

Raising the bar

A one year project funded by the National Lottery through the Big Lottery Fund (£9,999)

PORT-ER is a small charity whose vision is to bring about better patient care for people with mobility challenges through national and international development. PORT-ER particularly focuses on information, education and service development for people who require prosthetic limbs or orthotic brace supports. They may have limb amputations or have loss of function of their arms or legs through conditions such as vascular problems, arthritis or neurological conditions such as stroke and cerebral palsy.

We wish to push the boundaries of development for people with disabilities to achieve ever improving prosthetic and orthotic services. The project "Raising the Bar" is needed predominantly to help PORT-ER develop a stronger needs-based approach to our work to prioritise our associated activities for persons with disabilities in the UK. The project will also deliver improved promotional material about our activities.

At our exhibition "One Life – Live It" in 2011, feedback from persons with disabilities attending revealed that there is a need for more events and signposting of activities, products and services for people with disabilities needing prosthetic limbs, orthotic supports or wheelchairs in order to make informed lifestyle choices.

Through the Raising the Bar Project, we aim to:

- Better understand the diverse needs of persons needing prostheses and orthoses.
- Consult with prosthetic and orthotic service users and their families via health establishments to identify their development priorities.
- Identify the development priorities of associated services and organisations.
- Develop a strategy to identify from the research carried out, pockets of individuals that we need to reach and organisations that may signpost us.
- Develop training and information resources for PORT-ER volunteers and others to inform them about prosthetics, orthotics and the associate needs of persons with disabilities to enable them to be more effective.
- Develop and disseminate information via multiple media and particularly our website.
- Promote PORT-ER, our events and our development grant program.



LOTTERY FUNDED

PORT-ER grants Luton £1,500 to support development

Why a test track garden?

....Walking indoors on a flat surface is hard enough when you are a new amputee getting to grips with leg prosthesis.

Walking outside on grass, gravel or slopes is even harder. Rehabilitation that includes practice on different surfaces out of doors is essential. That is why PORT-ER was delighted to be able to contribute to the Luton Limb Fitting Centre User Group Step Up project to build a 'Test Track' garden.

Using a piece of land behind the centre and funds raised from several different grants they have now built the area where clients visiting the centre are able to walk on the many different surfaces, slopes and cambers that they

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...Luton story continued/ encounter once they leave the safety of the clinic fitting room. The Test Track has cobblestones, shingle, bark chippings and Astro Turf as well as poorly laid paving slabs (a brilliant idea), steep and gradual slopes and steps with various depths of tread and also a sharply cambered tarmac pavement. There is even a seat to enjoy a cup of tea. It is perfect for building the confidence and skills needed to walk down the street if you are an amputee and a prosthetic limb user!

Penny Broomhead, PORT-ER trustee presented the cheque for £1,500 to Andy Mann, Chairman of the User Group, Brian Hilliard, chief fundraiser and Anne White, Treasurer.



PORT-ER welcomes applications from prosthetic and orthotic patient groups annually. Please visit our website www.port-er.com



Running alignment event is off its marks

£2,000 Cheque presentation to Michael Caines MBE Patron of PORT-ER

Michael Caines was delighted to accept on behalf of the charity, a cheque for £2,000 presented by the Chairman of Abbfest, Mr Bryan Wordsworth. Abbfest is a Devon charity from the town of Abbotskerswell which raises funds for local charities with local activities through their annual festival showcasing Devon food, drink and crafts.



PORT-ER has delivered amputee running and sports events in Scotland and England in response to requests from prosthetic limb users. This event is in response to South West England amputees and prosthetists who have asked for information about how to align a prosthetic limb for running activities.

It is also open to people from across the UK who are interested in attending. Each event costs over £2000 depending on the national experts involved and associated expenses.

PORT-ER will use the funds towards the cost of a 2012 Master Class in Exeter For new amputees wanting to relearn running skills and assist physiotherapists and prosthetists wishing to learn how best to support them in their endeavours. The event will also focus on alignment and is on 30th May 2012.

Further information: Diana Corrick CEO PORT-ER,
Tel: 0845 850 9808, Email: diana@port-er.co.uk



Fundraising

Coltneß High School hot chocolate event

Catherine Sexton, 17, from Wishaw, Scotland nominated PORT-ER to benefit from a fundraiser organised by the Year 6 drama group who held a Hot Chocolate and cakes lunchtime event, selling tickets at £1. The event was so busy (and yummy) that they raised £150!



Thank you to Tesco, Wishaw, Scotland and all our volunteers who gave their time bag packing at Tesco in Wishaw on Christmas Eve 2011. We raised £1,378.86 for the charity!

Homemade Beer Festival raises £433

A good friend of Trustee Colin Edwards, Rod Hale, heard about PORT-ER and suggested that in return for Colin's help and support organising a Homemade Beer Festival at Broadhempston Village Hall, Devon, in November 2011, he would split the profits between Bridwell Brooke Special School and PORT-ER. This was to be a homemade ale, cider or wine festival in which participants donate to the evening and then (strangely enough) have to buy back. There was also to be an auction of donated items and Colin was asked to be the auctioneer, which he gladly accepted. Colin says "I was very surprised at the amount of variety and quantity of homemade brews supplied. We charged £5.00 admission with a raffle and an auction and a fantastic band, *The South West Indies* playing free of charge".

