

Company registration number: 02487661
Charitable company registration number: 803533

Limbless Association

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 31 March 2025

Edmund Carr LLP
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Limbless Association

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Limbless Association

Reference and Administrative Details

Chairman	Mr D M Rose
Trustees	Mr D M Rose Mr M M Adam Ms E R Dove Mr P J Houghton Mr P A Judkins Mr A W Meyer
Secretary	Ms D J Bent
Senior Management / Leadership Team	Ms D J Bent, CEO Mr M Nsiah
Registered Office	Mayflower Community Hospital Blunts Wall Road Billericay Essex CM12 9SA The charitable company is incorporated in England and Wales.
Charitable company Registration Number	803533
Company Registration Number	02487661
Independent Examiner	Alex Stone FCCA Edmund Carr LLP Chartered Accountants 146 New London Road Chelmsford Essex CM2 0AW

Limbless Association

Trustees' Report

The trustees, who are directors for the purposes of company law, present the annual report together with the financial statements and auditors' report of the charitable company for the year ended 31 March 2025.

OBJECTIVES AND ACTIVITIES

Review of the financial year 1st April 2024 to 31st March 2025

The Charity Background

The Limbless Association (LA) is a registered charity that was originally established in 1983. Since then, it has grown to become a leading UK charity for supporting people with limb loss. The LA was incorporated in 1990 and it was granted charitable status in Scotland in 2011 (Charity registration Nos. 803533 and SCO42256).

The Limbless Association began life as a campaigning organisation whereby it aimed to champion access to better levels of rehabilitation for civilian amputees. The charity was for several years based in south-west London, at Queen Mary's Hospital, Roehampton (The Douglas Bader Rehabilitation Centre). This was the first-ever prosthetic centre in the UK (built in 1915). Driven by the need of a growing civilian amputee population, the charity's focus progressed into that of developing and providing support services for amputees and their families.

The LA was formed by amputees and continues to this day to be a user led charity with the majority of its trustees, volunteers and several of its staff team having experienced limb loss. As we develop projects and services aimed at meeting the practical and emotional needs of amputees and their families we consult our community at every stage. This wealth of lived experiences helps inform and shape the charity's aims and services.

We believe in a world where *No Amputee Need Cope Alone*

Losing a limb at any age and for whatever reason is a frightening and isolating experience. While we recognise that clinical services have developed immeasurably during the lifetime of the charity, holistic support *beyond the clinic room* remains inadequate. Access to community based services is inconsistent and fragmented. The hundreds of amputees we support each year are in the main very well cared for in acute care and clinical rehabilitation settings. However, following the loss of a limb (or limbs) it's a struggle to navigate the challenges of living a new life with limb loss particularly in the first few weeks, months and years of amputation. Amputation is a very individual experience depending on a range of circumstances; cause, level, mental and physical health, social. The Limbless Association (LA) provides advice, information, support and connectivity to and for the limb-loss community. The LA aims to support people of all ages and backgrounds through a variety of programmes and services, offering an early intervention approach to individuals of any age, whether they are about to have an amputation, are living with congenital limb impairment or have acquired limb-loss. Lack of information about and along the rehabilitation pathway is emphatically highlighted by our service users and members. We gather this evidence through members surveys and our group in person work. this was also supported in 2021 by the research prioritisation of the Amputation Special Interest Group (Vascular Society). In a recent LA survey, 90% of amputees (of less than two years) told us that they were struggling. We also offer assistance, support and information to carers, family members and friends. We exist to support all amputees and where appropriate will work closely with other UK charities, agencies and services to realise the best possible outcomes for each individual in order to educate and empower them to progress along the rehabilitation pathway.

We provide a national association of peers through the Limbless Association membership, currently free to all amputees and limb impaired persons of 18 years and over. Parents of younger amputees may join as a parent/guardian member. The Limbless Association is recognised across the sector and beyond as the leading UK civilian limb loss early intervention support charity. The LA continues to strengthen its national strategic involvement, aiming to support and champion a collective voice for the UK limb loss community across a range of topics and issues.

In November 2024, LA Chair of Trustees, David Rose met the Lord Mackinlay of Richborough and the Rt. Hon. Wes Streeting Secretary of State for Health and Social Care at the House of Lords. Along with Tracy Ralph, LA Network Development Officer they had the opportunity of raising awareness of the multiple challenges those experiencing limb loss face. The charity welcomed the opportunity to share updates on its work and aims and were extremely grateful for their time.

These have been and continue to be extremely challenging times financially for individuals and organisations. As a small charity income from a variety of sources is vitally important for us to be able to continue and grow our work. Limbless Association continues to be supported by its members, friends, private donors, funders, Trusts and corporate sponsors. We are enormously grateful for their generosity and support without which we simply couldn't do our work. We owe a debt of gratitude to all our supporters who enable the charity to continue to develop and offer its services to amputees at no cost. **Thus ensuring that no one is ever without the information**

and support they need at whatever stage of their limb loss and regardless of their ability to pay, whenever that support is needed. We believe in a world where *no amputee need cope alone*.

If you are able to support us to deliver this vital work then please consider making a donation or pledging to give regularly. Call us: 01277 402331 or email enquires@limbless-association.org

Supporting Lives Beyond Limb Loss

Our Aim

To enable people in the United Kingdom of all ages who are without one or more limbs to achieve rehabilitation and independence in hospital, home, education, employment and the community.

Our Mission

To support and empower all amputees to lead independent and fulfilled lives.

Our Vision

A world where amputees of all ages are not disadvantaged by their disability and able to achieve rehabilitation and independence in hospital, home, education, employment and the community.

OUR GOALS

- Offer excellent advice, information and support to amputees, their relatives, carers and friends at all stages of limb loss.
- Identify gaps in service provision and develop projects to meet the needs identified.
- Increase membership, volunteer and supporter numbers nationwide to maximise our collective voice.
- Listen to, engage with and influence our stakeholders.
- Increase organisational reach to those in need of LA services.
- Lead on strategic representation and influencing at local and national levels.
- Support medical research in areas of prevention, service improvement and prosthetics.
- Deliver an ambitious programme of activity to grow our income to ensure continuity and development of our services.
- To raise the profile of the charity as a major champion of the limb loss community

OUR VALUES

RESPECT

We treat people as individuals and how we would wish to be treated ourselves

INTEGRITY

We do the right thing, not the easy thing – even if it takes more time and effort

DIVERSITY

The LA embraces, encourages and celebrates diversity and strives to be inclusive in all aspects of its work

ACHIEVEMENT

The LA will support its members, volunteers and staff to enable them to develop and thrive as individuals and as a team encouraging resilience and adaptability

EXCELLENCE

We don't settle for OK; we are determined to ensure quality in all our activities and aim to achieve more

PROFESSIONALISM

Our services and projects will be developed and delivered with high levels of competence, efficiency and quality at their heart

ASPIRING

The LA will be optimistic in its outlook and aspirational in all areas of the support it offers and looks to develop; practical and holistic interventions.

TRUSTWORTHY

We will develop stakeholder relationships and endeavour to be considered a reliable, consistent and competent partner by the limb loss community and our funders.

A message from LA Chair of Trustees, David Rose

The LA started out life in 1983 as principally a campaigning organisation to represent the broader interests of civilians living with limb loss and limb difference. I know, from direct personal experience, that NHS prosthetic services in the late 1970s and into the early 1980s were not always adequate. Prosthetic equipment was often old and outdated. Indeed my first leg, a Hanger pylon, was I understand, virtually the same as those issued during the Second World War! Our inspirational founder, Sam Gallop, brought his considerable influence to bear in parliamentary circles at that time and this ultimately led to the commissioning of the McColl Report in March 1987. Professor Lord McColl's report on disablement services literally changed everything!

The report made wide ranging and detailed recommendations, concerning the organisation and management of the prosthetic services; the nature of the contracts for the supply of limbs; the quality of the limb fitting services; and the desirability of closer links between the full range of hospital, community care and local authority services. Essentially, it brought the prosthetic services that I was able to access via the NHS out of the dark ages. Of course there have been a lot of changes that we see as patients and service users since the late 1980s and early 1990s, but the catalyst for the expansion in the quality of NHS prosthetic services can be directly traced back to the McColl report, and the LA was instrumental in this coming about. I highlight this example to show how important the strategic work that the LA is engaged with from our earliest times is, and this continues today.

The LA now has over 42 years' experience of delivering user led support for amputees. By developing services and interventions that aim to meet the needs of the limb loss community the charity remains at the forefront of delivering impactful community support for amputees and their families. The charity engages with and is a representative voice on several strategic bodies and forums as well as being a key stakeholder of several research projects. I'm currently the sole amputee patient representative on the NHS England Clinical Reference Group for disability and rehabilitation. I was directly involved in the consultation process that led to the introduction of the new service specification for prosthetic services in May 2025.

I recently wrote a blog for the LA's website describing our expansion onto the international stage. As Chair of the Trustee Board, I was invited to attend the recent meeting of the International Confederation of Amputee Associations (IC2A). This event was linked to the 20th biennial world congress of the International Society for Prosthetics and Orthotics (ISPO), held in Stockholm, Sweden. IC2A is an international alliance that shares experiences, knowledge and best practice to inspire improvement in the quality of life of amputees. Their mission is to help national amputee associations share experiences, knowledge and best practices about amputee health and wellbeing at the international level, to influence international agendas affecting amputees worldwide. The LA were founder members of the IC2A when it was established in 2015.

The second day of the congress featured an IC2A 'think tank', where a large number of people came together to explore how best practice in the areas of support for people living with limb loss could practically be shared. We had had people attending the seminar from all over the world, including individual amputees, representatives of amputee associations, medical professionals and senior business leaders from the prosthetics industry.

I was asked to explain how we organised and delivered the LA's Volunteer Visitor (VV) programme, and our practical experience of running the programme for now more than a quarter of a century. And whereas the concept of peer-to-peer support would initially appear to be a relatively simple idea, the logistical reality is anything but simple. The LA has invested a huge level of financial and people resources in making the VV programme arguably the best peer support scheme anywhere, and that level of commitment has to be ongoing. For example, the training, development, management and individual supervision support of our amazing volunteers must follow them throughout their entire commitment as peer mentors.

I'm immensely proud of our Volunteer Visitor peer mentoring programme and the part that I played in its creation all those years ago. It continues to provide vital one-to-one support for individuals both pre- and post-amputation, who require practical information and emotional support through their limb loss journey. In May 2025 we celebrated the decision of the National Lottery Community Fund to support our VV Transitions Programme for the next three years! We're hugely grateful to them and the players of the National Lottery for this ongoing support

as we move into phase 2 of the programme's development. We are very proud of our achievements in this field and are excited about the next phase of this outstanding programme.

Continuing the achievements of our founder Sam Gallop, the LA is also once again bringing its influence to bear at Westminster. Towards the end of last year, I began a conversation with Lord Mackinlay, the former Conservative MP who experienced the loss of both arms and legs due to sepsis in September of 2023. This ultimately led to a meeting with Wes Streeting, the government's Secretary of State for Health and Social Care, at the House of Lords. Together with my colleague Tracy Ralph, Network Development Officer SE/E, we were able to highlight the value of the LA's VV peer support programme. In my role as Chair of the LA and as a service user, I'm now supporting Lord Mackinlay in his mission to improve NHS prosthetic services and avoid the current 'postcode lottery'.

