

LimbPower news



SPRING 2023

Hi from the team!

 **Happy spring everyone, we hope you enjoyed our Limb Loss and Limb Difference Awareness Month campaign – *What's Your Story* designed to share real-life stories with community members showing how other people with limb difference have moved beyond their difference to live full and active lives. You can see the full campaign on our website. Is everyone feeling uplifted and looking forward to an incredible summer?**

We have some amazing events and activities coming up this spring and summer for you to get involved in. From our flagship LimbPower Games and LimbPower Junior Games multisport events for amputees and individuals with limb difference, there is something for everyone! The fun-packed Family Fun Day and Manic Marafun for all families with an adult or child with limb difference. The exhilarating Superhero Series, join our team! Athletic – Preparing to Run - Workshops and the Fundamental Skills Workshops, there are plenty of fabulous events to get you and your family involved in.

We are also thrilled to be providing ongoing 'at home' exercise support to our community members, through our free weekly live fitness classes and our virtual events, starting with Spring into Action on the 1st of May. The live classes are adapted for amputees and people with limb difference who are primary amputees or may not have the confidence to work out

at a gym. Registration for LimbPower's next 12-week supported and adapted reVAMP programme is now open. The Virtual Events are a great way to challenge your fitness and boundaries and you get a medal for your efforts! They are a great way to stay active and connect with others, and we're proud to be able to offer them for free.

We know that not everyone can attend our in-person events or wants to participate in our fitness programmes, which is why we're continuing to offer a range of virtual art workshops and resources including the online book club and art club. Whether you're looking to stay creative, learn new skills, or connect with others, we've got something for you.

If you're feeling particularly adventurous, why not take on a fundraising challenge? From a skydive to climbing the O2 or doing a stunning scenic bike ride in Majorca to trekking Machu Picchu in Peru. Or why not design your own challenge to do with friends and family? There are plenty of

Complimentary gift from LimbPower to you!

 **Sign-up for the LimbPower Newsletter and receive a complimentary gift. By subscribing to the newsletter, you'll get exclusive updates on events, activities, and resources.**

This offer is a fantastic opportunity to join the LimbPower community, stay informed, and receive a special gift as a thank you for your continued support. Don't miss out on this excellent offer – sign up today and claim your gift!
Email: gemma@limbpower.com

ways to get involved and push yourself whilst raising money for LimbPower.

We are so grateful for the continued support from you, our community members. Whether you're attending an event, participating in our fitness programmes, fundraising, or simply spreading the word about LimbPower, you're helping us to make a real difference in the lives of amputees and people with limb difference. Thank you!

Love Kiera, and the team.

Set-up a one off or monthly donation with Regular Giving?

 **Do you want to make a difference to the lives of those adapting to limb loss or limb difference? Regular giving to LimbPower is an easy way to support our vital services that help thousands of members and their families every year.**

LimbPower provides ongoing individual support to amputees, people with limb difference, family members and the professionals who support them. In addition, we provide up-to-date information on services, exercise and fitness and sport, impairment specific and sport specific resources and children's infographics, in-person and virtual events and workshops. However, we rely on donations from our community members like you to continue these services.

WAYS YOU CAN GIVE

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

2 Or you can easily donate via our JustGiving page, where you choose your monthly donation amount starting from £3. Follow this link to donate: <https://www.justgiving.com/limbpower>

Make a difference today – support LimbPower and help us continue providing essential services to those who need them most. All monthly donations can be cancelled by you at any time, and one-off payments are also greatly appreciated.

Group activities

Fundamental Skills Workshops

 **LimbPower has been running the Fundamental Skills Workshops at six-monthly intervals in Surrey and Bristol over the last 18 months with one last month in Redhill in Surrey and the next one in Bristol on the 11th of June 2023.**

These educational one-day workshops are open to both upper limb and lower limb different children aged 4+ and are held across the country at different venues. Previous workshops have been held in Bath, Manchester, Surrey, Sheffield, Loughborough and Stoke Mandeville. The Fundamental Skills Workshops are designed to support children into school PE and community activity, as well as supporting children and their

families in overcoming the physical, social, and psychological barriers to PE and sport by:

- 1. Developing sports specific skills** to help children take part in school PE and community games and activities.
- 2. Teaching children** how to use their prosthetic/s for activity in a fun and relaxed environment.
- 3. Building confidence** and self-esteem through developing skills and meeting other children 'like me'.
- 4. Hosting workshops** for parents and carers to discuss how they can support their children into activity and through the life-long rehabilitation process.

Children will learn the fundamental skills required to



take part in school PE and community games and sports; Including throwing, catching, kicking, running, jumping, skipping, and hopping. Each child who takes part will receive a fundamental skills certificate for the level they are working

on. When they achieve the acquired level, with six stages to work through, they will receive a badge to show their progress. For more information email: carly@limbpower.com

LimbPower Juniors Rock at #ICan Family Camp 2023

 **Wow, what a weekend. A truly awesome group of children joined us in April at Longtown Outdoor Learning Centre for an unforgettable weekend of outdoor education, activity and fun in the beautiful Brecon Beacons.**

People ask why we chose this venue and not somewhere that is fully accessible. LimbPower has always been about rehabilitation and the #ICan Camps are no different. Being challenged and put out of their comfort zone encourages the children and their families to build on their resilience and confidence.

Half the fun is walking down



the steep hill or ascending via the rope in the rain and getting muddy, falling off the paddle boards, climbing the high ropes and playing outdoors in the countryside. This event was made possible thanks to the Fletchers Group newly

launched charity Fletchers Foundation and the incredible fundraising from the families. If you would like to join one of LimbPower's #ICan Family Camps email: carly@limbpower.com

Friendship gift from LimbPower to you!

 We have three exciting packs to choose from.

The well-being pack includes wellbeing exercise cards, well-being leaflets, and a FREE online meditation exclusive to Friends. The exercise pack includes a towel, TheraBand and adapted fitness leaflets and the children's pack including our new AMAZING limb different colouring book and Top Tips for Cycling Guide. Sign up today and claim your gift! Email: gemma@limbpower.com



What's Coming Up

Spring into Action!

