



## WELCOME 2026

We are excited for 2026 with a full calendar to share with our Steel Bones Family....

Steel Bones is community-based and demand-led. It provides direct support where there is a geographical or service need. It provides advice, guidance, or signposting to relevant services to help amputee families navigate the complex, and often confusing, amputee support landscape.

Our telephone support service, Podcast, our brand new website, and our online community help support amputee families across England and Wales.



### YOUR FOUNDERS

Steel Bones was founded in July 2014 by Leigh Joy-Staines and his wife Emma. Leigh had his leg amputated at 25.

I wanted to start the year with a recap of just how far Steel Bones has come from a small group to now a huge network of 1700 members and the fastest growing amputee community



# DATES FOR YOUR DIARY

COLLABORATION  
OVER COMPETITION



- 18-25 Retreat & Mentorship Programme, 26-29 June, Glamping in Gloucestershire, transport costs provided.
- The Reach Triathlon, Mallory Park, East Midlands: 27 & 28 June 2026
- RAW (Reach Activity Week), Thirsk, Yorkshire, for YP with ULD age 10-17: 26 July – 02 August 2026, transport provided.
- Reach Annual Family Weekend, Manchester: 23-25 October 2026.



Amputation  
Foundation

Activities weekend at Calvert  
Lakes 11-14 September



AmpuT in the Park 26 September 2026  
Activities weekend at Calvert Lakes 11-14  
September



1. LimbPower Badminton Day 2026 (29 Mar 2026) – An inclusive badminton session in Sheffield that's open to children (11+) and adults with limb difference – a supportive chance to try the sport and connect socially/physically.
2. LimbPower Junior Games (16 May 2026) – A day of adaptive sport and activities at Stoke Mandeville Stadium for children and young people with limb difference, designed to build confidence and enjoyment in physical activity.
3. LimbPower Games 2026 (20–21 Jun 2026) – A flagship multisport participation event for adults and older teens with limb difference to try adapted athletics, cycling, archery and more in a friendly environment.



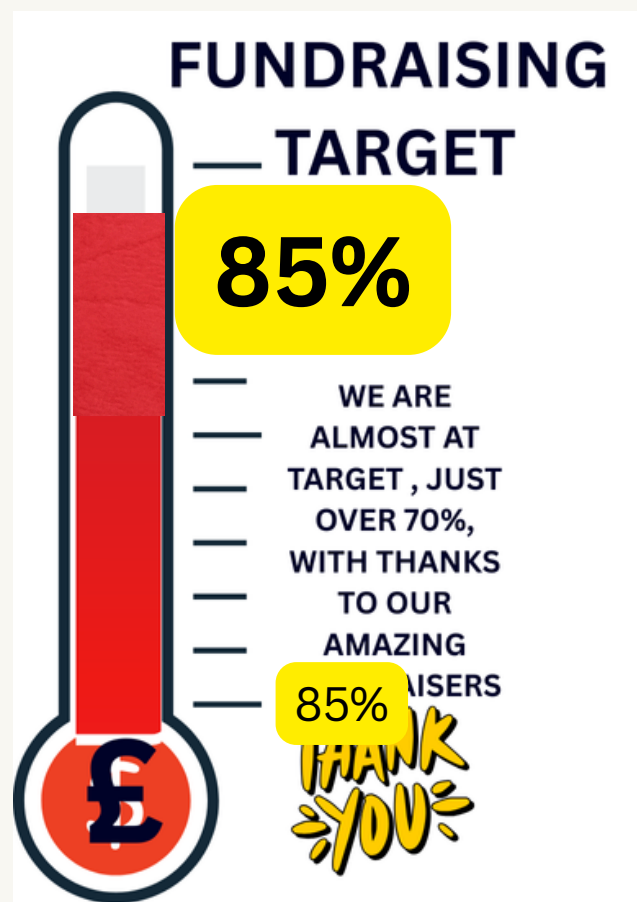
1. Seniors' & Widows' Activities Week (30 Mar – 3 Apr 2026) – A supportive retreat with gentle activities, sightseeing, and social opportunities for members and widows at a hotel setting in Surrey.
2. Widows' Activities Week (2 – 5 Oct 2026) & Seniors' Activities Weeks (9 – 12 Oct 2026) – More seasonal activity weeks by the Norfolk coast with a mix of adventure, relaxation, and community engagement.

