GIVING PEOPLE THE ULTIMATE LEG-UP
When someone loses a leg it is often sudden and traumatic and navigating your way back to living a full life can be really difficult.

This is often harder in some of the countries where we work, where access to mobility equipment is expensive, counselling services are scarce, and stigma surrounding disability makes daily life challenging.

Through our leg recycling programme we are able to make high-quality prosthetic legs affordable with minimal environmental impact. We are training amputee counsellors to help rehabilitate their peers, and run community groups, and we are training female amputees to work in mobility centres that are often male dominated.

Thanks to collaborations with like minded organisations and generous supporters who share our vision, we are helping more and more amputees every year.

PHIL TUNSTALL
DIRECTOR
THE LEGS VISION AND MISSION

OUR VISION
AFFORDABLE REHABILITATION FOR AMPUTEES ACROSS AFRICA.

OUR MISSION
TO HELP AMPUTEES LIVE INDEPENDENTLY, THROUGH THE PROVISION OF PROSTHETIC LEGS ALONG WITH PHYSICAL AND EMOTIONAL REHABILITATION.
When I was 8 months old I was in an accident. I was the only person to survive but I had my leg amputated. I have never felt sorry for myself and I want to show people that amputees can achieve just as much as anyone else. I have been using this particular leg for twelve years.

I run a women’s empowerment cooperative in my district where I have taught women how to make jewellery and weave baskets which I sell on their behalf.

I face a different set of challenges as not only a woman but as an amputee. Many men cannot cope with the so-called ‘shame’ of being in a relationship with an amputee and many, like myself, are left to raise children alone.

One of my dreams is to see amputees on the television with shows dedicated to highlighting the issues we face and to celebrate our capabilities.

KANDAR
UGANDA
Amputees need access to affordable, good quality prosthetic legs in order to live independent lives.

We provide this for people in sub-Saharan Africa by utilising a network of organisations and volunteers. First, the prosthetic legs are collected and dismantled into their component parts, they are then serviced and the parts are delivered to partner mobility centres, where professionals can use them to build or repair legs for people who otherwise may never walk again.
1. Collect
2. Dismantle
3. Service
4. Delivery
5. Fitting

The Steps
Many prosthetic legs are discarded every year because they are outgrown, upgraded, or the owner has passed away. The majority of legs will contain components that are good enough to be reused. Hospitals, manufacturers and individuals from across the world send us legs to recycle.

Rotary clubs and volunteers help to co-ordinate this part of the process, making sure the legs get all the way from the hospitals and other donors to our delivery points.
If unwanted limbs weren’t recycled, they would go to landfill – even though they have plenty of life left in them. So Legs4Africa is helping to reduce the environmental footprint, reusing materials rather than creating new legs, and reducing waste. I am inspired by the work Legs4Africa do – from such a simple equation of matching an unwanted limb to someone who wants it, they have expanded to impact the lives of so many people and communities. It is a unique mission, and one that is run with such a professional approach despite the small size of the charity. It’s also great to know that any support you give really does go to the people who need it.

LUCY DUFFY-WYATT, ABILITY MATTERS ABINGDON CLINIC

In partnership with

ability matters®
Volunteers from The Men’s Shed Association dismantle the legs into their component parts.

They remove the foam covering and then separate the foot, pylon, knee, adaptors, suspension device and socket. The socket (which is tailor-made to fit each individual and so can’t be reused) is sent to a local artist who runs a small business called Odd Limb Art - she makes them into practical pieces, like plant pots and candle holders.

Dismantling legs has given many of our members a worthwhile task and they clearly appreciate how much they are helping amputees in Africa regain their life.

Mervyn Bishop, Warmley Men’s Shed
I am a retired doctor who thoroughly enjoyed my work in family General Practice. It’s all so different now! I also did charitable medico-legal report writing on behalf of Refugees and Asylum Seekers. My role is to help collecting discarded prosthetic limbs from different hospitals, help dismantle them and create boxes ready for shipment to hospitals in different countries in Africa. It fits my temperament and needs perfectly; medical, Afrophile, practical, driving. It’s tangible and productive. It is also incredibly useful work. For example, a prosthetic leg will enable mobility and free the arms from crutches but, without the donated parts the cost would be prohibitive.

MICHAEL NELKI,
LEGS4AFRICA VOLUNTEER
After hearing about the Deliver a Leg project, my family and I decided to dedicate some of our luggage allowance to delivering legs for Legs4Africa. We brought a total of 23kg in two suitcases to Windhoek, Namibia. It’s a really great use of luggage space and your carbon footprint and I would do it again any time I travel to Africa.

