

Welcome to
AIM's bi-monthly
newsletter
Directors pictured left to right
Andy Reid,
Jackie Palmer &
Stephen Cruse



Newsletter

10th EDITION • MAY 2016

Welcome to the AIM Newsletter May 2016.
Due to various reasons we were unable to publish
this newsletter in April when it was due out. We
hope this hasn't caused you any inconvenience.

Harrison Ledsham sadly passed
away on the 14 May 2015.
Twelve months on and always in our
hearts and in our thoughts.



Osseo-Integration Surgery: Stephen Cruse



Osseo-Integration surgery is a pioneering way of connecting prosthetic limbs to the residual limb via a titanium implant directly in to the human skeleton. This type of surgery has been around now for in excess of 20 years, originating from a surgeon in Sweden, then shortly after by a surgeon in Germany, then about 12/13 years ago an Australian surgeon, Dr Munjed Al Mederis created a different way of performing this surgery, and also created a different type of implant.



Dr Munjed Al Mederis has totally pioneered this surgery and is performing this type of surgery on many amputees throughout the world, he has also been instructed by the MOD to perform this surgery on some of the UK's worst injured amputee soldiers.

AIM director Stephen Cruse has extremely fortunate to have been awarded funding from his health and care needs provider, so he can travel to Australia and undergo this surgery. Stephen will be going to theatre on May 25th and having both below knee amputated limbs operated on and will have implants fitted, he will be undergoing physiotherapy for 14 days following the operation and will return to the UK for a further 4 weeks rehabilitation at a specialist rehabilitation centre in Burton-Upon-Trent.

Stephen will be providing a day to day blog of this exciting procedure from the day he arrives in Australia to the day he has finished his rehabilitation, this will be posted on the AIM facebook friends account, please friend request facebook.com/Aim Cic and follow the blog.



If you would like to receive your own copy of this newsletter, then please contact our office with your name and address or email address and you will be placed on our mailing list.
Phone: **01744 808 100** or Email: **info@weareaim.org**
Past newsletters and all future editions can be found on our website www.weareaim.org
This newsletter is created for your benefit. Your comments and ideas will always be welcomed.

The team at AIM are looking at more practical ways of saving valuable resources, so we are looking to send as many of our newsletters electronically, as this will save AIM valuable funds and will also be cleaner and greener for the environment.

Coffee Mornings: Free Coffee, Sandwiches, Cakes and Information. *Sponsored by Kevin Edwards Costs.*

Everyone is welcome to attend the coffee mornings for tea coffee cakes and a chat. These are held at Ruskin Leisure St Helens WA10 6RP. If you a business and would like to talk / present at one of our coffee mornings, please contact us to arrange.

NEXT COFFEE MORNINGS -

Friday 27th May @ 10:30

Friday 24th June @ 10:30

Friday 29th July @ 10:30

AIM endeavour to have a really useful information session at each of our coffee mornings, these cannot always be confirmed before the newsletter goes to print, but please do attend if you are able too, as each month will be completely different.

Llandudno: A day out in Wales.



We have organised a day out to Llandudno in May, details have been posted on our facebook page, and we have been inundated with interest, unfortunately the trip is now full and we are unable to book any more people on this coach, but we do have a reserves list, if you would like to put your name on this list in case somebody is unable to attend, please do get in touch.

It is also a good idea to follow us on facebook, we have one facebook friend account /Aim Cic, and one facebook page /AmputationInspirationMotivation and this way you will never miss out on any of our future events.

Jaguar Land Rover Ltd:

Thank you JLR and Dave Ashworth for making the application on our behalf.

We recently made an application to JLR to help AIM with some funding, we have been lucky to receive £1000 from JLR with no restrictions on how this money should be spent.

Without any doubt, this money should be spent on you, the

AIM member. At AIM we think a day out would be a great way to get members together and socialising, we would just like you, the member, to tell us what you would like to do, the more ideas we have the better, please email your ideas to info@weareaim.org



Rainhill Rotary Club: Dragons Den

AIM also submitted an application to Rainhill Rotary Club "Dragons Den" for £500, this is to put on an inspirational presentation to local businesses, schools, colleges and organisations, showing them of the work we do, and also the people that we help. Hopefully this will, in return bring business to AIM and also fundraising.

Thank you Rainhill Rotary Club for giving AIM this opportunity.