"By 10 o'clock the place was rocking and we took a short break for the raffle and auction. I was surprised when one of my bottles of homemade mead went for £28.00. But the most popular lot was a weekend for two in a Shepard's hut in the local area which attracted keen bidding.... I remember a nice ginger beer and a nutty pale ale called 'Bishops Revenge'. There was also an unusual chocolate beer and a rather tasty Embercoombe organic cider. The rest of the beer tasting got hazy!"

"We had cycled out there with the intention of cycling back but after several attempts and too much giggling we decided to take the offer of a lift to the bottom of the valley 1/2 a mile from where we live. We retrieved our bikes the following morning and help tidy up and clear the hall".

"A good evening was had by all - a fantastic low cost event, which we plan to do again next year. Now the weather is getting warmer I am looking forward to my weekend in the Shepherd's Hut !!"

An Evening with Michael Caines MBE, PORT-ER Patron raises £6,764

On Saturday 3rd March supporters of the charity met up once again at Abode Hotel, Exeter in the company of celebrity chef and Patron Michael Caines MBE for an evening of wonderful food and wine, excellent company together with a most entertaining auction run by Graham Barton of Clive Emson Auctioneers and the BBC programme 'Homes under the Hammer'. Michael was on hand to describe the locally sourced food and how it was cooked and spoke eloquently on the work of PORT-ER and the difference it has made to the many grant recipients and course attendees.



Sandy Sexton, Chair of Trustees, gave a slide presentation on the work of the PORT-ER and showed some of the work funded by PORT-ER in the last twelve months. She explained that the charity had just agreed a grant to Luton & Dunstable Limb Centre for a Walking Training Track in the sum of £1,500 and had received two new applications for consideration at the Trustee meeting planned the following morning.

Following a successful raffle and auction Diana Corrick CEO of the charity thanked everyone for their ongoing support, without which, she explained, the charity could not continue. We urgently need to address fundraising in order to increase the amount or number of grants we offer whilst continuing with delivering events. Our next Exeter dinner is on Saturday 2nd March 2013 – early bird bookings available!

Tanzania grant – final report

In February 2011 we provided a grant to the Tanzania Centre for Orthopaedic Technology to provide equipment for local people with disabilities. The assessment, design, fabrication, fitting and delivery of all the assistive devices were done by TATCOT Students under close supervision of Clinical/Practical Instructors. The students had very challenging cases and needed to consider a combination of mobility device designs. The request was positively received by PORT-ER and clients with complex deformities and especially those who could not afford to pay for the assistive devices were included into the project. TATCOT reported that

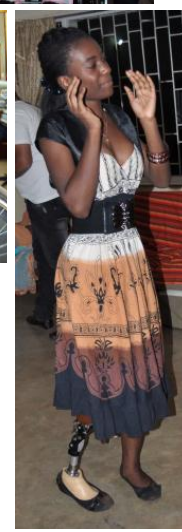
“The support provided in this project has:

- Enabled children and middle-aged adult in acquiring assistive devices otherwise they would continue to have a high limitation of performance.
- Enlightened and motivated the school authority to visit schools and other community based centres which are supporting people with physical disabilities and establish collaboration for students’ community based training, accessing a high number of cases including complex cases who would benefit from a rehabilitation team approach.
- Enlightened the institutions on the available services in technical orthopaedics to improve the life of people with disabilities.
- Provoked the need of national institutions/organizations to establish community based programmes and service facilities for their own people with physical disabilities within the community”.

TATCOT wishes to recommend the followings:

- Continue support of a number of others who are looking forward for such an opportunity.
- Enable the school in collaboration with identified centres to set up medium size service facilities and avoiding long distance transport costs, but also opening up opportunities for clinical/field attachment for students and employment.
- Support small scale surveys of a sampled district within a region to establish the number of persons with physical disabilities.

PORT-ER, with your help, wishes to support similar grant applications in the future.



India project grants PORT-ER Trustees have just awarded a grant of around £280 to support a project “Promoting Health Education, Knowledge on the disability rights among the Wheelchair & Tricycle Users”. The project was submitted by an organisation called ROSE who will work also with Motivation UK who will deliver the wheelchairs and training. PORT-ER is supporting those aspects of the project that focus on the following object of our charity to provide funding to communities of patients/users to enhance patient user education rather than those that provide services or equipment.

Last year we supported a different project in India through a grant application from the organization SWEEAD who identified wheelchair users and then delivered job skills training for 20 people.



A SWEEAD training event supported by PORT-ER

Gambia field trip grant The PORT-ER Trustees recently reviewed an application from students from NCPO, University of Strathclyde, Glasgow, for their 4th Year student field trip to the Gambia and agreed to award £100 as we supported their idea to learn about another country situation. Their application aligned with our charity object to support the advancement of knowledge in prosthetics and orthotics through the dissemination of information. We look forward to their report as we are interested to hear about the development needs of the hospital service in a low income country like Gambia.

We need your help....become a PORT-ER Member ✂

Get wristbands, newsletter and priority booking at events

MR/MRS/MISS/OTHER: FIRST NAME: SURNAME:

ADDRESS (with postcode):

DAYTIME TELEPHONE NO:

EMAIL ADDRESS FOR NEWSLETTER:

Membership type (tick) **INDIVIDUAL £20** **COUPLE £30** **FAMILY £35**

LIFETIME SINGLE £200 **LIFETIME FAMILY £300**

Payment: Please make cheques payable to PORT-ER and post to PORT-ER, PO Box 233, Exmouth, EX8 9BT or phone to pay by card.

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