Leg Club Severn Newsletter

September 2013 Issue No. 3

A Big Hello To All Our Leg Club Members

UPCOMING EVENTS

Christmas Lunch -Tuesday, December 3rd at Marston Belle– Leg Club Members only. (More information on this soon).

** ** ** **

Members, please join us on Tuesday, 17 December 2013 after the leg club for mince pies and some entertainment!!

The Mayor of Welshpool, Nurses, Members and Volunteers celebrate Leg Club Severn's First Anniversary in June 2013.

Leg Club Severn First Anniversary Cake

NEWSFLASH.....

Monthly Nail Cutting Service at Leg Club available through Age Concern. Small charge. Open to members and non-members. Leaflets available at Reception. Please also ask about our Armchair Exercises

A Man walks into a Psychiatrist's office with a banana up his nose and says, "What's the matter with me Doc"? The Psychiatrist says, "You're not eating properly".

Dear everyone, apart from the information in this newsletter, Reception will notify you of upcoming events so please look out for notices in due course.

Sign outside a Church:

"Carpenter from Nazareth looking for joiners"

Leg Club Severn's ***Refreshment Angels*** at the Coffee Morning , July 2013 at Church House, Welshpool.

Committee Members please note: next meeting is 7pm 28th November 2013 United Church, Welshpool

More of our Leg Club volunteers,Glennis Finney and Ann Evans at the Coffee morning, July 2013

Leg Club Member, Edward Evans at the Coffee Morning, July 2013 at the Church House in Welshpool.

124 Leg Club Members - yippee!!!!!

Did you know?

The ancient Romans dyed their hair with bird droppings. Phew.....

Leg Club Severn Coffee Morning, July 2013 at Church House, Welshpool

Useful contacts - Welshpool

Police Station	01938 552345	01938 552345
Fire Station (Newtown)	01686 626426	01686 626426
Hospital	01938 553133	01938 553133
Medical Centre	01938 553118	01938 553118
Post Office	01938 552194	01938 552194

County Council	01938 552828
Job Centre	01938 525200
Benefits Agency	01938 552828
Library	01938 553001

Rail Enquiries	08457 484950
Arriva	01970 617951
National Express Coaches	08705 808080
Amber Cabs	01938 556611
Yellow Cabs	01938 555533
Mount Taxis	01938 554976
Stonebridge Taxis	01938 555119

Handy Tips

Save last year's Christmas cards to make gift tags for the following year: cut out colourful decorations, thread with a cotton tie and write your message on the back.

West Midlands police moved swiftly on 15 May 1983 when a caller rang to say there was an abandoned safe on a grass verge at Halesowen. In no time a *uniformed* officer was on the scene, where he stood guard for over an hour until the arrival of detectives who dusted it for fingerprints. This done, they tried taking the safe back to the police station. When all attempts at lifting it failed, the uniformed branch sent a team of constables to help, but even they couldn't budge it so the traffic division sent a Landrover with towing gear. Man and machine united for twenty minutes of fruitless constabulary shoving.
"That" said an officer, "was when we realised it was a Midlands Electricity Board junction box concreted into the ground".

GROUP HUG.....GROUP HUG

A massive ***Thank You*** to all our lovely Members, Nurses and Volunteers who work tirelessly throughout the year to make our Club what it is. We wouldn't be able to do it without your support and kindness!!! Mwah! Mwah!

Did you know.?

Bagpipes were invented in Iran and brought to Scotland by the Romans

DATE FOR YOUR DIARY

MAYOR'S TABLE TOP SALE
CORN EXHCANGE SATURDAY 19 OCTOBER 2013.

Leg Club Severn is fortunate enough to be one of the Mayor's chosen charities, so please come along and give your support !

The Canal by Welshpool

Denise Jones enjoying a cuppa at Leg Club Severn's Coffee Morning in July, at the Church House, Welshpool

Do you have any memories or stories you would like to share with us in our newsletter? Are you a poet? We welcome all enquiries and submissions. To discuss this, you can call Pat on 01938 570220 who will be happy to advise and assist you with your submissions. Thank you in advance. xx

The Old Schoolroom of the United Reform Church

(Local Historian and Leg Club Severn Member, David Evans, shares memories of the many and varied uses of the old Schoolroom, New Street, Welshpool)

"I can remember in 1944, the old schoolroom was full of beds, in preparation for the War, and was looked after by Mrs Preese of Mount Street. After the war it reverted back to chapel use, where each Monday we would attend the Band of Hope with the Mrs & Miss Jenkins and there was always a list waiting to join. There was Sunday School and on Wednesdays, Junior Guild for the older ones. More often than not Saturdays were reserved for Weddings which were held next door in the chapel with the Rev. G. Jenkins. It was also used for parties and many other things. The old schoolroom was always at the disposal of the residents of New Street, where the kitchen was brought into being for Victory Teas, Royal Births and Coronations , if wet.

For many years, each December it was used by the Post Office for sorting Christmas mail. It became a place of worship after the main church was sold to become a second-hand clothes warehouse.

This lovely old building has been utilised for many purposes down the years, and now is being used by Leg Club Severn each Tuesday"

LEG CLUB®
www.legclub.org

United Church, New Street, Welshpool.
Open Tuesdays from 9am to 12.00pm.
All Welcome.

Alison Harding (Chair)
Glyn Lewis (Treasurer)
Rose Plume (Lead Nurse)
Pat Checkley (Secretary)

All enquiries:
01938 558829 (Welshpool District Nurses)

Roger's Best Chocolate Sauce

250 grams sugar 100 grams water
100 grams cocoa 50 grams butter
250 grams of good dark chocolate

Put sugar and water in a pan and bring to boil, making sure sugar is dissolved . Mix cocoa in to a paste with a little cold water (get rid of the lumps) in a separate bowl. Add the boiling sugar syrup to the cocoa mix, pour back into the pan and bring to the boil for a couple of minutes, stirring all the time.

Remove from cooker, add chocolate and butter and stir until all is combined. Put into airtight jars. This versatile sauce can be used as a topping or thinned down with cream to make a sauce or filling for cakes, or whipped into double cream to decorate a gateau. Yum Yum.....

This newsletter was produced and published by Pat Checkley for Leg Club Severn, August 2013.