

Thrive

limbs
4 kids

NEWS FROM LIMBS 4 KIDS

GARY JOHNSTON
LIVING WITH LIMB
DIFFERENCE

TRAIN AS A CARER
PEER SUPPORT
VOLUNTEER OR
START UP A LOCAL
SUPPORT GROUP

PLAY, EDUCATION
AND SOCIAL
INCLUSION

SARAH WALSH
JUMPING FOR
GOALS



MARCH 2015 EDITION

Meet Fiona the National Manager of Limbs 4 Kids

Limbs 4 Life welcomes Fiona Waugh to the team as the National Manager of the Limbs 4 Kids program. Fiona has managed and established a variety of programs and partnerships in the education, youth, disability and welfare sectors. Fiona is passionate about supporting children, young people and families to reach their potential and achieve their goals. Fiona has been involved in Limbs 4 Life since its beginning, was the founding Chairperson and a member of the Board over that period.

Feel free to contact Fiona at fiona@limbs4life.org.au or **1300 782 231** (toll free).



Introducing Limbs 4 Kids

The 'Carers, Children and Young People Program' was initially developed in Victoria and funded by [nib foundation](#) in 2012. This pilot program provided support and information to suit the needs of children and young people with a limb difference and the carers that support them. This funding also allowed us to partner with Monash University to learn about the needs of carers, children and young people and determine ways we can enhance the program and expand it across Australia.

As a result of the success of the pilot program, [nib foundation](#) are now generously funding sustainable expansion of the program across Australia between 2015 - 2017. We are calling the new program 'Limbs 4 Kids', a name that was actually devised by some parents and young people that were part of the pilot program in Victoria.

The Limbs 4 Kids program will offer:

A new Limbs 4 Kids website. This website will offer specific information, videos, event calendar and publications for carers, children, young people and health professionals.

A new Limbs 4 Kids online forum. A private forum that will allow young people (16+) and carers to stay in touch with one another and create a supportive online community.

Thrive the new Limbs 4 Kids Newsletter. A quarterly newsletter that will share personal stories and information

of interest to children, young people and families.

Limbs 4 Kids Fact Sheets. These informative resources will be made available on the Limbs 4 Kids website and as hard-copy documents.

Peer Support Training for Carers. This training is specifically for parents and carers of children and young people with a limb difference who want to volunteer their time to support others.

Limbs 4 Kids Support Groups. Assist parents and carers to establish informal Support Groups in their own local communities and provide all the necessary resources, tools and advice to do so.

Social events. Informal social events that will allow children, young people and families to connect with one another.

Information sessions. Formal Information Sessions, regarding information and issues that matter to you, will be offered and presentations will be uploaded to the Limbs 4 Kids website.

Research. We are partnering again with Monash University who will evaluate the Limbs 4 Kids program and will provide opportunities for you to take part in anonymous consultations and surveys.

Limbs 4 Life is grateful to [nib foundation](#) for their ongoing support!



Living with limb differences – a journey from childhood to adulthood

My name is Gary and I am a person who started life with limb differences. I'm pleased to share my story as I hope it can highlight that 'being different' doesn't stop you from achieving all your goals in life. I also wanted to speak to you about the important role that Limbs 4 Life has played in my life and how excited I am that the Limbs 4 Kids program is going to support all Australian children with limb differences and their families.

I was born in 1962 with a congenital condition called ectrodactyly which resulted in both hand and foot limb differences. In

simple terms it means I was born missing the three middle fingers of my left hand as well as fused bones and missing toes on my left foot. I had a Syme amputation when I was five at the Royal Children's Hospital in Melbourne and I also had further revision foot surgeries during my teenage years and adult years. I now consider myself to be both a person with a limb difference and an amputee.

