

“I Just Kept Saying Yes”: Quadruple Amputee and Charity Founder Cor Hutton Shares Her Extraordinary Story on Full Disclosure with James O’Brien

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Scottish charity founder Dr Cor Hutton MBE BCAC DL has shared her powerful story of survival, resilience, and purpose on the latest episode of Full Disclosure with James O’Brien, released as part of Global’s Make Some Noise campaign.

In the episode titled “The Quadruple Amputee Who Found Her Feet,” Cor speaks with honesty and humour about life after sepsis, the amputation of both her hands and legs, her double hand transplant, and how she turned tragedy into purpose through her charity Finding Your Feet.

Introducing the episode, James says, “This is going to be a bit different...” He adds, “I don’t know where to start, your life has been so extraordinary.”

Cor recalls the illness that changed everything:

“On Friday afternoon, I got myself an appointment at the doctor, he checked me thoroughly, and the next day you’re dying with sepsis. It’s just bizarre.”

When she woke from a medically induced coma, she learned she would lose her hands and feet. “There didn’t seem to be anybody who could tell me what life would be like without hands and feet... I’d have loved to have seen someone coping,” she tells James. “My family said, ‘There’s a gap – why don’t you bridge it?’ So, we did.”

Within a year, Cor founded Finding Your Feet, which has since grown into Scotland’s only charity supporting people and families affected by amputation or limb absence. Today the charity runs around 120 clubs and activities each month and supports more than 1,500 people across the country.

Reflecting on how she approached recovery and new challenges, Cor says simply, “I just kept saying yes.”

Beyond her charity work, Cor has gone on to achieve a series of remarkable milestones. She became the first female quadruple amputee to summit Mount Kilimanjaro, has trekked the Inca Trail to Machu Picchu, and has been recognised with an MBE and three Honorary Doctorates for her services to charity and inspirational advocacy.

Cor says, “Helping other people stopped me thinking about me. That was like a therapy.”

As the conversation closes, James tells her, “Your life has been so extraordinary... you’ve turned personal adversity into extraordinary advocacy.”

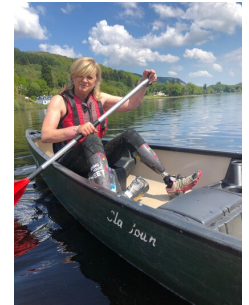
The Full Disclosure episode offers a rare, personal look at what it means to rebuild a life - not only physically but emotionally - and shines a light on the ongoing need for awareness around sepsis and limb loss.

Full Disclosure with James O’Brien: Cor Hutton - The Quadruple Amputee Who Found Her Feet is available now on Global Player, Apple Podcasts and Spotify.

For more information about Cor Hutton and Finding Your Feet, visit cor.scot

Finding Your Feet relies on donations to continue providing vital emotional and physical support to amputees and their families across Scotland. To support their work, visit www.findingyourfeet.net/donate-now.

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Company Contact:

Finding Your Feet

T. 07922699667

E. jen@findingyourfeet.net

W. <https://www.findingyourfeet.net>

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