

annual review



Limbs 4 Life™
Empowering Amputees

Making a real
difference together

We empower amputees with knowledge and support to make a real difference, **because no one should have to go through limb loss alone.**

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Message from the Chair and CEO

Sometimes people just need a hand to hold or an ear to listen, they don't want advice, they simply just want to be heard. We know this because over the course of a year, we support thousands of people and their families who are impacted by limb loss every day. Our staff and our amputee peer volunteers are at the forefront of support and understanding during some of the most challenging times in a person's life. After all, each and every one of our peer support volunteers know first-hand the impact that limb loss has on someone's life, because they live it each and every day.

The Limbs 4 Life Peer Support Program is the cornerstone of what we do, in fact the foundations of what that program was built upon resonate across all of our work such as empowering our community and restoring self-confidence; providing access to key information and resources which lead to greater levels of education and independence, while helping and supporting individuals to make educated, informed decisions to meet their individual needs; along with encouraging and empowering members of our community to ask questions and seek answers to the many questions and concerns which can often plague people in their times of need.

Bringing our community together and creating connectedness helps people to know that they are not alone in their journey. Finally, after three long years of planning, postponing, cancellations and rescheduling our national conference Amp-ed Up finally took place in Melbourne in early 2023. With record numbers the conference attracted amputees and their family members from around Australia. We also welcomed a number of New Zealand delegates to this national event. The conference attracted a range of exhibitors and we are grateful to them all for their support. Recognition and thanks must go to our major conference partners Ossur and Ottobock. Not only do our exhibitors help us to make the conference affordable to our amputee delegates, but they are on-hand to respond to the many questions that assistive technology users have. What cannot be understated is the energy that this event creates. Everyone embraces the opportunity to engage with their community, make new life-long friendships and increase their knowledge of living with limb loss. Many first time delegates report that Amp-ed Up has a profound and long lasting impact on their lives.

This year we have supported the growth and establishment of local area support groups. These grassroots groups provide amputees in local areas with the opportunity to connect in an informal capacity while promoting a pathway for engagement, encouragement, and assistance.

At Limbs 4 Life we are the strong, passionate, and determined voice for our people and in saying that we need to ensure that members of our community feel empowered to have their own voice heard to ensure that they can achieve the best outcomes possible. We embark upon and embrace our new three year strategic plan with vigour and enthusiasm and in doing so, work to ensure that we 'make a real difference' for our people each and every day. The members of our community facing life changing situations and sometimes devastating circumstances need to know that we will stand by them and ensure that no one goes through limb loss alone.

We gratefully acknowledge and thank our supporters and donors, our Board members, staff and our dedicated volunteers.



A handwritten signature in black ink that reads "N. Sullivan".

Natalie Sullivan - Chair



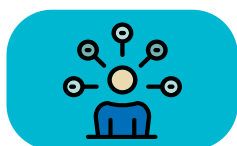
A handwritten signature in black ink that reads "Melissa Noonan".

Melissa Noonan AM - CEO

Our strategic goals

Limbs 4 Life's Strategic Plan encompasses our values, goals and direction for the future and in doing so ensures that we are responsive to meet the needs of our community. Our plan articulates our need to continue to systemically advocate, innovate service delivery and create new initiatives while empowering our community with access to support and information.

This year we embarked on our new three year plan and we continue to work to ensure our programs and services deliver direct support and assistance to some of the most marginal people of our community. We plan to embark on co-designed and tailor made programs to support our First Nations people and glean greater understanding of the tyranny of distance for those people in remote communities. The plan also shines a light on the need to fulfil the support gaps for partners and family members who provide support to their loved ones during some extremely challenging times.



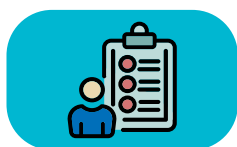
1 | Empower

Increase reach. Supporting people to build knowledge and understanding



2 | Encourage

Provide platforms for creating community



3 | Educate

Provide current information to enhance stakeholder/consumer knowledge



4 | Engage

Limbs 4 Life is the go-to organisation for people with limb loss and their families



5 | Energise - ecosystem

Increase awareness and impact government relations

Our work and our impact

Peer support | building connections and creating communities

The provision of peer support from those who have adjusted to limb loss can positively change the focus of a person's journey. Limbs 4 Life's Peer Support Program connects trained amputee volunteers with people (and their families) both pre and post amputation.

The opportunity to speak with another amputee can play an important role in the preparation, recovery and rehabilitation following limb loss. In fact, speaking to someone who personally understands what it means to lose a limb can often alleviate the distress sometimes associated with the lifelong impact of amputation. Our national Peer Support Program helps to connect people with one other while building local, state and national communities.



