



Associate Parliamentary Limb Loss Group

for the promotion within Parliament and Whitehall of the PREVENTION OF LIMB LOSS and the provision of prosthetic, orthotic, wheelchairs & special seating and other vital rehabilitation services/technologies for ALL PERSONS WITH LIMB LOSS in the UK and Internationally.

The Associate Parliamentary Limb Loss Group is always happy to share good news from its Associate Members. Here is the latest news from the Douglas Bader Foundation.



Douglas Bader Foundation

25th ANNIVERSARY

www.douglasbaderfoundation.com

UK ACTIVITIES 2008/2009

**Report by David Bickers
Chairman
The Douglas Bader Foundation**

The Douglas Bader Foundation was created following the death of Sir Douglas in 1982 by his family and friends to continue his 'Inspiration' to both able bodied and disabled alike.

Our primary focus is the limb loss and our charity object also allows us to look at the wider area of general disability.

2010 will be a significant year for us as Douglas would have been 100, and this fact along with it being the 70th anniversary of the Battle of Britain in which he and many of our original trustees participated, also sees our 27th year as a charity continuing to work and reflect his 'Inspiration'.

Described below is a snapshot of key DBF activities, projects and achievements .

Inaugural Amputee Games

STOKE MANDEVILLE

13th – 14th June 2008

The Games were specifically intended for new amputees, those having lost limbs within the last 3 years. As well as competitive sports, special “Have a Go” sessions were built into the weekend as a way of encouraging participants to try different sports and activities.

The initiative, part of the Douglas Bader Foundation Inspiration philosophy of supporting new amputees ‘to get on with their lives’ and show that although they may think they can no longer do the things they used to enjoy before amputation as competently as before, being able to have a go at sports, for example, in a supportive environment, can help demonstrate that they can still achieve goals but that they may have to be approached in a different way.

There is no doubt that participation in sport is valuable in a number of ways. Apart from the enjoyment of the activity itself, the fitness gained will be beneficial both from the point of view of weight control, obviously harder if mobility is impaired and improved overall lifetime prognosis. Taking part in a sport offers an amputee a sense of freedom and empowerment and an opportunity of reaching a plateau on which they can participate normally once again.

For those still discouraged, the sessions also provided the opportunity to try a totally new sport or activity where there is no basis for comparison between before and after amputation skills or levels of achievement. Douglas Bader himself took this route by taking up a new sport Golf achieving the outstanding handicap of 5!



13 different sports were on offer during the weekend, and four of these included a mini-competition for each unit to gain points towards a trophy.

ARCHERY (C), ATHLETICS, BASKETBALL, BOWLS, CUE SPORTS, FENCING, HAND CYCLING, POWER-LIFTING, SHOOTING (C), SITTING VOLLEYBALL, SWIMMING (C), TABLE TENNIS (C), TENNIS

Over the 2 days, Coaches and Staff from the Governing Bodies of each sport were present, not only to coach people but to give them advice if they wished to continue with the sport.



Teams from: Belfast, Roehampton, Oxford, Bristol and Wexham Park along with a lot of individuals participated in the events.

Points were given to the individuals/teams who participated in each event and further points for those who won the competition sports. Winners of the Trophy for the Best Unit was Belfast (shown below), closely followed by Roehampton..

The aims were met, a good weekend with people enjoying themselves and the officials reporting that they had picked up a number of potential athletes for the future.

One of the enthusiastic participants, David Gardner, was also one of the most recent amputees to attend. David had his leg amputated as a result of the 7/7 bombings where he was one of the Edgware Road tube victims.



The 2nd Amputee Games will be held

21st-23rd August 2009 at Stoke Mandeville

Already a number of teams from Rehabilitation Centres have signed up and following a meeting at Headley Court with the Battle Back Initiative, a team will represent them in 2009.

LIMB LOSS INFORMATION KIOSKS



DBF has created a touch screen kiosk to encapsulate the Limb Loss Information Centre (LLIC) web site (www.limblossinformationcentre.com) initiative created in 2005. Our purpose is to enable the provision of these kiosks within all the Rehabilitation Centres in the UK to allow access to this important information service at the primary source of contact.

The first two kiosks will be placed in Roehampton and Portsmouth in April.

The LLIC web site is:

- Is a central source of information available to answer any question an amputee or their family, friends, carers, employer may ask or may need to make informed choices.
 - Provides a national forum for limb service users to enable them to voice their needs and requirements.
 - In conjunction with other support agencies, creates a template for establishing and managing a user group. The site exists to provide the user groups with a national forum to share information and ensure that you, the users are receiving useful and consistent information.
 - Has a primary focus on the community and will, in addition to providing a knowledge base of information, provide community facilities such as chat forums, newsletters, product feedback and feedback/contact mechanisms.
 - Enables amputees through access to information, services and where needed benefits.
 - Provides access to the best rehabilitation services possible
 - provides access to information on new technology, products and services
 - Encourages amputees to feel more involved and less isolated or alone
 - Encourages amputees to get equality and rights in all areas of their life; and
 - Advises amputees how to receive high-quality care, when and where needed.
-

BADER JUNIOR FLYING DAYS

The purpose of these events is to provide youngsters between 6-16 years of age with a physical disability, with the opportunity of experiencing flight in a light aircraft as well as a fun day for all of their families.

Following an initial trial in 2008 and the wonderful response from the children and families who experienced the day, we have organised two Bader Flying Days in 2009 with the co-operation and enthusiasm of our friends at both White Waltham and RAF Kinloss.

This initiative is part of a new Inspirational event development programme for the wider group of physically disabled children which we will manage under the **BADER BRAVES** brand acknowledging both the bravery of the children and Douglas' relationship with the Blood tribe in Canada where he was made an honorary Chief – **Chief Flying Bird**. The only other person to have been awarded this privilege is HRH Prince of Wales

Sunday 14th June 2009 – White Waltham Airfield, Maidenhead, Berkshire SL6 3NJ.

Sunday 28th June 2009 – Royal Air Force Kinloss, Forres, Moray IV36 3UH.

BADER CHALLENGES

Our INSPIRATIONAL challenges are an exciting and adventurous way of getting involved in fund-raising on behalf of the Foundation.

Everyone, irrespective of ability, is welcome to join us. Previous participants have come from all walks of life and have included RAF personnel, students, medical professionals, friends of the Foundation, outdoor pursuit enthusiasts and many amputees. As a disability charity we actively encourage individuals with a disability to participate in these events.

An Inspirational Challenge that highlights this was undertaken by a team of amputees and others with a lower limb incapacity who cycled from Lands End to John O' Groats .

Previous Challenges have included both a Jordan Trek and Bike Ride, a Granada - Seville Bike Challenge, a trek to Machu Picchu , a walk along (some of!) the Great Wall of China, a Bike Challenge and a Trek in Cuba, A Kenyan Bike Challenge, a Trek in India and a cycle ride in Russia!

This year we are organising a Bike London to Amsterdam 19-21st September as well as participation with Teams in 10ks, Marathons, Trek Three Volcanoes, Italy.