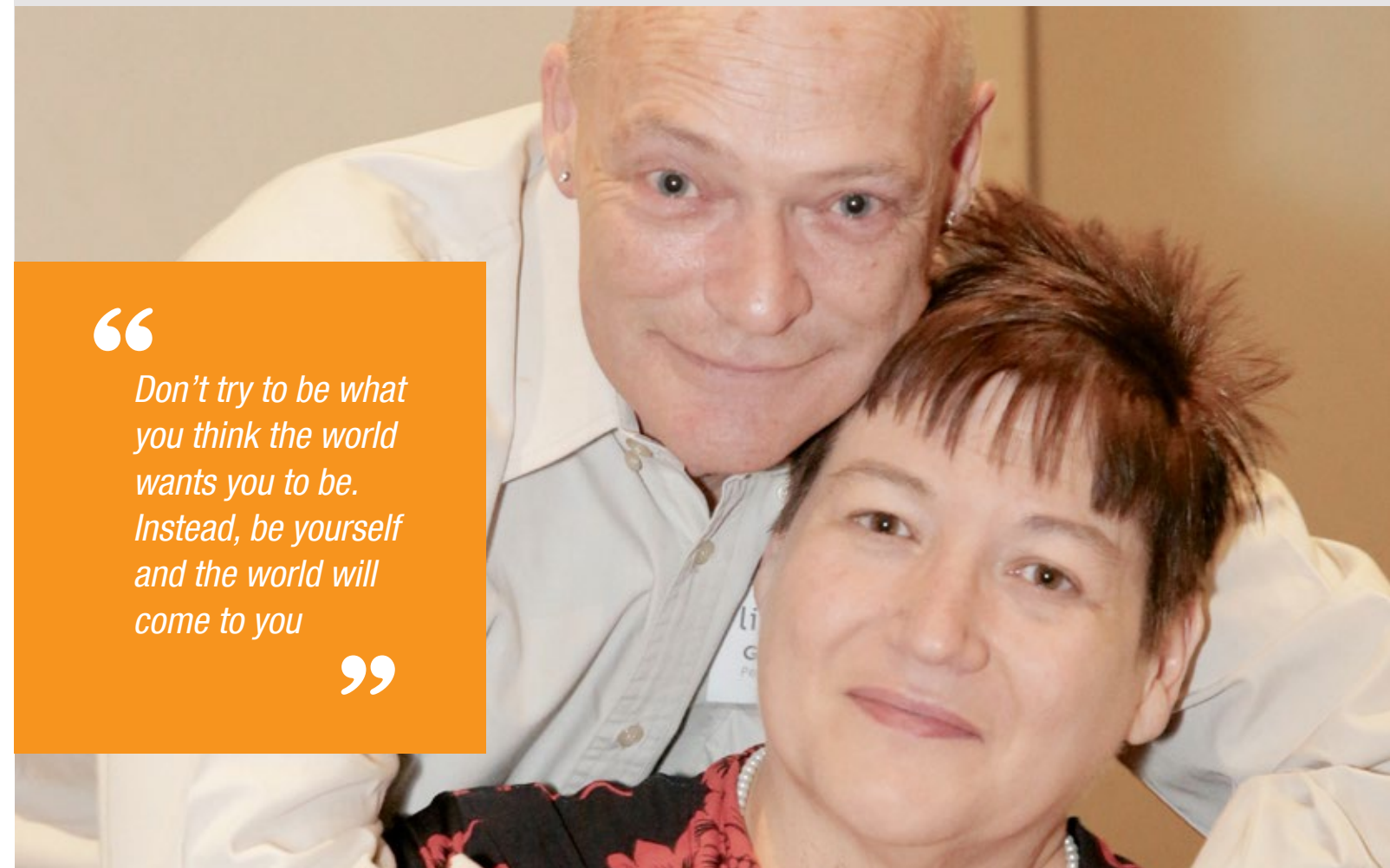
Looking back, the Syme amputation that I had as a child changed my whole life. Prior to the surgery my foot was rotated 75 degrees, had only 3 toes, had

fused bones and a malformed calcaneal (heel) bone; making it impossible to walk properly, let alone run. The amputation enabled me to fully participate in the community, in sport and in employment. I wear my prosthesis every day, from the moment I get out of bed until I retire in the evening - I find it very comfortable and very much an extension of "me". Over the years I have developed a sense of where my foot is in space, almost like a sense of touch. For instance I can tell without looking where my foot is placed on the car accelerator or on the pedal of my bike. My hand

“

*Don't try to be what
you think the world
wants you to be.
Instead, be yourself
and the world will
come to you*

”



is as it was the day I was born and I can do anything that anyone else can do despite the fact I am missing fingers!

When I was growing up there wasn't any community support available to amputees. The only times I ever saw amputees was when I went to the Limb Centre and I never saw or met anyone my age there. It wasn't until I was in my early 40s before I actually met and chatted with another amputee. I'm so glad that now all children with limb differences have a chance to meet someone like themselves when they are young and, as happened to me, don't have to wait decades for that to happen.