Expanding our Peer Support Volunteer workforce

Each year Limbs 4 Life is contacted by people with lived experience of amputation and who want to 'give back.' Often those people want to

be able to provide support, sometimes the kind of support that they didn't receive themselves. For others, receiving peer support was so profoundly beneficial to them, they want to become peers simply to pay forward the support they received.

During this financial year, Limbs 4 Life promoted volunteering opportunities for experienced amputees who were interested in supporting their community. We facilitated training in 5 locations around Australia, Perth, Sydney, Brisbane, Adelaide and Melbourne and conducted 7 training sessions in total. In doing so, we met and trained 81 amputees along with 8 partners/carers.

Peer Support Volunteer training operates under best practice guidelines for providing support to people in vulnerable situations. Our training program serves to prepare amputees to support others in a similar situation to themselves using a matching criterion based on a range of factors including age, gender and site of amputation. Our Peer Support Volunteers connect with individuals and their family members in hospital or rehabilitation settings, over the phone, online or in public settings.

Peer Support Program delivery and impact



The Limbs 4 Life Peer Support Program has been operating since 2005 and during that time has undergone a number of changes in response to policy and procedural updates and in response to the overarching requirements for providing support to people in vulnerable settings.

People facing amputation and those who undergo urgent lifesaving amputations experience a wide and varied range of emotions. In a recent journal article published in the 'Prosthetics and Orthotics International' findings of the Impact of Limbs 4 Life's Peer Support program concluded the following:

The findings of this study highlighted that amputee peer support has a positive impact on those receiving and providing the service. The themes of access to resources and information and the provision of social and emotional wellbeing were identified across all 3 groups as being important. Amputee peer support is likely to be a powerful yet inexpensive addition to routine care.

One of the recommendations to come from the study included following up with the Peer Support Program recipient six to eight weeks post initial engagement. Limbs 4 Life have adopted this recommendation and embedded it as a key element of the program delivery and management oversight. All program recipients are contacted which enables us to determine how their recovery is progressing, along with providing them with the opportunity to ask further questions and seek answers to any additional concerns they may have.

(Brusco NK, Foster S, Noonan M, Waugh F, Warren N. What is the cost, impact, and willingness to pay for an Amputee Peer Support Program? Prosthetics and Orthotics International. 2023 Apr; 47(2):137-46)

Recipients of Peer Support shared:

"To have a person having experienced what I am going through to discuss and get guidance from." And, "Impact has been to discuss and derive ideas from a person who has experienced similar situations as mine and understands actions he has taken to overcome issues I am dealing with."

Peer Support Volunteers stated:

"The Program has given me a boost in self-esteem and pride that I am able to help new amputees in their journey."

"Volunteering is most rewarding. A feeling of satisfaction of helping a person with a similar disability or the likelihood of becoming an amputee."

"A sense of helping other folk at a difficult time in their life. A visit with an amputee was an excellent help for me so I was happy to do likewise for other people."

Impact of the program on health professionals

"A useful resource to be able to offer to patients through lived experience. Being a non-amputee person, I am not able to relate to patients through my own life and therefore find that having a peer support person helps patients with their adjustment."

"Great support and back up from the Program that works alongside the "medical" process of the hospital. Patients routinely remark at how helpful and supportive having a support visit was."

"It's a fantastic initiative. I think it gives them a lot less sense of being alone. So much more powerful than being given information by a prosthetist. Gives patients hope."



John's story

"I have been a Peer Support Volunteer with Limbs 4 Life since 2019. It has been a pleasure to assist Limbs 4 Life during this time as a Mentor to other amputees. Over that time, I have been asked to speak to very interesting amputees, along with those people pre amputation both in South Australia and Interstate."

"My aim is to encourage amputees to move forward and to view their disability only as a hindrance."

"In South Australia we resumed quarterly amputee meetings this year which is an informal form of peer support and a way of sharing experiences and information. We often attract 25 - 30 amputees to these events."

"Being a Mentor is well supported by the dedicated team at Limbs 4 Life"



Charmaine's story

"Being a peer support volunteer is extremely rewarding, listening to a new amputee or soon to be amputee's journey so far and what led to their amputation is really interesting. Letting new amputees see that there is a light at the end of the tunnel - they may get mobile again and become independent and be able to return to their usual daily routine.

It's important for them to know they're not alone on their journey and there are many people out there willing to help and support them through. The Amputee Support Pack (that I provide to people I visit) is appreciated and the amputee diary is a loved resource".

Creating community connectedness



Bringing our community of amputees and their partners, family or carers together around Australia is an important part of our key strategic goals. Locally-based support groups help to create pathways and opportunities for people post rehabilitation. Groups provide people with the opportunity to engage in a safe and supportive environment, learn from others, seek answers to questions and build long term networks.

