NEWSLETTER Winter 2017

THE BEST FOOT FORWARD LEG CLUB

@ The Royal British Legion Hall, Upton.

OPEN EVERY THURSDAY MORNING
9am till 12pm
No Appointment Necessary
For all 'The Adam Practice' patients

The Best Foot Forward Leg Club (BFF) has been successfully open for over 15 months, it is the first Lindsay Leg Club® in Dorset and has won international Awards in 2016 for its achievements. This healthcare model is evidence based and its concept has become well established for over 20 years in many other areas of the UK and Australia. At Leg Clubs nursing staff and volunteers work in conjunction to provide holistic care to patients suffering from lower limb conditions. The Leg Club operates on a drop-in basis in a non-medical setting, and empowers members to become more involved in their care through peer support and collective treatment. Anyone from The Adam Practice is welcome to attend the Leg Club for treatment, however, if you are not registered please feel free to call in for refreshments and friendly environment.

Award – Top UK Leg Club Volunteer Team

Our Fantastic Volunteer Team won 2nd prize in the Leg Club Foundation Awards - only being piped to the post by one of the Australian volunteer Teams. This was an amazing achievement and highlights the team's commitment to provide to exciting social activities, vital fund raising and the essential weekly Leg Club refreshments!

Since our last newsletter there have been many fantastic fundraising activities undertaken by the dedicated Volunteers; Whether we raise a few pound or many more, every penny helps to fund the essential weekly running of the Leg Club and the various social events. Here is a snapshot;

- **Bottle stalls at several summer fetes – enjoyed by many during the warmer months and great interest from all that visited the stall in our photo boards - Thanks Carol/ Lynn/Maureen and Geraldine and everyone who have helped.**

- **Table Top Sales – with a dedicated BFF 'top' table-top selling team (Doreen/Margaret/Lynn/Jill) helping to raise funds whilst helping us all to de-clutter and loose those 'not required' goodies from our homes!.**

- **Skittles Evening –Thanks to hard work from Geraldine/ Hayley in selling the tickets, a fun night was had by all whom attend. A result for Ange, from the nursing team, whom ended up taking home a new member of her family after winning a full size Panda !!**

- **Monthly Raffle – our favourite 'Sunday Lunch' monthly raffle has continued and evolved with beautiful flowers/ plants to win. Many thanks to Hayley , Ken and their families for all the many contributions to make this so successful – we all know how busy it is at the Club on the week of the raffle!!**

- **Tea Parties – during the warmer months, many tea parties were run by Renate and John in their own home, offering visitors a chance to enjoy a 'taste of German hospitality'. The combination of contributions that were raised from these events has been amazing and have *funded a new DOPPLEX Machine for the Leg Club*. Big round of Applause!**

- **Parachute Jump – Hayley has taken the very brave decision to 'jump' out of a plane in aid of the Best Foot Forward Leg Club- you might ask " is she mad?" but we all know Hayley and she is never one to turn down a challenge!! We are hoping the sky's clear and wind stay calm. More to follow……..**

<u>CONCERT IN THE MEMORY OF DR. WILSON ADAM</u>

In October, a concert was organized by Renate and John, to raise funds and in memory of Dr. Wilson Adam, the founder of The Adam Practice. The evening was thoroughly enjoyed by over 300 people, with laughter filling the aisles of St. James Church in Poole.

A Huge successful night which raised a total of over £3300 from the evening and the silent auction, which will support the Minibus Transport and more for the whole year!

Many people helped to support the concert, it couldn't have been done without you all – THANK YOU!

(Maybe we can persuade Renate and John to organize this again!!)

BEST FOOT FORWARD 1st Year's Birthday

At the end of October 2016 we celebrated our '1st year of opening Birthday.
With continuously growing numbers, Legs healing and smiling faces each week it was certainly something to celebrate!
Thanks to the agreement of Carol and her Volunteer Committee everyone enjoyed a 'Fish and Chip' Lunch.

AWARDS Night for the Nursing Team

It was time for the 'Heels and Posh Frocks' as some members of the Nursing Team attend the Leg Club 2016 Conference and were presented with our International Awards.

Christmas 2016

At the beginning of December, we started the festive celebration with a Fantastic Christmas Party: the volunteers produced a 'spread fit for a King'! There was so much food, everyone had a large 'party bag' to take home.
The Christmas Raffle, was phenomenal, so many prizes it took over 3 tables – everyone took home at least one prize, many needing extra bags to carry all the winnings home!!

IN MEMORY OF FRIENDS

Sadly, over the last few months we have lost 3 of our members – Betty, Colin and Susan. They all were regular members of the Leg Club, almost since the early beginnings. Many members will have shared a cup of tea and a natter with them. They will be sadly missed.