The charity sector landscape continues to present challenges in terms of ever increasing beneficiary needs and for charities to realise necessary resourcing and funding to meet those needs. The LA's financial position for the year ending on 31 March 2025 demonstrates we have worked hard to increase revenue streams and improve our reserves position both of which we are pleased to report.

Our successes achieved during the past year have again principally been down to the excellent work of the LA's staff and I would wish to record my appreciation and thanks for their excellent work. A successful organisation needs a great staff team under the leadership of a dedicated CEO, enthusiastic and motivated volunteers, and a committed trustee board to ensure good governance. The LA is fortunate to be blessed with all three of these key factors. I'd like to extend sincerest thanks to Deborah Bent, the LA's Chief Executive Officer, to our staff team and wonderful volunteers. I would also like this opportunity to express my personal thanks to my fellow trustees for their support in my role of Chair of the charity during the past twelve months. All concerned have made a significant and enduring commitment to navigate the challenges and meet the charity's objectives.

The LA has continued to be at the forefront of providing direct support to the limb loss and limb difference community during the past almost forty two years and I cannot conceive of a circumstance where this will change as we look to the future. We were founded to meet the otherwise unmet needs that people living with limb loss have to face every day of their different lives. We can easily say that there is 'life after limb loss', but the long-term commitment of charities like the LA, ensures this vision becomes a reality!

David Rose, Chair of Trustees, Limbless Association

CHARITY REVIEW 2024 – 2025

Context

Through our multi-stakeholder engagement – service users, members, volunteers, sector professionals - we know that there continues to be a gap in the support available to amputees in the rehabilitation pathway. Those experiencing limb loss must navigate multiple and complex challenges through a rehabilitation process that can be long and overwhelming. The negative impact on physical, emotional and mental health wellbeing is considerable and requires a range of strategies and interventions *beyond the clinic* room to optimise rehabilitation outcomes. Members, service users and their families consistently tell us that there is a lack of information and support at all stages of the early rehabilitation pathway. The Limbless Association's developing services and projects aim to work collaboratively with clinical teams and other key sector stakeholders to fill the gaps where additional non-clinical community based support is needed. Central to the initiatives and interventions the LA offers is supporting amputees and their families to rebuild lives in order for all affected to thrive after losing a limb or limbs. The LA is a user led charity, with its aims and work being informed and shaped by those with lived experience; our members, volunteers, service users and many of our staff team. 5 out of 6 of our Trustees have lived experience. We consult, we listen, we respond, we empower and we innovate.

Despite the ongoing challenges of the operating environment, this period has seen the Limbless Association continue to develop and deliver our vital outreach and early intervention programmes, providing a pathway of essential support for amputees in their recovery and rehabilitation. The charity had a busy year building on the foundations of existing workstreams as well as implementing new projects.

Key highlights include:

- Developing a new pathway of support for patients undergoing amputation at Basildon University Hospital. Our outreach, ward visits and continued engagement with amputees in Outpatients and at the

hospital rehabilitation unit has provided early intervention support for those who are new to limb loss. This intervention is now serving as a blueprint for expanding this initiative to other hospitals in the UK.

- Expansion of our Lunch and Learn programme which has, to date, supported 308 amputees to improve their knowledge of limb loss and clinical and non-clinical services available to them as amputees. 90% of attendees feel more connected to others affected by limb loss and the limb loss community, and 88% feel more supported regarding their own limb loss. 96% feel more informed about limb loss and the sector.
- Continued delivery of our advice and information helpline which has assisted 508 people to access information relating to topics such as welfare rights, aids and adaptations and housing; essential support to assist them in their onward recovery from limb loss.
- Continued delivery of and increased reach of our Volunteer Visitor peer support programme, which has enabled has received 443 referrals during this period. New amputees seeking support on a variety of limb loss receive telephone and virtual visits from trained peer mentors. 91% of service users indicate that they feel more supported on their limb loss journey following their visit, and that they feel less isolated as a result.

We have seen an increase in enquiries/referrals originating from social prescribers and social workers. This is particularly the case where amputees may have lost their limb some years previously, and where they are experiencing new challenges relating to the loss of their limb yet where they feel that they cannot seek the support from clinicians/the NHS. Similarly, in the early days of limb loss, amputees tend to be highly dependent on clinical services. Where this support was not available during the pandemic, we're seeing amputees still struggling to engage successfully with their rehabilitation.

With limb loss as a lifelong disability, our members can experience ongoing challenges related to prosthetics, mobility, body image, welfare benefits, mental health and accessing clinical services.

CASE STUDY

Jim attended a Hub for the first time. Other attendees assumed he was a new amputee as he was using crutches and experiencing challenges relating to his residual limb. Jim disclosed that he had been an amputee for over 40 years, but due to the pain in his residual limb he had not worn his prosthetic limb for some time and felt confined to his wheelchair. He was very down and disengaged, concerned about the possibility of having to undergo revision surgery; this had prevented him from seeking further medical support. Our Outreach Co-ordinator and a trained Volunteer Visitor spoke with Jim, using their own lived experiences of revision surgery and encouraged him to speak with clinicians at his local limb fitting centre. Jim is now having meetings with clinicians about potential surgery so that he can return to wearing a prosthetic limb that will support his improved mobility. He is feeling more positive about the future and his mental health and wellbeing has significantly improved.

Numbers supported

We have worked with one to one with over 1700 amputees in the past year, with many accessing different aspects of our support throughout our service user pathway. Of those people we've worked with, 508 people accessed support through our helpline (services support team), providing service users with information and guidance about topics such as welfare benefits and OT assessments. We received 443 referrals to our Volunteer Visitor peer support service. 868 attended our Outreach Hubs and Amputee Learning Hub sessions, improving their knowledge and awareness of living well with limb loss. 862 people received support from our Outreach Team with welfare calls and support to access our events. The LA has a growing membership now approaching 3000.

Key achievements

2024 saw us building on the outcomes and learning of the VV programme (2019 to 2023) and subsequently making our application for continued support from the National Lottery Reaching Communities Fund. Having submitted our stage two application in December 2024 we were notified in March 2025 that we were to be awarded further 3 year funding for the next exciting new phase of this now well-established programme – Volunteer Visitor Transitions. This new project will provide supported volunteering opportunities accessible at all stages of the rehabilitation pathway and beyond focusing three key areas; education, empowerment and personal development. We are sincerely grateful to the National Lottery for their continued support and to their players who enable us to make a positive difference to the lives of amputees across the UK.

We are especially proud of our Investing in Volunteers accreditation awarded in May 2025. This built on our work redeveloping and transforming our Volunteer Visitor programme in 2019, and demonstrates our commitment to providing a high-quality volunteering experience and support for our 95 amputee and family volunteers. We're looking forward to developing this further with our VV Transitions programme in 2025/26 creating more involvement opportunities and learning for amputees to share their lived experience to benefit others. Our Investing in Volunteers achievement and the requirement thereof to reassess every three years will see the charity continuing to embed best practice and nurture an environment in which volunteers can thrive and feel valued as lived experience experts.

We simply can't do our work without the support of our funders, fundraisers, sponsors, members and supporters. We wholeheartedly thank them all for recognising, engaging with and valuing the impact of our work. The LA is also very fortunate to have an incredibly loyal and passionate volunteering community, Trustees and staff team who despite the challenges continue to work with commitment and energy to ensure that *no amputee need cope alone*.

Structure, governance, and management

Nature of governing document

The charity's governing document is Memorandum and Articles of Association. The charity was incorporated on 30 March 1990 and registered with the Charity Commission on 13 June 1990. The Articles of Association were last amended by Special Resolution registered at Companies House on 12 January 2010.

Recruitment and appointment of trustees

The charity is governed by the board of trustees (who are also directors for the purposes of company law) who set strategy and policy. The number of trustees must not be less than three and not more than eleven. Day-to-day management of the Charity is devolved to the Chief Executive Officer and other members of the senior leadership team.

In line with the Articles of Association directors are appointed by a fair, open and transparent recruitment and selection process.

Organisational structure

Limbless Association is a Charitable Company limited by guarantee. Members of the company have provided a guarantee capped at £1 each.

Strategic Representation and Engagement

As a user led charity, the Limbless Association has since its inception represented the limb loss community as a member of national and local strategic forums, recognised as the leading civilian charity in the UK supporting those affected by limb loss and limb impairment. It is a privilege for us to build on a significant 42 year heritage and continue to be involved in this important area of work that enables us to represent the collective voice of our members, service users and the wider limb loss community. This work also provides us with the opportunity to raise awareness of the challenges amputees face in rebuilding their lives and ensure that we forge relationships with key sector decision makers and influencers.

The charity is a member of the following groups:-

IC2A; Member of the PIP Policy Forum; Rehabilitation and complex disability and spinal cord injury CRG; Prosthetics Review Steering Group; Prosthetics Review Clinical Working Group (Service Specification); East of England Trauma Network; Trauma East Voices; APIL – Alliance for Injured People; Specialised Healthcare Alliance; Chelmsford Area Access Group (CAAG). Community Rehabilitation Alliance England (Chartered Society of Physiotherapists).

Partnerships

The Limbless Association continues to forge clinical and professional partnerships across the sector. We are building strong relationships with NHS partners in acute care, surgical and rehabilitation settings. We are also fortunate to work with and be supported by private sector providers.

The benefits of partnership working can be clearly demonstrated through our outreach work with the rehabilitation centres and specifically with our developments at Billericay, Bristol, Manchester, Hull, Cardiff, Swansea, Preston,

Leeds, Birmingham, Belfast, Gillingham, Nottingham, Sheffield and Wolverhampton with the delivery of LA Helpdesks and Hubs.

Our Volunteer Visitor peer support programme is growing in reach and reputation with a range of clinicians and rehabilitation specialists working with amputees across the UK; physiotherapists, OTs, vascular specialist nurses, discharge coordinators, prosthetists and consultants. The service is now receiving regular patient referrals from over 40 clinical sites nationally and this is growing. This is recognition of quality and impact of the programme and the benefit of accessing LA services and support.

The LA Limb Loss Legal Panel provide vital support and services to the charity and its community. Panel members ensure that LA service users and members are supported by an incredibly proactive, engaged and empathetic group of legal experts. Increased awareness of our services continues to realise a growth in related sector referral partners that include wider sector stakeholders. E.g. case managers, social prescribers and community navigators.

The LA fosters positive relationships across the sector with our approach being one of influence and collaboration. Our ongoing arrangement with Mayflower Community Hospital MCH Billericay – the main Essex Prosthetics Centre – highlights what can be achieved through such collaborative approaches. The charity is based at MCH having been allocated a small office space. We also deliver frontline support to MCH patients via the LA Kitchen (reception tea bar) as well as being on hand for referrals from the MCH rehabilitation team. We're enormously grateful to Sue Patterson, Centre Manager, and her team, for championing this coproduction development and to NELFT NHS Foundation Trust. Now in its 5th year the experience and insight provides valuable learning to support similar arrangements nationally.