During this financial year Limbs 4 Life established and rolled out support groups in NSW, South Australia, Western Australia, metropolitan and regional Victoria. To date 11 groups have been established and are supported by Limbs 4 Life trained Peer Support Volunteers who have also participated in the support Group Leader training skills course. The online training course builds individual capacity and upskills Leaders with strategies and approaches for running a successful group. The added benefit of locally-based groups is gaining knowledge and learning what supports are available in specific local communities.

Group Leaders have access to the Group Leaders Network which enables them to connect with peers undertaking similar roles and serves to promote shared knowledge, builds confidence, and increases self-esteem.

Support groups provide a pathway for engagement for those who did not receive peer-based support while in hospital, rehabilitation or earlier on in their journey, and those who wish to further connect with their community.

Research and an evaluation of the Victorian aspect of local area support groups will be released within a formal report due June 2024.



Ben's story

"I've been a Group Leader for roughly 18 months. I was hesitant at first as I didn't think I had the skills required. I wanted to make sure that everyone felt welcome and supported at our events. Limbs 4 Life give us so much help it's impossible to not run successful gatherings!"

I make sure they know that we appreciate their attendance and if they had any questions or concerns, that I can't answer, then Limbs 4 Life are able to.

Limbs 4 Life has given me an opportunity to branch out, meet more people, and engage in these awesome gatherings to support maintain these great connections.

When I speak to everyone, I try to be myself and again make sure everyone knows how they are valued".

Online peer connections

Hosting an online community network helps bring together amputees and their carers/partners from across Australia and serves to unite the community as one. Limbs 4 Life has been administering an online (private) peer support community for the past 15 years. Membership of this online group boasts 2.4K people from around our country. This forum is easily accessible and supports those who prefer virtual engagement and connection with others. Formally administered and moderated by amputees, this forum is an extremely supportive environment which enables people facing amputation (and their families) to connect with those who have been living with limb loss for a varied number of years.

New members can post questions, share experiences about their journey, celebrate successes and seek information in a safe and supportive environment. Similarly, the Limbs 4 Kids online group provides a similar level of support to parents of children with limb differences who can benefit from those who have already raised families with a child who has a congenital difference.

Online groups build community connectedness, help to reduce isolation and increase knowledge and empowerment, while acting as informal mechanism for peer support.

Limbs 4 Life has a presence across all social media platforms and is visibly present in sharing key information across these channels to our community.

Amputee empowerment

The Amputee Empowerment project in Victoria commenced in 2020 with funding from the National Disability Agency (NDIA) Information, Linkages and Capacity Building grant. The purpose of the funding was to:

- Build individual capacity
- Increase skills for self-advocacy
- Engage volunteers to deliver peer-based supports
- Establish local community support groups and networks
- Upskill people to become support Group Leaders
- Informative webinars and videos
- Information and resource based toolkit

This project serves to increase individual knowledge via the delivery of information and workshops relative to an amputees overall care

and wellbeing. Using a co-design consumer-led approach the project sought to identify gaps in key areas of support and information over the course of 4 years.



Kevin's story

Kevin lost his leg below the knee December 2015, and this is his story.

"I received peer support on several occasions but decided to go my own way, I couldn't see a way forward. I lost my way, felt depressed and started giving up. I had decided that I had to do something - my mind was starting to come out of the fog, and I needed some guidance. I decided to attend the first 'Empowerment Workshop' and that day turned things around for me.

Prior to attending that workshop, I didn't know what direction to go in, I didn't know how to achieve my goals, I didn't understand how to navigate the National Disability Insurance Scheme (NDIS), my prosthesis wasn't working for me, and I didn't know how to get a better outcome.

Information and support that I gained from the Workshop helped me to get the wheels in motion. I changed prosthetic providers so that I could get a functional prosthesis, took up physiotherapy to improve the way I walked. I started to feel really good about and within myself.

I completed my Certificate III in Aged Care and Disability, changed careers and I currently work in the aged care and disability sector providing daily living assistance to people. My job involves helping people with personal hygiene, showering, dressing and eating; I listen to their stories and provide social assistance and support. I love my job, it's tough but rewarding. I never believed that I would be able to walk 20,000 steps, but I can now and my job helps to keep me physically fit and mentally well.

I then decided to become a Peer Support Volunteer to support my community. I know how I felt at the time of my amputation. If I'd known then, what I know now then maybe my journey would have been easier. I lost 5 years of my life wondering how things might be. Knowledge is so valuable and I want others to realise what can be. I was in the wilderness feeling sorry for myself, because I didn't know which direction to turn in. I want to empower others. In an odd way, losing my leg has put me on the right path. I'm happy and content with my life.