LimbPower's supercharged 'virtual event' taking place throughout May and June

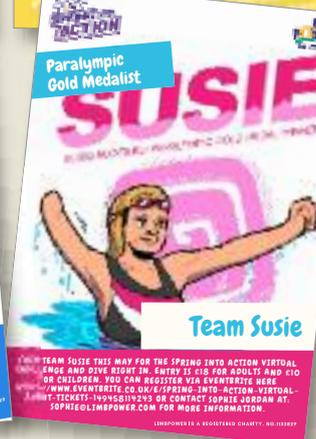
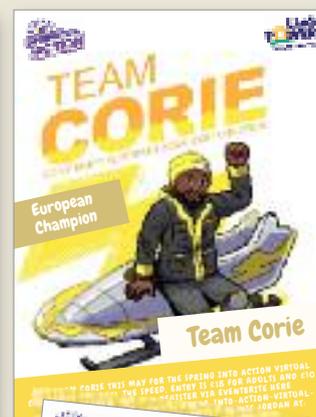
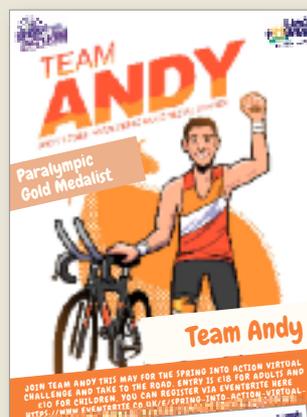
 LimbPower is bursting with excitement to announce the incredible news that we have teamed up with four inspirational Paralympians, Rachel Morris (Cycling/Rowing), Andrew Lewis (Triathlon), Corie Mapp (Bob-Sleigh) and Suzanne Rodgers (Swimming).

We are all joining forces to encourage you and your children to get active over the spring months by taking part with our Paralympian team leaders during an engaging virtual event.

Team Captain themes:

- Andy Lewis – Take to the Road
- Rachel Morris – Make Waves
- Corie Mapp – Feel the speed
- Susie Rogers – Dive right in

LimbPower is inviting community members, family, friends and supporter to join their favourite Paralympian on LimbPower's supercharged 'virtual event' – **Spring into Action!** 'Spring into Action' invites you, your friends and your family to sign up for a physical challenge of your choice this May and June. This can be a daily challenge or on a single day, the choice is yours. You can choose your challenge using one of the Team Captain themes or make up one of your own. Email tom@limbpower.com or telephone: 07503 030702.



Huge congratulations to all the LimbPower charity runners who participated in the Brighton Marathon and 10K on Sunday 2nd April!

 Brighton Marathon is renowned for its fantastic atmosphere, and this year's event was no exception. The sun was shining, and the crowds were, as always, energetic and lively, cheering the teams all the way to the finish line. We are so proud of everyone who took part, and we want to thank all the participants who helped us exceed our fundraising target.

Thanks to the incredible support of our runners, the LimbPower team raised an amazing sum of money £6,558 that will go towards supporting our adult and children's

events, confidence workshops, camps and team building exercises. These are a fantastic opportunity for limb different adults and children to come together and enjoy in-person events to connect with other like-minded people.

We are truly grateful to everyone who donated and helped make this event a huge success. Your support has made a meaningful impact, and we can't thank you enough for helping us improve the lives of those with limb difference. If you would like to participate in the Brighton Marathon for 2024, please email:

rebecca@limbpower.com



Exercise more

Your pathway into exercise

 **LimbPower was founded by amputee Kiera Roche with support from two Paralympian's David Hilton and Robert Barrett and Kiera's friend and colleague Cathy Booth to support amputees, individuals with limb difference and their families to bridge the gap between hospital rehabilitation and community and school engagement in physical activity, sports, and the arts to rebuild lives and improve physical, social and mental wellbeing.**

When we created LimbPower in 2009, there were no activities and events exclusively for amputees other than golf (BALASA) and football (EAFA). We started with the Amputee Games (now the LimbPower Games) to include people with limb difference, both prosthetic and orthotic service users) and introduce para sports, but we soon realised from community feedback that there needed to be more steps in place from leaving the limb centre to engaging in activity.

So, we created the Advanced Rehabilitation Event (now Beyond Boundaries).



we have organised sailing, swimming, archery, athletics, skiing/snowboarding, walking, fitness and multisport events.

Research from you told us that not everyone is interested in sport, so we started the book club (email: gemma@limbpower.com) and the art club (currently being relaunched) and the #ICan Camps with Steps and the

Limbless Association. These are outdoor activity weekends for the whole family and a great introduction to leisure time activities, walking, climbing, canoeing, cycling, paddle boarding, abseiling, zip wire and high ropes.

To bridge the gap further we introduced limb different Physical Activity Advisers to our team of volunteers working in the Limb Centre environment and signposting patients to local activity. We worked with Public Health England to create an amputee specific Moving Medicine module and worked with the Chief Medical Officer's office to create the Physical Activity for Disabled Children and Disabled Young People infographic https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1055018/infographic-physical-activity-for-disabled-children-and-disabled-young-people.pdf and more recently created the 12-week reVAMP programme and 12-week bespoke mentoring programme. Email: kiera@limbpower.com for more information.



At home

Again, following research from YOU we have created a series of products and programmes you can do in the comfort of your own home.

- **Fitness Fridays with Tyler Saunders**
<https://tinyurl.com/3adekuuz>
- **LimbPower exercise toolkit**
<https://youtu.be/TKV339CiWP8>
- **Activity Cards** (sign-up for our newsletter and we will send these to you for FREE)
- **Monday Morning Motivation videos**
<https://tinyurl.com/9w6bee8c>
- **Children's Adapted Fitness Fun**
<https://tinyurl.com/2p9xdmcm>
- **Exercise paper resources** including Tai Chi, Yoga, Dance and Exercise (coming soon Pilates).
- **UR: Enabled Pirate Exercise Videos** for children (coming soon)...
- A month's worth of **At Home Activity Infographics**
email: kiera@limbpower.com
- **At Home Superhero Summer Series**
email: carly@limbpower.com
- **At Home Superhero Winter Series**
email: carly@limbpower.com

The LimbPower Games was followed by the Junior LimbPower Games for under 18s.

A holistic event focusing on physical and mental wellbeing and providing primary (new amputees) and people new to activity with the

tools to improve their physical and mental health at home. We followed the Advanced Rehabilitation Event with the Introduction to Physical Activity and Sports Workshops to be delivered at the Limb Centre (Please email: tom@limbpower.com if your limb centre would like to book one of these).

