

I am under no illusions that FYF's Counselling service has helped save my life.

Stephen Mc.

After my amputation I felt low and barely did any exercise. With FYF's help I'm now the fittest I've been in years.

Valerie M.

FYF offers so much support and opportunities to amputees and the parents of amputees.

Gillian H.

After my amputation my friends stopped coming to see me, leaving me in the house doing nothing. FYF changed all of that.

Martin S.



Scan the QR code to donate on the move.



# FINDING YOUR FEET

Scotland's leading amputee charity



0141 258 4868  
[www.findingyourfeet.net](http://www.findingyourfeet.net)



SC044572

# COR HUTTON

Our Founder Cor lost her hands and legs to Sepsis in 2013, and set up our charity to provide peer support and opportunities to amputees of all ages and backgrounds.



- **First female quadruple amputee to climb Ben Nevis & Mount Kilimanjaro**
- **Carried the Commonwealth Games Baton and completed the London Triathlon**
- **Third person in history to be given the Freedom of Renfrewshire**
- **Awarded Honorary Doctorates from UWS, Open University & University of Glasgow**
- **First Scot to receive double hand transplant surgery**

# ABOUT US

Finding Your Feet help families affected by amputation or limb absence with activities, services and support to benefit fitness, mental health and personal growth.

Our goal as a charity is to be on hand with some form of support or opportunity for every amputee in Scotland - both online and offline. The first step towards doing this is to connect people and make them smile, which we're pretty good at. Ours is a community where people give and receive support in equal measure, and some just join in to make a few pals. Whether an amputee needs vital Counselling or wants to sail the seven seas, FYF is the place to be.

We provide a voice to our community which champions inclusivity and diversity in society. We believe that being different should be celebrated, not sidelined.



# GET INVOLVED

Whether you want to donate your hard-earned cash or spend a few hours volunteering and meeting our FYF family, we make it as easy and rewarding as possible.



## Volunteer

Volunteering opportunities with FYF vary - you could be making coffee or taking a Yoga class. Whatever you do, you'll be making a difference.



## Fundraise

You can choose an event to take part in or set your own challenge. We'll be here with tips and guidance to help you every step of the way.



## Partner with us

By becoming a corporate partner, companies can make a huge difference to the lives of amputees and enjoy the incentives we offer.



## Donate

Make a one-off donation or give monthly. Every penny improves the lives of amputees in Scotland and gives you a warm, fuzzy feeling.