

**Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

**Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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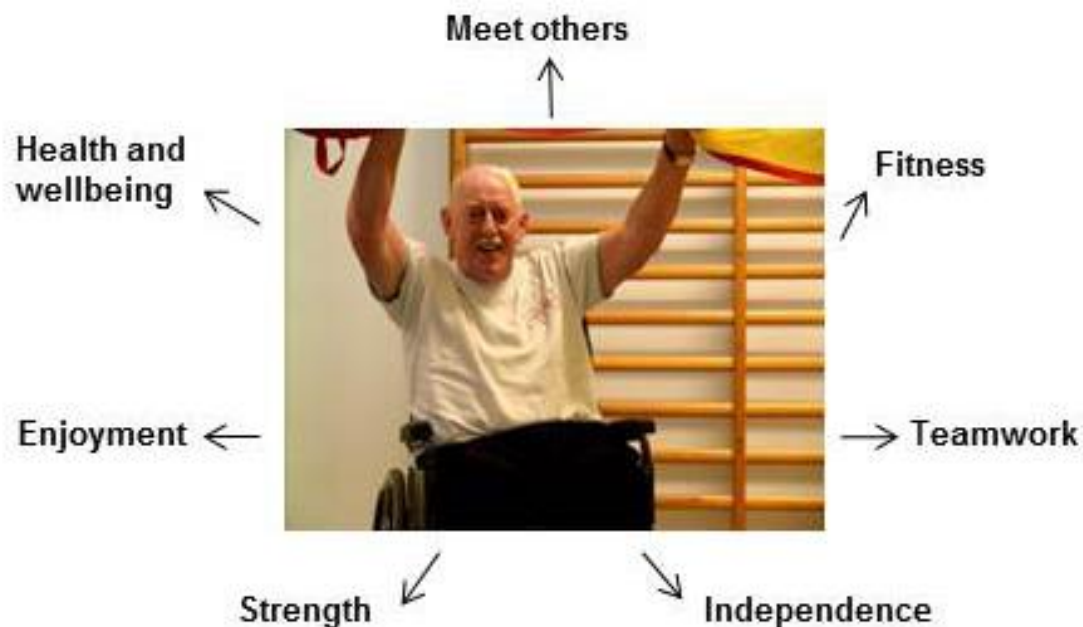
**INFORMATION FOR PATIENTS**

**Amputee Wheelchair Group**



## Amputee Wheelchair Group

The Amputee Wheelchair Group is for people who have had a lower limb amputation and are wheelchair dependent. The aims of the wheelchair group are to improve quality of life, promote social interaction, increase general fitness, aid weight management and to raise awareness of healthy lifestyles.



## What happens in the group?

- Introduction and recap/brief catch up.
- Group warm up.
- Physical activity session e.g. cricket, rounders, parachute games, throw/catch, relay races, badminton and hockey.
- Relaxation.
- Refreshments.

## Guest speakers

Throughout the year we also invite guest speakers to talk on topics which may be useful to the group, such as diabetes, healthy living, wheelchair sports, the Midland Association for Amputees and Friends (MAAF).

## When and where

We meet once per month in Clinic 10 at King's Mill Hospital.

## How can I be referred?

Your GP or a healthcare professional can refer you to the group via letter or telephone referral.

## How do I get there?

If you are unable to arrange your own transport to travel to the Wheelchair Group, you can arrange hospital transport using the following telephone numbers:

Nottinghamshire (Arriva): 0345 266 9662

Derbyshire (EMAS) : 0843 357 1553

## Contact details:

- **Suzi Temple**  
Senior Physiotherapist in Amputee Rehabilitation
- **Karin Noorbergen**  
Senior Occupational Therapist in Amputee Rehabilitation

**Telephone: 01623 672384**