Following community research, we created the suite of Introduction to Physical Activity infographics <https://tinyurl.com/yjnkf7b8> and the single sport days. To date

IN THE COMMUNITY – things you can do for free or fundraise for LimbPower

- Spring into Action
- Active August
- 100 people, 100 days, 100 pounds
- Superhero at home triathlon – summer
- Superhero at home triathlon – winter

Education

- Making the most of your limb centre visit
- Top Tips for Winter
- Summer Top Tips
- Amputee Travel Toolkit
- Fundamental Skills
- Beyond Boundaries
- Gym Resource
- Cycling Guide
- Running Guide
- Feel Good with Yoga
- Tai Chi for Health

TAKE ON THE CHALLENGE...

MALLORCA CYCLE EVENT

28 September – 2 October



- Enjoy some incredible riding at Europe's top cycling destinations
- The roads are top quality
- The sun is (nearly) always shining
- Enjoying some downtime at the beach or by the pool
- Support and raise funds for LimbPower

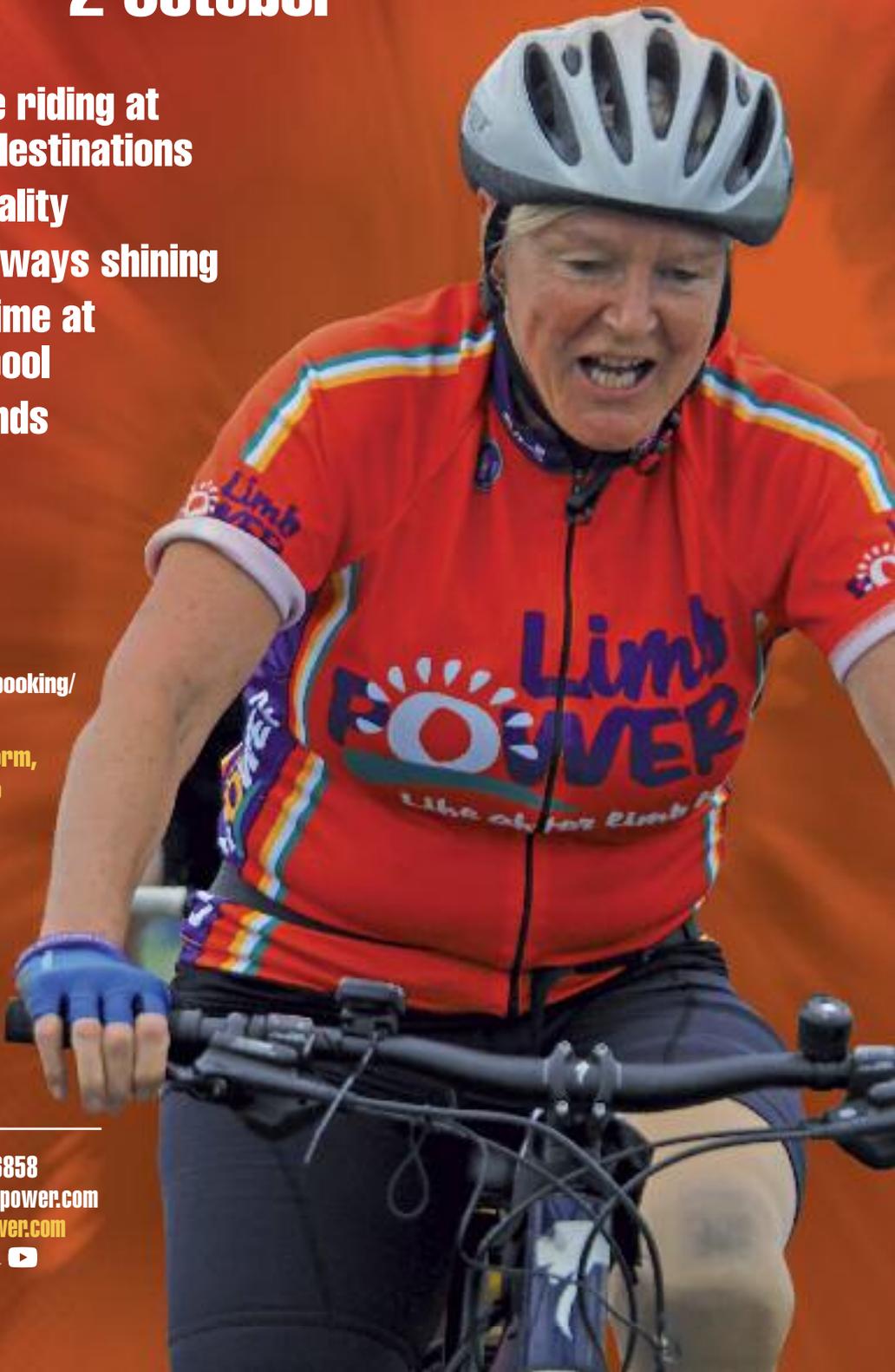
BOOK NOW

Three simple steps

1. Sign up here:
www.mellowjersey.co.uk/limbpower-booking/

2. Pay your deposit
After you've submitted your booking form, the LimbPower team will be in touch to take your £250 deposit and confirm your place on the trip

3. Start fundraising!
The LimbPower team will help you set up and plan your fundraising. Call or email Emma Newman NOW on 0790 451 2265 or email emma@limbpower.com



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Facebook, Twitter, Instagram, LinkedIn, YouTube icons

Keep Fit

Introduction to LimbPower's Free Live Fitness Classes

 We are delighted to announce that LimbPower's fitness instructors are delivering free weekly live fitness classes to support the limb different community in meeting your adapted exercise needs. Our team of qualified personal trainers are amputees, have a limb difference or have been trained to deliver adaptive physical activity, making them specialists in catering to the unique requirements of our community members. To try any of the LimbPower live fitness classes, see the below timetable and email: rebecca@limbpower.com

Monday

Wobble 18:30 - 19:15

Paracise 19:15 - 20:00

Join personal trainer Liv for Wobble, a seated dance exercise class that focuses on exercises to improve functional strength, mobility, and confidence set to fun and uplifting music. Liv also teaches Paracise, a standing low-impact exercise class that aims to enhance functioning mobility for those with long term conditions and physical impairments. Feel free to join both, or part of both or just the one class to turn every Monday into an active one.



Friday:

Friday Fitness with Tyler

9:15 - 10:00

Join personal trainer Tyler Saunders for LimbPower's newest fitness class. Tyler, who was born with a limb difference and chooses not to wear prosthetic leg, leads an energetic interval class that focuses on improving full-body strength, core stabilisation, and aerobic fitness. Exercise movements can be modified and adapted for both seated and standing positions wearing or not wearing your prosthetic.



