

Ring/email us for support or to refer any individuals: 03333606930 vicki@steelbone.co.uk



LATEST NEWS

Read our latest Newsletter at this link:

https://www.canva.com/design/DAGZ3G3RjKw/u3d54NqhBRG_uNbs4iXklQ/edit?utm_content=DAGZ3G3RjKw&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton

If you would like a printed version please let us know or you can listen into it here:

<https://rss.com/podcasts/the-steel-bones-amputee-pod-pod1/2146016>

There is a mailing list for health professionals to sign up to at this link: <https://forms.office.com/e/ZwUBffwbPg>
NHS webpage which has some initial resources on:

<https://steelbone.co.uk/nhs-support/>

Amputees can register for a free support pack, access support with benefits, housing, careers and all activity/event updates click here: <https://database.steelbone.co.uk/register>

Below is a list of dates and events we have available – all are welcome.

All events are listed here: <https://steelbone.co.uk/events/>

Main days out: <https://steelbone.co.uk/days-out/>

And then there are meet ups listed for each county we have volunteers in. The weekly fitness clubs are also listed there.

To join the Monday weekly online meeting which will restart in September please email andy@steelbone.co.uk

Don't forget to check out other events on our Steel Bones website or check out our brand new knowledge Centre and Podcast. www.steelbone.co.uk

DAYS OUT HAPPENING SOON

- Horse Riding Lincolnshire 15th August – FULLY BOOKED
- Colchester Zoo 23rd August
- Blatchford Prosthetics Manufacture Tour 25th August 1-5pm
- Felixstowe Beach day out 29th August
- East Anglian Sailing Trust Experience Day Ipswich 18th September
- Portsmouth Historical Dockyard Day 27th September
- Inclusive Fashion Show – on Friday 5th September, 5-9pm at Parkside Yards, Southall, UB1 1GH – Ealing Mencap and Models of Diversity redefine fashion!

Other things in the planning which our Young People's Programme Coordinator is organising – email rachel@steelbone.co.uk to book onto these trips:

- V&A South Kensington – Design and Disability Exhibition
- Winter Wishes, Winter Wonderland at Hyde Park – we have requested some tickets for a trip to Winter Wonderland in Hyde Park, London – this visit will be on Wednesday 19th November – from 10am – 2pm (you are able to stay in the park after 2pm, it also then opens to the public). If you would like to attend this event, please let me know by email and for how many. We will not get confirmation of tickets until the end of October, but I would let you know as soon as I hear from Winter Wishes.

Some key Podcast links:

Rehabilitation with Dr Vijay Kolli of Cleveland Clinic London <https://rss.com/podcasts/the-steel-bones-amputee-pod-pod1/2119097/>

Accessible Driving: <https://rss.com/podcasts/the-steel-bones-amputee-pod-pod1/2136248/>

Coping with the heat: <https://rss.com/podcasts/the-steel-bones-amputee-pod-pod1/2100495/>

Advice for new amputees: <https://rss.com/podcasts/the-steel-bones-amputee-pod-pod1/2011589/>

Phantom limb Pain with Blatchford: <https://rss.com/podcasts/the-steel-bones-amputee-pod-pod1/1967975/>

And many more including a Morgan Drive out, a podcast with Lord Craig Mackinlay too.

Please let us know anything further you need. I shall send you a pack of stuff and hope it will be useful.