Volunteers:

Our new volunteer Wendy Hackett has settled in to the office nicely, helping Jackie with the day to day running of the office, and bringing some new skills to the table. We would also like to see more people interested in helping out, especially if they can bring some new skills.

AIM Family Fun Day 2016: Can you help?

This year our family fun day will be spread over two days, and will be at Shoots Delph Farm, Moss Bank, St Helens, WA11 7NU on 13th & 14th August.

We will need hundreds and hundreds of prizes for the stalls, we will also need volunteers to run the stalls. We will also need foldable tables, chairs, cake stands, gazebos and lots more.

If you can help, please email Jackie on info@weareaim.org



Olympics Rio 2016: Lyndon Longhorne



This year I'm sure many of AIM's members will be watching the Olympics and Paralympics in the summer, most of us except the AIM Ambassador 2016 Lyndon Longhorne, as he will be in Rio himself, with Team GB, and hopefully competing.

Lyndon is an awesome swimmer and we will be backing him 100%, we will follow his progress right up to the events and keep a blog on our facebook account, so we can share his progress with you all.

Good luck Lyndon, we're right behind you mate.

How AIM bring in funds:

AIM tries to be as self sufficient as possible. The best way of AIM bringing in funds is providing services to schools, colleges, businesses and organisations throughout the UK, both Stephen and Andy provide these services, "Inspirational Presentations", and also "Workshops Overcoming Adversity".

As AIM members, we would like you all to promote our services through friends, family, social media etc.. This will help AIM bring in more revenue so that our members can gain greater experiences.



AIM also brings in funds for projects from funding applications, this is a skill that we are short of at AIM, and we would like people who have plenty of experience in writing these bids to help AIM if they have the time to spare. AIM also relies on fundraising such as running 10k's half marathons and full marathons, cycling events, climbing mountains, skydiving and any other means. We do encourage amputees to challenge themselves and try things that are within reasonable capabilities, and we would also like the friends and families of amputees to help with fundraising, especially if they have a talent for running, cycling etc..

Lisa Eagleton: My story.

Dear Aim, I hope your all well today?

I am Lisa Eagleton, a 42 year old mother of four, Right Below knee amputee.

Like many I am nothing out of the ordinary, but I do things that others may class as mad, eccentric and extra ordinary, to me it's just my life.

It all started in Feb 2007, when a lady going to a football match, changed my world as it was.

I used to be a long distance runner/swimmer a parent and had a normal busy life.

On this day in particular, I was walking my dogs on the way to visit a friend. A lady in a rush to get to a football match, changed lanes as I crossed the road and that's were it all began.

First rods, lizarov frames, infections and after 36 ops, amputation at the end of 2009.

As a result I became inactive due to bad fitting limbs, the amount of surgery had meant I was on a lot of painkillers too. I didn't feel like I existed, just drifted through what I had to do each day.

My partner no longer fancied me after amputation and that's the point we parted company. I was left with a feeling of unattractiveness, an urge to hide under big skirts and shirts and was really down on myself. After all who would want a disabled woman I thought. So I did the whole grieving for the body life I had.



By chance I was offered, by a friend to take my picture, I couldn't understand why they wanted to, but I agreed. The pictures that were taken, were surprisingly so well received, I started to feel maybe I wasn't so bad looking after all. I created my own crazy legs from pirate to zombie and tree limbs onto NHS basic limbs and decided if this was me now, I was going to create my own themes and looks.

I got offered more work as a model, at Bram stoker film festival, alternative model of the year and done more in my life than I thought possible in my dark days. Maybe I had judged what the world really thought of me instead of asking them.

I realised most people actually view a good smile and a good heart the most endearing thing in a person, my legs truly didn't matter. As I grew in confidence, I took up pole dancing to competition level, I went to swim and to the gym with and without my leg. These were not learnt overnight and took a lot of tears and 8 years of patience to get there.

I am now up to 40 operations, the most recent at new year and starting to redo a socket and leg and walking but still I was modeling, even in 4 degrees in water on just one leg in February.

I no longer take limb loss as an end to my life, but a change of path, some days it's gravel, some days it hard going. But it's worth trying new things as you never know we're it will lead.

To have your story here in this newsletter, please do feel free to send it to AIM. These stories are great for others to seek inspiration, to gain guidance, to focus on the future, and to feel more confident with their amputation.



