

We are a small, new charity but we do have fierce ambition to ensure every amputee is aware of us and everything else for amputees which can support them and help them through the worst times.

Sometimes the worst hits years after amputation. We are a charity run by amputee families for amputee families and all our activity and events are as a result of the community we serve asking for them. We follow what they need wherever that may be.

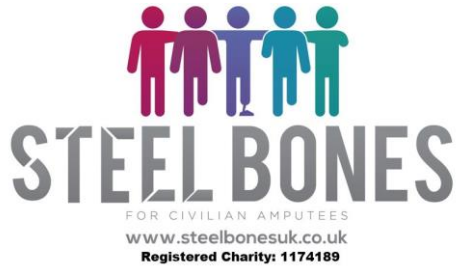
We are very good at locating funds to help keep activities and events free or very low cost to families so we can provide on the ground support as well as our support phone line and online groups.

Steel Bones loves helping amputee families with all sorts of queries and info to help them achieve their goals and live life to the full.

Here's some info and a list of things we do which we hope may help give you a better idea of how we can practically help your patients: if we don't know the answers, we know someone who does!

1. Free support pack to every amputee family who registers here: <https://buff.ly/2RrPYYd>
2. 121 peer support from our family mentor volunteers who are amputee family members too
3. Support and information on applicable benefits, discounts and reductions
4. Support with prosthetist appointments, advocacy
5. Support with housing adaptations, helping to chase adaptations
6. Sourcing funding for equipment which is beyond the realms of social care budgets
7. Writing applications for white goods donations and household essentials
8. Contacting MP, Councillors and local voluntary groups to secure food deliveries, foodbank referrals and support with any other needs families have
9. Connecting amputees with other amputee families in the area
10. Providing fun, family events – Christmas Campfire experience, horse riding event, boat trips and Summer Celebration Days. You can find EVENTS COMING UP here: <https://steelbone.co.uk/events/>
11. Working with schools and other agencies to support families
12. Researching info on any specialist activity or trip amputees would like to do





UPCOMING EVENT DATES

Every Monday

Brandon Fitness Group – Brandon Leisure Centre, Church Rd, Brandon IP27 OJB – 6pm

Every Wednesday

Haverhill Fitness Group – Abbeycroft Leisure, Havehrill, CB9 0ER – 10.30am

Peterborough Amputee Fitness Group - Elevate Gym, Peterborough, PE4 6ZN – 11.30am

Every Thursday

Coffee Catch Up – Zoom – 10.30am – email hello@steelbone.co.uk for details.

Cambridge Amputee Fitness Group - Nuffield Health Cambridge, CB1 3BA – 11am

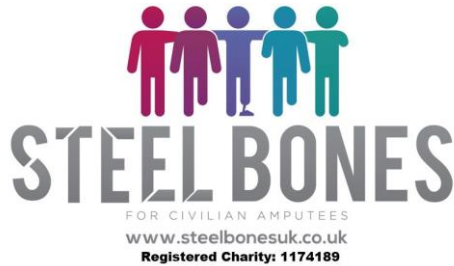
2024 EVENTS

23rd March – Charty Dance – Newmarket – email hello@steelbone.co.uk for more information.

21st July – Steel Bones Celebration Day – The Beeches, Isleham -Our big event of the year bringing the amputee family together.

Please keep up to date with all Steel Bones events at
<https://steelbone.co.uk/events/>





HELPING ALL AMPUTEE FAMILIES' LIVE LIFE TO THE FULL

**Have you got one of our
FREE support packs?**

Available to all amputee families.

Sign up for one at www.steelbonesuk.co.uk



Once registered you will have access to the following practical help:

- 1. Holistic, proactive support for your whole family**
- 2. Support with benefits applications and maximising income**
- 3. Support with challenges with housing and adaptations**
- 4. Access to our free events and activities**

Our phone volunteers are amputee family members. If you have any questions, need information, or just want to chat to people who know what you are going through,

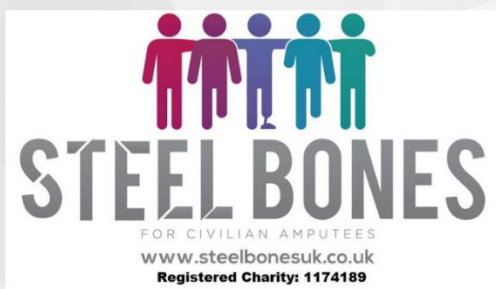
RING US: 01223 734 000

EMAIL: hello@steelbone.co.uk





SIGN UP FOR OUR FREE NHS INFORMATION PACK



Contact Us :

- ☎ 01223 734000
- ✉ hello@steelbone.co.uk
- 🌐 www.steelbone.co.uk
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- 📷 [steelbonesuk](https://www.instagram.com/steelbonesuk)
- 🎵 [@hellosteelbones](https://www.tiktok.com/@hellosteelbones)