CLICK HERE FOR STEEL  
BONES

**EVENTS**



Thank you to all of our incredible fundraisers for your dedication, creativity, and hard work in making this effort such a success. Your commitment to our cause — from reaching out to supporters to organizing events and spreading awareness — truly made a meaningful impact. Because of your generosity of time and energy, we are able to continue our mission and serve our community in powerful ways. We are deeply grateful for everything you've done and for the passion you bring to making a difference.



✨ Don't miss what's coming up! We've got exciting events on the way — mark your calendars and join us for fun, connection, and impact!



# Coffee Catch Ups



Birmingham  
Bury St Edmunds  
Cambridge  
Chichester  
Colchester  
Hartlepool \*  
Ipswich  
London (Bromley)  
Luton  
Norwich  
Northants  
Nuneaton\*  
Peterborough  
Peterlee \*  
Stevenage  
Wolverhampton



**Our coffee mornings for amputees and their families provide a welcoming space to connect, share experiences, and build supportive friendships. It's a relaxed and friendly environment where everyone can enjoy great conversation, comforting refreshments, and the reassurance of being among people who truly understand. Whether you're newly adjusting or have been on this journey for years, these gatherings offer encouragement, laughter, and a strong sense of community for both individuals and their loved ones.**

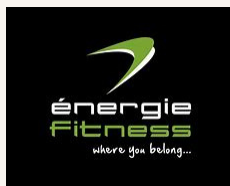




# FITNESS SESSIONS

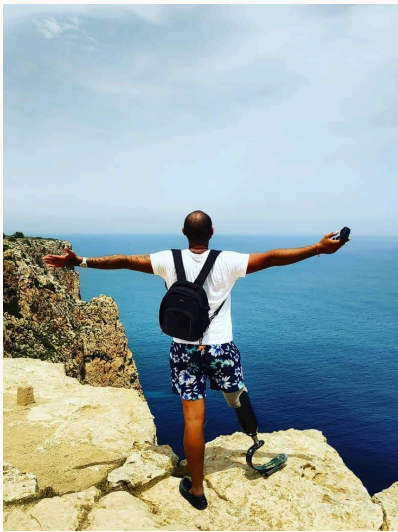


JOIN OUR AMAZING FITNESS SESSIONS AND TAKE A STEP TOWARDS A HEALTHIER, STRONGER YOU! WHETHER YOU'RE JUST STARTING OUT OR LOOKING TO PUSH YOUR LIMITS, OUR INCLUSIVE WORKOUTS ARE DESIGNED FOR ALL FITNESS LEVELS AND LED BY SUPPORTIVE, MOTIVATING INSTRUCTORS. YOU'LL BUILD STRENGTH, BOOST CONFIDENCE, AND HAVE FUN ALONG THE WAY — ALL IN A POSITIVE, WELCOMING ENVIRONMENT.





# THE STEEL BONES AMPUTEE POD



## PODCAST CHANNEL

Listen to our Steel Bones Podcasts, created especially for amputees and their loved ones. Each episode dives into real stories, practical advice, and honest conversations about life after amputation.