Growing up as a young amputee, my family didn't treat me any differently to my other siblings. My parents allowed me to try new things and were always there to help me along the way. On the

whole, my school friends were fine about my leg and hand – they just treated me like any other kid. I do remember that there were a couple of kids at school who could be a little nasty at times which did hurt, but I learned how to deal with it. Joking sometimes helped and when I was young (and even today) I told many jokes or stories to explain my “missing leg”. “A shark took my foot”, “it was eaten by ants” and “I stepped in a hole and my foot never came out” were probably amongst the most popular stories I shared with peers, adults and strangers.

I'm a sports fanatic and I found that playing sport meant I could compete against my peers and achieve success. I loved to win, but for me winning wasn't always about beating the opposition it was about me performing to the best of my ability. Football was my passion (still is!) and it gave me the opportunity to compete

physically. Football allowed me to gain respect and challenge any negative comments made about my disability. Just because I was “that kid with the wooden leg” didn't mean that I ever expected any favours. I wanted, and needed, to work for it. The more respect I earned the better I felt about myself and the less different I felt. They say sport is the great leveller and in my case it couldn't have been more true. It was only when I got older that I found out a lot of my school and sports friends used me as an inspiration for some of the things they have achieved in life. I didn't know that back then and, while I feel proud about the effect I had on them, it does make me feel a little embarrassed saying it publicly!

Being an amputee hasn't held me back in life at all. I've played many sports, been married to my wonderful wife Ruth for decades, have two amazing sons, pursued a variety of careers and I've travelled extensively.

As a kid sport was my recreation, my hobby, my social life and my passion. I did cross country running and I played football, hockey and cricket. Later on I discovered a love of squash and played three times a week. I also found that ice skating was great fun and could be found at the South Oakleigh rink most Friday nights through my teenage years. During the summer I spent hours each day on my bike and I also managed to make some money delivering the Sun Newspaper by bike six times a week.

I didn't really think a lot about relationships until I met Ruth and fell head over heels in love with the most amazing person I have ever met. I was always so busy

doing my own thing that I never really had much time to think about relationships and how they might work. The only time I ever felt uneasy about girls was when I was about 15. I went to an all-boys school and attended a social dance with the local all-girls school. It was during a dance that a girl reached out to hold my hand and screamed! It did make me feel uneasy at the time and I'm sure it was difficult for her also as my hand difference was a complete surprise to her. But like all things I got over it and I learned not to hide my limb differences.

Meeting my wife Ruth was the best thing that has ever happened to me. She was never fussed about my leg or hand and was able to see the person inside and taught me to do the same.

I never had to explain my limb differences to my sons. My kids have grown up with it and to them it's completely normal. I never had to sit them down and say “ok guys this is what happened”, instead their understanding just evolved over time. My two boys are amazing people. The only time I have ever had to speak seriously about it with them was in recent years when research revealed that my condition can be passed down. When I told my oldest son that there was a chance his kids could have a limb difference like mine all he said was, “Dad you have done just fine and I'm sure that if my kids had the condition they would do just as well”.

I've had a number of different jobs over the course of my life. My first job was as a metal fabricator producing security door frames. After that job I worked in retail, with over 17 years of that managing night fill crews in a



supermarket. I always found my employers to be understanding of any needs I might have, but apart from having to take time off now and then to go to medical appointments I never really needed support in the workplace. If I found difficulty in a task I always tried to find a way around it. At the age of 38 I returned to studies and completed a Diploma in Remedial Massage. Initially I worked in a busy local clinic but in 2004 I branched out and started my own massage business. Overall, you could say that a significant amount of my working life has been spent “on my feet” and doing physically demanding tasks!

I'm lucky to have done a fair bit

of travelling with my wife and children. Security gates at airports can be tricky as I set off alarms whenever I go through them, so I always wear shorts that show off my prosthetic leg so that security staff know what is going to happen in advance.

I have two tips when it comes to travelling. Tip one – always arrive early and wear shorts if you have a leg limb difference. Tip two - on long haul flights DO NOT take the leg off completely unless you have to. One time I travelled to Los Angeles and after having taken my leg off during the flight I arrived with a swollen leg and was not able to get my prosthesis back on properly. This resulted in one leg being about 25 centimetres longer than the other so I think I should



have been awarded ‘Best Silly Walk of 2003’ for that! I haven’t had any problems with access to showers when travelling as I’m pretty good at adapting to different facilities. But it’s great that more and more hotels are offering rooms with accessible showers.