It's all about attitude and believing in yourself - if it's going to be it's up to me!"

Advocating and upskilling our community



In our capacity as the peak body for people with limb loss in Australia, we are regularly called upon to advocate and provide support for individuals. Navigating funding streams and gaining access to funding services is sometimes very complex for people new to amputation. The introduction of the National Disability Insurance Scheme (NDIS) while extremely beneficial to our community also brings about a burden for people new to disability who do not understand how to gain entry into the Scheme and/or those currently in the Scheme but struggle to understand how processes work.

We are regularly tasked with the role of advocating on behalf of the person, to their prosthetic provider, the Agency and/or those with the delegation of authority of the NDIA CEO. People with limb loss have a range of different needs and sometimes our role requires us to explain and simplify those needs to the decision makers. Over the past 12 months, Limbs 4 Life have provided individual advocacy for 21 amputees. Most of these cases take in excess of 40 hours per person. Usually at the time of engagement those people are distraught, exhausted, have heightened anxiety and lack trust within various systems, including some allied healthcare providers.

What we have learnt over the past few years is that members of

our community require support and assistance to enable them to self-advocate and feel confident in doing so. It is our role to upskill members of our community with information about their rights as a consumer, their rights as a person with a disability (those rights are outlined in the UN Convention on the Rights of Persons with a Disability) and help to increase and build individual confidence in order to achieve better outcomes for themselves.

This year Limbs 4 Life created information sheets and have run face to face and online workshops which relate Consumer Law and a person's rights as a consumer. Similarly, we have delivered sessions to increase confidence when it comes to understanding Human Rights, what human rights mean and how using our human rights can be an effective and efficient advocacy tool.

While individual advocacy is time consuming but extremely important, what is of equal or greater importance is advocating systemically to government and various government departments. The Australian health and disability systems are complex and complicated with departments and specific responsibilities divided federally and via State/Territory governments. While some schemes and services operate nationally, others operate at a State/Territory level further complicating the process for individuals and organisations alike.



Glynis and Rob's story

"In late October 2022 Robert underwent an above knee amputation. Rob had been unwell for over 2 years prior to this and at the time was ready to accept amputation to rid himself of all the pain he had suffered.

At the time, as travelling this journey was all new to us, I searched Google to find what services and facilities were available in Melbourne for amputees and where we would go to from here. I was surprised but also excited to learn Limbs 4 Life was an organisation which came up on my search. At this time Limbs 4 Life were hosting an Empowerment Workshop and I registered to attend by myself as Rob was still in hospital.

It was like I had found a pot of gold at the end of the rainbow.

1. *Firstly the initial welcome and friendliness I observed amongst all participants*
2. *Various documents available regarding travelling the journey of an amputee produced by Limbs 4 Life*
3. *Members of the audience sharing their stories both positive and negative*
4. *The advice given by both the audience and Limbs 4 Life Staff about the rights of an amputee*
5. *Navigating through the process of NDIS as it was a foreign land, my head was confused*
6. *Being advised of the rights of an amputee, the option of attending Peer Support groups with other amputees.*

Since this time, we have also attended the conference, this was Rob's first involvement. Oh, I had raved about the knowledge and support I had received but this was all new to Rob. Rob had no expectations nor any idea of what to expect from Limbs 4 Life."

He has learnt in the last 9 months an overwhelming amount of information that he has absorbed: his rights as an amputee. He has a right to voice his concerns and not to accept just because he is led to believe 'this is the service available'. Being provided with this knowledge and knowing that you can voice your concerns and that you are not happy and that you have a right to expect change. You have the right to change your service provider if you are not happy with the service.

Amputees that have travelled the road and are not afraid to share their knowledge and experience. It's simply the best!"

Consumer education series

As part of our role as community educators and advocates along with our goal to upskill and empower our community, there is a growing need to ensure that our stakeholders have information pertaining to their needs. Limbs 4 Life does not promote models of dependency, therefore the importance of promoting self-reliance and building confidence and consumer capacity is high on our agenda.

