

## Contact details:

### The POLAR Programme

Prosthetic, Orthotic, Limb Absence Rehabilitation

### Administration:

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**National Rehabilitation  
University Hospital**

Ant OspidéalN áisiúnta Athshlánúcháin

## Limb Absence Peer Support at the NRH



### National Rehabilitation Hospital

Rochestown Avenue, Dún Laoghaire,  
Co. Dublin, A96 RPN4

**Telephone** (01) 235 5000

[www.nrh.ie](http://www.nrh.ie)



**Empathy  
Experience  
Encouragement**



The [National Rehabilitation Hospital](http://www.nrh.ie) is accredited by CARF (Commission for accreditation of Rehabilitation Facilities) for a range of services, confirming they meet recognized international standards

## What is Peer Support?

Peer support is a form of social and emotional support provided by individuals who have lived experience of limb loss.

While recognising that each person's journey is unique, peer support offers an opportunity to share experiences, education, advice and encouragement, and values the power of shared understanding.

## Who are NRH Peer Supports?

NRH Peer Volunteers are individuals who have experienced limb absence and have taken part in the rehabilitation programme within the National Rehabilitation Hospital.

The volunteers are provided with training, support and supervision in offering empathic, supportive and practical advice drawn from their personal and lived experiences.

All NRH Peer Volunteers are Garda vetted.

## How Does Peer Support Work?



**1 Monthly Peer Support Groups** are held in the NRH on a scheduled basis, normally the first Tuesday of each month.



**2 One-to-One Peer Support** offers the opportunity to meet with an NRH Peer Volunteer individually, to discuss particular goals, challenges or experiences. One-to-one peer support can be requested and organised by your treating team.



**3 Peer Socialisation** is an informal opportunity for current limb absence patients and peer volunteers to meet and share in open conversation and discussion, often taking place in the Poppy dining room.

## How can I access Peer Support?



Contact our team on:

(01) 235 5263