Wednesday:

Zumba 12:00 - 12:45

Get your groove on with Zumba, led by Kaaren Admiraal, a qualified personal trainer and Zumba instructor. The live class has been choreographed and adapted specifically for limb different individuals, so you can dance without feeling self-conscious. One of Kaaren's mottos is, it doesn't matter about getting the dance moves technically correct it is about having fun and moving to some great music.



Saturday:

Paracise 10:15 - 11:00

Join personal trainer Kaaren Admiraal for Paracise, a low-impact exercise class with plenty of energy and fun. The main focus is on improving functioning mobility in long-term conditions and physical impairments set to some great tunes.



Thursday:

Tai Chi 18:30 - 19:15

Unwind with Tai Chi and Daoyin Yoga, led by Phil, from the award-winning Discover Tai Chi. The class can be followed seated or standing and is an excellent opportunity to take some time for yourself, slow down and create breathing space.



Sunday:

Yoga and Meditation:

9:00 - 9:45

Join Angela Schroeder, a Yoga and Meditation Guru with over 20 years of experience, for her weekly adaptive, relaxing, and enlightening live yoga session. Angela has been trained by Marsha Therese Danzig, the author of "Yoga for Amputees." Whether you are a beginner or experienced, Angela's class is suitable for all levels of ability.



Join the amputee fitness revolution!

 Are you looking to take charge of your health and fitness? Look no further than reVAMP - our 12-week fitness and nutritional programme designed by LimbPower CEO, Kiera Roche, and GB Paracanoe Gold medallist and personal trainer Jack

Eyers. This life-changing pre-recorded online programme takes you on a journey of adapted exercise circuits and nutritional advice, providing a safe and supportive environment for you to achieve your fitness goals.

The reVAMP team is dedicated to guiding and supporting limb different participants towards healthy weight loss and increased activity levels. All reVAMP training circuits can be completed easily and privately at home, with little to no equipment required. Our team will teach you how to incorporate adapted exercise into your daily routine, make healthier dietary choices, and track your progress with daily calories and step counts.

reVAMP offers simple and effective lifestyle swaps to improve your overall health, increase mobility, and enhance your mental and physical well-being. There are two programmes available: reVAMP Standing, designed for those who are mobile on their prostheses, and reVAMP Seated, for those who are not wearing a prosthesis or are wheelchair users. To find out more, or to sign up email: rebecca@limbpower.com



Rachel Massey benefits from reVAMP

Before starting reVAMP, I had only ever taken part in generic, able-bodied exercises, which I found intimidating and difficult to follow. When the Covid-19 lockdown happened, I lost a lot of my physical ability and fitness. Desperate to find something that worked for me, my physio recommended LimbPower's reVAMP programme.

Right from the start, I found the circuits fun and challenging but not intimidating. The flexibility of this adaptable programme meant that I could fit it around my busy lifestyle and how I was feeling, enabling me to keep it up even after the first 12 weeks. The WhatsApp group has helped me to stay motivated and inspired by sharing achievements. It's really comforting to know that when you're having a bad day, there are other people on this journey with you who know exactly how you feel.

My goal was to build a better relationship with exercise, and without a doubt, reVAMP has

done this for me. I now take part in some form of sport or training five days a week and recently completed my first 10K, with two others planned for later this year! I can't recommend the programme enough, as there is so much to gain by giving it a try. You never know how far that first step will take you. To find out more or to sign up, email: rebecca@limbpower.com



easyfundraising

Sign up today and start raising donations at no cost to you for LimbPower whenever you shop online!



We're excited to announce we are listed as a charity with easyfundraising, making it easier for you to support LimbPower. By signing up and selecting LimbPower as your chosen charity, you can raise donations whenever you shop online with your favourite brands – at no extra cost to you.

Easyfundraising is a free-to-use platform that works with over 7,000 brands to provide donations to your chosen charity. Simply sign-up, select LimbPower, and do your online shopping as you would usually do.

After an online purchase, the retailer will donate to easyfundraising, who will pass the donation on to LimbPower. The amount donated varies, (usually between 0.5% and 5%) of your total spend.

Signing up is quick and easy at www.easyfundraising.org.uk. You can also install a browser extension to remind you to use easyfundraising when you visit a retailer's website. Every donation LimbPower receives helps support amputees and people with limb differences to lead active and fulfilling lives.

British Shooting Day on 23rd of April



LimbPower and the other National Disability Sports Organisations (NDSOs) held a "Have-a-Go" shooting day on the 23rd of April, where individuals with physical impairments came together to try air rifles and air pistol shooting.

It was a fantastic fun day with participants learning how to shoot pistols and rifles safely and engaging in mini competitions. There was a great sense of camaraderie and sportsmanship.

The event was free for participants and took place at the NSRA Aldersley Shooting Centre at the Aldersley Leisure Centre in Wolverhampton. The day ran from 10:30 am to 4 pm, allowing for flexibility in getting to and from the venue. With British Shooting planning to hold more impairment specific days like this in the future, we hope to see even more of the LimbPower Family taking part. If you'd like to take part in the next one, email: tom@limbpower.com



Competition Winner



Congratulations to Jay Watson for winning the Bee Happy Hamper! We are delighted to announce that Jay Watson is the lucky winner of the LimbPower raffle and won the English Tableware Twining's Bee Happy Hamper, filled with scrumptious teas and treats. We hope this brings joy and adds a dash of calm to Jay's day. Keep an eye out for the next raffle competition – it could be you!



Have-a-go!

LimbPower Games and Exercise event

8th and 9th July 2023

 This year's LimbPower Games is fun packed, full of adapted exercise and sport for the limb different community. There really is something for everyone, lower limb, upper limb, wheelchair users! 'Have-a Go' at more than twelve different sports and find your hidden talent or for those less interested in sport but want to improve their physical health join our adapted dance and fitness classes and meet other limb different people like you and experience the life-changing power of exercise and sport. The LimbPower Games are open to adults over the age of 18 with a limb impairment (Prosthetic, Orthotic and Wheelchair Users).



Each sport and exercise class is supported by expert coaches and instructors with a track record and experience in working with amputees and people with limb difference.

This year's sports include athletics, archery, badminton, chess, cycling, hand cycling, Nordic walking, rowing, shooting, sitting volleyball, table tennis, wheelchair basketball, wheelchair tennis and power lifting.

Join our adapted dance and fitness classes to improve your health and fitness.