JULES LOPEZ-BESSAUD, LEGS4AFRICA VOLUNTEER
82 travellers have delivered legs to these countries

UGANDA 17
THE GAMBIA 10
TANZANIA 16
GHANA 17
KENYA 4
MALAWI 1
NAMIBIA 2
NIGERIA 5
RWANDA 1
SENEGAL 4
SIERRA LEONE 2
CAMEROON 3
PARTNERS IN AFRICA

Mobility centres across Africa receive the leg parts. Professional technicians will work with amputees to build them a custom made socket. The rest of the prosthetic leg will then be built using the foot, knee and other components that Legs4Africa has sent. The parts screw together like meccano and are interchangeable.

Mobility centres that want to partner with Legs4Africa must:

- Have a qualified prosthetist
- Have tools and materials to build sockets
- Provide feedback
- Never sell the components
- Provide physiotherapy
- Become part of our growing industry network

LEGS4AFRICA WORK WITH 32 HOSPITALS AND MOBILITY CENTRES IN 14 COUNTRIES ACROSS SUB-SAHARAN AFRICA
The Orthopaedic Training Centre in Ghana has been running since 1961 and has treated thousands of patients with congenital or limb loss conditions; our patients are mainly young people but we also treat adults too. Last year we had about 6,000 patients and we achieved this with just 68 members of staff. Although we have some extremely skilled and passionate people here we also rely on the high quality components that Legs4Africa is sending us on a regular basis. This is granting us with a stock room that is often well stocked and means that we don't need to be purchasing expensive components which are imported from Europe.

RAPHEAL AMUZU DZAMESHIE
TECHNICAL DIRECTOR OTC
Kevin was studying to be a prosthetic and orthotic technologist in 2016 when he was involved in a serious car accident. The accident left him with severe burns and the loss of his left leg, amputated above the knee.

Kevin acquired a prosthesis which he prefers to crutches because he says it makes him feel more able to blend in as well as the fact that he resumed his training as a technologist, so it allows full use of both hands and optimum mobility on the job. He is due to complete his qualification this year.

From a professional perspective - being an amputee himself - Kevin says it will help him to deliver a higher level of service as he not only has the technical skills but he has personal experience.

KEVIN,
MASINDI, UGANDA
EVERY 30 SECONDS A LOWER LIMB OR PART OF A LOWER LIMB IS LOST TO AMPUTATION SOMEWHERE IN THE WORLD AS A CONSEQUENCE OF DIABETES (INTERNATIONAL DIABETES FOUNDATION)

SUSTAINABLE DEVELOPMENT GOAL

3 GOOD HEALTH AND WELL-BEING

I SIT IN MY SHOP. I LAUGH WITH PEOPLE, I DANCE WITH PEOPLE. BUT IF I DIDN’T HAVE A PROSTHESIS I WOULD STILL HAVE PEOPLE SAT OVER ME CRYING. I AM SO HAPPY WITH MY LIFE.

MARIAMA (SECOND FROM RIGHT), MARIAMA RECEIVED A PROSTHESIS FROM BANJUL MOBILITY CENTRE, THE GAMBIA.
A community group is a great way for amputees to support each other. This can be through sharing physio exercises, stump care techniques, collaborating on money making activities, or something fun like sport. Most importantly it provides a space for people to come together to overcome the trauma of limb loss together.

Through gathering together regularly, amputees in our project areas are starting to realise their collective strength, and are forcing positive change on a national scale. The Gambian amputee community group have recently assisted the Government in putting together their disability bill.

In Uganda a women’s craft cooperative brings together single mothers from rural towns and villages, giving these women the opportunity to generate income for their families. Once together they speak about human rights and their desire to learn more on the topic, how men see them as women with a disability, their roles within the home, plus how and where to obtain a prosthesis.

WE ARE ALL ONE FAMILY.
OUR MOTTO IS ‘NO STRESS’.

CAROL, MEMBER OF UGANDAN AMPUTEE CRAFT CO-OPERATIVE
Diana (standing second from right) is a single mother of two and worked as a lorry driver until she was involved in an accident that resulted in the amputation of her left arm. After recovering she dedicated herself to finding as many other amputees in Jinja as possible. She keeps her little contacts book on her at all times so when called upon to bring a group together she quickly mobilised this group of more than twenty people.

"After my accident my family disregarded me so I decided to create a new family of survivors like me"
Receiving counselling after limb-loss helps people control the overwhelming emotions that come with such a life altering event, but these services are scarce in low-income countries.

Emotional rehabilitation is as important as physical rehabilitation. Women often say they no longer feel attractive after limb-loss, people struggle to find work, and even friends and family can treat people differently after an amputation. Talking through these problems, learning coping strategies and gaining access to opportunities is paramount to feeling independent and in control of your life.

Funding amputees to learn counselling skills means that they have had similar lived experiences to the people they are helping, and also gives rewarding employment and volunteering opportunities to marginalised individuals.