Limbs 4 Life’s importance differs from person to person; for some it will be support, for others it will be information, and for others it will be social. Or it could be a combination of all of these. Having had no contact with other amputees growing up I never saw myself as an amputee, I was just “that guy with the artificial leg”. However, since connecting with Limbs 4 Life ten years ago I have become, in my own mind, part of a community. I am very proud to be able to volunteer my time to support others “like me”. I think having one loud voice from an organisation, rather than many quiet voices, will allow us to create change that will benefit the next generation. Limbs 4 Life and the new Limbs 4 Kids program has an enormous capacity to do that.

My life motto is that “Life is a series of hurdles. Some you can get over easily, but others might be much harder. When there is no way to go over a hurdle, then you must find a way to go around them. There is always a way”. If I can offer any advice to children and young people with limb differences I would say don’t try to be what you think the world wants you to be. Instead, be yourself and the world will come to you.

Gary Johnson has been a member of Limbs 4 Life for ten years. Over that time Gary has been a Peer Support Volunteer, moderated the Amp-Link online forum, attended and assisted at events and provided administrative support.

The Importance of Play and Fun



It is well established that ‘play time’ provides children and young people with an opportunity to enhance mental and physical health, socialise with others, increase self-esteem, build independence and stimulate imagination. Play can come in many different forms but in this edition we are focusing on the use of playgrounds and how you can find ones that suit the needs of you and your family.

Inclusive Playspace

Inclusive Playspace’s objective is to promote and support the increase of play opportunities for people of all abilities and be a catalyst for change. Inclusive Playspace is guided by a national group of play academics, practitioners, associations, corporations, government departments and advocates and aims to influence the creation of more inclusive playgrounds in Australia, helping to ensure that all children have the right to play in their communities.

For more information about Inclusive Playspace, to learn about their advocacy work and access their map of inclusive playgrounds across Australia visit:

www.inclusiveplayspace.com



iPhone and Android platforms is also available. As anyone can add a playground, you might want to submit a playground recommendation of your own!

To find a playground in your region visit:

www.playgroundfinder.com

Playground Finder

This website provides information about playgrounds across Australia, drawn from recommendations made by parents who use these playgrounds. Hundreds of Australian playgrounds are listed according to type and location, with the Inclusive Playgrounds list being a particular favourite amongst users.

Each playground has accompanying photos and information, and an advanced search function enables users to look for features such as fencing and shade. A free mobile app for use on both



Liberty Swings

The Liberty Swing is a revolutionary design in play equipment which offers people in wheelchairs the opportunity to experience the joy of having a ‘swing in the park’. The Liberty Swing allows for the whole family to go to the park together and have inclusive fun at the playground.

The Liberty Swing is safe, easy to use and is an enclosed apparatus that enables a wheelchair to swing from its frame. The Liberty Swing is also fitted with a ‘pop up’ chair to cater for those with limited mobility. To ensure a safe, fun and enjoyable experience the Liberty Swing includes: ramp access;



wheel locking mechanism; safety harness; pop up seat; clear instructions on how to use the chair; and, an easy to use key providing access to the swing.

A Master Locksmiths Association (MLA) key is needed to access the Liberty Swing. Generally, councils and park managers distribute or sell these keys. The key can then be used to access a Liberty Swing anywhere in Australia.

For more information about Liberty Swings and to find a swing near you visit www.libertyswing.com.au or contact your local council.

Employment

Some young people may have commenced, be considering or seeking employment upon school completion and may want some assistance during this transition. A number of Commonwealth Government programs provide specialist support to persons with disability and their employers, including:

- JobAccess is a free information and advice service about the employment of people with disability. JobAccess provides information about services, financial assistance and workplace solutions; as well as information about reasonable adjustments, disclosure of disability, disability employment case studies, tools and checklists.
www.jobaccess.gov.au
- Disability Employment Services (DES) help people with disability, injury or health conditions get ready to look for a job, find a job and sustain a job. **<http://www.humanservices.gov.au/customer/services/centrelink/disability-employment-services>**

Education and Schooling

With the beginning of the new year many children and young people are beginning school, returning to school, moving from primary to secondary school or commencing in post-school tertiary education and training. These transitions can bring on a mix of emotions ranging from excitement to concern for children, young people and their parents. Sometimes additional assistance is needed by children with disability during the education years and we hope that the following information can support families along the way.