Our adapted classes include:

Exercise classes

- Fitness Warm-up – with the ReVAMP team Miranda Asher, Liv Chapman and Rebecca Legon
- Strength and conditioning – Eclectic Coaching
- Yoga – Angela Schroeder
- Paracise – Liv Chapman
- Wobble – Liv Chapman
- ReVAMP – Rebecca Legon and Liv Chapman

Dance

Did you know that the LimbPower Dance resource is the most popular download from our website? Everyone really can dance. Come along

to the LimbPower Games on Sunday 9th of July and find out for yourself. Keep checking the website for programme updates!
www.limbpower.com/limbpowergames

Workshops

If you are a new amputee or new to exercise and sport sometimes you need a little more guidance. I did! Join one of our event sport specific workshops to learn and develop new skills. This is your chance to get more bespoke coaching in an area you want to pursue. Don't forget to sign-up at the registration desk in the sports hall for the individual

workshops. You can also pre-book these by contacting gemma@limbpower.com

- Swimming (Saturday)
- Cycling (Saturday or Sunday TBC)
- Nordic Walking (Saturday and Sunday)
- Gym (Saturday or Sunday TBC)
- Steps to running (Sunday)
- Tai Chi (Sunday)

Competition Events

We have attendees of all ages and all abilities, so for those who want to progress in sport we have a series of competition events run by the NGBs running the sessions. Make sure you



ottobock.

C-Leg 4, the signature MPK that's available on the NHS

For more information visit:
www.ottobock.co.uk



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se event



sign-up for the competition events at the registration desk if you are a budding Paralympian!

- Archery
- Badminton
- Shooting
- Athletics
- Weightlifting
- Table tennis

The LimbPower Games is not just about taking part, it is also about education and signposting you to local opportunities, local clubs and

expert advice. Meeting other limb different people 'like me' and learning from each other's experiences. LimbPower invites sports, charities, healthcare professionals and companies who want to meet you to our events as part of this knowledge sharing programme.

Meet the healthcare professionals

Every year we invite prosthetists, physiotherapists and occupational therapists to the event to be on hand to

talk with you about the service and breakdown barriers. They will be wearing black t-shirts with **Meet the Healthcare Professional** written on the back. Please do stop them and chat, they are at the event to support you.

This year's exhibitors include:

- Ottobock
- Dorset Orthopaedics
- Stewarts Law
- Snowsport Scotland
- Disability Bowls England

- Walk Enabled
- Limb Art
- Meet the Healthcare Professionals

Watch this space as more exhibitors are signed-up.

This programme is subject to change so keep checking the website for updates.



LimbPower Exercise and Fitness Disclaimer

Always consult your G.P., Rehabilitation Consultant or other health care professionals before starting any new exercise or fitness program to determine if the programme is appropriate for your ability and your needs. This is especially true if you (or a family member) have a history of high blood pressure or heart disease. If you have ever experienced chest pains when exercising or have experienced chest pains in the past month when not engaged in physical activity, smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not start this fitness program if your G.P. or Rehabilitation Consultant or other health care professional has advised against it. Stop exercising immediately if you experience pain, discomfort, soreness in your sound or prosthetic (residual limb) fatigue, light-headedness, dizziness, headache, shortness of breath, blurred vision, nausea, or sickness at any time while exercising.

Stewarts is proud to support the LimbPower Games 2023

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STEWARTS

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Fun, Fun, Fun!

Family Fun Day incorporating the Manic Marafun

 This year we hope to raise a whopping £5,000 by completing 10 marathons in one day, yep 10 marathons in one day. You can play a part in this epic fundraising challenge by signing up to complete a lap, a mile, the whole 105 laps, like David Williamson did last year!

**MANIC
MaraFun
& FAMILY FUN DAY**



It's easy, you can sign up as an individual or as a whole family to do as many laps as you want. You can either pay a £25 registration fee (£15 for children) to take part or you can take part for FREE and pledge to raise a minimum of £50.00 sponsorship per participant. The Manic MaraFun is part of the LimbPower Family Fun Day so join us at Stoke Mandeville Stadium on 13th May and let the fun begin.

A few statistics...

One marathon = 26.2 miles (42.195km) or 105 laps of the Stoke Mandeville track
Half a marathon = 13.1 miles (21.09km) or 52.5 laps of the Stoke Mandeville track
Quarter of a marathon = 6.55 miles (10.5km) or 26.25 laps of the Stoke Mandeville track
One lap = 0.249 miles

Don't worry! If you do not fancy joining in with the laps you can just enjoy the activities

available during the Family Fun Day! A BBQ, Teddy Bears Picnic for under 7's, climbing wall, double-decker Play-Bus, non-school sports day, face-painting, tombola, drinks stool, athletics support from trained coaches, wheelchair tennis, cycling and hand-cycling and Nordic walking.

Email: carly@limbpower.com for more information!



LimbPower Junior Games 2023

 The LimbPower Junior Games will be held at Stoke Mandeville Stadium on Saturday 15th of July and registration is now OPEN! Come along and meet new friends, catch up with old friends or if you haven't been before – make 2023 the first year of attending the LimbPower Junior Games – we know you will be back!

For children aged 4 – 18 with limb-difference, this event will give you the opportunity to try different sports during a fun-packed day of activity. You will have lots of fun, learn from top coaches, develop skills, and perhaps find a sport that you may play for years to come! The sports on offer include athletics, archery, swimming, rowing, wheelchair tennis, cycling and hand-cycling, wheelchair basketball and sitting volleyball. We'll be surprised if you don't find something you love!

You won't miss out if you are little – let us know you are coming, and we have the Kids Play Bus making a visit, double-decker fun for our littlest visitors.

This event is important for

limb-different children as it allows them to try new things in a safe place. What they learn in one day will increase their functional skills: balance, movement, and agility. We know that regular and sustained participation in physical activity and sport develops self-efficacy which in turn improves self-confidence and self-esteem.

Current Elite athletes that attended LimbPower Junior events include Ellie Challis (Swimming), Dahnnon Ward (Wheelchair Tennis), Jessica Dowdswell (sitting-volleyball), Maisie Catt (Swimming), Jamie Harris (Archery), Ruben Harris (wheelchair tennis), Nicky Maxwell (junior athletics), Kieran Maxwell (junior athletics), Rio Woolf (junior amputee football

and Chelsea Football Club amputees) – could you be the next person to join the Paralympic pathway?

Email: carly@limbpower.com for more information or book on Eventbrite
<https://www.eventbrite.co.uk/e/407365028767>



Fundraising

LimbPower needs You!



