Donation Thanks

A truly massive **Thank You** goes to:

Gareth Owen who raised £150 from his 65th birthday celebrations. Cheers Gareth!!

Violet Carter for her lovely donation of £50

Ethel Hilledge - £100 towards a new camera and an extra £20 for the birthday party

Arthur Trow for his donation towards the club's second anniversary

Angela Williams for raising £15.50 from 'Guess The Weight of The Cake'

Frank Jones £20

Gillian Chibbett £20

S.D. Morgan - £150

The Mayor of Welshpool, John Meredith, for £1,070.09, raised for us, being one of his chosen charities for 2014

Did you know.....?

Honey is the only natural food that never goes off?

****

Almonds are a member of the peach family?

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 Recipe for Butterscotch Sauce

1/2 lb granulated sugar
2 tbs water
2 tbs honey
2oz butter
2 tbs double cream

****

Place sugar and water in a pan and bring to the boil. Boil rapidly until the sugar turns to a nice golden brown (not too dark). Take off stove and add honey and butter, giving a good stir. Lastly, add the cream and pour into a jar and leave to cool. This sauce keeps in the fridge for weeks and you can use it on ice cream, as a layer in a cake or pour over a hot dessert. Luvverly!!!

This newsletter was produced and published by Pat Checkley for Leg Club Severn, June 2014

Leg Club Severn Newsletter

June 2014 Issue No. 5

HAPPY SECOND ANNIVERSARY LEG CLUB SEVERN!!

UPCOMING 2014 EVENTS

Heulwen Boat Trip, Welshpool
Friday 20th June
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Leg Club Coffee Morning, Church House Welshpool, Saturday 5th July
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Volunteers Afternoon Tea, Bay Tree, Welshpool, Saturday 12th July, 3pm.

Newtown's New Dynamic Choir who appeared at the Leg Club Joint Easter Concert with Newtown Leg Club, held at Abermule on 12 April

Leg Club Member Violet Knight celebrating the second anniversry of Leg Club Severn on 3rd June 2014, Welshpool

.....'If I could give you one thing in life I would give you the ability to see yourself through my eyes. Only then would you see how special you are to me....."

A Man walks into a Psychiatrist's office and says, "What's wrong with me Doc? I think I'm a bell". The Psychiatrist says, "Go home and give me a ring".

Sign outside a Church:

" What on earth are you doing for heaven's sake?".

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.

The Mayor of Welshpool, presenting a cheque to Leg Club Severn on 20th May 2014, Welshpool

Pat & Roger Checkley, receiving Awards on behalf of Leg Club Severn, 20th May 2014

Leg Club Severn Nurses with Ellie Lindsay, Founder of The Leg Club - 20th May 2014 at Welshpool

Members and Volunteers at Leg Club Severn's tearoom, Welshpool, May 2014

Beautiful Walks

Montgomery Canal between Welshpool and Berriew, May 2014

Ooohhhh.....

Pound for pound, spiders, flies and grasshoppers all contain more protein than beef.....Scrumtious!

Members at the second anniversary of Leg Club Severn on 3rd June 2014, Welshpool

Useful contacts - Welshpool

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

Remove burnt-on stains from pans with cheap cola. Pour just enough into the pan to cover the burnt area. Boil, stir then remove from the heat Pour away the hot cola and the burnt residue should go with it. Finish off with a rinse of your pan.

The Heulwen Trust

Began in 1975 when the Prince of Wales Committee in partnership with the Variety Club of Great Britain arranged for the apprentices of Cammell Laird to build a 70 foot canal boat specially designed to carry disabled children. The scheme was set up to last 10 years after which local people would assume responsibility to carry on the good work.

The Trust raised sufficient funds to buy in 1992 enough canal-side land to provide a much needed wharf for the boats. In 1993 delivery was taken of a second 70 foot narrow boat, To date, more than 45,000 persons with disabilities have enjoyed free daily trips on the canal. There is no doubt the trips give immense pleasure and benefit to the folk who use the service.

Members enjoying the Leg Club Severn Boat Trip, from Heulwen Wharf, Welshpool on 15 May 2014 with guests. A great time was had by all.

Did you know.?

A cat can keep purring while inhaling and exhaling.....

Let us take a few moments to remember those who have left us and let's not cry but let's just celebrate what fabulous folk they were and how lucky we are to have had them in our lives.

New Year Resolution:

"Never stop hugging those you love ok?"

Members enjoying the Boat Trip on 15th May 2014, from Heulen Wharf, Welshpool

Nurse Linda, with Member Vi, and Ali (Chair) at the second anniversary of Leg Club Severn, New Street Church, Welshpool, 3rd June 2014

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.