Human rights are an important tool. They are based on the principles of dignity, equality and mutual respect. The Convention on the Rights of Persons with Disability (CRPD) were ratified by the Council of

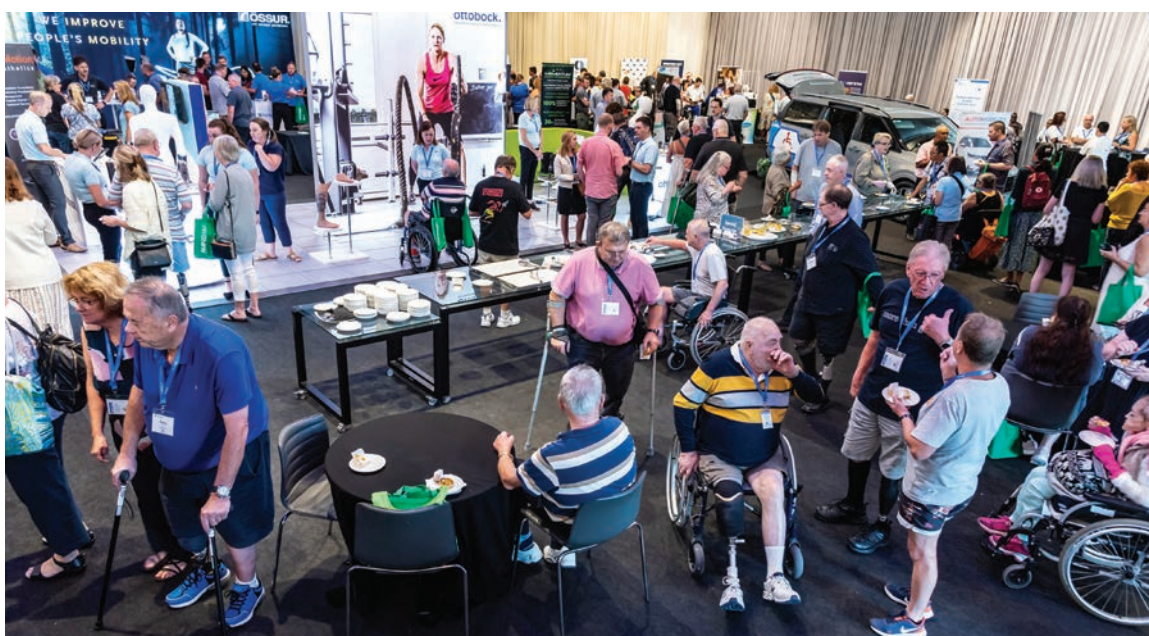


Australia Governments in 2008, however, many people with a disability, including amputees don't make use of their 'rights' and sometimes struggle to understand the true importance and level of value they carry. We know human rights are important because they give us leverage for action - we can all enact our human rights when and if we are being mistreated. Rights encompass being treated fairly, treating others fairly and having the ability to make genuine choices in our daily lives.

Similarly in a country where consumers of healthcare and disability services (and supports such as assistive technology) have advocated for years to have their voices heard, it's imperative that they are aware of legislation, understand systems and make use of the laws which serve their needs.

The education series covered a range of important topics developed to build consumer capacity, including:

- Understanding consumer law
- Your human rights and why they are important
- Self-advocacy, building confidence
- Exercising choice and control
- What 'fit for purpose' really means



Amp-ed Up National Conference 2023

After three long years and four attempts, Amp-ed Up national amputee conference finally became a reality. It was wonderful to bring our community together again and in person.

Hosted this year in Melbourne this two day conference attracted more than 300 amputees and their partners, nearly double the number of delegates who attended the Canberra conference in 2019. Members of the amputee community, their friends and family travelled from across the country to come together and it was equally pleasing to have our New Zealand cousins join us again.

Our goal for hosting an event like Amp-ed Up is to ensure that members of the amputee community, have the opportunity to be

educated and learn something new, be empowered to ask questions and be encouraged to connect with peers to share stories and learn from each other. The overwhelming feedback indicated that those goals were met, however one can never stop learning and it's important to continue to remain focused on what each of you want to achieve in your lives.

In closing, I want to acknowledge and thank the incredible work of our team, my staff, members of the National Amputee Advisory Council and our amazing board members, all of whom worked very hard to ensure that Amp-ed Up 2023 would be a resounding success.

Amp-ed Up 2023 attracted our biggest range of exhibitors yet. There were 19 different companies which supported this year's conference. We couldn't run this event without their dedicated support and acknowledgement to Ossur and Ottobock for being our major conference partners.

The conference featured a range of speakers who addressed a wide a varied number of topics including: Bloke's health, Navigating the Healthcare System, Phantom Pain treatments, Navigating My Aged Care, Understanding your Human Rights, Your Consumer Law Rights explained, along with key note presentations from members of the amputee community.

The official Welcome Event at the end of day one was a fabulous opportunity for delegates, speakers and exhibitors to get together in a relaxed environment. We were all entertained by the wonderful duo 'Missing Bits' featuring Andrew and Bruce, who provided amazing tunes on their respective instruments.