Climb...

LimbPower Class of '23 02 Walkover

Sunday 11th June

Come and join Team LimbPower on 11th June for an unforgettable day up at the iconic 02 Landmark. Soak up the incredible panoramic views of London, make new connections and create wonderful memories whilst fundraising for LimbPower.

This is a fantastic accessible event for ambulant amputees and one in which the entire family can participate. *All the kit is supplied so come and tick this amazing experience off your bucket list. N.B. We can arrange separate wheelchair climbs. Email: emma@limbpower.com to secure your space.

*Minimum height 1.2 metres & minimum age 8 (at the date of the climb).



Jump...

Parachute Jump

Saturday 17th June 2023

LimbPower's sponsored parachute jump is a popular and exhilarating challenge that gives participants an amazing sense of achievement. This mind-blowing experience is both energising and exciting. Participants also love being part of a team and

socialising together. The tandem instructors at Netheravon, home of the Army Parachute Association, are the most qualified in the UK, so you can rest assured and feel safe in their hands. Join us and boost your confidence with the prospect of the most thrilling experience and adrenaline rush of falling from the sky!

If you would like to join our next LimbPower jump team or find out more information, email: rebecca@limbpower.com or telephone 07779 080713.



Zip...

Get ready to take on the UK's largest Zipwire!

Saturday 1st July 2023

Would you like to experience an adrenaline-filled adventure like no other! Skywire, England's longest zipwire, will have you cruising through the air at an exhilarating 60mph, covering a whopping 724 meters. It's sure to be the ride of your life!

Join Team LimbPower and buckle up for this daring challenge. To be part of the action, email: emma@limbpower.com and get ready to push your limits and experience the thrill of a lifetime!

Mallorca Cycle Charity Challenge in aid of LimbPower

28th September – 2nd October

This is your opportunity to experience the fantastic roads of Europe's renowned cycling destinations. As any cycling enthusiast will tell you this stunning island has some of the best routes with fabulous



Bike...

scenery. Team LimbPower have carefully selected some wonderful rides that will provide a suitable level of challenge for

amputees and individuals with limb difference. If you would like to join us for a brilliant weekend of fun, cake and sunshine, email: emma@limbpower.com

Take on the ultimate challenge to hike Machu Picchu

20th-29th October 2023

Join the LimbPower dream team for a ten-day expedition and enjoy the feeling of walking through the Sun Gate to witness the UNESCO World Heritage site of Machu Picchu for the first time, a sight and experience that will live with you forever.

Machu Picchu is so incredibly special because it is considered the most spectacular urban creation of the Inca Empire and one of the most important heritage sites in the world. It sits on top of a mountain, 2,430 metres surrounded by lush tropical forest, offering views of breath-taking scenery.

This fully guided and supported Trek to Machu Picchu with Charity Challenge will follow the uncrowded Ancascocha trail, surrounded by the striking Andes mountains, raging rivers and remote mountain communities. Celebrate your success as you marvel at the historical and astounding lost Incan city of Machu Picchu. For more information, email: kiera@limbpower.com or telephone: 07968 760001



Hike...

Good sports



Discover the benefits of walking as an amputee or person with a limb difference!

 **Did you know that walking is a fun and fantastic form of exercise for low-impact cardio exercise? Not only does it offer physical benefits, but it also promotes mental wellbeing and allows you to reconnect with yourself.**

Walking is a gentle exercise that doesn't strain the joints, making it a safe option for staying active, even with a physical impairment. It provides exercise without putting too much stress on our hips, knees, and ankles, making it accessible to amputees and people with limb difference.

It is well known that being surrounded by the countryside, breathing in the fresh air,

and listening to the soothing sounds of nature can reduce stress, increase mindfulness, and boost your overall mood. Walking stimulates the release of those fabulous feel-good endorphins, which leave you feeling happier and more energised after a good walk, like a natural high. You can make it social and walk with friends and family or you can join one of LimbPower's Nordic walking sessions or charity fundraising walking challenges.

Walking is a great way to meet people 'like you' and have fun while staying active. So, let's dust off our walking boots, hit the trails (or a park/town centre near you) and embrace the joys of walking as an amputee or person with a limb difference.



 **Cycling is becoming increasingly popular in the limb different community, thanks to British Cycling's new initiative called 'Limitless'.**

This inclusive club programme aims to provide cycling opportunities for disabled people of all ages, impairments and abilities. Clubs that are part of this initiative have gone through crucial stages to ensure that they are inclusive and capable of addressing the unique challenges faced by limb different individuals who want to cycle.

Whether you're a beginner, a returning cyclist or someone looking for a new challenge, joining a Limitless club is a great way to get involved in sports. These clubs are located across the country and are expected to grow in the coming months and years, providing more opportunities for interested individuals. You can find a list of existing Limitless clubs and their contact details sorted by area by visiting <https://www.britishcycling.org.uk/limitless/participants>

If you're already being bitten by the cycling bug and want to pursue it further, it's important to know the classification in which you may compete. You can find this information on British Cycling's Para Cycling page at:

<https://www.britishcycling.org.uk/aboutpara-cycling?c=EN>.

If cycling interests you and you want to get involved, email: tom@limbpower.com or visit us at the LimbPower Games in Stoke Mandeville, where British Cycling will be in attendance.





ATHLETICS

is growing amongst the limb different community –get involved!

 Athletics is a popular sport in the UK, with thousands of people participating on a weekly basis.

Whether it's sprinting a 100m, running a 5km, throwing a javelin or discus, or wheelchair racing across varying distances, there are plenty of opportunities to get involved. With Athletics gaining success on the global stage, thanks to the Paralympics and the latest Commonwealth Games in Birmingham, now is a great time to join in.

As a limb different individual, you can participate in a wide range of events. There are track events such as sprinting, running, and wheelchair racing, ranging from 100m up to 10,000m. Alternatively, you could try a field event, which includes throws (shot put, discus, and javelin) and Jumps (long jump, triple jump, and high jump). You can take part in any of these events using a

prosthetic, a wheelchair, or a throwing frame.

For those looking to participate in the sport regularly,



you may need to acquire your own equipment designed specifically for you. England Athletics can provide advice on how to access funding to support you with this if needed. If this has piqued your interest, email:

tom@limbpower.com

for guidance on how to get involved in athletics.

