

Amputation – What Support Is Available?

There are a wide range of charitable organisations across the UK that provide practical, emotional, and social support for people affected by amputation, as well as their families and carers. Some key organisations are listed below:

Finding Your Feet

Scotland's leading amputee charity, supporting individuals affected by limb loss or limb absence.

- Local clubs across Scotland, including Aberdeen Sports Village
- Offers both face-to-face and virtual activities
- Free to attend services, including:
 - Weekly fitness sessions
 - Monthly “*Ampu-teas*” peer support group
- Friendly, informal environment with staff available for advice and support

🌐 Website: www.findingyourfeet.net

Limbless Association

Provides practical and emotional support throughout the entire amputation journey (pre- and post-amputation).

- Support for individuals, families, and carers
- Peer support and information services

📞 Tel: 0800 644 0185

🌐 Website: www.limbless-association.org

Amputation Foundation

Supports individuals to adapt confidently to life after limb loss.

- Community-based support
- Resources and empowerment programmes

📞 Tel: 01744 800850

🌐 Website: www.amputationfoundation.org

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Positive Bones

A charity focused on helping amputees live a **full and unrestricted life**.

- Motivation and empowerment
- Community engagement and support

🌐 Website: www.positivebones.co.uk

Steel Bones

Supports amputees and their families to **live life to the fullest**.

- Strong focus on family support
- Peer networks and wellbeing initiatives

📞 Tel: 03333 606930

🌐 Website: www.steelbone.co.uk

Limb Power

Encourages amputees to participate in **physical activity, sport, and the arts** to enhance rehabilitation and quality of life.

- Sports programmes and events
- Promotes long-term physical and mental wellbeing

📞 Tel: 07502 276858

🌐 Website: www.limbpower.com

NHS Information

For trusted medical advice and guidance:

🌐 www.nhsinform.scot

(Search: *Amputation*)

Additional Notes

- Many of these services are free of charge
- Support includes peer groups, rehabilitation activities, emotional support, and advice
- Patients and families are encouraged to self-refer or make direct contact.