A special feature of Amp-ed Up was the attendance, address and formal launch of the Socio-economic burden of limb loss in Australia report by the Hon. Bill Shorten MP, Minister for the NDIS, member for Maribyrnong. The Minister shared insights about the NDIS, how government is working and committed to improving the Scheme and the benefits that the NDIS has brought to the disability community to date.

Working together to achieve better outcomes

National Amputee Advisory Council

The voluntary National Amputee Advisory Council (NAAC) is comprised of amputees representing all Australian states and territories, and all members have the lived experience of limb loss, different causes

of amputation and different levels of amputation. In addition to the location-based members there are also three amputees with specific knowledge and experience including First Nations, upper limb and Osseointegration amputees.

The NAAC meets six times per year and are tasked with providing advice, guidance and input to Limbs 4 Life at operational and strategic levels. The NAAC is committed to promoting and advocating for social inclusion of amputees and their advice plays a critical role in assisting Limbs 4 Life to meet the needs and aspirations of our community and other stakeholders.



Community consultations

Limbs 4 Life works to serve the whole community and be responsive to their needs. In order to do so, we need to know what our community wants, thinks, and needs to foster positive outcomes for everyone. The needs of partners, families and carers has increasingly grown over the past year and that is an area of support that we would like to develop and expand using a co-design approach. Our consultations and survey feedback include:

- The needs of partners and carers
- Amp-ed Up Conference consultation feedback
- Peer support volunteer training
- Did Group Leader training meet your needs?
- How can an Amputee Empowerment session benefit you?
- Would you engage with a Local Area Support Groups

In-service education healthcare facilities and providers

Limbs 4 Life is regularly asked to provide information sessions to a range of health and community providers. These education sessions showcase the services, program and health literacy offered by Limbs 4 Life. Throughout 2023, 413 providers in various locations around Australia participated in educational sessions. Healthcare providers in nursing, occupational therapy, podiatry, social work, prosthetics, physiotherapy and surgeons took part in online or digitally accessible education sessions.

These sessions provided directional pathways for healthcare providers to engage peer support for their patients and clients, learn of the range of services and resources that Limbs 4 Life provides to the community along with gaining insights to community based projects such as locally based support groups.

Advisory and reference group participation

Limbs 4 Life are frequently contacted to provide feedback and join a range of reference groups and advisory committees. Some of these committees are specific to amputees, while others may cover broader areas such as disability and assistive technology. Through the year Limbs 4 Life had representation on the following:

- Queensland Health - (QALS) Consumer Advisory Committee
- New Zealand Artificial Limb Service - Peer Support Advisory Committee
- Australian Orthotic and Prosthetic Association (AOPA) NDIS Advisory Committee
- Latrobe University - Prosthetic Course Advisory Committee
- National Assistive Technology Alliance (NATA) Assistive Technology consultation
- Disability Access and Inclusion Reference Group
- University of NSW - Disaster Risk Reduction for People with Disability
- University of NSW - NEURA Titan Phantom Limb Pain Research
- South Australian Health and Medical Research Institute - Aboriginal Diabetes Foot Disease

Our governance



Board of Management

The Limbs 4 Life Board of Management is comprised of individuals with a broad range of skills and experiences in corporate, community, health, legal, financial and non-profit sectors. In addition, many of our Board Members have a personal connection to limb loss and/or other disabilities.

Our Board Members generously give of their time and knowledge to strategically steer Limbs 4 Life towards a sustainable future aligned with its mission, vision and values. The professional and passionate members ensure this by adopting sound, ethical, legal, financial and risk mitigation management practices and policies.

Chairperson

Natalie Sullivan

Deputy Chair

Jason Diederich

Treasurer

Natasha MacKenzie

Ordinary Members

Helen Connor

Dr Wilma Gallet

Scott Mitchell (resigned January 2023)

Natasha O'Callaghan-Koneska

Melissa Noonan AM - Secretary

Board Sub-Committees

Audit and Risk Sub-Committee

Natasha MacKenzie

Natasha O'Callaghan-Koneska

Marketing and Communications Sub-Committee

Helen Connor

Jason Diederich

Scott Mitchell

Natasha O'Callaghan-Koneska

Nominations and Remuneration Sub-Committee

Helen Connor

Dr Wilma Gallet

Natalie Sullivan

Research and Evaluation Sub-Committee

Helen Connor

Dr Wilma Gallet

Dr Natasha Brusco (external)

Auditors

MVA Bennett

Our people

At the heart of Limbs 4 Life is an extraordinary team of volunteers, staff and Board Members. The Limbs 4 Life team is filled with talented and passionate people who share our vision, live our values and embrace innovation and change.