Alternatively, you can visit the England Athletics website at: <https://www.englandathletics.org/athletics-and-running/athletics-disciplines/para-athletics-for-people-with-a-disability/> or email: disability@englandathletics.org for more information.



Getting started in PARA-SWIMMING

 Do you want to know more about getting started in para-swimming? Or maybe you have your heart set on becoming a para-swimmer in England? Read on to find out how you can achieve your dream.

There are five key steps on the pathway to becoming a para-swimmer. Many of England's top Paralympic swimmers will have taken these steps on their journey to the top of the sport.

1. **Get in touch with LimbPower** and let us help with specific advice for you.
2. **Sign up for an assessment** with Swim England qualified coaches at a Start Para-Swimming Centre.
3. **Find a club to train** and compete with like-minded swimmers and para-swimmers.
4. **Apply for classification** to compete in regional, national and international competitions. (Your club will be able to help with this, as will LimbPower).
5. **Set yourself goals** and work hard with your coach to reach them.

Get in Touch

Not sure what level of para-swimmer you are, or even if you qualify as a para-swimmer? Let us help you and perhaps you could come along to the LimbPower Games and Exercise Event or LimbPower Junior Games to try swimming and get chatting with Swim England coaches. .

Start Para-Swimming

Swim England has helped more than 30 existing para-swimming clubs to join the Start Para-swimming initiative throughout England. More clubs are looking to join the initiative throughout the year so there may be one opening close to you. Email: tom@limbpower.com for more information

Facebook Fundraising and Birthday Fundraisers

 It is quick and easy to 'add a donate' to your Facebook posts so you can raise funds and spread awareness about LimbPower any time of the year. Lots of people use Facebook Fundraising for Birthday Fundraisers.

- Tap in the top left of your Facebook Page and scroll down to **Fundraisers**.
- Tap the **Fundraiser** button.
- In the Raise money for a non-profit box, tap the **Select nonprofit** button.
- In the search bar enter **The British**

Ambulant Disabled Sports and Arts Foundation.

- Tap on the charity **The British Ambulant Disabled Sports and Arts Foundation.**
- Add your **fundraising goal** (amount).
- Click on the blue **create** button on the bottom left hand corner.

What's on

LimbPower Events Schedule 2023

May 2023

Saturday 13th May Family Fun Day & Manic MaraFun, Stoke Mandeville Stadium



This a free all-day fun filled event for the whole family (adults and children) to participate in lots of activities and adaptive sports. You can also take part in the Manic MaraFun to raise funds for LimbPower.

Email: carly@limbpower.com
Telephone: 07789 075709

June 2023

Saturday 3rd June Prepare to Run Days – University Of Bath.

These workshops are for young people and adults 12+. Aimed at improving your mobility/ walking and learning the exercises and techniques for running and moving quickly.

Email: tom@limbpower.com
Telephone: 07503 030702

Wednesday 7th June British Canoeing, British Triathlon and British Rowing

are hosting 'have a go' sessions at the National Water Sports Centre in Nottingham. This is a great opportunity to try a variety of parasports. Entry is completely free. For more information register your interest at:

<https://tinyurl.com/mvj5xzux>

Sunday 11th June Fundamental Skills Workshop, Bristol

An in-person workshop to provide expert coaching for children who receive activity prostheses and to support limb-different children (upper and lower limb) in school PE and community activities. 4-18 years old.

Email: carly@limbpower.com
Telephone: 07789 075709

Sunday 11th June LimbPower Class of '23 02 Walkover

Come and join Team LimbPower on 11th of June for an unforgettable day up at the iconic 02 Building.

Email: emma@limbpower.com
Telephone: 07904 512265

Saturday 17th June Parachute Jump, Neveravon Airfield, Wiltshire

This popular thrill-seeking fundraising challenge has limited spaces available so do reserve your place early if you don't want to miss out.

Email: rebecca@limbpower.com
Telephone: 07779 080713

Sunday 25th June Prepare to Run Days Manchester Regional Arena

These workshops are for young people and adults 12+. Aimed at improving your mobility/ walking and learning the exercises and techniques for running and moving quickly.

Email: tom@limbpower.com
Telephone: 07503 030702

July 2023

July through to August Virtual Go Tri, Virtual Event

Summer virtual challenge event. Depending on your ability you can choose one discipline, or you can really challenge yourself by completing your own personal triathlon or challenge yourself and see how much you can raise for LimbPower.

Email: tom@limbpower.com
Telephone: 07503 030702

**Saturday 1st July
Take on the UK's largest Zipwire!**
Challenge yourself on England's longest zipwire, cruising through the air at an exhilarating 60mph, covering a whopping 724 meters. To be

part of the action. Email:
Email: emma@limbpower.com
Telephone: 07904 512265

Sat 8th and Sun 9th July LimbPower Games and Exercise Event, Stoke Mandeville Stadium

The LimbPower Games is a 'Have A Go' multi-sport sports & exercise event for amputees



& individuals with limb difference of all ages (18+) and abilities.

Email: tom@limbpower.com
Telephone: 07503 030702

Saturday 15th July LimbPower Junior Games, Stoke Mandeville Stadium

The Junior Games is an exciting and educational multi-sport event for children with an amputation and or limb difference and their siblings (4 years to 18 years). Younger children, join us for the under-4 programme.



Email: carly@limbpower.com
Telephone: 07789 075709

Sunday 16th July Arctic One Para Triathlon, Dorney Lake

Tri and Para-tri-Festival. There are three different distances to try with both para and non-para waves. The event is fully inclusive, so it is a fantastic opportunity to take part in some way, whether you are an experienced athlete or a complete novice, a para-athlete or not. You can join the LimbPower Fundraising team.



Email: tom@limbpower.com
Telephone: 07503 030702

August 2023

July through to August Virtual Go Tri, Virtual Event

Summer virtual challenge event. Depending on your ability you

can choose one discipline, or you can really challenge yourself by completing your own personal triathlon. This is a participation event. Fundraising is optional.

Email: tom@limbpower.com
Telephone: 07503 030702

Saturday 12th August Superhero Series, Dorney Lake

Join the LimbPower fundraising team and choose one of three super distances with many super ways to take part in these unique tri challenges. Participants can fly solo & take on all three stages (a swim, cycle & push/run for any tri newbies out there) share the fun in a team relay, or Superheroes can recruit Sidekick teammates to tow, push & pull them around the entire course!

Email: carly@limbpower.com
Telephone: 07789 075709

September 2023

Saturday 9th September NSRA Aldersley Shooting Centre

The shooting days are being organised by Dwarf Sport UK for beneficiaries and members of the four physical impairment NDSO's including LimbPower. Come and join us and try this fabulous sport.

