

LimbPower

Website address: www.limbpower.com
Contact phone number: **07503 030 702**
Contact e-mail address: andy@limbpower.com



Our purpose

LimbPower is the National Disability Sports Organisation that supports amputees and the limb impaired to reach their sporting potential.

The Charity's mission is to engage amputees and the limb impaired in regular and sustained participation in recreational and competitive sport and the arts, to improve their quality of life and aid physical, social and psychological rehabilitation. LimbPower aim to put each amputee and limb impaired person in touch with the right sport and leisure activity for their needs and ability.

Who we represent

LimbPower uses its expertise, experience and partnerships to engage with, influence attitudes and change behaviour towards sporting habits of civilian and military amputees and the limb-impaired (people born with congenital or acquired limb difference).

LimbPower's objectives are to support this population by offering relief to the physically disabled, aiding rehabilitation and improving their quality of life through sport and the arts. They aim to achieve this through the provision of information, education, access to facilities and opportunities to participate in sport and the arts.



 Find us on Facebook: **LimbPower**

 Follow us on Twitter: **@LimbPower**

Registered Charity No. 1132829

People with a limb impairment

There is an estimated population of 450,000 people living with limb loss and limb indifference in the UK and approximately 5,000 - 6,000 amputations take place a year in England.

Our support

LimbPower is committed to creating more engagement opportunities for amputees and the limb impaired in sport as they start rehabilitation. We work with 12 limb centres in England to provide 'Introduction to Sport' workshops as part of the rehabilitation programme.

LimbPower Games

The annual LimbPower Games is a fantastic event that helps introduce amputees and people living with limb loss to sport and physical activity. The focus of the Games is to use sport to aid rehabilitation and is aimed at a beginner, have-a-go level. Participants have the opportunity to take part in sports such as: volleyball, basketball, tennis, badminton, football, swimming, cycling, rowing, fencing, powerlifting, shooting and more.

Primary Games

LimbPower provide a great opportunity for young amputees and ambulant disabled children of all abilities to participate in sport in a safe, friendly and inclusive environment at The LimbPower Primary Games. The event offers children and young people aged 5-11 the opportunity to learn and develop coordination skills, socialise with their peers and discover their potential through sport.

Junior Games

The Junior Games offers older children a similar experience to the LimbPower Games. Each sport offered is supported by the relevant National Governing Body, providing coaching expertise to assist and encourage those taking part.

Advanced Rehabilitation Clinic

LimbPower also run an advanced rehabilitation clinic that supports amputees that want to take their rehabilitation to the next level after leaving their Limb Centre. The focus is on improving fitness, focusing on core stability and proprioception of the artificial limb, exercise, nutrition and goal setting. We provide each participant with an amputee management plan to take away with them.

Participation pathways for impairment group

LimbPower looks to work in partnership with and educate National Governing Bodies of sport, County Sport Partnerships, Disabled People's Organisations and other partners about the different types and level of amputation. In order to help them ensure that sports provision is inclusive and accessible, so that people living with limb loss or limb difference can take part in sport and physical activity at a level that suits them.