Staff

Melissa Noonan AM – CEO

Fiona Waugh – Policy and Program Manager (resigned September 2022)

Mike Rolls – Program Manager

Andrew Fairbairn – Program Coordinator

Bruce Jacques – Program Coordinator

Leahe Walker – Administration Officer

Jacquetta Rogers – Administration Assistant

National Amputee Advisory Council

Priscilla Sutton – Australian Capital Territory

Paul Thomas – New South Wales

Darren Skuse – Northern Territory

Sara Shams – Queensland

Peter Stringer – South Australia

Ren Gallet – Victoria

Andrew Fairbairn – Western Australia

Shane Grant – Regional representative

Kylie Franson – Congenital upper limb deficiency

Glenn Bedwell – Osseointegration user

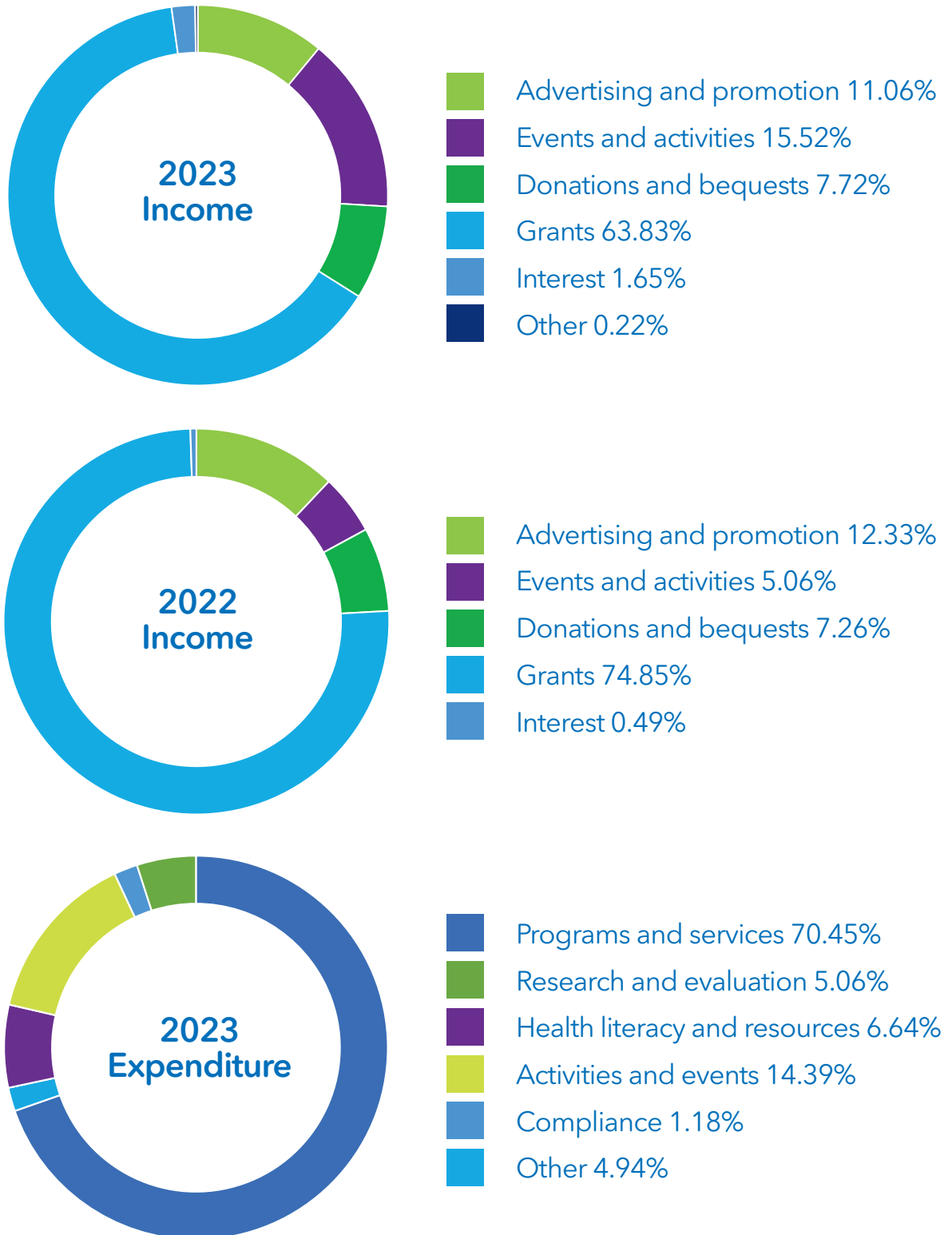
Richard McCarthy – First Nations People representative

Peer Support Volunteers

Limbs 4 Life could not carry out its valuable work without the generosity of our Peer Support Volunteers. These dedicated individuals generously donate their time and share their lived experience of amputation to support others across Australia just commencing on that journey. Our Peer Support Volunteers are the cornerstone of the organisation and we couldn't achieve our mission and goals without their continuous support. We acknowledge and thank our Peer Support Volunteers for their ongoing support, continued commitment and invaluable contributions.

