

LimbPower — what we offer



LimbPower is a National Disability Sports Organisation, whose role is to support partners to increase participation in physical activity and sport by people with a limb impairment.

Our vision is changing lives through the power of physical activity, sport and the arts.

Our mission is to engage amputees and individuals with limb impairments in regular and sustained participation in physical activity, sport and the arts to improve quality of life and to aid physical, social and psychological rehabilitation.

Our aims are to increase engagement, sustained participation and promote local inclusion to help limb impaired adults, young people and children reach their potential; to put each amputee and limb impaired person in touch with the right sport and leisure activity for their needs and ability. To provide expert knowledge and help to: the limb impaired, families, physiotherapists, prosthetists, orthotists, occupational therapists, support workers, coaches and other sport providers on how to engage and adapt sport for people with a limb impairment.

Our services to limb centres and limb users include:

User group support visit.

LimbPower's sports development offer will attend a user group meeting to present the benefits of physical activity and sport and how you can get started. This presentation can also be used to gauge opinion of what people would like to try or be given advice on and where they can access activity locally.

Cost – Free of charge

Limb centre activity session

Using information from the physio or user group LimbPower will coordinate a multi sports session run at the centre during centre opening times. This could be an hour and a half of activity run by specialist coaches and including support from local partners. The activity is decided by the user group and coordinated by LimbPower.

Cost – Free of charge

Introduction into Physical Activity Workshop

This four-hour workshop is a mixture of theory and practice designed to introduce new amputees into physical activity and sport. There are sessions on how to access sport and physical activity, types of prosthetics and what activity you can participate in. There will be a session focused on agility, balance and coordination and a session focused on strength and conditioning. Activities can be planned into the workshop if required.

Cost – Free of charge

Advanced Physical Activity and Sport Workshop

This is the next stage on from the Introduction to Physical Activity and Sport Workshop, focusing on higher level exercises and the five core physical activities/sports which amputees use to regain their independence and use

as a stepping stone to activity, cycling, swimming, running, walking or gym.

Cost – Price on application

Multi sports activity day

An event coordinated by LimbPower using information from the user group and centre physiotherapist. This one day or half day event will be run off site at a local leisure centre. LimbPower will draft the programme and invite trained coaches to support amputees and individuals with limb impairments to try different sports. LimbPower will invite local partners to share information on local community activities and local support.

Cost – Subsidised financial support from LimbPower

The Primary and Junior Games

LimbPower provide you with an opportunity to send a team of patients with support from healthcare professionals to both the annual adult and junior LimbPower Games held at Stoke Mandeville Stadium, to Have-A-Go at Paralympic sports in a safe, friendly and informed environment.

Cost – A small registration fee for participants

LimbPower can also supply a Physical Activity Activator to work at your Limb Centre, information on activities and events in your local area and resources offering guidance on physical activity and sport for amputees and individuals with limb impairments. Visit our website www.limbpower.com or call/email Andy Brittles on 07503 030702 email: andy@limbpower.com.