



getting people moving

## **Please can I have your unwanted sensible shoes?**

### **What on earth for?**

500 miles is a Scottish charity which aims to support amputees and other disabled people in Malawi and Zambia.

We help poor disabled people to get access to prostheses and orthoses. Prostheses are devices which substitute for body parts which are missing. Orthoses are devices like splints which support body parts which are there but which are weak or don't function properly.

500 miles has set up its own new prosthetic and orthotic centre in Lilongwe, Malawi in cooperation with the Malawi Government. In Zambia we support an existing private prosthetic workshop in Lusaka and use it as a base from which to fly prosthetic and orthotic services to remote parts of Zambia.

When people are fitted with prostheses and orthoses, they also need to be supplied with a sturdy pair of shoes. Shoes are needed partly to stabilise the prosthesis or orthosis so that it can be used safely and effectively and partly to protect the device which would otherwise wear out too quickly. Strong shoes are a luxury that most people can't afford.

The workshops which make prostheses and orthoses try to keep a supply of shoes to give to patients but they never have enough. We are therefore collecting as many pairs of suitable shoes as we can to send out to our workshops in Lilongwe and Lusaka for free distribution to those in need.

### **What kind of shoes?**

Men's and women's flat, reasonably sturdy shoes of any size. Trainers and lace-up shoes which grip the bridge of the foot are ideal. (We do send children's shoes but we have a lot of these at present.)

We don't want to be too picky but to make it worth shipping goods to Africa, they need to be in good condition. They don't have to be unworn but "nearly new" or "good" condition would be ideal. If in doubt let us have them!

### **Where do you take them?**

Please will you tie pairs of shoes together securely (by the laces is fine) – and drop them into Morningside United Church on Thursday mornings – or bring them to church on Sundays – service at 11.00 am.

**Thank you!**

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