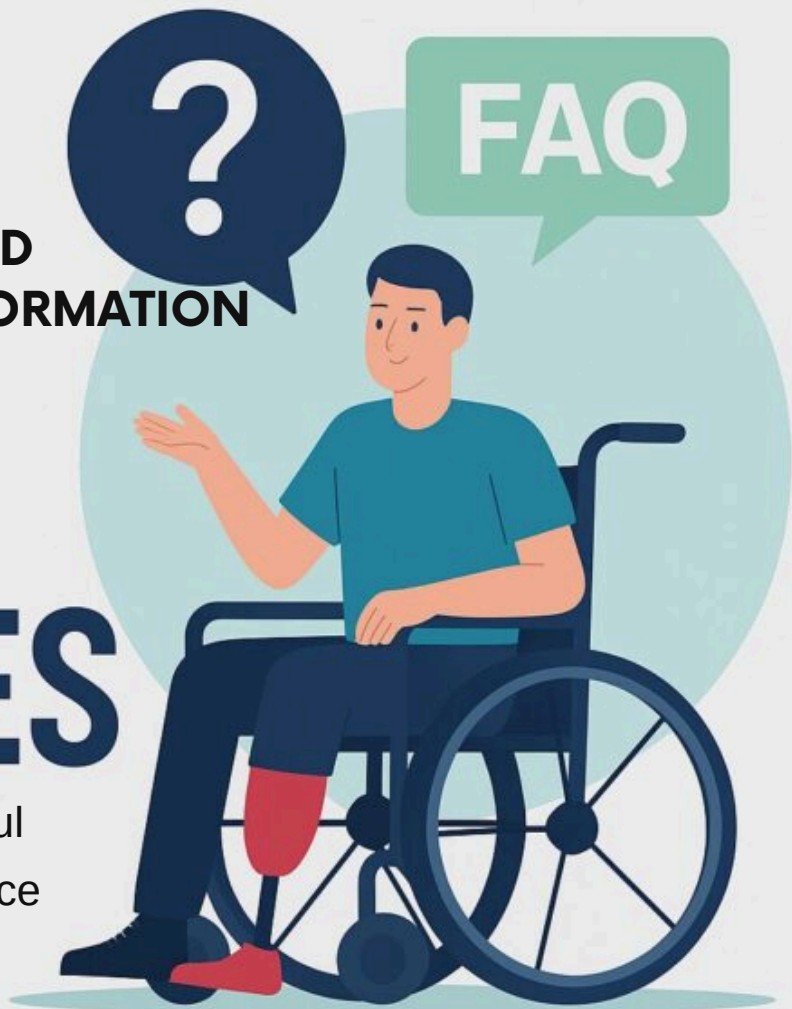
We'll talk about everything from navigating recovery and prosthetics to mental health, relationships, parenting, and celebrating the everyday wins. You'll hear from amputees, family members, professionals, and advocates who share a passion for creating a stronger, more connected community.

Whether you're newly adjusting, have been on this journey for years, or are supporting someone who is – this podcast is for you.



# FAQs AND USEFUL INFORMATION FOR AMPUTEES

Be sure to visit our website for helpful hints and tips, resources, and guidance to support you and your family.



Our website is a valuable resource for amputees and their families, offering links to useful information, practical guidance, and trusted support services. From rehabilitation advice and mobility tips to wellbeing resources and community connections, everything is carefully selected to help make everyday life easier and more informed. We're committed to providing easy access to helpful tools and knowledge so no one has to navigate their journey alone.







# YOUTH COUNCIL

**OUR YOUTH-LED GROUP CREATED TO EMPOWER YOUNG PEOPLE LIVING WITH LIMB LOSS THROUGH LEADERSHIP, PEER SUPPORT, AND ADVOCACY. THE COUNCIL PROVIDES A SAFE AND INCLUSIVE SPACE WHERE MEMBERS CAN SHARE EXPERIENCES, BUILD CONFIDENCE, AND DEVELOP SKILLS TO BECOME VOICES FOR CHANGE IN THEIR SCHOOLS AND COMMUNITIES. BY PROMOTING AWARENESS, ACCESSIBILITY, AND RESILIENCE, THE COUNCIL WORKS TO BREAK STIGMA AND ENSURE THAT YOUNG AMPUTEES ARE REPRESENTED, SUPPORTED, AND CELEBRATED.**



*A Heartfelt Thank You*  
**TO ALL OF OUR  
AMAZING VOLUNTEERS!**

We couldn't do it without you!