Where there are collaborative opportunities with other charities and bodies in our sector, we aim to support these for the benefit of the limb loss community. We also consult non-sector charities operating in the field of frontline support in the disability and healthcare sector for the purpose of shared learning. At the time of writing we are a Charity Partner of the British Association of Prosthetics and Orthotics (BAPO) and have joined the national P & O Advisory Group which BAPO leads and chairs.

Research Involvement

The LA is keen to support medical research in areas of prevention, service improvement, surgical advancement and prosthetics. We are passionate about the need for patient centred research across the limb loss sector. We are approached by many researchers requiring support, either organisational or member participation, and will always support where we identify that project aims might best serve our community.

The following are research projects the LA is currently supporting. The LA is a collaborative partner or steering group member of these projects.

THE IMPROVING PSYCHOLOGICAL PREPAREDNESS FOR AMPUTATION – the design and development of resources to help prepare people for having amputations.

Project Lead: Esmee Hannah, Reader/ Associate Professor, Health and Wellbeing in Society Deputy Ethics Chair HLS FREC/ UoA3 co-ordinator

Project outcomes: A set of resources for professionals to support patients. Peer support was identified and the LA's Volunteer Visitor programme included in the final web based resource.

[Peer support resource – preamp.dmu.ac.uk](http://preamp.dmu.ac.uk)

WALKING IN OUR SHOES - The development and evaluation of a resource to improve the psychosocial impact of adjustment to living life as a lower limb amputee.

Research Leads: Dr Ceri Phelps & Dr Paul B Hutchings, Centre for Psychology and Counselling, University of Wales Trinity Saint David, Swansea Campus.

Project Aim: To design and evaluate the acceptability and feasibility of a co-produced psychoeducational intervention designed to support better psychosocial adjustment to living with limb loss.

DATA FOUNDATIONS IN PROSTHETIC REHABILITATION

Project Lead: Chantel Ostler – Clinical Academic Physiotherapist, Portsmouth Enablement Centre and University of Southampton

Patient and stakeholder perspectives on routine data collection, use and sharing.

PLACEMENT

Research Lead – Dave Bosanquet, Vascular Consultant, Aneurin Bevan UHB collaborating with Cardiff University. Aim: Improvement of post operative pain management for amputees.

DUSTER

Research Lead - Ankur Thapar, Vascular Consultant, Basildon Hospital (Mid and South Essex Hospital Trust) in collaboration with Anglia Ruskin University.

Re: Proving efficacy (amputation reduction) of screening programme for vascular patients post initial intervention.

HAMLET

Research Lead – George Smith, Vascular Consultant, Hull University Hospital Trust.

Re: Evaluating Quality of Life Outcomes for Through Knee Amputation compared to Above Knee Amputation.

LA Services and Projects

We aim to ensure that NO AMPUTEE NEED COPE ALONE

Over the last 7 years the charity has undertaken a significant process of transformation strategically and operationally. This has seen positive developments and outcome across all key areas including strategy, governance, resourcing and processes. This undertaking has transformed the LA into an organisation that is responsive and innovative. The charity has focused on developing services and projects that have an early intervention approach positioning the LA as a provider of frontline information and support to amputees and their families pre and post-amputation. Once discharged from hospital and quite often before, dealing with the practical and emotional impact of limb loss - short, mid and longer term - is a complex and very personal unpredictable journey for the individual and their families. It's one that lasts a lifetime whereby education and empowerment are key tools. For the majority it can be difficult to look and move forward with hope and optimism. Just contemplating a life after amputation can be too overwhelming. Having launched our umbrella initiative Amputee Learning Hub in 2023 we are developing and delivering a range of projects and resources with education and empowerment at their heart. Our Training to be an Amputee and Lunch and Learn programmes are two such innovations that are creating learning and peer connecting opportunities across the UK. Receiving timely information and support from a trusted and credible source is vital when facing the complexities that limb loss presents. The LA aims to be practical, responsive and innovative with our service and resource development to truly reflect and fulfil the needs of those experiencing such life changing circumstances and trauma.

Four core strands of activity have been identified to support our aims in providing non-clinical support pre-and post-amputation:

> INFORMING > ADVISING > SUPPORTING > CONNECTING >

Informing

We are working hard to ensure that we continue to be informed about rehabilitation service provision and developments so that we can guide, signpost and update across a breadth of topic and query. Improving widespread accessibility to important early information is paramount to our strategic and operational aims.

Advising

We are developing our advisory capabilities and capacity by growing our expertise and ensuring professionalism together with protocol is integral to strengthening this vital area of our work.

Supporting

We are developing projects and programmes that will offer practical and holistic user informed support. This is an exciting area of work and we will continue to collaborate with our members and other stakeholders to identify their needs and how our future plans can support them.

Connecting

We will continue to raise awareness of the issues and raise the profile of the LA as a champion of those issues. We will seek multi-stakeholder engagement opportunities and we will continue to develop and deliver our own programme of events aimed at bringing together amputees and sector professionals for shared learning (informing, advising, supporting) and networking opportunities.

OUR SERVICES, PROJECTS AND IMPACT

N.B. In presenting our services we have included some important case studies all names and identifiable information has been altered or removed.

LA HELP DESK – Advice, Information and Signposting

The LA helpline provides a first point of contact support for amputees, friends, families, carers and healthcare professionals. The enquiries we receive cover wide ranging topics about all aspects of limb loss, pre- and post-amputation, including welfare rights, housing, social care, prosthetic services and peer support. We continue to build our knowledge and information sources to enable the team to offer a broad spectrum of support and signposting. We aim to offer the highest quality information, advice and support to empower amputees and their families to navigate the multiple challenges faced pre and post-amputation. With the challenges in social care provision and fragmented on-discharge community support we're experiencing increasing numbers of amputees and family members contacting our helpline who present with ever more complex issues. As a small charity with limited resources this is an ongoing challenge in terms of the limitations of our capacity to meet this growing need. Our support directly reaches over 5000 amputees and family members every year. We also connect our services with over 1100 professionals working in the limb loss sector. While our support targets new amputees we are also supporting significant numbers of those who are all at varying stages of the limb loss pathway and navigating ongoing or new challenges.

The key topics those contacting us what to know more about:

- Finance - Welfare Rights
- Aids and adaptations
- Housing
- Prosthetics rehabilitation
- Access to legal advice
- Mental health and wellbeing
- Social isolation
- Peer support – accessing the LAs Volunteer Visitor programme

“Nobody gives you an instruction manual when you become an amputee. There are so many challenges and it all feels really chaotic at that time. So many things to think about when our minds are scrambled and that's where the Limbless Association came in.” LA service user

LA SUPPORT AND CONNECT OUTREACH

Since launching Support and Connect in 2018 and having introduced virtual outreach contingency throughout the pandemic, we are committed to developing the LA's regional and local support offer. Delivering local and regional in-person support and creating safe spaces to connect with peers is still very much a key aim of our outreach strategy.

Key outreach aims:

- Reduce the isolation that amputees experience
- Improve amputees' knowledge regarding recovery and life after limb loss
- Reduce health inequalities amputees experience
- Build a local and regional peer community
- Introduce amputees to activities and other experiences to improve their wellbeing and quality of life
- Provide development and employability opportunities for amputees through volunteering pathways and learning activities.

Key outreach activities:

- Regular in person Hub sessions
- Online Hub Chats
- Virtually Speaking online thematic events
- LA Kitchen (MCH Billerica)
- Amputee Lunch and Learn in-person
- Amputee Learning Hub

- LA Helpdesks (onsite at rehabilitation centres and in hospital settings)
- Referring to LA Services Support
- Signposting to LA resources
- Signposting to local agencies (needs appropriate)
- Welfare calls (one to one support)
- Delivering and attending local and regional engagement opportunities
- Represent the LA at local and regional level (sector and related)

Support and Connect outcomes:

- **Over 1300 supported**
- **452 beneficiaries attending S & C sessions**

Our **Outreach Hubs** supported 332 amputees in 2024/25, with amputees reporting that the Hubs helped them to:

- Feel more confident – 94%
- Be more informed about limb loss and the sector – 88%
- Be more inspired and motivated to achieve for themselves and others – 90%
- Feel more connected with their peers – 80 %

“Meeting with others in a relaxed and non-judgemental way helps with my mental health along with the yoga session helping with both mental and physical health I generally come away feeling both refreshed and relaxed.” Hub attendee.

Outreach locations in 2024/25:

Belfast, Billericay, Birmingham, Bristol, Broomfield, Cardiff, Corringham, Gillingham, Leeds, London, Manchester, Nottingham, Preston, Sheffield, Southend, Southampton, Wolverhampton.

The summer of 2024 saw us review and refresh our outreach model and move to create a national Amputee Network with regional focus. New roles were introduced – Regional Network Development Officers. Strong foundations have been laid in the initial phases of this new approach and we have some exciting development plans for our ‘networks’ in 2025/26.

“I have found these groups great for mental health, confidence and information. Helping me to be more positive. A great way to find out about things available, new ideas.”

LA support online

While the drive for the LA to support face to face has been prioritised, the LA continues to offer thematic sessions as part of its Virtually Speaking project. We are fortunate to be connected with and supported by a wealth of sector experts who give their time generously to support our community. Virtually Speaking aims to provide amputees and their families with access to high quality information as well as an opportunity to benefit from Q and A sessions from the comfort of their own homes. Virtually Speaking thematic sessions have provided access to experts in mobility, prosthetics, finance, legal matters, psychology and wellbeing.

We’re enormously grateful to the professionals and companies who contributed to the Virtually Speaking programme, providing invaluable insight into key sector topics enabling and empowering our community.

LA VOLUNTEER VISITOR – one to one peer support service

Limb loss brings unique challenges, so sometimes you need to talk to others who have been through similar experiences. That’s the premise of the Volunteer Visitor programme – *amputees supporting amputees*. We believe that having access to a quality focused peer support service is vital to all amputees as part of their early rehabilitation pathway and it’s this belief that has driven us to further develop the LA’s longstanding and respected peer support offer, Volunteer Visitors. The National Lottery Reaching Communities funding enabled us to realise our vision of creating a robust service model of peer support for the limb loss community.

It is also our passion that our volunteers, who support with their lived experience, have access to the good quality training, development and ongoing support in their roles. The funding has enabled us to provide enhanced volunteering opportunities for amputees who are further along their rehabilitation journey and know how important it is for newer amputees to speak to someone who genuinely understands. Some of our volunteers are motivated by having received and benefited from peer support themselves and others by the fact that they didn't but would have found it valuable. LA Volunteer Visitors are supported with a variety of training, development and peer networking opportunities. Due to the level of training and support, our volunteers are able to offer high quality peer mentoring that both patients and professionals can access and trust.

Despite the 3 year funding from the National Lottery coming to an end in March 2023 (including a 6 month extension due to the pandemic) the LA continues to deliver the model established. Our Volunteer Visitor peer support is a key service for the charity. In June 2023 we received funding from the then Julia and Hans Rausing Trust (now Julia Rausing Trust) towards the costs of the ongoing development of the VV programme into 2024. As of March 2025 we were delighted to be awarded further 3 year funding from National Lottery Reaching Communities to further develop this project in its next phase – Volunteer Visitor Transitions.