Our financials


Limbs 4 Life continued to demonstrate sound financial management during the 2022 - 2023 Financial Year. The total income for the year was \$690,873.74. Income was primarily generated from grants and donations from community and corporate supporters along with activities such as the Amp-ed Up Conference.



**AUDITOR'S INDEPENDENCE DECLARATION
UNDER SECTION 60-40(1) OF THE AUSTRALIAN CHARITIES AND NOT-FOR-PROFITS COMMISSION ACT
2012
TO THE MEMBERS OF LIMBS 4 LIFE INCORPORATED**

I declare that, to the best of my knowledge and belief, during the year ended 30 June 2023 there has been:

- (i) no contraventions of the auditor independence requirements as set out in the *Australian Charities And Not-For-Profits Commission Act 2012* in relation to the audit; and
- (ii) no contraventions of any applicable code of professional conduct in relation to the audit.


MVA Bennett
Chartered Accountants


SAM CLARINGBOLD
Partner

Signed at Melbourne this 15th day of November 2023

Melbourne

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485 La Trobe Street
Melbourne, Vic 3000

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**INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF
LIMBS 4 LIFE INCORPORATED
ABN 25 116 424 461**

Report on the Audit of the Financial Report

Opinion

We have audited the financial report of Limbs 4 Life Incorporated (the Association), which comprises the statement of financial position as at 30 June 2023, the statement of comprehensive income statement of changes in equity and statement of cash flows for the year then ended, notes comprising a summary of significant accounting policies and other explanatory information, and the certification by members of the Committee on the annual statements giving a true and fair view of the financial position and performance of the Association.

In our opinion, the accompanying financial report gives a true and fair view of, the financial position of the Association as at 30 June 2023 and of its financial performance for the year then ended in accordance with the accounting policies described in Note 1 to the financial statements and the requirements of the *Associations Incorporation Reform Act 2012 (Vic)* and division 60 of the *Australian Charities and Not-for-profits Commission Act 2012*.

Basis for Opinion

We conducted our audit in accordance with Australian Auditing Standards. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the Financial Report section of our report. We are independent of the Association in accordance with the ethical requirements of the Accounting Professional and Ethical Standards Board's APES 110: Code of Ethics for Professional Accountants (the Code) that are relevant to our audit of the financial report in Australia. We have also fulfilled our other ethical responsibilities in accordance with the Code.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Emphasis of Matter – Basis of Accounting

We draw attention to Note 1 to the financial report, which describes the basis of accounting. The financial report has been prepared to assist the Association to meet the requirements of *Associations Incorporation Reform Act 2012 (Vic)* and division 60 of the *Australian Charities and Not-for-profits Commission Act 2012*. As a result, the financial report may not be suitable for another purpose. Our opinion is not modified in respect of this matter.

Responsibilities of the Committee for the Financial Report

The Committee is responsible for the preparation and fair presentation of the financial report in accordance with the financial reporting requirements of the *Associations Incorporation Reform Act 2012 (Vic)* and division 60 of the *Australian Charities and Not-for-profits Commission Act 2012* and for such internal control as the Committee determines is necessary to enable the preparation and fair presentation of a financial report that is free from material misstatement, whether due to fraud or error.

In preparing the financial report, the Committee is responsible for assessing the Association's ability to continue as a going concern, disclosing, as applicable, matters relating to going concern and using the going concern basis of accounting unless the Committee either intends to liquidate the Association or to cease operations, or has no realistic alternative but to do so.

Melbourne

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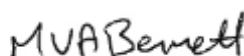
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Auditor's Responsibilities for the Audit of the Financial Report

Our objectives are to obtain reasonable assurance about whether the financial report as a whole is free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with the Australian Auditing Standards will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of this financial report.

As part of an audit in accordance with the Australian Auditing Standards, we exercise professional judgement and maintain professional scepticism throughout the audit. Further information about our responsibilities can be found at <http://www.auasb.gov.au/Home.aspx>

We communicate with the Committee regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.


MVA Bennett
Chartered Accountants


SAM CLARINGBOLD
Partner

Signed at Melbourne this 15th day of November 2023

Our thanks

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Limbs 4 Life Incorporated is a registered charity and accredited to carry the Australian Charity and Non-Profit Commission (ACNC) charity tick.

Limbs 4 Life Incorporated

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