Thetford Leg Club's Newsletter January 2015

First let me wish you all a very happy and prosperous 2015.

As a new year start it's time to "leg'o" of the old year – (*didn't get that from a cracker*.) It has been an eventful year of many changes, with staff and procedures, but we have dealt with it and we are all working well together.

We are grateful to a Mrs Lonsdale for her generous donation to our Leg Club, this has enabled us to purchase 3 Healthcare chairs with arms. These are easily cleaned for infection control and are helpful to the patients who have difficulty getting in and out of a conventional chair. This means the nurses can use them continuously in their designated area. Here are some pictures of them in use.

With the money we were also able to purchase 2 lovely hampers from the Elveden farm shop for our Christmas draw, These were won by Pam Hume one of our members she was very pleased with the first prize, our treasurer Frank won the second prize. This draw was very successful and we collected an amazing £195 in total for our Leg Club.

We are grateful to all who donated items for this, so many of you helped, including (nurses, volunteers and members.) **Thank you all very much**. (*Please continue to help with future tombola tables.)*

Continues……

Continued……

Ted works for the Hospice charity on other days. This charity has supermarkets donating items to them to raise money. Ted buys items cheaply for our tombola table. One of our members Tiny (*as he likes to be called*) has bought several tickets from us and the prizes he wins go to his own Breath Easy Charity raffle. That is 3 charities we know of who have benefited by this so far.

We would like to wish our Ted many happy returns from us all at the Leg Club, as he has just celebrated his 75th birthday in December.

Another volunteer has just joined us, her name is Maria and doesn't speak a lot of English, she joined us mainly to learn more English; she is very nice and is helpful about the club.

Some volunteers made sausage rolls and mince pies for the club on our last day before the Christmas holidays – They were very popular especially Hazel's puff pastry.

We would like to thank all who have donated sweets, biscuits and refreshments to our club, it's very good of you and we appreciate it.

A few pictures of some volunteers and members just before Christmas;

Now all the festivities are over we need to think of the New Year and how to improve our lives. 1) Diet as always after Christmas, (*unless you have been very good*.)

Everyone has their own method, so let us help each other to achieve goals.

Best wishes to you all from the volunteers: Frank, Hazel, Jill, Linda and Ted.

Kind Regards

Linda Wood – Club Secretary
Thetford Leg Club