This VV peer support programme delivers a one to one peer support service as well as training and supporting volunteers with lived experience of limb loss to provide peer support to newer amputees. The programme seeks to promote rehabilitation and recovery for amputees, as well as reducing isolation and promoting confidence, reducing stress and anxiety and ensuring that No Amputee Need Cope Alone. Through this programme, amputees become more informed, connected and empowered in their rehabilitation. This is a national programme and supports amputees living across the UK. The programme has trained a small and growing number of family peer mentors. This means that we are also able to support the loved ones of amputees.

Throughout the year, we continued with the day-to-day delivery of the Volunteer Visitor programme. This includes coordinating the matches and visits, volunteer recruitment, training and support. We have also been busy promoting the project within hospitals, limb-centres, rehabilitation centres and with other agencies (such as social prescribers) throughout the UK, to encourage referrals to the programme. Promotion is also via our social media channels, via our website and through our charity partners and stakeholders.

Key Aims and Developments for the VV programme

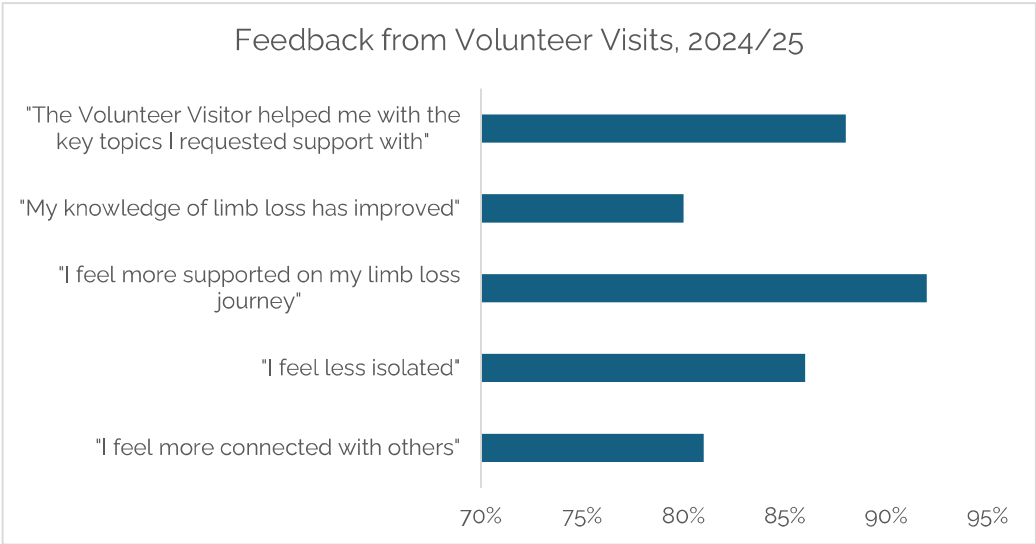
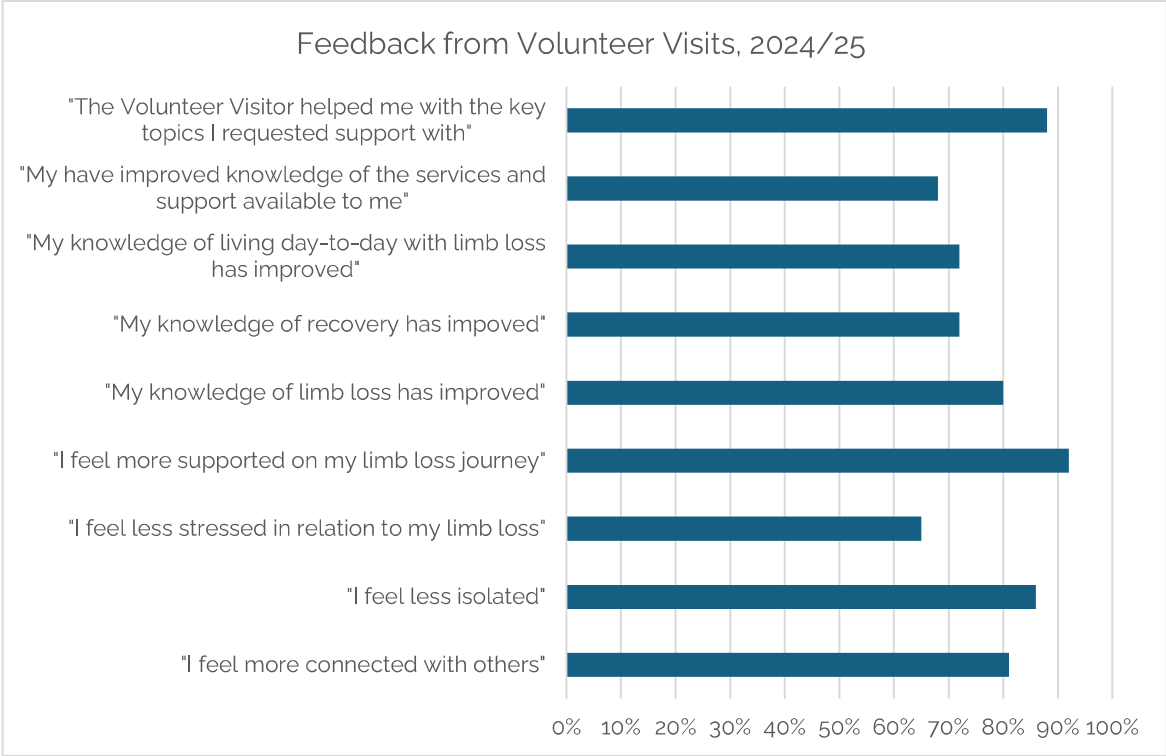
Aims

- Support more amputees to fulfil their potential
- Learn about peer support as an intervention
- Evidence outcomes and measure the impact
- Develop a robust service model
- Create a comprehensive peer support training package
- Be used to influence national and local policy relating to amputees
- Develop greater connections with the sector
- Help evidence the need for continued investment in the programme

Developments

- A robust service model of amputee peer support
- A safer recruitment process
- Recruitment, induction and training of over 80 Volunteer Visitors
- Comprehensive volunteer development programme with opportunity to achieve the VV Award
- Peer networking and recognition opportunities for volunteers
- VV service specification and service framework
- Comprehensive policies covering all aspects of the service and volunteering programme
- Project monitoring and evaluation tools to measure and report impact of the project – for service users and volunteers
- VV programme integrated into the LA's Service User Pathway
- New VV resources, including posters and flyers, information videos, social media content and assets and stakeholder presentations
- Raised awareness of the VV programme – peers support and volunteering – through continued promotion to key stakeholders and referrers across the UK.

The LA’s **Volunteer Visitor peer support programme** provides amputees, their loved ones and those at pre-amputation stage the opportunity to meet with a trained volunteer with lived experience of limb loss. In 2024/25, we received clinical 443 referrals. Feedback from visits demonstrates the effectiveness of this initiative:



“I felt reassured at a time when I had dealt with many medical professionals but no one with lived experience. After speaking to my Volunteer Visitor I felt like I had a more positive outlook on how my prosthesis could help and what my recovery would look like.” VV beneficiary

Our ongoing monitoring and evaluation shows that our Volunteer Visitor service makes a positive difference to amputees’ knowledge and awareness around:

- amputation

- recovery and what comes next for them
- living day to day life with limb loss
- the services and support available to them as amputees.

Our new Volunteer Visitor Transitions programme is a natural progression of the VV project based on our outcomes and learning to date. The aim of the VV Transitions is to provide a pathway for support for those who experience limb loss, assisting them to feel and be more empowered, independent and to rehabilitate well to meet their needs and aspirations, physically, emotionally and socially. We look forward to updating in our next report.

Volunteer Visitor and LA Chair of Trustees David Rose believes it's as important as it's ever been for amputees to have access to high quality peer support.

"It's natural to feel lost in the early days of limb loss. That's why the LA's Volunteer Visitor service exists, providing support and advice to help amputees move forward. For our Volunteer Visitors it's a very rewarding activity, as it's a chance to give something back."

AMPUTEE LEARNING HUB *Educate. Empower. Connect.*

Training to be an Amputee

The programme addresses the challenges for amputees, especially experienced by those in the early days of their limb loss journey. Mental health, isolation and a lack of information is very common for those who are living with limb loss

The programme aims to reduce health inequalities, through:

- Information and support to enable amputees and their carers/family to better manage their own mental health and wellbeing
- Guidance about support services available.
- Assistance and advice to family/friends, so that they are more empowered to support their loved one throughout their rehabilitation.
- Access to wellbeing interventions.

Training To Be An Amputee (TTBAA) anticipated outcomes:

- Improve recovery and rehabilitation for amputees, through the provision of information and support to contribute towards successful rehabilitation.
- Support the mental health needs of amputees, through mental health information and support, and wellbeing guidance.
- Reduce the likelihood of re-admittance to hospital or secondary amputation, through supporting amputees to manage their physical health and wellbeing, and empowering them to manage long-standing health conditions such as diabetes.

Our evaluation data tells us that Training To Be An Amputee can be a crucial early engagement programme that can provide unparalleled support for new amputees. We believe that every amputee could benefit from the programme. We've learned that place-based Training To Be An Amputee has improved access to services for amputees. TTBAA has also helped us to develop relationships with sector professionals in local hospitals; these have been key in supporting/facilitating referrals into the programme.

As well as self-assessment pre and post-amputation to measure outcomes we also used the shortened Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) to assess participants' improvement in mental health. We have used the statistical framework provided by Warwick-Edinburgh to evaluate scores. Training To Be An Amputee has had a statistically meaningful positive change on the health and wellbeing of 83% of programme participants.

We wish to extend our sincerest thanks to the funders of Training to be an Amputee – Essex Community Foundation (MSE NHS Partnership Trust Health Inequalities Fund)(Mid and South Essex) and The Postcode Places Trust (Essex).

At the time of writing we're delighted to have been awarded funding from Anton Jurgens Charitable Trust to develop and deliver a national online programme of TTBAA in 2025/26.

Brentwood and Basildon - Amputee Learning Hub place based pilot (ALH)

The aim of this project was to provide in face to face information and support to individual amputees, their family/carers as well as providing group peer support in clinical and non-clinical settings. Anticipated outcomes were improved recovery and rehabilitation for project beneficiaries.

222 amputees and their carers received information and guidance from our ALH Hubs, presence in Basildon Hospital, at Mayflower Community Hospital Prosthetics Rehabilitation, in Brentwood and at Billericay Football Club.

58 people participated in wellbeing sessions at our Hubs, guiding them in relaxation and mindfulness techniques. We also assisted amputees who were struggling with loneliness and isolation, body image and their mental health; providing them with access to our wider LA service user pathway.

