshops, meet the professional and lots more.
Contact: carly@limbpower.com for more information.



British Triathlon Go Tri events

29th September – Wilmslow

McA Fitness & Events are working alongside LimbPower and Cerebral Palsy Sport to showcase this opportunity for everyone to race together. If you are a first timer, para athlete, improving novice or seasoned vet, this race will give you the opportunity to pit yourself against yourself. For further information visit www.gotri.org/events/go-tri-come-%26-give-it-a-go_10813 and follow the links to enter

directly. You must register before the event as entries are not allowed on the day. Price: £15 for the challenger event and £13 for the starter event.

October

Kilimanjaro Trek

On 3rd October a team of amputees and non-disabled friends will be taking on the fundraising challenge of a lifetime trekking Kilimanjaro in Africa. To find out more about this incredible challenge contact kiera@limbpower.com or call 07968 760001. Plus keep an eye on the LimbPower social media feeds for news and updates.

December

Super Hero NPower Winter Wonderwheels

1st December – Dorney Lake, Windsor

Take part in 1km, 5km and

10km challenges.
Contact: tba

European Limb Loss Day & International Day for Persons with a disability

3rd December

LimbPower will be running a campaign to promote a positive message about limb loss and limb difference.

Dates for your 2020 diary!

- **8th May**
OpCare and LimbPower Golf Day at Frilford Heath
- **16th May**
MoJo MaraFun at Stoke Mandeville
- **4th & 5th July**
LimbPower Adult Games at Stoke Mandeville
- **Date tba**
LimbPower Junior Games at Stoke Mandeville



Strictly para dancing



Fifty-seven debutante Para Dance athletes showed no signs of nerves as they proudly entertained and impressed an audience of 150 as they took to the floor to show-off eight months of dedicated preparation, well-rehearsed routines and dazzling outfits at the recent Para Dance Sport Championships.

Athletes from across the country participated in a series of seven different events, with a total of 120 medals awarded. Dances were choreographed by individuals and groups themselves or by trained para dance instructors located around the country.

This year saw the launch of the 'Open' class in the singles

and combi (where wheelchair users dance with standing partners) categories. Open class is the first step towards making Para Dance Sport as accessible as possible, creating an exciting addition to the Championships.

"It's our aim to make Para Dance Sport totally inclusive and this is the first step

towards that goal," says Lin McGeough, Operations Manager at Para Dance UK, and National Governing Body for the sport.

For further information visit www.paradance.org.uk – new competitors and people wishing to train as instructors most welcome.

LimbPower games

Games for adults and kids

GAME ON!

 **This year's LimbPower Adult Games were a great success with over 50 participants attending the weekend of events.**

New and old faces had the opportunity to try over 16 activities and workshops during the day. The evening entertainment was a weightlifting event, run by British Weightlifting, with everyone participating either flexing their muscles and having a go or cheering from the sidelines! The joint recipients of the Graham Facey Award were Lynn Sharman and Phil Green, voted by the participants, coaches and volunteers. Graham Facey was a great LimbPower supporter and inspired and encouraged many amputees to get active. Sadly, Graham passed away a few years ago and this award recognises what he stood for – commitment, drive and enthusiasm.

Next year's Limbpower Adult Games will take place on 4th & 5th July at Stoke Mandeville. For further information please contact andy@limbpower.com



 **This year's LimbPower Junior Games took place on the 8th June, also at Stoke Mandeville Stadium, with 60 children taking part.**

This is a fun event for children aged 5 -18 years old where they can come along and have-a-go at sports in a safe and friendly environment among their peers. Siblings and friends are also welcomed and it's a great opportunity to meet other children 'like me' and build lifelong friendships.

Some of the sports on offer included cricket, athletics, sitting volleyball and wall climbing. In the afternoon Swim England ran a fun-packed session in the pool.

We are grateful to the Douglas Bader Foundation and OttoBock for supporting this event.

Check the LimbPower website for date announcements for the 2020 Junior Games. For further information please contact carly@limbpower.com.



10 years
LimbPOWER
Living life without limbs

The British Ambulant Disabled Sports and Arts Foundation
LimbPower
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Registered charity number: 1132829

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