



## Newsletter: March 2019

### How it all started



*Tom playing cricket prior to his accident*

On the night of 16<sup>th</sup> January 2013, a few days before his 18<sup>th</sup> birthday, in dark, freezing conditions, Tom Church's life changed permanently when he was involved in a horrific car accident resulting in the loss of his left leg above the knee.

Thanks to the excellent care he received in Aintree Hospital Critical Care and Trauma Ward and later in Whiston Hospital, St Helens, he has made an astonishing recovery.

As a result, of his incredible determination, bravery and refusal to ever give up, he and a few people close to him set up the "Tom Church Foundation" on 23<sup>rd</sup> February 2013, becoming a Registered Charity on 10<sup>th</sup> May 2013.

The Foundation aims to help Tom and others like him to return to mobility and in that, reach their full potential.

### WHY SET UP A CHARITY ?

Why is there a Foundation to do the work that the NHS already is and should be doing?

Simple – the NHS is doing a fantastic job. It is the finest healthcare institution on the planet – but it has time and resource constraints.

Time is not something we have a great deal of as an amputee seeking a return to some kind of mobility.

As a young person, and a recent amputee, it is vitally important to be exercising and moving the residual limb as much as possible.

Also, the faster a person is given the right prosthetic (so they don't develop "bad habits"), the better the prognosis for future mobility.

So – the charity seeks to compliment the excellent work of the NHS and not only brings forward the timescale for fitment of prosthetics, but facilitates the provision of more "intelligent" ones.

### PROGRESS TO DATE

#### TOM



*Tom in 2018 enjoying a well-earned break*

Thanks to many hundreds of very generous people, organisations and charity fund raising events, in November 2013, Tom was fitted with his prosthetic leg at The London Prosthetics Centre, by expert HCPC registered prosthetist Abdo S. Haidar.



*Abdo S. Haidar, Consultant Prosthetist / Director  
The London Prosthetics Centre*



It has been a long process, with many obstacles to overcome, but now Tom works in Turf Horticulture, has a HGV Driving License and as founder of the charity, is actively leading many of the fund raising initiatives to help others like him.

## TOBY



*Toby, March 2019 with expert HCPC registered prosthetist Abdo S. Haidar of the London Prosthetics Centre*

Toby was only 10 years old when we first met him.

He is an amazing footballer, born without a forearm, but this has not stopped him from doing anything at all – he even ties shoelaces with one hand !

Every year, sometimes every 6 months, Toby needs a new prosthetic forearm as he is a growing lad. The Foundation provides the funding for his replacement cosmetic prosthetic each time he goes for a re-fit.

## Fund Raising Heroes



Southport Hesketh  
Football Club

Southport Hesketh Football Club have been one of our most loyal and regular fund raisers, running charity sports events for the Foundation every year since 2015. Here is the tally to date:

19 <sup>th</sup>	October 2015	£10,000.00
5 <sup>th</sup>	October 2016	£ 9,500.00
18 <sup>th</sup>	December 2017	£ 4,000.00
29 <sup>th</sup>	August 2018	£ 6,750.00

**Total to date:** £30,250.00

Truly amazing and incredibly humbling – THANK YOU



**DEAN** Dean is a water engineer, keen fisherman and cyclist, who lost his arm above the elbow due to a rare form of bone cancer.

Together with his employer, Anglian Water, his friends and family's fund raising, we were able to contribute towards the state of the art bionic arm, elbow and wrist which he collected in April 2015.

He is now a proud father and blogs regularly on social media about living with a prosthetic.

## MAINTENANCE & SERVICING

As the prosthetics are mechanical additions to the human body, they require maintenance, servicing, socket replacements and in the case of cosmetic prosthetics, regular whole limb replacement as the wearer's body changes shape or in the case of a young person, the residual limb grows naturally.

This means that once a person has a prosthetic, there is an ongoing cost to be met for Maintenance, Servicing and through life replacement.

This can be seen by many as the "unglamorous" side of what we do, but it is very necessary and the reason why we continue fund raising even when we appear to only have a small number of candidates.

## AND FINALLY ....

The charity exists to help people - particularly young people - recent amputees, who could return to sport given the right help and equipment.

Also, the Foundation has a simple, "signposting" website that shares the details of the Foundation as it develops – it also has links to the social media feeds:

[www.tomchurchfoundation.org](http://www.tomchurchfoundation.org) and  
[www.tomchurchfoundation.com](http://www.tomchurchfoundation.com)



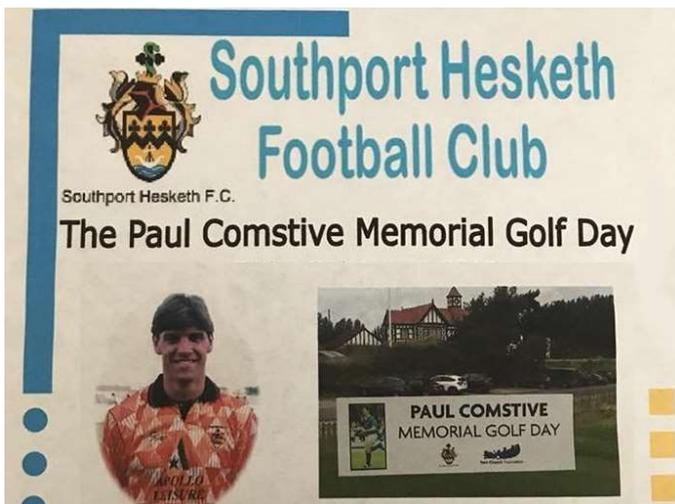
## Next Foundation Fund Raising Events:



A member of staff at the Nationwide Building Society, Ormskirk, is currently raffling a hamper, with all proceeds going to the Tom Church Foundation.



**Sunday 28<sup>th</sup> April 2019:** Julie Smith (Tom Church's Aunt) is running the **London Marathon**



**Friday 16<sup>th</sup> August 2019:** Southport Hesketh Football Club are hosting the **2019 Paul Comstive Memorial Golf Day** at Hesketh Golf Club, Cockle Dick's Lane, Southport PR9 9QQ.

**We will never, ever stop saying 'thank you'.**

So ... Thank you!! and please keep supporting us!  
We will try to help – one person at a time...