LimbPOWER Games Stoke Mandeville Stadium, Aylesbury.

21st-22nd May 2016

Join fellow amputees for a weekend of sport and socializing at the 2016 LimbPower Games. This event is for new amputees and individuals with limb impairment or people who are just new to sport. This is a unique opportunity for you to participate in sport in a controlled, relaxed, supported and friendly environment among peers. You do not need to be sporty to take part just willing to have a go.



CONTACT KIERA ROCHE AT LIMBPOWER
kiera@limbpower.com tel:07502276858

Utility Warehouse: Vinny Dooley.

In January, AIM held an event called "Yes, you can!" and at that event we had several people presenting various opportunities that would be of use to our members, one of which was a gentleman called Neil Davies, from the St Helens area who is a distributor for "Utility Warehouse", which is a service provider of Home Phone, Mobile Phone, Internet, Gas and Electricity. Neil's presentation showed AIM members that anybody can be a distributor for Utility Warehouse, and that it can be as flexible as you need it to be, and most importantly, it is a great way of meeting new people and passing away time that is usually spent doing nothing.



Vinny Dooley, who was introduced to AIM, came along to his first AIM event, and listened to all the presentations on the "Yes, you can!" day, and went home thinking that he would like to try the Utility Warehouse.

Several days later, Vinny contacted Neil from UW and asked for more information, and following that he then asked Neil to help set him up as a Utility Warehouse Distributer.

Vinny has very little mobility and is confined to his power chair, but this hasn't stopped Vinny setting up friends, family, and other contacts up to have their services provided through the Utility Warehouse, without spending many hours at all in the first month, Vinny had hit all the required targets to be awarded some great bonuses, this meaning that he earned around £1000 for about 30 hours work spread over one month.

This opportunity is available for each and every one of us, if you would like to know more about becoming a distributor, or even just having your utilities provided by Utility Warehouse, then please contact the people below for more information.

Neil Davies: 07401166280 neildavies@uwclub.net
Vinny Dooley: 07539 872549 doolio2@icloud.com

Bowling: With The Princes Trust.

I became involved with AIM purely by chance after eavesdropping on a conversation at a local supermarket between two young men, it was the word amputation that pricked my ears up as at that time I thought that elective amputation may have been an option for me, anyway to cut a long story short one of the guys Liam Burbridge, gave me the details of AIM.

I held onto the phone number for several weeks trying to sum up the confidence to ring. I'm glad that I did. I have had lots of help and advice from Stephen Cruse who even supported me at a recent hospital appointment but that's a different story. Several months after that phone call and I have been made to feel very welcome at the coffee mornings that I have attended, it was at the coffee morning on 24th March that Jackie introduced me to Keith from the Princes Trust both Keith and Paula are the leaders of team 77 based in St Helens College. Team 77 had arranged a trip to a bowling alley with each student taking responsibility for particular tasks such as arranging the transport



I was very nervous about going on the bowling trip, apart from the coffee mornings I have not been in any social situations for the past few years as a result my confidence has taken a bit of a battering and to be honest the night before I very nearly phoned to cancel, If my eldest son hadn't given me a talking to I might have

We were asked to get to Ruskin Drive for 10am on the 29th March where a mini bus would be taking us to the bowling alley in Warrington. I remember the journey to Ruskin drive as I was cutting it fine to get there for 10am and was panicking quite a bit, I got there at 10:05 and was so relieved to see that I was the first to arrive and first on the mini bus until a few moments later, as if by magic, everyone else appeared with Ste joking that I was late -oops, not exactly the entrance that I wanted to make!!

By the time we got to the bowling alley I had been chatting to Kelley who I had seen at the coffee mornings but never had the chance to speak to her, it really helped chatting to Kelley who is easy to talk to and I felt relaxed and happy to be in the company of such lovely people.

Once the scoring computers were set up we were split into three small teams and I was relieved to find that Kelley was in my team, I was first to bowl and got a strike with my first go but it didn't register on the scoring system...honest!!

I felt a little apprehensive being surrounded by so many young people and initially felt that I had to make an effort to start conversation but once I did the conversation flowed and the young people on my team really put me at ease, during conversations I found out that one of the young people on my team Lucy intends to go to college when she has finished the Princes Trust, she is interested in hair and beauty while Tyler is interested in pursuing a career in animal care. One of the other young ladies Terri will be volunteering for AIM so we will be seeing more of her.