Pre-school, Primary and Secondary School Education

A wide range of resources already exist to ensure that the education experience is a positive one for children and young people with a disability. In time Limbs 4 Kids will be producing materials specifically for parents and carers of children with limb differences; providing information about ways that parents can prepare for, advocate for and support their child during the crucial schooling years. In the meantime you may want to visit the following websites for tips, tools and advice:

- Association for Children with a Disability – **www.acd.org.au**
- Raising Children Network - **www.raisingchildren.net.au**

Vocational and Tertiary Education

Progressing from secondary schooling to tertiary education (TAFE, vocational training and University) is also a significant transition period for young people and parents. Starting tertiary education comes with movement to a new environment, new learning styles, new forms of assessment, and being surrounded by a wide range of different people. This transition can be daunting for some young people and require new adjustments to accommodate any specific disability needs.

It is important to remember that all TAFEs and Universities have dedicated 'Disability Liaison Officers / Disability Support Officers' to assist students with disability studying in their institution. These staff can assist with the provision of academic support workers (eg. note takers, readers), access to adaptive technology (eg. voice activated software), alternative arrangements for assessment (eg. additional time, scribes), alternative course materials, enrolment and campus orientation, liaison with lecturers and teachers, physical access to facilities, and referral to other support services (eg. counselling, health, housing, finance).

For more information make an appointment with a Disability Officer at the relevant tertiary institution or visit their website.

Inclusive Social, Sporting and Community Activity

A number of government and community services provide support and information so that children, young people and adults with disability can participate in their local communities; whether it is sport, arts or social activities. Below are some state-based websites and information hubs that can assist you to find an activity you might be interested in:

National Activity Information Hubs

- Reclink – www.reclink.org
- Nican – www.nican.com.au

Victoria

- Access for All Abilities – www.aaavic.org.au
- MetroAccess and RuralAccess Officers – based in all Melbourne metropolitan councils and 25 Victorian rural and regional councils and community health services

New South Wales

- Ability Links NSW - www.adhc.nsw.gov.au

South Australia

- My Support Advisor – www.mysupportadvisor.sa.gov.au
- Disability Recreation and Sports South Australia – www.drssa.org.au

Western Australia

- Inclusion WA - www.inclusionwa.org.au

Queensland

- Sporting Wheelies and Disabled Association - www.sportingwheelies.org.au

Northern Territory

- Total Recreation - www.totalrecreation.org.au

Australian Capital Territory

- ACT Department of Community Services - www.communityservices.act.gov.au

Tasmania

- Physical DisABILITY Sports Tasmania – www.pdstasmania.org
- Association for Children with a Disability (Tas) - www.acdtas.com.au



Please let us know of any other organisations or services that provide inclusive activities in your region so that we can share details with our readers!

Are you interested in becoming a Parent Peer Support Volunteer?



Are you interested in starting up a Support Group?

Limbs 4 Life is keen to assist parents or carers to establish informal Support Groups in their local communities. Support Groups allow for parents and carers of children and young people with limb differences to meet and socialise with others in similar situations. Limbs 4 Life can assist individuals to establish local Support Groups and provide a variety of tools to get one started.

To find out more or express interest in establishing a Support Group contact **Fiona** on **1300 782 231** (toll free) or fiona@limbs4life.org.au



Limbs 4 Kids Facebook Group

Did you know that Limbs 4 Kids has its own closed Facebook group? This group is made up of parents, carers, young people and health professionals and is a great way to connect with others, share ideas, view articles and stay abreast of Limbs 4 Kids activities.

Visit Facebook and look for the group [Limbs4Kids](#) to join.



Limbs 4 Kids Website and Online Forum

Limbs 4 Kids will launch its very own website and online forum very soon!

This website will be of interest to parents and carers, children, young people and health care professionals and will include information, publications, videos, stories and an event calendar. The moderated online forum will provide a space for young people, parents and health care professionals to connect with one another electronically, discuss issues and participate in discussion boards.

Watch this space for the launch of www.limbs4kids.org.au



Riding for the Disabled

Riding for the Disabled (RDA) has 91 Centres around Australia that provide horse riding and horse related activities to people with disabilities. Enrolments start at the beginning of the school year but participants can start any time throughout the year when a vacancy occurs.