“When I counsel my fellow amputees I make sure that the first thing they know about me is that I am an amputee. They see me moving, hear that I am happy and working. They see me thriving. It gives them so much hope.”

Aliu Touray, Counsellor
After limb-loss people will often need to retrain to find employment. Community groups create portfolios of local training and work opportunities and signpost amputees towards services that could help them.

Counsellors assist people through action plans, where they create achievable goals. These goals will be different depending on the person - goals could include finding employment, joining a sports team, learning to walk on a prosthetic leg or becoming more educated on health matters.

In 2019, Legs4Africa helped to train 12 counsellors in The Gambia, all of whom were amputees themselves.
The Gambian Amputee Football Team (GAFT) was formed in 2019. Within 12 months, what started as a casual kick-about on the beach has become a serious sports team, with dreams of competing in the next Amputee African Cup of Nations.

Many of the 22 players involved lost their legs in football-related incidents and never thought they would play the beautiful game again. Meeting twice a week to train has given them a new lease of life.

“THE FOOTBALL PITCH IS A PLACE TO MEET LIKE MINDED PEOPLE, THE AMPUTEE FOOTBALL TEAM HAS BECOME A FAMILY FOR ME.”

LAMIN (TOP RIGHT), CARPENTER
The rate of amputation is growing across sub-Saharan Africa, this is due to diabetes becoming more prevalent and road accidents becoming more common.

There aren’t enough trained professional prosthetists and technicians to deal with the number of people that need a prosthetic leg, and most of the people that do work in prosthetic centres are male.

We’ve gathered feedback to suggest that some women would prefer to have their leg measured and fitted by a female as the process can feel intrusive. We’ve also learnt that amputees benefit if there is a prosthetic leg user working within the mobility centre as they can provide advice and use knowledge from their own experiences.

Legs4Africa are beginning to provide bursaries to female amputees in sub-Saharan Africa that will allow them to attend college courses to become prosthetic technicians. 5 women with limb-loss started training in 2020 at the prestigious TATCOT training centre in Kilimanjaro, and we aim to increase this number every year.
IMPACT MAP

14 COUNTRIES OUT OF 54 IN AFRICA HAVE RECEIVED LEGS FROM US SO FAR

SENEGAL  GAMBIA  SIERRA LEONE  BURKINA FASO

GHANA  NIGERIA  CAMEROON  RWANDA  UGANDA

TANZANIA  KENYA  MALAWI  ZAMBIA  NAMIBIA
At the start of 2020 we had...

**34** hospital partners in the UK

- **3** in Australia
- **1** in Canada

**31** partners in Africa across 15 countries

**4** community groups in action

**1,874** feet shipped in 2019

**82** leg deliveries through our Deliver a Leg Programme
IN 2019 YOU WONDERFUL LEG LOVERS DID SOME EXCITING, IMPRESSIVE AND WEIRD THINGS TO RAISE ENOUGH TO GET A STAGGERING 792 PROSTHETIC LEGS OVER TO AFRICA.

WE ALSO HAVE A WONDERFULLY LOYAL GROUP OF ‘MOBILISERS’ WHO GIVE TO LEGS ON A MONTHLY BASIS.

I chose to donate to Legs4Africa as the impact of their work is exceptional; and it also demonstrates an underlying principle that we should all take responsibility where possible when we identify areas where we can help. The gift of mobility (freedom) can not be understated and I’m grateful to be able to be a part of L4A.

SHIVEN, MONTHLY DONOR
In 2019, Charlie and his best friend Owen took part in the Superhero Series Triathlon and Winter Wonderwheels events on behalf of Legs4Africa.

Between them, they ran 6k, cycled 3k and swam 150 meters – raising enough to get 108 legs over to Africa, meaning 108 people can have the opportunity to walk, work and live life to the full again.

"I wanted to help people get a prosthetic leg and have the chances I’ve had."

CHARLIE, SUPERHERO FUNDRAISER

IF YOU FANCY FUNDRAISING FOR TEAM LEGS, EMAIL HELLO@LEG4AFRICA.ORG
2019 FINANCES

INCOME 2019
£352,016

EXPENDITURE IN 2019
£198,740
THANK YOU


Legs4Africa would like to acknowledge and thank all of the generous individuals, businesses, trusts and organisations that have supported Legs4Africa financially, logistically or otherwise. It’s a pleasure to have you on board, thank you for getting people walking again, one leg at a time.
EVERY YEAR, WE ARE GIVING THOUSANDS OF PEOPLE THE ULTIMATE LEG-UP.

This is possible because of people like you. Thank you for believing in the work of Legs4Africa and thank you for wandering along this path with us.

Giving a regular donation is the best way to support your favourite little charity. Sign up here and become a Legs4Africa mobiliser: www.legs4africa.org/support

Find out more by calling +44 (0)1173258114 or emailing hello@legs4africa.org

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