LimbPower February Newsletter

Welcome to the second LimbPower e-newsletter sharing information on the different resources, events and programmes we have coming up to support you on your rehabilitation journey. The LimbPower team has been busy creating and organising lots of fun events and activities. We can't wait to see you.

What can you get involved in this month?

This month's FREE LimbPower resource:

https://www.limbpower.com/resources/publications/making-most-your-limb-centre-visit-lower-limb
https://www.limbpower.com/resources/publications/making-most-your-limb-centre-visit-upper-limb

We will be sharing one of our informative, fact-filled resources every month.

Miles for March

LimbPower is inviting EVERYONE to take on ***'31 Miles This March'*** to raise money for LimbPower. Swim, run, push, bike, hike, scoot or walk. Take part at any time in March or do a mile a day – whichever way suits you! Challenge yourself to do more or fewer miles too! Participants can set up a JustGiving Page or simply donate to LimbPower. This event is FREE to enter and once you set up your JustGiving page and raise £20 we will send you a free t-shirt! Register here **https://milesformarch.eventbrite.co.uk**





Furrbruary Photo Competition

Animals support our physical and mental health!

Let's give a big shout-out to assistance dogs and PAD dogs or just your gorgeous family pet who supports your physical and metal health. Let's fill Facebook with pictures of our four-legged angels!

At the end of the month, we will choose two

winners and send them an Amazon voucher for £50 each! So let's get posting!

Family Fun Day Saturday 13th May

A fun-filled day, packed with entertainment, activities, and sport. This event is for EVERYONE! Children, young people and adults with limb difference and their families. All ages and all abilities are welcome. Meet the LimbPower team, healthcare professionals, coaches and instructors and each other! You don't have to be active just willing to come and have some fun! Register here https://www.eventbrite.co.uk/e/504814562947.



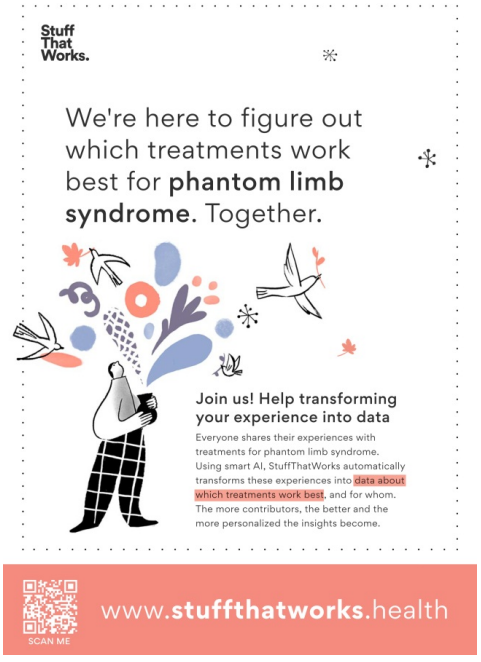


Brighton Marathon or 10K Sunday 2nd April 2023

Join the LimbPower team or get your own gang together to take part in Brighton Marathon or 10K. You can either; push, walk, jog, run or even dance your way to the finish line! We have places available for the 10K and a full Marathon.
If you would like to sign up or find out more information contact **rebecca@limbpower.com**

LimbPower & Stuff that Works

LimbPower is working with the online research community Stuff that Works and Clinical Psychologist Keren Fisher to support research into the best treatments for phantom limb pain and residual limb pain. Each amputee or professional with insight who signs up to the research community and shares their experience and treatment gets us one step closer to finding the best treatments. Join us here and be the different you want to see!
Residual Limb Pain: https://www.stuffthatworks.health/residual-limb-pain?token=mZwZZUxi
Phantom Limb Syndrome https://www.stuffthatworks.health/phantom-limb-syndrome?token=t9Jp5vGj



Fundamental Skills Workshop



Surrey - Saturday 11th March

A free one-day workshop for children with upper or lower limb-difference aged 4 – 18 years old, who wear an activity limb/prosthetic or would like to be more active.
The programme is designed to support children and their families, in overcoming physical and psychological barriers through developing skills to take part in school PE and community sport and activity.
For more information contact carly@limbpower.com or 07789075709

Raffle Time!

This fabulous Twinings Bee Happy Hamper contains a selection of delicious teas and delightful tea time mugs and accessories by The English Tableware Company. To win this wonderful prize worth £104.89 please enter via **www.justgiving.com/fundraising/Carly-bee4 or donr by scanning the QR codes.** Tickets cost £3 and all profits support LimbPower. Thank you and good luck!



AmpuTEA FeBREWary

Would any of our wonderful volunteers or supporters like to host a tea morning to raise funds towards LimbPower's events, workshops and resources? You can do something as small or big as you like.
Raise £3 or £30. Every penny helps and it's the best excuse to brush away the winter blues and invite some friends over.
Contact **carly@limbpower.com** for more information on how you can get involved.

Together Fund

Through the Together Fund we have been working closely with Synerg,y Dance Outreach. They are now running some great Yoga sessions for only £2.50. If this interests you, please feel free to contact me at tom@limbpower.com or see the flyer.



Hello from LimbPower Friends

LimbPower Friends are so excited to announce the launch of our new LimbPower Friends packs. Get Yours TODAY! These are available to new friends or those wanting to renew their LimbPower Friendship. A LimbPower friendship offers YOU some amazing benefits including 10% off events & priority booking.

We have Family, Wellness & Fitness packs (one pack with each friendship sign-up/renewal)

If you would like to discuss signing up please email **gemma@limbpower.com**

A huge thank you for our event sponsors

A huge thank you to the Douglas Bader Foundation, Stewarts, Ottobock, Dorset Orthopaedics and Frenkel Topping Charitable Foundation. We couldn't run these events without you.

If you have a spare 12 minutes please complete the Physical Activity and Sport survey here. We use this information to create events, workshops and programmes you ask for. We will also be entered into a prize draw to win a £50 amazon voucher!

www.limbpower.com

LimbPower | Whitecroft, Tandridge Lane, Lingfield , Surrey, RH7 6LL United Kingdom

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