BRENTWOOD LEG CLUB NEWSLETTER SUMMER 2016

NELFT NHS
NHS Foundation Trust

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CLUB ACTIVITIES

At the end of March, we had our annual ***Easter party***. In addition to the usual buffet of scones, cupcakes, fruit cake, sandwiches and other goodies, we had a ring toss game, tombola table and a creche. Janet's grandchildren provided much appreciated help and our members, volunteers and nurses joined in to make it a successful party!

Selena, who is on maternity leave, visited us recently to show off her lovely family; Samuel, her older son, and 3 month old, Josiah. Pat and our other members enjoyed the liveliness of their visit.

VOLUNTEERS *are welcome, needed and appreciated.*

CLUB INFORMATION

Age Concern invited Annabelle (our chairwoman) to speak at their April meeting in Chicester House. Eddie, a Leg Club & Age Concern member, kindly introduced her and spoke highly of the benefits of our Leg Club. Some Age Concern members may come to visit us and bring friends who might like to receive some leg care advice.

We have had quite a few ***new members*** since the beginning of the year and we hope both old and new members will tell us if there is anything we can do better. Otherwise, we hope you receive the best possible care from our team of specialist clinicians and enjoy the friendly surroundings.

Following the receipt of a ***two year grant*** from the ***NELFT***, our clinicians will soon be using the hall to train social services carers. This training will help to insure more consistency of treatment for patients in the community with lower limb problems.

Ford Britain Trust has approved our application for a ***grant*** to buy several pieces of equipment for the Leg Club. Thanks to Marc and Derek (our Treasurer and Secretary, respectively) and some of our members who previously worked for Ford, we have been fortunate to receive almost £900.

Hayley is looking into options to provide ***transport*** for some potential members who live quite a distance from Warley Hill. If you have any ideas, please see Hayley.

FUTURE EVENTS

Saturday, 7th May

5 K 'Colour me rad' fun run

Natalie and her team of seven will be running to promote our Leg Club. ***Activa Healthcare*** has generously paid for T shirts with our Leg Club logo on them. During the actual run we will be wearing 'Colour me rad' T shirts and, for the entertainment of others, we may have paint thrown at us; thus the name of the event. The course has been laid out next to Wormswood Scrubs prison in West London. We must be on our best behaviour!

Tuesday, 14th June

Vanessa Dodd of ***Therapy for You*** is coming to tell us about a local programme that offers courses on stress, worry, depression and other everyday concerns. If some of us are interested, she will lead a short relaxation exercise during her visit.

The Leg Club meets on Tuesdays from 1:00-3:30 in the Christ Church Hall, Warley Hill, Brentwood, Essex CM13 3AA.

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