



LimbPower February Newsletter

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

What can you get involved in this month?

This month's FREE LimbPower resource:

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

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

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

Miles for March

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

<https://milesformarch.eventbrite.co.uk>

31 MILES THIS MARCH

Fundraising to support people with disabilities to live active lives

Visit: limbpower.com & cpsport.org



Furrbruary Photo Competition

Animals support our physical and mental health!

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

At the end of the month, we will choose two