



Get Legs to Africa 2023

Six-Month Report

The Cumbrian Overseas Aid Trust

DONATION AMOUNT:
£500

Project start date: January 2023
Project end date: December 2023



Dear The Cumbrian Overseas Aid Trust, thank you for supporting Legs4Africa's Get Legs to Africa 2023 project!

As we cross the halfway mark of 2023, we are thrilled to bring you updates about the amazing strides we've been making.

Project Get Legs to Africa 2023 allows us to collect unwanted legs from hospitals across the UK, Europe, USA, and Canada, saving as many as we can from landfill and dismantling them into their component parts. We then ship the usable parts to orthopaedic workshops across sub-Saharan Africa, where prosthetists and technicians will use them to build or repair legs at a highly reduced cost to people who need them.

Here is a reminder of our two core targets for 2023:

**To save 2,500 prosthetic legs from landfill
To get 1500 feet on the ground**

We are very excited to share with you the progress we have made at the 6-month point of this year, following your donation of £500. It costs us, on average, £20 to collect, maintain and ship a prosthetic leg - so The Cumbrian Overseas Aid Trust have been responsible for 25 people getting back on their feet.

HOW MANY LEGS HAVE BEEN COLLECTED AND WHERE FROM?

Since January 2023 we have collected **1,036 legs from across the UK, EU, USA and Canada.**

Our leg collections from P&O clinics have remained steady, with more clinics on board to donate legs. This has saved us valuable time and resources, allowing us to rescue more than 15,000 prosthetic legs since we started a decade ago! That's a monumental win for our team and for the clinical staff who believe in our mission. This year we have collected 1,036 legs so far, bringing us in good stead to reach our target by the end of the year!

Our collaboration with Swansea Bay University Health Board's Artificial Limb and Appliance Service (ALAS) embodies a transformational synergy. The partnership facilitates the repurposing of discarded prosthetic limbs, providing hope and independence to countless individuals.

"I've been working at Swansea Artificial Limb and Appliance Center since 2007. We've spent a lot of time since covid dismantling the prosthesis down into their various components and putting them into boxes ready to be disposed of - that's when we called you. It's so great to be able to use the prosthesis to help people who are less fortunate and to give someone their quality of life back with the components that we've got here. It feels really good to know that they're going to have a new lease of life and give someone their life back"

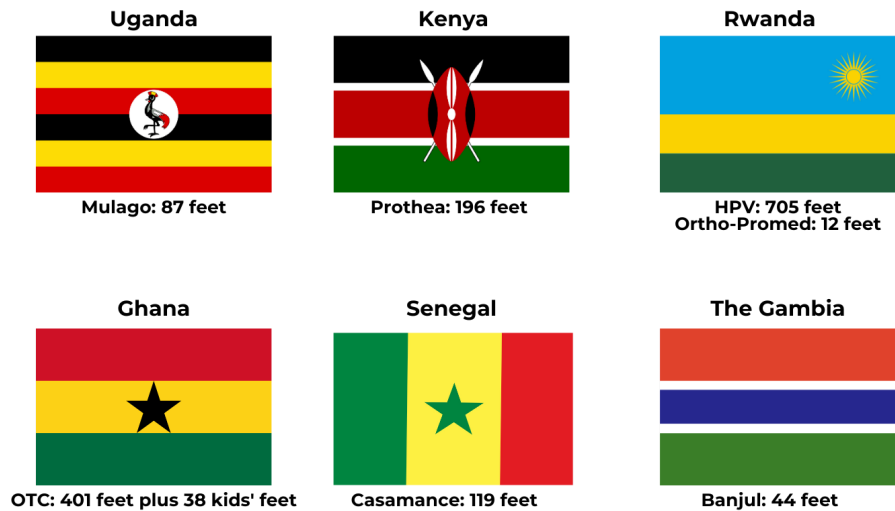
**Paul Drayton, Advanced Prosthetist,
Swansea Bay University Health Board's Artificial Limb and Appliance Service (ALAS), UK**



Naomi Bowey and Tom Williams of Legs4Africa, with Peter McCarthy and Paul Drayton of ALAS

HOW MANY LEGS HAVE BEEN DELIVERED AND WHERE HAVE THEY GONE?

In this half year, we've shipped a record-breaking 1,564 prosthetic feet to six different countries. This is an impressive increase from last year and, more importantly, we have surpassed our annual shipping target in just six months!



Total: 1564 to 6 countries

Our 'Feet on the Ground' data indicates a minimum of 278 fittings in the first half of the year, a number that's set to rise by at least 160 as we receive Q2 data from our centres, putting our 6 month prediction at 438. (Annual trends tend to show a sharp uptake in the Q3 and Q4 period each year). Feet on the Ground is a new data capture system which we are using to track fittings, reasons for amputation and wear and tear of older components - we hope that this will allow us to improve our support for our partners in the future. Furthermore, we've begun tracking how prosthetic legs impact recipients' quality of life. Early findings show that the benefits extend beyond enhanced mobility; they include financial independence, societal inclusion, and the ability to pursue personal passions.

Maurice Rondo, a Prosthetist/Orthotist at AJMA Orthopaedic Services, Tanzania, acknowledges the impact of our efforts:

"By receiving L4A prosthetic leg components, AJMA has managed to reach the most vulnerable in rural areas through an outreach programme, these areas are still lacking orthopaedic services and most amputees couldn't afford to pay for prosthetic feet as well as travel costs to reach orthopaedic centres. In 2023, through L4A, sixty (60) amputees are getting prosthetic legs at a very low cost. Thanks and big up for the L4A prosthetic leg



The first half of 2023 has been an incredible journey, filled with milestones and impactful experiences. Yet, we believe the best is yet to come.

As we look to the future, we hope you will consider partnering with us to make our next project even more successful. We believe that together, we can continue to transform lives, one step at a time. If you have any questions about our projects, impact, or how you can support our upcoming endeavours, please don't hesitate to reach out. Applications for next year's project will be sent out soon, and we eagerly invite your participation.



Michelle has her own business producing and selling handmade soap as well as hair and hand creams which gives her a lot of satisfaction.

Diabetes and subsequent amputation made it difficult to run her business but now, with her prosthetic leg, she has been able to carry on working and keeping her clients happy with her products.

Thank you The Cumbrian Overseas Aid Trust for being part of our journey and for believing in the power of collaboration to make a difference in the lives of those in need.

We're excited about the possibilities that lie ahead and look forward to sharing them with you.

If you have any questions or would like any extra information on what your donation has helped to achieve so far please email matt.thomson@legs4africa.org