

The

shaw trust

Disability Power 100



# Kiera Roche



After becoming an **amputee** Kiera found it very difficult to take part in sports and physical activity.

An **amputee** is a person who has had a leg, arm, foot or hand removed.



Since then Kiera has worked very hard to make sure everyone can take part in sports and physical activity.

Working with her charity team, LimbPower, she has:



- Supported young people and children to be able to take part in PE at school.



- Helped with research that looks into supporting amputees.



- Created a fitness programme to help amputees get back into sport.



Website:  
[www.limbpower.com](http://www.limbpower.com)



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