The wellbeing sessions and access to other LA services noted supported the health management of those engaging with the ALH. Greater access to timely and relevant information from the LA team and through our VV peer support service ensured that the amputees we supported had early access to understanding the importance of self-management in terms of diet, physical and mental health and wellbeing. Service users also had access to a bespoke online twice weekly amputee exercise class developed and delivered by the Sports Science Department at Hull University. The LA hosts, funds and collaborates in the delivery of these sessions.

55% of ALH clients have engaged in further support from the LA, accessing other services and information including Support and Connect Hubs, Training To Be An Amputee, Volunteer Visitor peer support programme and volunteering opportunities.

The rehabilitation process is a lengthy one and ongoing for amputees. The rate of progress varies from amputee to amputee in terms of the physical progress and also their mental health and resilience. Anger, denial and unwillingness to accept their new situation is very common. Some amputees engage very quickly with LA services others take much longer to accept that they have an unmet need. It is quite common for us to meet a new amputee and for them not to fully engage with our services and support until around 12 to 18 months once the clinical support slows. Some re-engage with our services at this point after initially being supported pre or post-amputation.

“Having a hospital visit from the LA at the beginning made such a difference, I was eager to learn about life after amputation, and you answered my questions. It is great to have this meeting today and speak to others.”

“Thank you for speaking with me today. I would not have thought about those things. This has given me things to think about and help me to get home. I know what to ask.”

CASE STUDY:

John and his family were supported by ALH on the inpatients ward in Basildon Hospital shortly after his amputation. They received information about LA services and discussed what life would look like after discharge – the rehabilitation pathway and what they were entitled to access. Once home and facing his new challenges as an amputee, John was struggling emotionally and scared about what life was going to look like. He was referred to the LA's Services Support team and received advice about welfare rights entitlements. They also arranged a 'visit' from an LA Volunteer Visitor – a trained peer mentor. He was matched with someone who'd gone through the same experiences but 2.5 years post amputation was walking, back at work and enjoying life again. His VV helped him understand that the rehabilitation journey is a long and challenging one. That managing expectations and “celebrating the small wins” day by day is important. They also discussed typical questions that John should ask when he goes for his initial MDT assessment at the prosthetics centre. He was finding the gap between hospital discharge and the rehab centre referral daunting. Following the call John said that the VV had addressed many of his fears and he felt more hopeful about the future. Jim and his family then joined the LA's regular hubs in Billericay and the Brentwood Lunch and Learn session.

John told us, “When you lose a limb, the NHS staff are great but they're busy and there's no information about what happens afterwards and what support there is when you go home. Waking up without a limb is frightening and very lonely. You feel like the only one – like curling up in a ball and giving up. You don't want to be a burden to your family and there's so much to sort out. It's overwhelming. I also have ongoing health issues to manage. The LA support has been fantastic in helping us to work it all out and plan for a future living with limb loss. I've got a long way to go yet but know that I've got every chance of getting there now I better understand the process

and what to expect. I feel motivated to achieve what's possible. I also know I can access LA services and support at any stage and that I'm not alone."

Thank you to Mid Essex Integrated Care System and BBCVS for their support in making this invaluable pilot project happen. There has been much learning and we look forward to repeating this model in other areas. This programme has given us the opportunity to close the gap in the rehabilitation pathway, through forging clinical partnerships with Basildon and Billericay clinical teams. The pilot in Basildon and Brentwood will help evidence the impact of this work, supporting us to establish similar work with other clinical teams across the country.

LA Amputee Lunch and Learn

In January 2024 we received funding from Awards for All England to further develop our Amputee Learning Hub concept. Amputee Learning Hub ALH will ensure that amputees across England will have access to either online or face-to-face peer-led courses which address health inequalities. Programmes within our Learning Hub will: improve amputees' rehabilitation and recovery through access to quality information; advice and guidance; reduce isolation for amputees; improve confidence; motivation; and health and wellbeing.

A key initiative of the LA's Amputee Learning Hub portfolio is the Amputee Lunch and Learn programme. Lunch and Learn aims to provide amputees, their loved ones and professionals with accessible, supportive and informative sessions which improve awareness of limb loss, rehabilitation and recovery.

In our last report we shared some key outcomes data from this initiative that strongly demonstrated that it was meeting its aims of educating, empowering and connecting. With the generous support of the LA Legal Panel in the first quarter of 2025 we continued to deliver Lunch and Learn sessions in Wigan (Stephensons Solicitors LLP), Preston (Hudgell Solicitors), Stockport (Dorset Orthopaedic) and Oxford (RWK Goodman). Thank you to them all.

In the new financial period we have been awarded further funding from AWA England and Wales to develop and deliver a new programme of Lunch and Learn sessions and these are already underway.

"It was fun, informative and great to feel accepted for myself rather than feeling defined by my limitations."

"I had an MDT scheduled for the following week and had been worried about it. The presentation showed me that MDTs are a regular part of my rehabilitation."

Amputee Carer Transitions

The Limbless Association's Amputee Carer Transitions programme aims to address and meet the needs of carers of amputees. The programme aims to improve their access to information, support, peer networking and development opportunities. Amputee Carer Transitions has been informed by the needs of carers of amputees, who have told us that they have struggled to manage their own health and wellbeing while supporting their loved one in their recovery and rehabilitation. They have spoken with us about the challenges of adapting to their new 'carer' role, and how obtaining information to support the rehabilitation of their loved one is particularly problematic to come by.

We provide group and one-to-one peer support, access to information and guidance and welfare calls/support for carers who are struggling in their caring role.

CASE STUDY

Alison contacted us following her husband's below knee amputation in June 2024. She told us that she didn't feel at all informed about amputation and recovery, or how to support her husband through his limb loss journey. Her husband had been discharged from hospital and they both felt that they were 'left to get on with it'. Alison suddenly found herself in a world where – overnight – she became a carer to her husband and was faced with navigating the complexities of limb loss – physio appointments, prosthetic appointments, obtaining welfare benefits – all while trying to work full-time. She was overwhelmed. At the same time, she felt reluctant to engage with support for herself as she was more concerned with how her husband was coping.

We arranged for Alison to receive a peer support visit from a VV family peer mentor, where she was able to discuss her concerns and receive advice and guidance from another carer. They discussed the prosthetics process, as well as ensuring that Alison had a support network in place, and discussing how her employer could also support her. Alison then attended our Lunch and Learn event in Billericay Football Club with her husband, where together, they received informal peer support from other amputees and carers. Our Lunch and Learn speaker

relayed his amputation journey, highlighting to attendees that his limb loss hadn't preventing him from riding his motorbike again and even being an extra in Star Wars. His talk was full of practical tips and advice on how to live well after limb loss.

Alison tells us that she now feels more informed about amputation and recovery and how to best support her husband through his limb loss, and feels more confident in providing this support. It gave Alison hope for the future for her husband and that some normality for them as a couple and as a family was possible. Through lived experience accounts she better understood that rehabilitation takes time and commitment. She felt that they both needed to take part in activities that helped them both build their resilience to navigate the challenges together, and that they both had differing needs that needed support. Finally, Alison understands that her needs and concerns are valid as well. She is now interested in volunteering with the LA as a family peer mentor, so that she can support others facing similar challenges.

As a brand new project and focus of support for the LA, the last 18 months have been significant in our learning about the needs and challenges of family carers. Our family service users and volunteers continue to shape our services and plans for the future.

We're extremely grateful for the support of the Essex Community Carers Fund (ECC) in supporting us to meet the needs of those that are often overlooked in the limb loss rehabilitation process.

Bridging the Gap

Our services and projects are aimed at bridging knowledge and support the gaps in the rehabilitation pathway for amputees. Integrating clinical pathways with wider sector services including those of the Limbless Association is a key aim in all the activities we undertake. With this in mind we launched our Bridging the Gap campaign that saw a group of amputees and LA sponsors (40+) walk the mighty Humber Bridge walk to raise awareness of the challenges amputees face. Thank you to our event sponsors Hudgell Solicitors and Stephenson Solicitors LLP for their wonderful support of this event, including braving the Humber winds on what turned out to be a cold October day. Our fantastic supporters raised over £6K and it was an incredible achievement by all who took part. Thank you to you all.

Following on in November 2024 we hosted our first '**Bridging the Gap**' attended by over 60 sector professionals and joined by LA Volunteer Visitors. The seminar saw us bring together some likeminded professionals to share their knowledge and projects and to highlight the importance of collaborative working.

The agenda included:

Meeting needs and making a difference: a psychological perspective

Dr Ceri Phelps, registered Health Psychologist and Dr Paul B. Hutchings, Associate Professor of Experimental Social and Political Psychology and Academic Director of the Centre for Psychology and Counselling at University of Wales Trinity Saint David

Bridging the community rehabilitation gap – Collaboration and Innovation

Julie Parker, Senior Associate Occupational Therapist, SJP Law, Pave the Way, Chair of the Headway Partnership in North Yorkshire and Humber and leads the HNYABI Network

The power of peer support in bridging the practical and emotional gaps for amputees and their families

LA Volunteer Visitor Panel

Knowledge is Power for amputees and their families – claim or no claim

LA Legal Panel represented by Joshua Hughes, Head of Complex Injury, Bolt Burden Kemp LLP

Supporting Vulnerable Clients

Lewis Cohen, Partner and member of the Serious Injury Investment Team, Evelyn Partners

Future directions in amputation research – the research gaps

Ankur Thapar, Consultant Vascular Surgeon Mid and South Essex Hospitals, Undergraduate Surgery Lead UCL, Honorary Senior Lecturer Imperial College and Senior Research Fellow Anglia Ruskin University and Dr Hillary Engward, Associate Professor Applied Social Science, Dep. Director, Veterans and Families Institute for Military Social Research

Attendee feedback:

“It was wonderful to have the opportunity to attend the Bridging The Gap event. It was such a positive, uplifting and enjoyable experience”.

“The event was very well structured, no one could be in doubt of its purpose and aims. Seeing the Volunteer Visitors in the overall landscape of approaches under consideration/development went to reinforce again the value of our part. Hearing about the studies into the psycho-social impact upon amputees, and the revolutionary research being done to actively reduce the number of and impact to new amputees were both real eye openers. Both extremely positive studies. One could only come away feeling, what more could one do to assist such studies”.

Closing the event LA Trustee and Volunteer Visitor Mukhtar Adam gave a poignant address shared here:

“When I talk about empowerment, I think about the tools that enable us to regain control over our lives. The tools for empowerment go far beyond prosthetics or physical rehabilitation; they are the knowledge, support, and inspiration we receive along the way. Everyone in this room plays a crucial role in an amputee's journey toward independence and self-worth, and I am living proof of that.

My journey into meeting many of you started seven years ago. It was a cold night, and I was standing on the pavement, minding my own business, when a drunk driver ran me over. The memory is vivid—I recall the feeling of the cold concrete beneath me and the surreal image of my leg dangling, as I sat in a pool of my own blood. In shock, I asked my friend, “Is it bad?” He replied, trying to reassure me, “It’s just like a bad ankle sprain.” But deep down, I knew it was more.

Rushed to the hospital, I was introduced to the first of many incredible people in this room. The medic who stabilised me, the surgeon who did a phenomenal job on my surgery, and the nurses who cared for me through my most vulnerable moments—I owe them more than words can express. But the hardest part came the next day, waking up to find that my right leg was gone. I was terrified, uneducated about limb loss, and unsure of my future.