Horse riding offers therapeutic, educational, sporting and recreational outcomes with riders learn about horses and the equestrian sport. Physical benefits include improved fitness and endurance, improved muscle tone, balance and coordination, social benefits, teamwork and sportsmanship. For riders with limb differences RDA offer a range of adaptive riding equipment such as modified reins for use with one arm, adaptive stirrups and saddles to support lower limbs. Some riders prefer to ride with their prosthetics and some prefer to ride without.

All RDA coaches are trained in safe program delivery and knowledge of disabilities through an accredited training course with the Australian Sports Commission.

To learn more about RDA and find out how to contact an RDA Centre visit: www.rda.org.au



Events and Programs

Golf Clinic and Parent Information Session

This event will incorporate a supervised Golf Clinic for children and young people, a Parent Information Session and an afternoon tea. The Parent Information Session will provide with details about the new Limbs 4 Kids program, presentations from Monash University researchers and information about self-advocacy.

All parents, children and young people with limb difference, siblings and extended family members are welcome to attend. The event will be a great opportunity to network with others.

19 April

Date: Sunday 19th of April 2015 (1:00pm – 3:30pm)
Location: Sandhurst Club, 75 Sandhurst Boulevard, Sandhurst, Victoria
RSVP: by Monday 13th of April and advise of any dietary requirements to fiona@limbs4life.org.au or 1300 782 231



Proudly partnering with Limbs 4 Life, Össur presents a 2-day Mobility Clinic designed for amputees of all ages and activity levels for a truly unique experience where they improved their overall mobility while connecting with other amputees.

Renowned expert in amputee running and training, Professor Robert Gailey PhD, PT will teach amputee attendees how to walk and run like a champion or simply improve multi-directional mobility.

The event will be held in Queensland. More details to come!
[Save the date.](#)

ÖSSUR MOBILITY CLINIC
SEPTEMBER 28th - 29th

Join us and learn:

- Techniques to maximise prosthetic capabilities
- Leg-over-leg running mechanics
- Proper methods for improving speed and balance
- How to move in multiple directions for a variety of recreational activities
- Training routines and sport-specific exercises

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SCAN NOW &
REGISTER YOUR
INTEREST!



Beyond the bubble-wrap

Research Paper - 'Beyond the bubble-wrap: Understanding parents' fears in allowing their children to play and travel independently'

This research, initiated by Vichealth, is investigating the role that parental fear plays in shaping children's independence and physical activity, and find solutions to help parents give their children greater freedom.

This three-year study (2012 to 2015) is the first of its kind in Australia with final research findings due for release in 2015. In the meantime you might be interested in the preliminary findings.

To access the preliminary report visit

www.vichealth.vic.gov.au/parentalfear



Your Stories



At Limbs 4 Kids we are always interested in sharing stories from parents, children and young people. Your stories are a wonderful way of sharing your experiences and insights with other readers. You might want to write your own story or we can assist you to prepare one.

If you would like to share your story, or to find out more, contact **Fiona** on 1300 782 231 (toll free) or email fiona@limbs4life.org.au





Image courtesy of David Tarbotton

Sarah Walsh Jumping For Goals

Sarah, and her family, have been strong supporters of Limbs 4 Life over many years and it has been our pleasure to watch Sarah grow and develop as a person, an athlete and an amazing young woman over that time. In this edition Sarah granted us an interview so that we could learn about her recent achievements on the athletic field, what her future goals are and what it means to be part of the Limbs 4 Life and Limbs 4 Kids family.

At almost 17 years of age Sarah is beginning her transition to adulthood. In addition to facing decisions regarding what she will pursue after school Sarah is also proving to be one of Australia's most successful young female amputee athletes. Exposure to Limbs 4 Life, other young people with limb differences and meeting a wide array of people through

her sporting activities is showing Sarah to be a strong advocate for people with a variety of disabilities.

Sarah was born with a congenital limb difference which resulted in a lower right leg amputation when she was 17 months old. As Sarah said "I was so young when my amputation took place that I don't ever remember having my missing leg".

From a very young age, Sarah's parents encouraged her to explore and investigate a wide range of sports and arts activities. Swimming, dance, gymnastics, athletics and wheelchair basketball have featured in Sarah's life. All of these activities, except dance and gymnastics, continue to feature in Sarah's life today.

