Speyside Leg Club

Charity No. SCO 42881

News Update April 2013

After a quiet spell following Christmas we have been quite busy again. If you forgot your Doppler appointment do not feel guilty (phone 01304 882 108 or Anke at 01340 821 055), it happens to all of us. If you need advice just come along to our meetings at the Masonic Hall in Aberlour, which are still **every Tuesday from 1.30 to 3.30 pm. Just walk in and the nurses will see you**. They treat ulcers, skin problems and prescribe support stockings if necessary. **Do not wait for ulcers to occur, you can do a lot to prevent them! All treatment is free.**
Members from outlying areas will be able to use Dial a Bus, which is free, compared to Car Share. Let us know that you are coming and someone can stay with you until collecting time after 4pm.

You may have missed our regular newsletters; we were trying to save on postage! But it is not easy to reach all the members just by word of mouth. If you would like our news emailed send your address to ankegrant@hotmail.co.uk
All our events are advertised in the Press& Journal and the Northern Scot. Please look out for our Posters!

These are our planned events:

Concert: **At the Masonic Hall in Aberlour on Friday, 31st May**
We will be entertained by **The Revellers**
Entry £4, there will be a raffle
7 for 7.30pm

Ceilidh: At **the Commercial Hotel in Dufftown on Thursday 20th June.** As there will be no Dufftown 2000 Ceilidh, we intend to have our ceilidh.
Andy McCormack and Friends will be entertaining.**7 for 7.30pm**, **Entry £ 3** and there will be a raffle.

Coffee Morning: In Rothes Church Hall on 20th July from 10 am to noon.
Entry £1.50 pp.
We would like some help on the day. There will also be a sales table and a raffle.

The Annual Tombola at the Royal British Legion in Dufftown is booked for 19th September, 7 for 7.30 pm. Donations for Prizes and Raffle are welcome.

There is another **National Golf Tournament** planned. Ally Lister would like any keen golfer to contact her through the Leg Club if they are interested in joining a team to participate locally and represent Speyside Leg Club. It is not essential that they are a member of the Leg Club.

Regards District Nurses

Anke Grant (Secretary) 01340 882 108
01340 821 055