Thankfully, my surgeon signposted me to the Limbless Association and gave me a name of a legal firm who specialised in personal injuries, which became lifelines. Within a week, I had my first visit from a volunteer peer mentor from the LA, a compassionate man who filled the gap in my knowledge about living with limb loss and disability. He shared invaluable insights, helping to replace my fear with hope.

My legal team also played a crucial role, supporting me through my legal case and introducing me to professionals in this room who guided me through the legal, medical, and emotional complexities of my recovery. My rehabilitation—from learning how to walk, then run and from adjusting to booking disabled rooms to going out in public was filled with highs and lows. There were dark days, moments when I looked in the mirror and didn’t recognise the person staring back at me.

Yet, the tools and support I received empowered me to reclaim my life and my passions. Prosthetics gave me physical mobility, but it was the collective effort of physiotherapists, psychologists, legal professionals, and LA volunteers and community that truly helped me rebuild.

Today is about recognising the power of enablers—people like you who care so deeply about empowering amputees to not just get back on track but to break through ceilings they never imagined possible. You make it possible for us to dream again, to live fully and confidently.

So when we talk about bridging the gap, it’s not just a metaphor. It’s the real, tangible journey of connecting a past life with a hopeful future. It’s about creating pathways for amputees to find empowerment, dignity, and purpose. Together, we empower lives and build a stronger, more inclusive world.”

In 2025/26 the Limbless Association aims to host Bridging the Gap part 2.

Health and Wellbeing

Keep it Moving (Delivered by Hull University Sports and Science Department)

The Keep it Moving Programme is an exercise programme that has been created to remove the barriers associated with exercise for amputees. This industry leading programme has helped countless amputees gain fitness, confidence and friendship with like-minded people in Hull, Yorkshire and Nationally. It's been designed by academic staff from the School of Sport Exercise and Rehabilitation Science in collaboration with staff from Hull Sport. Four sessions are offered each week, two in the gym at the University of Hull and two via Zoom to amputees from all around the UK. The zoom sessions have been supported by the LA since autumn 2023 under a collaborative agreement with Hull University. Ensuring good physical and mental health and wellbeing are vitally important for amputees to optimise their rehabilitation outcomes and the LA wholeheartedly supports the aims of the programme. We have seen firsthand the difference the programme has made to those who've accessed it. We're excited to support the wider reach of the programme to LA members and service users across the UK in 2024/2025 and beyond. We look forward to working with Hull University School of Sports and Science to realise this aim.

Access to legal advice - The Limbless Association Limb Loss Legal Panel

The Limbless Association established the Limb Loss Legal Panel; a consortium of leading law firms in the UK, specialising in personal injury, clinical negligence and legal cases where catastrophic injury and amputation occur. Its aim is to provide Limbless Association members and service users with the highest quality legal advice, on a free initial-consultation basis. We continue to promote the importance of early and expert advice as well as highlighting freedom of choice.

We wish to thank our panel for the support they have offered our service users and the charity throughout 2024/25 and their ongoing pledge to support. As well as their generous sponsorship, the panel members individually support with fundraising, event hosting, volunteering and mentoring for which we are extremely grateful. <https://limbless-association.org/legal-panel/>

The LA legal panel support the outreach team at Hub sessions in their areas and we thank them all for their time, compassion and expertise to support those experiencing the challenges and trauma in the early days of limb loss.

The following legal panel members have provided hosting and support at LA Lunch and Learn sessions: **RWK Goodman, Hudgell Solicitors, Enable Law, Stewarts Law, Hugh James, Bolt Burdon Kemp, Stephenson Solicitors, Hodge Jones & Allen and Anthony Gold Solicitors.** Sincerest thanks to them all.

LA Hubs at Fieldfisher

Fieldfisher have continued to support the charity by hosting central London Hubs for members and service users. Their wonderful venue space overlooking the Thames provides a great opportunity for peer networking and support. Sincerest thanks to Jennifer Buchanan and the Fieldfisher team for ensuring each session sees LA Hub guests receive the warmest of welcomes. Opportunities to connect, take part in a wellbeing session followed by coffee and cake in such lovely surroundings is a real treat.

"It was a genuinely uplifting and inspiring event — as always — and I came away feeling positive, connected, and far less alone. The warmth, understanding and shared experience in the room meant a great deal to me."
Participant of the LA Hub at Fieldfisher

Outreach Support Sponsorship

Our legal panel support the charity at many of our outreach events. Their support is invaluable as it's quite often the case that we're supporting amputees and their families in crisis – practical and emotional. In so doing they hear and understand firsthand about the challenges amputees must navigate. **Bolt Burdon Kemp LLP** were there at the launch of our outreach programme Support and Connect in 2018. In 2025 they have pledged sponsorship support for a new role of Network Development Officer South West. This is an exciting development for the LA to further extend its reach in this part of the world. Sincerest thanks to the Bolt Burden Kemp team for this additional and very important development in our outreach aims.

SUPPORTING EXCELLENCE

Prosthetic and Orthotics Students Awards

The Limbless Association once again recognised excellence in those at the beginning of their prosthetics careers by sponsoring the awards for two students at the National Centre for Prosthetics and Orthotics at the University of Strathclyde, Glasgow. The charity was delighted to again sponsor student awards in 2024. The charity also

presents an annual workshop to first year students supporting their learning through sharing the lived experience of those living with limb loss.

Student recipients:

"I am honoured to receive this award from the Limbless Association. Throughout the entirety of University I have held myself to a very high standard, not only with the aim to succeed in my studies, but also to ensure I have the knowledge and capabilities to provide the best outcomes for patients. Having my hard work be recognised by the Limbless association is an honour and motivates me to continue to strive for excellence throughout my future career". **Cara, LA year 4 prize**

"I am honoured to receive this award and grateful for the encouragement that it serves for my future career. I look forward to growing throughout my studies in prosthetics and orthotics, in skills and knowledge to help make a meaningful impact on many lives in the future". **Euan, LA year 1 prize**

David Rose, Chair of the LA:

"The Limbless Association is delighted to offer our support of these excellent students at the university. These young people represent the future of prosthetic and orthotic services to the limb loss community across the UK. It is particularly satisfying to witness such inspiring examples of student excellence at a time when improvements in prosthetic technology are available to the wider patient community and are enabling very effective levels of rehabilitation. However, the best prosthetic equipment can only work when delivered by a team of rehabilitation professionals who understand the unique needs of each amputee. The prosthetist is at the very heart of this process and it's reassuring to know that such outstanding students are joining the profession."

INCOME GENERATION

We also have some amazing fundraisers from within the limb loss community and beyond. We celebrate each fundraising achievement across our social media platforms and on the charity's fundraising webpages and we're hugely grateful to them all. From organising Afternoon Teas for Amputees to taking part in sponsored challenge events, the LA community is ready to get involved and support. A huge thank you to them all. However, to sustain and grow our services to meet the need of more amputees we need your support and there are so many ways you can do this; regular giving, leaving a gift in your will, taking on a sponsored challenge. We'd love to hear from you so please get in touch fundraisingandcommunications@limbless-association.org Thank you!

OUR FUNDERS

We are enormously grateful to those funders and Grant Making Trusts who've supported our work during this period. The grant funding landscape continues to be challenging however, we're delighted to have been supported by the following and wholeheartedly thank them all for enabling our work and vision

National Lottery Reaching Communities (3 years)

National Lottery Awards for All – England, Wales and Northern Ireland

Lloyds Bank Foundation (3 years)

City Bridge Foundation (3 years)

Postcode Community Trust

Fowler Smith Jones

Julia Rausing Trust

Masonic Charitable Foundation

Garfield Weston

Essex Community Carers Fund (ECC)

Mid and South Essex NHS Foundation Trust (Health Inequalities Fund)

Mid and South Essex Integrated Care System/BBWCVS (HI Fund)

OUR CORPORATE SUPPORTERS

Anthony Gold Solicitors LLP

Bolt Burdon Kemp LLP

Fieldfisher

Stephensons Solicitors LLP

Judkins Solicitors

Slater and Gordon LLP

Enable Law
Hudgell Solicitors
Hugh James
Stewarts Law
Hodge Jones & Allen
RWK Goodman LLP
Evelyn Partners
Otto bock
Cleveland Clinic
Dorset Orthopaedic

Financial review and aims 2024/2025

Income generation for the charity post-pandemic presented some expected and unexpected challenges. The LA had been the fortunate recipient of two large legacy bequests that significantly boosted its free reserves position at that time and given the limitations of fundraising in 2020 through to 2022 the charity's reserves were fortunately sufficiently robust to weather that particular national and global storm. However, moving beyond the pandemic, faced with some incredibly difficult choices, many funders were prioritising crisis and/or grass roots funding. Feedback from funders noted our healthy reserves position as a reason not to award. The LA board had designated a large proportion of that income to support the reinstating and further development of the LA's outreach programme when restrictions lifted.

Our focus on securing income to support our development plans has been as aspirational and as ambitious as our strategic and operational plans. We have continued to increase income through increased sponsorship and funder commitments for which we're enormously grateful. The incredible support of both these income streams is testament to the planned scope and reach of our service developments. We've also negated the deficit position of recent years that had mainly been the result of previously high reserves levels and spending thereof in subsequent years alongside reduced income levels in 2022/23 and 2023/24 post-pandemic. Community and traditional donor fundraising remains a challenge and our recently recruited Engagement Manager is focused on increasing supporter engagement and nurturing donor relationships, the aim being that this role will lead on the further growth of individual and community giving. The whole LA staff team understand the importance of income generation and participate in fundraising initiatives and support fundraisers.

Corporate sponsorship in the main comes from the LA's Limb Loss Legal Panel. The firms that form the panel enable the charity to offer expert advice and support to the charity's service users and members. As well as supporting with potential legal claims, the panel also offer support across a range of topic and activities. These include presenting at the LA's online and in person thematic events, sponsoring and hosting events as well as supporting with fundraising and volunteering. Some are also able to offer invaluable pro bono support for related matters; disability discrimination, housing and debt matters, welfare rights challenges. Having committed to increased sponsorship levels in 2024/25 and then again in 2025/26, legal panel support is enabling us to further develop our services and reach.

Over its lifetime, the LA has been fortunate to be in receipt of legacy gifts which we are always so very grateful to receive, the majority of which have been bequeathed as unrestricted income. The charity has again been notified of two such gifts during this period. We are always extremely humbled that the work of the charity is honoured in this way as it's usually resulted from the loss of a treasured member. Both of the legacy gifts in question are unrestricted income. Unrestricted legacy income provides the charity with free reserves funding to allocate to its services and projects to sustain, develop and where at all possible grow.

Financial risk management has prevailed throughout this period with a significant reduction in expenditure achieved through a variety of measures. The charity undertook a restructuring of its resources while at the same time some of our previously funded projects ended. We are pleased to report a growth in income and to be ending this period with a surplus as well as having increased unrestricted reserves levels.

