

PLEASE DON'T STARE !

If you stare at us it makes us feel uncomfortable. We understand that younger children might stare and point as they aren't used to seeing someone who looks different. However, if you are old enough to know better (and sometimes that includes adults), it upsets us as we really are no different to you and can still do everything that you do.

WILL YOU BE ABLE TO ...

We've lost count of the times people ask us questions; can you ride a bike, play the guitar, will you be able to drive, how do you fasten your shoes ... the list is endless but yes with a bit of effort and occasionally a prosthetic or aid we are just like you.



“

I passed my driving test, first time and in a manual car.

”



WANT TO KNOW MORE?

Thank you for taking the time to read this and showing that you want to understand us. If you want any more information then check out www.limbbofoundation.co.uk
We are ambassadors for this charity and we work hard to support young children like us.



#BORNREADY



“

I'm not the girl who overcomes,
I'm just a girl like all the rest.

”



I have a



LIMB DIFFERENCE

'My limb difference doesn't change who I am...
It's part of me but it doesn't define me'



“ Even though I have one arm I can do everything that you can do. ”

WHY HAVE WE GIVEN YOU THIS LEAFLET?



There could be many reasons why we have given you this leaflet. Maybe you have never met a person with a limb difference before and have asked for more information so that you can understand. Perhaps you have said something which you didn't realise was upsetting and we just wanted to explain. You have possibly asked so that you can help us raise awareness around limb difference.

? QUESTIONS

It's ok to ask questions - once! To be honest we get fed up having to explain ourselves. We will explain that we've either been born like this, had an accident or an illness but our limb difference isn't all that we want to talk about. Some questions are intrusive - please think before you speak. Ask us about our hobbies, many of us play football, are competitive swimmers, love fashion... - basically we are just like you honestly!

“ We are not a lesson
We are not for display
We are not what is missing ”



PROSTHETICS

...basically a manufactured arm or leg.

We wear what's easiest for us. Sometimes we might choose not to wear one if we have an upper limb difference but people with a lower limb difference will mostly wear them all of the time. The choice of what we wear and when, is down to us. We will explain once how they work but would love it if you just let us 'get on with it' after that. Although we do appreciate the positive comments and genuine interest into the science behind our prosthetics.