After lunch, which had been rearranged by team 77, we were put into different groups and someone had decided that it would be a good idea to remove the side barriers, needless to say during the first few bowls we didn't score a single point!! The barriers were put back up and I think Jackie's group scored the most points in all the games so someone in her team is an avid bowler.

All in all it was a great day and I really did enjoy speaking with all the young people, I'd like to say a massive thank you to everyone at AIM and team 77 of the Princes Trust, my first social outing in a few years was brilliant with a few laughs along the way.



Museum of Science & Industry: With The Princes Trust.



Day two of our outings provided by the Princes Trust St Helens, was a trip to the Museum of Science and Industry, in Manchester. This was a great day out for everybody, although it was quite tough for the four amputees that went as it was a lot of walking and standing spread over a couple of hours, although all the students on the Princes Trust course were fantastically understanding and also very helpful.

On this trip, was Paul Chisholm, Gary Abdullah, Sharon Stone and Stephen Cruse, along with 12 students and two team leaders from the Princes Trust. The Princes Trust picked AIM members up from AIM's office at 9:30 and set off to Manchester, the students were all fantastic and encouraged communication, there was never a dull moment. On arrival at the museum, we split into individual groups and made our way around the various buildings and displays, there was so much to look at, starting with the old cotton mills, which is a huge part of Manchester's heritage, then seeing old planes, cars, helicopters etc..



Following the time we spent in the museum, we all got back on the coach and headed for some lunch, to a Toby Carvery, it was fantastic, some people even pushed themselves to upgrade to the large plate, but most struggled to eat the standard size, then we all got back on the coach again, and headed back to St Helens. A truly special day with some amazing people.

Following our two days out with these amazing students on The Princes Trust course, we decided to return the favour, and do some motivation work. AIM directors, Stephen Cruse and Jackie Palmer attended The Princes Trust classroom in St Helens College, and Stephen performed his inspirational presentation to all the students, Stephen and Jackie then helped the students put their last 12 weeks experiences down on paper and prepare their own presentations for the following week when they deliver their end of course speech, and promised to attend their presentation evening and support them with their presentations.

Stephen and Jackie had promised, so they attended St Helens College on Wednesday 6th April from 6pm, the students were buzzing with excitement, they were all looking very smart, and the team leaders all very proud. Each student took their turn at the lectern, reading with confidence and pride, there wasn't a dry eye in the room, and every single student mentioned AIM, and how AIM has helped each and every one of them in different ways, some were in awe of the ability to rise above adversity, some respectful of the inner strength of amputees not being phased because of looking different, and some, wanting to achieve as much in their lives as what the AIM members had done, even whilst missing limbs.



Team 77 you really helped some of our members with your community project, you helped us as much as we helped you, it was a real pleasure to spend time with you all, and we wish you all the luck in the world with your future.

Many thanks, from Jackie Palmer, Stephen Cruse, Paul Chisholm, Gary Abdullah, Sharon Stone, Wendy Hackett, Kelley Schruyers.



2016 Challenge

This exciting event held in August 2016 will be a great way for people to raise money for AIM, and also a great way to get in shape for the summer. There will be a 10k event with 30 obstacles through a mud course, and a 5k with 20 Obstacles through a mud course, and a smaller easier 2k course with 10 obstacles that is suitable for children aged 8 and up.

13th August 10k - entry £49

14th August 5k - entry £34

14th August 2k - entry £17

Entry through AIM is FREE*

Check out www.rhinogladiator.com for details, and contact AIM for your free entry forms.



THANK YOU:

This month we would like to thank:

- Kevin Edwards Costs
- Print Solutions
- United Amputees
- Ruskin Leisure
- Jeanette McCulloch School of Dance
- St Helens College – Grant Williams
- St Helens College – Prince's Trust Team 77
- Hattons Travel
- Christine Roberts
- Wendy Hackett
- Haydock High School
- Paul & Karen Ledsham
- Neil Marsh
- Vinny Dooley
- Katya Halsall
- Neil Davies
- Rainhill Rotary Club
- Jaguar Land Rover
- Dave Ashworth

AIM is YOUR organisation!!!

If you want to be more involved with AIM, you can.

If you want to put ideas forward to AIM, you can.

If you have skills that can help AIM, you can use them.

If you think we're not providing a specific service, let us know.

Please get involved, your help is appreciated.

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