



Would you like to speak to another amputee?

Our trained Volunteer Visitors, who are all amputees themselves, are here to help via phone or online!



Amputees Supporting Amputees



**Volunteer
Visitor LA**

#NoAmputeeNeedCopeAlone

The Limbless Association's one-to-one
peer support service for amputees

What is the Volunteer Visitor service?

The LA's Volunteer Visitor (VV) service 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. It's often the little things they know about limb loss that make a big difference to other amputees. They complete a comprehensive induction and six-month training programme to support them in this 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 by 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. Your Volunteer Visitor will aim to tailor their support to your needs by discussing any 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.

The LA is committed to creating and maintaining a safe and positive environment. We accept our responsibility to safeguard the welfare of all adults we support and who are involved in our services, projects and activities.

How can you request a visit?

You can refer yourself to our Volunteer Visitor team to request a visit. We also accept referrals from relatives, friends or professionals involved in your care but we will always need your consent to access this service.

You can complete a referral form on our website, or contact our helpdesk team who will be able to support you in completing the visit request by phone.





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About the Limbless Association

The Limbless Association (LA) is a national limb loss charity, which has been supporting amputees across the UK since 1983. Our mission is to support and empower all amputees to lead independent and fulfilled lives so **no amputee need cope alone**.

We provide free, high-quality information, advice and support pre- and post-amputation - by phone, email and online.



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 @limblessassoc  /limblessassociation