Reserves Policy

The Trustees have considered the minimum level of reserves that the Charity ought to hold. Reserves (restricted and unrestricted) are needed to bridge the funding gaps between spending and receiving income. Financial risk management remains a key priority of the LA Board and Leadership Team. This financial period has seen the charity realise an improved free reserves position through increased income and reducing expenditure. A less than positive economic landscape continues to prevail with fundraising across all potential income streams continuing

to present challenges. The Board has examined the requirement for reserves i.e. those funds not invested in tangible fixed assets or otherwise committed. A reserves policy is in place whereby the funds not committed should be held in reserve and maintained at a level which ensures that Limbless Association's core activity can continue during a period of unforeseen difficulty. This has been set at £50,000 representing three months' anticipated expenditure, which at EOY March 2025 the LA was meeting and continues to do so at the time of filing financial statements.

CHARITABLE OBJECTIVES

Our key objectives are principally as follows:

- Represent, engage and influence at local and national levels, challenging government and devolved assemblies for the betterment of the limb loss community.
- To increase membership, volunteer and supporter numbers nationwide, increasing and improving our reach to those in need of our services.
- To develop our current services to achieve optimum impact, identifying gaps in early intervention provision where the LA can deploy its experience and expertise to develop projects to further support new amputees and its members.
- To raise the Limbless Association's profile as a major champion of the limb loss community across a wide range of stakeholders, existing and new.
- To work collaboratively with other charities and agencies to optimise support and reach, maximising a collective voice within the UK.
- To develop strong and mutually productive relationships with professionals and specialists working in all key areas of medical care, recognising and promoting excellence. This includes supporting (non-financial) research projects we determine as important in evidencing the unmet needs of the limb loss community and have an outcomes focus.
- To prove, improve and account for all areas of our service provision ensuring that we are delivering excellent value to our service users and stakeholders alike and realising outcomes set by our funders and by ourselves.
- To develop, plan and implement an ambitious and diverse income generation strategy that supports the charity's sustainability.

Public Benefit Statement

In formulating its objectives, the charity has given due consideration to the Charity Commission's published guidance on the operation of charities for the public benefit.

Statement of trustees' responsibilities

The trustees (who are also the directors of Limbless Association for the purposes of company law) are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland". The report and accounts have been prepared in accordance with the provisions in the Companies Act 2006 relating to small companies.

Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including its income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards, comprising FRS 102 have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records that can disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements

comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Compliance with prevailing laws and regulations

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland published on 16 July 2014.

Small companies provision statement

This report has been prepared in accordance with the small companies regime under the Companies Act 2006.

The annual report was approved by the trustees of the charitable company on ...29/01/2026... and signed on its behalf by:

David Rose
.....
Mr D M Rose
Chairman and Trustee

Limbless Association

Independent Examiner's Report to the trustees of Limbless Association ('the Company')

I report to the charitable company trustees on my examination of the accounts of the company for the year ended 31 March 2025 which are set out on pages 26 to 42.

Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Edmund Carr LLP

Alex Stone FCCA
146 New London Road
Chelmsford
Essex
CM2 0AW

Date: 29/01/2026

Limbless Association

Statement of Financial Activities for the Year Ended 31 March 2025 (Including Income and Expenditure Account and Other Comprehensive Income)

	Note	Unrestricted £	Restricted £	Total 2025 £	Total 2024 £
Income and Endowments from:					
Donations and legacies	3	269,707	71,176	340,883	138,473
Other trading activities	4	138,445	8,650	147,095	101,798
Investment income	5	1,576	-	1,576	3,332
Total income		<u>409,728</u>	<u>79,826</u>	<u>489,554</u>	<u>243,603</u>
Expenditure on:					
Raising funds	6	37,102	-	37,102	82,020
Charitable activities	7	84,584	193,086	277,670	343,190
Total expenditure		121,686	193,086	314,772	425,210
Gains/losses on investment assets		<u>(822)</u>	<u>-</u>	<u>(822)</u>	<u>76</u>
Net income/(expenditure)		287,220	(113,260)	173,960	(181,531)
Transfers between funds		<u>(83,312)</u>	<u>83,312</u>	<u>-</u>	<u>-</u>
Net movement in funds		203,908	(29,948)	173,960	(181,531)
Reconciliation of funds					
Total funds brought forward		<u>11,297</u>	<u>102,935</u>	<u>114,232</u>	<u>295,763</u>
Total funds carried forward	16	<u>215,205</u>	<u>72,987</u>	<u>288,192</u>	<u>114,232</u>

All of the charitable company's activities derive from continuing operations during the above two periods.

Limbless Association

(Registration number: 02487661)
Balance Sheet as at 31 March 2025

	Note	2025 £	2024 £
Fixed assets			
Tangible assets	11	3,825	8,497
Investments	12	25,819	80,397
		<u>29,644</u>	<u>88,894</u>
Current assets			
Debtors	13	275,510	37,596
Cash at bank and in hand		19,120	18,015
		<u>294,630</u>	<u>55,611</u>
Creditors: Amounts falling due within one year	14	<u>(36,082)</u>	<u>(30,273)</u>
Net current assets		<u>258,548</u>	<u>25,338</u>
Net assets		<u>288,192</u>	<u>114,232</u>
Funds of the charitable company:			
Restricted income funds			
Restricted funds	16	72,987	102,935
Unrestricted income funds			
Unrestricted funds		<u>215,205</u>	<u>11,297</u>
Total funds	16	<u>288,192</u>	<u>114,232</u>

For the financial year ending 31 March 2025 the charitable company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the charitable company to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

The financial statements on pages 26 to 42 were approved by the trustees, and authorised for issue on 29/01/2026 and signed on their behalf by:

David Rose
Mr D M Rose
Chairman and Trustee

Limbless Association

Notes to the Financial Statements for the Year Ended 31 March 2025

1 Charitable company status

The charitable company is limited by guarantee, incorporated in England and Wales, and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £1 towards the assets of the charitable company in the event of liquidation.

2 Accounting policies

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)) (issued in October 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Basis of preparation

Limbless Association meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charitable company.

Income and endowments

All income is recognised once the charitable company has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

Donations and legacies

Donations are recognised when the charitable company has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charitable company before the charitable company is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charitable company and it is probable that these conditions will be fulfilled in the reporting period.

Legacy gifts are recognised on a case by case basis following the grant of probate when the administrator/executor for the estate has communicated in writing both the amount and settlement date. In the event that the gift is in the form of an asset other than cash or a financial asset traded on a recognised stock exchange, recognition is subject to the value of the gift being reliably measurable with a degree of reasonable accuracy and the title to the asset having been transferred to the charitable company.

Limbless Association

Notes to the Financial Statements for the Year Ended 31 March 2025

Grants receivable

Grants are recognised when the charitable company has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Deferred income

Deferred income represents amounts received for future periods and is released to incoming resources in the period for which, it has been received. Such income is only deferred when:

- The donor specifies that the grant or donation must only be used in future accounting periods; or
- The donor has imposed conditions which must be met before the charitable company has unconditional entitlement.

Investment income

Dividends are recognised once the dividend has been declared and notification has been received of the dividend due.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

Charitable activities

Charitable expenditure comprises those costs incurred by the charitable company in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs

These include the costs attributable to the charitable company's compliance with constitutional and statutory requirements, including audit, strategic management and trustees meetings and reimbursed expenses.

Taxation

The charitable company is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charitable company is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Limbless Association

Notes to the Financial Statements for the Year Ended 31 March 2025

Tangible fixed assets

Individual fixed assets are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Fixtures and fittings	20% to 33% straight line
Computer equipment	33% straight line

Fixed asset investments

Fixed asset investments, other than programme related investments, are included at market value at the balance sheet date. Realised gains and losses on investments are calculated as the difference between sales proceeds and their market value at the start of the year, or their subsequent cost, and are charged or credited to the Statement of Financial Activities in the period of disposal.

Unrealised gains and losses represent the movement in market values during the year and are credited or charged to the Statement of Financial Activities based on the market value at the year end.

Trade debtors

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charitable company will not be able to collect all amounts due according to the original terms of the receivables.

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Trade creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charitable company does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Limbless Association

Notes to the Financial Statements for the Year Ended 31 March 2025

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees's discretion in furtherance of the objectives of the charitable company.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Redundancy costs

Redundancy costs are recognised when the charity is demonstrably committed to terminating an employee's contract and the cost can be reliably measured. This includes statutory redundancy payments, any contractual or ex gratia payments, and associated costs. These costs are recognised in the SOFA within staff costs and disclosed in the notes to the accounts.

Financial instruments

Classification

Financial assets and financial liabilities are recognised when the charitable company becomes a party to the contractual provisions of the instrument.

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the charitable company after deducting all of its liabilities.

3 Income from donations and legacies

	Unrestricted funds £	Restricted funds £	Total 2025 £	Total 2024 £
Donations receivable	14,546	2,000	16,546	50,106
Legacies	205,161	-	205,161	-
Grants receivable	50,000	69,176	119,176	88,367
	<u>269,707</u>	<u>71,176</u>	<u>340,883</u>	<u>138,473</u>

Limbless Association

Notes to the Financial Statements for the Year Ended 31 March 2025

4 Income from other trading activities

	Unrestricted funds £	Restricted funds £	Total 2025 £	Total 2024 £
Events and other income	43,195	8,650	51,845	56,138
Membership subscriptions	95,250	-	95,250	40,292
Direct marketing income	-	-	-	5,368
	<u>138,445</u>	<u>8,650</u>	<u>147,095</u>	<u>101,798</u>

5 Investment income

	Unrestricted funds £	Restricted funds £	Total 2025 £	Total 2024 £
Interest receivable	873	-	873	720
Other income from fixed asset investments	703	-	703	2,612
	<u>1,576</u>	<u>-</u>	<u>1,576</u>	<u>3,332</u>

6 Expenditure on raising funds

	Allocated support costs £	Total 2025 £	Total 2024 £
Costs of generating donations and legacies	<u>37,102</u>	<u>37,102</u>	<u>82,020</u>

Limbless Association

Notes to the Financial Statements for the Year Ended 31 March 2025

7 Expenditure on charitable activities

	Activity undertaken directly £	Activity support costs £	2025 £	2024 £
Staff costs	180,086	14,026	194,112	245,318
Direct project costs	10,925	-	10,925	13,684
Office costs, repairs and maintenance	-	3,038	3,038	2,758
Donations	950	-	950	1,050
Insurance	1,374	3,080	4,454	3,586
Advertising	6,058	4,544	10,602	15,694
Marketing and communications including Step Forward Publication costs	-	-	-	13,086
Travel and subsistence	9,237	2,257	11,494	7,359
Telephone	9,647	8,211	17,858	13,502
Staff training and recruitment	1,392	696	2,088	2,454
Postage and stationery	3,246	2,232	5,478	6,035
Depreciation	1,557	1,557	3,114	7,198
Legal and professional	1,211	1,336	2,547	1,991
Bank charges	102	694	796	845
Governance costs (note 8)	-	10,214	10,214	8,630
	<u>225,785</u>	<u>51,885</u>	<u>277,670</u>	<u>343,190</u>

Limbless Association

Notes to the Financial Statements for the Year Ended 31 March 2025

8 Analysis of governance and support costs

Governance costs

	Total 2025 £	Total 2024 £
Audit and accountancy fees	4,800	5,222
Trustees remuneration and expenses	1,069	486
Legal and professional fees	350	245
Other governance costs	3,995	2,677
	<u>10,214</u>	<u>8,630</u>

9 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charitable company during the year.

