

**LIMB LOSS &
LIMB DIFFERENCE**
Awareness Month UK



April 2022

Reach Charity (<https://reach.org.uk/>) supports children and young adults with upper limb differences, we wondered if you would help raise awareness of Limb Difference during the national [Limb Loss and Limb Difference Awareness month](#) of April.

Many of the Limb Difference community say that it is lack of awareness and ignorance that causes most of their problems. Lack of awareness can result in bullying, name calling and generally making the child feel isolated and alone.

If you click on the link <https://www.limblosslimbdifference.co.uk/> you will find some social media and poster assets you can use or **we as Reach can send you posters leaflets and a power point presentation that talks about Reach and Limb Difference, plus our ambassadors are putting some short films together to raise awareness that we can send to you.**

We are trying to raise vital funds for Reach so maybe you could get the school students involved with our fundraising campaign: Details below

[Limb Loss & Limb Difference Awareness Month Challenge](https://www.justgiving.com/campaign/Reach)
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Limb Loss & Limb Difference Awareness Month in April is a huge opportunity to raise awareness of upper limb difference nationally and to share insights into living a life with a difference, so Reach is asking you to take part in some thoughtful activities *and* raise vital funds at the same time.

April is Limb Loss & Limb Difference awareness month...

What's it like to navigate everyday tasks with a limb difference?

We live in an ableist society in which even the simplest everyday task can discriminate. Tying up shoelaces or peeling a potato are both two-handed tasks that many would deem mundane whilst for others it can be a challenge to overcome.

We all do things differently and in our own way, which is great, so now is the time to challenge yourself and walk in somebody's else shoes.

Inclusion takes from no one, and benefits everyone.

April is the time to test yourself!

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‘Walk in My Shoes’ Challenge

<https://www.justgiving.com/campaign/Reach>

Get sponsors or gather donations to do the following (any other ideas are welcome), E.g., £2 per task or £8 for all 5. OR if people are feeling generous £5 per task (whatever works for you!)

- Tie shoelaces
- Zip up a jacket
- Button up a shirt
- Open a packet of crisps (or other)
- Peel a fruit or vegetable

Tag Reach in your posts or email <mailto:reach@reach.org.uk> and we can share for you.

Let's Raise Awareness, Celebrate and Educate

#Bornincredible

#NoLimits

#LLLDAM

Please feel free to come back with questions or ask for resources to help us raise awareness. There is an article on our webpage that can also help with understanding the impact of ableist language <https://reach.org.uk/the-harmful-ableist-language-you-unknowingly-use/>