Email: tom@limbpower.com
Telephone: 07503 030702

Thursday 21st September National Fitness Day, Virtual at home event

Join the LimbPower fitness team for a day of live fitness classes adapted for amputees and people with limb difference (classes include yoga, Tai Chi, Zumba, reVAMP strength and conditioning circuits, Wobble and Paradise)

Email: rebecca@limbpower.com
Telephone: 07779 080713

Listings continued on next page ➤

The LimbPower Interview

Who is James Catchpole?

 **James never meant to be an author. He is a literary agent by profession. One consistent category of stories has always been narratives about disability written by non-disabled people, which does not always resonate with disabled readers. James plays amputee football and dad ball (complaining about your joints) and understands the importance of physical activity and sports.**

Why did you decide to write a children's book?

Because an illustrator sent James a story about a one-legged teddy bear and didn't realise she had sent it to the only one-legged literary agent in the UK. The book didn't ring true for James, and he suggested that if she illustrated the pictures, he could write her a new story. James knew there was a gap in the market and decided it was time for a children's book to be written by an author who was a limb-different child.

When James came to think about what story he could tell which would best reflect a disabled child's experience, he thought about the experience of being a child in the playground and looking different to everyone else. James thought about something he learnt in later life that he wished he had known as a child, which is, he was not obliged to offer up his story to people. Children and adults are curious and want to know what happened to you, as a child with a disability, but there is no obligation for the you to tell them!

James wrote **What Happened to You** in 2021. The book sold a staggering 40,000 copies and has been short-listed for national

prizes and has been translated into six languages including Dutch, Spanish, Portuguese, Korean, French and Hebrew and was published in America on April 11th 2023. You can buy this book through the usual stockists e.g. Amazon, Waterstones and WH Smiths. It has received five stars ★★★★★ on Amazon!

- ISBN-10 : 0571358314
- ISBN-13 : 978-0571358311

James' new children's book was co-written with his wife Lucy, a wheelchair user. Like the book **What Happened to You**, the book **You're so Amazing** is about how people respond to disability. This time the book is about how older children and adults respond to the character Joe. When people first meet Joe, they tend to treat him as either amazing Joe or poor Joe, but when people know Joe, he is allowed to just be Joe. It is about the narratives and the emotions that people attach to disability. The book is about the dual narrative that other people tend to label disabled children as inspirational or pity them when children should be empowered to write their own



narrative. This empowering book is due for release on May 4th 2023.

Families are welcome to join James at the book launch on the May 13th at the Story Museum in Oxford. Tickets will be publicly available for purchase from the Story Museum in Oxford. James has some free give aways for LimbPower Families. If you would like to join James at the book launch, please email: jamesnathanielcatchpole@hotmail.co.uk

Competition Time

We have two books to give away, one in this issue and one at the Family Fun Day.

Draw a picture of yourself as you see yourself and email it to:

gemma@limbpower.com

LimbPower will select one winner to receive a free copy of **You're So Amazing**.



28th September – 2nd October
Mallorca Cycle Charity Challenge in aid of LimbPower



Saddle up with LimbPower and experience the fantastic roads of Europe's premium cycling Island. LimbPower has carefully selected spectacular routes that will provide a suitable level of challenge for amputees and individuals with limb difference. If you would like to join us for a brilliant weekend of rides, fun, cake and sunshine.
Email: emma@limbpower.com
Telephone: 07904 5512265

October 2023

**Saturday 7th October
LimbPower's Charity Fundraising Ball**

Join us for this entertainment packed evening of fun and fundraising. Enjoy a drinks reception, three course dinner, entertainment and of course dancing!
Email: gemma@limbpower.com
Telephone: 07789 075632

**Friday 20th – 29th October
Machu Picchu Trek Challenge, Peru**

Join LimbPower for the ultimate fundraising challenge to the

iconic Inca citadel, walk the Inca Trail or one of the stunning alternative routes.
Email: kiera@limbpower.com
Telephone: 07968 760001

December 2023

**Saturday 2nd December
Beyond Boundaries Workshop**

An educational in-person and online workshop to support amputees and people with limb difference through the rehabilitation process after being discharged from the Limb Centre.
Email: gemma@limbpower.com
Telephone: 07515 940667

**Sunday 3rd December
European Limb Loss Day**

Celebrate the achievements of our wonderful community on this day dedicated to amputees and individuals with limb difference. Join the movement by taking part in the online exercise and physical activity or take it to the next level and set yourself a challenge or goal, you could even raise funds for LimbPower! Check out LimbPower socials and do not forget to tag [@limbpower](https://www.instagram.com/limbpower)

LimbPower news

Support

**A HUGE thank
you to all our
AMAZING
fundraisers!**



AMPUTEA FEBREwARY RAISED OVER
£5,523,000

- Abigail Luderman
- Amy Hawkins & Family
- Anna Wiseman • Ability Matters
- Bristol Enablement Centre • Carly Bauert
- Danielle Gibbs & family • Emma Newman
- Gemma May • Helen Sole • Kiera Roche
- Maryam Malik • Milla Jackson • Manchester Limb Centre • Nicola Hughes • Newcastle Limb Centre • Ossur • Poli Paterson • Rachel Manton
- Richard Zacharzewski • Sally Kent
- Sarah Weyman • Tarique Chowdhury & family • Vanessa & Harley Salter

• Ability Matters £250.00 • Alex Evans & Family £2,225.00 • Alex Stone & Family £305.00 • Aash Salim & Family £252.00
 • Connor Davies & Family £620.00 • Fergus Rennie-Lewis & Family £1,225.00 • Grace Ackerman & Family £1,215.00
 • Harley Mall & Family £505.00 • Josie Marshall & Family £307.00 • Kim Durham £511 • Laura Brake £430
 • Nick Glover £1,120 • Olive and Soondra Appavoo £1,500 • Oliver Perrin £1,340 • Ossur £118.25 • Ross Wadey £100
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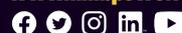
Blatchford:

www.blatchfordmobility.com/en-gb



The British Ambulant Disabled Sports and Arts Foundation
 LimbPower
 Whitecroft, Tandridge Lane
 Lingfield, Surrey RH7 6LL

T: 07502 276858
 E: info@limbpower.com
www.limbpower.com



Registered charity number: 1132829 CIO Charity number: 1180906