



**Volunteer
Visitor LA**

#NoAmputeeNeedCopeAlone

How to Access Peer Support through our Volunteer Visitor Programme

No Amputee Need Cope Alone



limbless-association.org

 [@limblessassoc](https://twitter.com/limblessassoc)  [/limblessassociation](https://facebook.com/limblessassociation)

Unit 10, Waterhouse Business Centre, 2 Cromar Way, Chelmsford Essex, CM1 2QE
Registered Charity Nos. 803533, SC042256. Company Registration No. 02487661





“We talked about everything and I was able to look beyond the operation and understand what I needed to put in place to support my own life beyond limb loss. I was still scared and apprehensive but so many of my fears were eased”

About the LA

The Limbless Association is a leading UK limb loss charity, with over 1500 members. Our mission is to support and empower all amputees to lead independent and fulfilled lives. We believe that 'No Amputee Need Cope Alone' and achieve this by advising, informing, supporting, and connecting amputees.

The LA is committed to creating and maintaining a safe and positive environment and accepts its responsibility to safeguard the welfare of all adults it supports and who are involved in its services, projects, and activities; this includes service users, beneficiaries, members, volunteers, and employees.

What is the Volunteer Visitor programme?

The VV programme has been operating for over 20 years and its volunteers make a unique contribution to the limb loss community by providing peer support.

Our Volunteer Visitors, who are amputees themselves, share their own lived experience with those who have had or are about to have an amputation. It is a free, non-clinical service.

Who are 'Volunteer Visitors'?

Our trained and vetted Volunteer Visitors are experienced amputees who deliver peer support by sharing their experience, knowledge and understanding of limb loss with any amputee who feels they could benefit from support. It's often the little things they know about limb loss that make a big difference to other amputees. Our volunteers also undertake a comprehensive induction and six month training programme to support them in their role.



How can a Volunteer Visitor help you?

Becoming an amputee can be challenging. Then as life evolves, other situations and questions can occur. The support of health professionals and loved ones is invaluable, but sometimes you just need to talk to someone else who has been there - someone who instantly understands.

Volunteers are not counsellors or clinicians but can help you through discussing topics such as day-to-day life with limb loss, recovery, prostheses, aids and adaptations, clothing, limb care, or getting back to sports and hobbies. Through the VV programme we aim to help everyone accessing the service to feel better informed, supported and connected to the limb loss community, and to help reduce any stress or anxiety in relation to living with limb loss.

What can you expect from a visit?

Visits are undertaken by phone or virtually, and last around an hour. Usually, you will receive one visit, with the option of further visits if required. The visit is focused on both practical and emotional support.

Volunteer Visitors will aim to tailor the support to your needs by discussing any key topics outlined in your referral form. You'll have time to ask the questions you may not be able to ask others, gaining practical tips and advice on recovery and rehabilitation.

How can you access a visit?

You can make a referral for yourself, or we accept referrals from relatives, friends or professionals involved in your care. Whichever way you contact us, we will always need your consent to access the service.

You can complete a referral form on our website, or for a copy of our paper-based referral form you can call or email us.

limbless-association.org

0800 644 0185

VolunteerVisitor@limbless-association.org

What else do you need to know?

We aim to respond to requests within two days. You will be contacted by our team to arrange your visit once you have submitted the referral form, and again afterwards to discuss any further support and any feedback you may have.

Ask us about our other services: **LA Helpline, Support & Connect Hubs, Virtually Speaking events, Young Ambassador Project, Lives Beyond Limb Loss Programme, LA Membership, and StepForward Magazine!**

Freephone: **0800 644 0185** **enquiries@limbless-association.org**