PATIENTS COMMUNITY

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News from Nailsea Leg Club

Like all Leg Clubs across the country and indeed the world, we were so sad at having to suspend our service back in March. That last session before the lockdown began, four of us volunteers and our lovely nursing team opened up the Leg Club for the last time for a number of weeks. We were able to welcome and treat 8 of our members, although all gowned up and wearing gloves!

But we are keeping in contact with both our members and volunteers, usually on the morning that Leg Club would have been held.

We are phoning our active and regular members every week just to see how they are getting on and so they know they are in our thoughts. Some like to chat for a while about how they are keeping themselves busy and how their leg treatment is going, and others just like a short conversation but so appreciate the contact.

We are setting up a Link-up newsletter for our Volunteers, of which we have 40 in total. It's all done by email and the one volunteer who doesn't use technology receives a printed copy through her letterbox! Sandy, our Volunteer Lead, started the ball rolling by asking everyone to send a short paragraph on how they came to be living in this area, what brought them here, what family they have, etc. Everyone has a story and we're so busy at Leg Club that we don't always get the chance to share them.

We've sent Easter e-cards to all our volunteers. It shows how much we appreciate them and all that they do at Leg Club and hopefully keeps them connected in readiness for our return. E-cards are a great way to send a lovely message and the Jacquie Lawson ones are, in my opinion, quite beautiful. It costs very little to subscribe and then you can send as many as you like throughout the year. Do take a look: jacquielawson.com.

Our members received an actual Easter card and they are always well received.

And of course, we also forward any messages and guidance we get from Ellie – we all loved the informatic newsletter and the latest suggestion on how to

cope with isolation sent last month and Ellie's Easter message was very personal. We've submitted the guidance on how to keep your legs moving to our local newspaper and are hoping they might print it – time will tell.

This is a difficult time for everyone and it would be very easy to lose contact with each other, which means when we do return to "normality", it could affect getting the momentum needed to get the Leg Club up and running again.

We wish you all the very best wishes during this time – stay well, stay safe but stay connected!

Kind regards

Carole Brooke

Chairman
Nailsea Leg Club