

## Bayside opens Leg Club in Senior's Week

The opening of the Bayside Leg Club coincided with Redland's Seniors Week and the launch of the Ageing Well in the Redlands: a ten-year strategy for seniors. This strategy developed by the Redlands Shire Council shapes the strategic direction for the Redlands community for the next ten years and was developed in response to the predicted aging and growing population. It is aimed at working towards building a community with supportive facilities, services and attitudes that will enable seniors to develop and maintain strong community ties and participate

at a level of their choosing. The opening of a Leg Club in Redlands will certainly contribute to the strategic direction of the shire.

The ceremony began with the delightful sounds of the U3A Choir (University of the Third Age) followed by speeches from the Redlands Shire Mayor Councillor Don Secombe and myself as the Wound Care Clinical Nurse Consultant for Spiritus Care Services. We were very fortunate to have a number of distinguished guests including representatives from the Redlands Shire Council,

the team from Queensland University of Technology Institute of Health and Biomedical Innovation led by Professor Helen Edwards Head of the School of Nursing and Ellie Lindsay all the way from the UK. Ellie hopped off the plane and arrived in the nick of time to take a front row seat and view the proceedings.

The Spiritus Bayside Leg Club is located at the Donald Simpson Over 50's Leisure Centre in Redlands. The Donald Simpson Centre provides dozens of activities, outings and courses such as theatre groups, ballroom dancing, woodworking and hearing impaired meetings. The Centre has numerous services available for members such as a library, internet access, computer tuition and low cost meals. The Bayside Leg Club has approximately six members but more than 500 members visit the Donald Simpson Centre per week. Linda Doricott and Megan Denniss, both Registered Nurses from Bayside, have worked closely with myself and the local community to establish the Leg Club. The Redlands community recognized what a valuable service we would be offering and we were fortunate to receive significant funding for equipment from the Redlands District Committee on the Ageing. The Bayside Leg Club really complements existing services and strengthens community interaction and support. The members of the Leg Club enjoy the friendly, welcoming social atmosphere and we are confident that the Leg Club will grow rapidly.



## Special thanks from the editor

It was truly an honour to have the opportunity to spend a week with Ellie Lindsay. On Thursday 5 October Ellie Lindsay officially opened the South East Leg Club and was able to join us for the opening of the Bayside Leg Club a few days before. She is a motivational tower of strength and wisdom. It is a real privilege to work with her and her enthusiasm, involvement and support has made

the Leg Club a reality. Ellie has inspired the team from Spiritus Care Services to embrace the values of our organisation – spirit, strength and courage, to drive the caring services we provide forward to benefit our community.

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