During the year, 1 trustee was reimbursed for reasonable travel expenses totalling £1,550 (2024: £486 to 1 trustee).

10 Staff costs

The aggregate payroll costs were as follows:

	2025 £	2024 £
Staff costs during the year were:		
Wages and salaries	185,018	246,626
Social security costs	5,922	10,202
Pension costs	4,610	5,478
	<u>195,550</u>	<u>262,306</u>

The monthly average number of persons (including senior management / leadership team) employed by the charitable company during the year expressed by head count was as follows:

	2025 No	2024 No
Administrative staff	<u>13</u>	<u>16</u>

During the year, the charitable company made redundancy and/or termination payments which totalled £1,524 (2024 - £Nil).

No employee received emoluments of more than £60,000 during the year.

Limbless Association

Notes to the Financial Statements for the Year Ended 31 March 2025

The total employee benefits of the 2 members of staff forming the key management personnel of the charitable company were £57,480 (2024 - £74,651).

11 Tangible fixed assets

	Furniture and equipment £	Computer equipment £	Total £
Cost			
At 1 April 2024	47,745	17,274	65,019
At 31 March 2025	47,745	17,274	65,019
Depreciation			
At 1 April 2024	39,275	17,247	56,522
Charge for the year	4,645	27	4,672
At 31 March 2025	43,920	17,274	61,194
Net book value			
At 31 March 2025	3,825	-	3,825
At 31 March 2024	8,470	27	8,497

Limbless Association

Notes to the Financial Statements for the Year Ended 31 March 2025

12 Fixed asset investments

Other investments

	Unlisted investments £	Total £
Cost or Valuation		
At 1 April 2024	80,397	80,397
Revaluation	(822)	(822)
Disposals	<u>(53,756)</u>	<u>(53,756)</u>
At 31 March 2025	<u>25,819</u>	<u>25,819</u>
Net book value		
At 31 March 2025	<u>25,819</u>	<u>25,819</u>
At 31 March 2024	<u>80,397</u>	<u>80,397</u>

13 Debtors

	2025 £	2024 £
Trade debtors	33,072	23,586
Prepayments	3,531	-
Accrued income	<u>238,907</u>	<u>14,010</u>
	<u>275,510</u>	<u>37,596</u>

At the year end, accrued income is made up of grant income of £34,010 (2024: £14,010) and legacies of £204,897 (2024: £nil). Accrued legacies only include amounts which meet income recognition conditions.

Included within accrued income is £40,000 of legacy income from the Estate of Mr A Shearer. The Charity holds potential rights to future income from the Estate of Mr A Shearer in the form of a 10% residual value. Receipt of any further legacy income is dependent on future events outside of the Charity's direct control and therefore these are not recognised as assets in the Statement of Financial Position.

14 Creditors: amounts falling due within one year

	2025 £	2024 £
Trade creditors	5,497	16,523
Other taxation and social security	3,346	-
Other creditors	1,176	853
Accruals	10,980	10,980
Deferred income	<u>15,083</u>	<u>1,917</u>
	<u>36,082</u>	<u>30,273</u>

Limbless Association

Notes to the Financial Statements for the Year Ended 31 March 2025

	2025 £	2024 £
Deferred income at 1 April 2024	1,917	4,000
Resources deferred in the period	15,083	1,917
Amounts released from previous periods	<u>(1,917)</u>	<u>(4,000)</u>
Deferred income at year end	<u>15,083</u>	<u>1,917</u>

The charity has received income from a number of benefactors who have stipulated that the funds are provided on the condition that they are used over a specific period of time.

Grants and donations received which have these conditions attached are held as deferred income until the charity has met the criteria, at which point it is then entitled to recognise this money as income received in the statement of financial activity (SOFA).

15 Obligations under leases and hire purchase contracts

Operating lease commitments

Total future minimum lease payments under non-cancellable operating leases are as follows:

	2025 £	2024 £
Other		
Within one year	550	550
Between one and five years	<u>252</u>	<u>802</u>
	<u>802</u>	<u>1,352</u>

Limbless Association

Notes to the Financial Statements for the Year Ended 31 March 2025

16 Funds

Current year:

	Balance at 1 April 2024 £	Incoming resources £	Resources expended £	Transfers £	Other recognised gains/(losses) £	Balance at 31 March 2025 £
Unrestricted funds						
General fund	11,297	409,728	(121,686)	(83,312)	(822)	215,205
Restricted						
Support and Connect Glasgow	9,581	-	(3,376)	-	-	6,205
Training to be Amputee	16,194	-	(16,194)	-	-	-
Iraqi Project	41,247	-	(18,477)	-	-	22,770
Amputee Carer Transitions	14,010	14,010	(14,010)	-	-	14,010
Amputee Learning Hub	13,325	19,600	(26,590)	-	-	6,335
Support and Connect Outreach Project	-	30,650	(93,459)	83,312	-	20,503
Peer Support Project	8,578	-	(8,578)	-	-	-
Amputee Learning hub - Essex	-	15,566	(12,402)	-	-	3,164
Total restricted	<u>102,935</u>	<u>79,826</u>	<u>(193,086)</u>	<u>83,312</u>	<u>-</u>	<u>72,987</u>
Total funds	<u>114,232</u>	<u>489,554</u>	<u>(314,772)</u>	<u>-</u>	<u>(822)</u>	<u>288,192</u>

Limbless Association

Notes to the Financial Statements for the Year Ended 31 March 2025

Prior year:

	Balance at 1 April 2023 £	Incoming resources £	Resources expended £	Transfers £	Other recognised gains/(losses) £	Balance at 31 March 2024 £
Unrestricted funds						
General fund	170,967	125,234	(165,014)	(119,966)	76	11,297
Restricted						
Support and Connect Glasgow	9,581	-	-	-	-	9,581
Training to be Amputee	-	34,897	(18,703)	-	-	16,194
Iraqi Project	61,103	-	(19,856)	-	-	41,247
Amputee Carer Transitions	-	14,010	-	-	-	14,010
Amputee Learning Hub	-	19,860	(6,535)	-	-	13,325
Support and Connect Outreach Project	10,291	19,600	(149,857)	119,966	-	-
Peer Support Project	43,821	30,000	(65,243)	-	-	8,578
Total restricted funds	<u>124,796</u>	<u>118,367</u>	<u>(260,194)</u>	<u>119,966</u>	<u>-</u>	<u>102,935</u>
Total funds	<u>295,763</u>	<u>243,601</u>	<u>(425,208)</u>	<u>-</u>	<u>76</u>	<u>114,232</u>

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Notes to the Financial Statements for the Year Ended 31 March 2025

The specific purposes for which the funds are to be applied are as follows:

Support and Connect Glasgow Fund

To support a range of projects that will be developed for the benefit of patients and their families attending the West of Scotland Mobility and Rehabilitation Centre, Glasgow.

Training to be Amputee Project (place-based in Essex)

An LA Amputee Learning Hub initiative. To develop and deliver a local bespoke learning programme for amputees and their families which helps to empower and support amputees who may be struggling. The programme addresses key topics relevant to those within the early days of their limb loss (and at pre-amputation) with the aim of educating and empowering their rehabilitation pathway and tackling health inequalities for many who are experiencing limb loss.

Legacy - Iraqi Support and Inclusion Project

This legacy gift is restricted to 'supporting Iraqi amputees, where at all possible'. The LA will initially aim to ensure that its services are fully accessible to Iraqi amputees and their families living in the UK, including peer support. We will aim to engage with and learn about this community to understand and scope its specific challenges with a view to determining further support and strategies according to the need identified and aligning with LA objects.

Amputee Carer Transitions

Amputee Carer Transitions (ACT) is a programme dedicated to addressing and meeting the needs of amputee carers. Increasing visibility of this group, improving access to information, support, peer networking and development opportunities. Leading to amputee carers being more informed and more resilient to support their loved ones in their (life) long and challenging rehabilitation.

Amputee Learning Hub

To develop and deliver a national programme of learning for amputees and their families. Peer led activities will be delivered online and in person aiming to improve knowledge of the rehabilitation pathway and address health inequalities. Activities will include the LA's Virtually Speaking thematic sessions and regional Lunch and Learn events.

Support and Connect Outreach Project

To expand Limbless Association outreach support in NI. To develop a Northern Ireland outreach programme based on the model already established in England and Wales and raise awareness of the charity providing amputees and their families with improved access to LA services. A dedicated Outreach Coordinator based in NI has been recruited.

Peer Support Project

The LA's Volunteer Visitor network offers peer mentoring and support to individuals and their families. LA Volunteer Visitors are experienced amputees (of two or more years) who offer to support more recent amputees and those pre-amputation. This national peer-to-peer support provides recent amputees with practical advice and information relating to limb loss from someone with lived experience who can understand the difficulties they are facing.

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Notes to the Financial Statements for the Year Ended 31 March 2025

17 Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Total funds at 31 March 2025 £
Tangible fixed assets	3,825	-	3,825
Fixed asset investments	5,279	20,540	25,819
Current assets	242,183	52,447	294,630
Current liabilities	(36,082)	-	(36,082)
Total net assets	<u>215,205</u>	<u>72,987</u>	<u>288,192</u>

	Unrestricted funds £	Restricted funds £	Total funds at 31 March 2024 £
Tangible fixed assets	8,470	27	8,497
Fixed asset investments	13,837	66,560	80,397
Current assets	19,263	36,348	55,611
Current liabilities	(30,273)	-	(30,273)
Total net assets	<u>11,297</u>	<u>102,935</u>	<u>114,232</u>

18 Related party transactions

During the year the charitable company made the following related party transactions:

Judkins Solicitors

(One of the trustees is the owner)

During the year, legal panel donations of £9,483 (2024: £3,983) were received. At the balance sheet date the amount due from Judkins Solicitors was £8,167 (2024 - £9,833).

Limbless Association

Notes to the Financial Statements for the Year Ended 31 March 2025

19 Prior year Statement of Financial Activities

	Note	Unrestricted £	Restricted £	Total 2024 £
Income and Endowments from:				
Donations and legacies	3	20,106	118,367	138,473
Other trading activities	4	101,798	-	101,798
Investment income	5	3,332	-	3,332
Total income		125,236	118,367	243,603
Expenditure on:				
Raising funds	6	82,020	-	82,020
Charitable activities	7	82,997	260,193	343,190
Total expenditure		165,017	260,193	425,210
Gains/losses on investment assets		76	-	76
Net expenditure		(39,705)	(141,826)	(181,531)
Transfers between funds		(119,966)	119,966	-
Net movement in funds		(159,671)	(21,860)	(181,531)
Reconciliation of funds				
Total funds brought forward		170,968	124,795	295,763
Total funds carried forward	16	11,297	102,935	114,232