"My parents allowed me to try lots of different things and I loved all of

them. The only activity where my limb difference prohibited me from continuing was ballet and jazz dance, as I found that even with my prosthetic leg I couldn't point my right foot – something you kind of have to do as a dancer!"

"I was 10 months old when I started swimming, and I continued to swim officially until I was 12 years old", said Sarah. While Sarah doesn't compete competitively as a swimmer, as a high level amateur athlete Sarah does swim weekly to maintain her endurance levels.

Sarah was a gymnast between three and nine years of age. "I started gymnastics when I was really young and absolutely loved it. If I hadn't discovered a love and talent for athletics, I would probably still be doing it today", commented Sarah.

Discovering athletics occurred at school for Sarah. "When I was in Year 3, a school athletics competition was being held and I was told that I had to participate. The school really pushed me to give running and long-jump a go", said Sarah. Even though Sarah had never tried athletics before, Sarah asserted that the school "made me do it" and she "will be forever grateful that they did". Sarah said that she "was terrified at first" because she had never run 100 metres or jumped into a sandpit before, however Sarah performed well and discovered a natural talent for athletics.

Not long after trying out the sport at school Sarah joined Little Athletics and was appointed her first coach. Sarah highlighted that "at the beginning I participated in running and long-jump wearing my prosthetic leg, but I soon realised if I was going to perform better I needed a specific running leg". In 2009 Sarah received her first running Blade and immediately started to reduce her personal running times and long-jump lengths. "When my times started to reduce I felt even more passionate about athletics and started to really take it seriously", explained Sarah. Sarah began performing in local, state and Australian competitions and is now generously sponsored by Ottobock for her Blade and by the Appliance and Limb Centre (ALC) for her socket.

Sarah is excelling in her field as evidenced in her achievements in 2015. Sarah recently competed at the Brisbane International Paralympics Committee (IPC) Grand Prix in March achieving a personal best of 4.72m in long jump. Prior to that, at

the Canberra Track Classic in February Sarah achieved a personal best of 14.91 seconds in the 100 metre run.

Sarah's commitment to her sport sees her train six days per week, swim one day and undertake gym training at home in between. Sarah emphatically said that "while I have to spend most of my week at school and in training, essentially my parents are training with me as they are there to support me by taking me to sessions, coming to my competitions and encouraging my team mates and me - my parents are so amazing."

Sarah's goal is to participate in the International Paralympics Committee (IPC) World Championships in Qatar in October this year and at The Paralympic Games in Rio de Janeiro in 2016. "I am so excited that I might be selected for the Australian team as I would love to represent our country overseas. We have so many talented athletes with a variety of disabilities in Australia and I am so lucky to have trained and competed with many of them", stressed Sarah.

Wheelchair basketball is a sport that Sarah also plays because she loves the opportunity to work as part of a team, make more friends and develop specific upper body skills. "While I get to use my Blade when competing in athletics I also love using my wheelchair to play basketball", said Sarah.

Sarah is a passionate advocate for participation in sport and recreation saying that "it's not just about whether you are good or not so good at something it's just about having a go". Sarah's

experiences have allowed her to make friends, meet lots of amazing trainers, travel and learn about various disabilities. "Some of the people I have met have physical, intellectual or sensory disabilities and what I have learned is that although we all have a disability we all have abilities. We're all the same really", stated Sarah.

Sarah is starting to think about future education and employment goals when she completes school recognising that, in a similar way to finding a sport you are suited to, it is important to think about "my future career". While Sarah is interested in a range of areas, not surprisingly careers in the sporting arena hold particular interest.

In reflecting on her engagement with Limbs 4 Life Sarah noted that "the organisation has been part of my life since I was young and I am so proud to now be old enough that I can 'give something back' and share my experiences with other families and children".

Sarah also looks forward to supporting the new Limbs 4 Kids program in the future because there wasn't specific assistance for children and parents when she was young. "I'm so glad that Limbs 4 Kids is going to be around for children and families, and I hope I can help in some way", said Sarah.

We wish Sarah all the best with her upcoming athletic competitions, we hope to follow her career as a world class athlete and are grateful to Sarah for her continuing support of both Limbs 4 Life and Limbs 4 Kids.



CONTACT

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www.limbs4life.org.au

Supported by

nib foundation