

Issue 3
April 2005

COMBS FORD LEG CLUB NEWSLETTER

Many apologies for this newsletter being later than predicted.
I trust you all had an enjoyable Easter!

'CANDLEMASS DAY'

" If Candlemass Day be fair and bright. Winter will have another fight"

Candlemass Day falls on 2nd February and was fair and bright this year. Remember the snow in March!

John Emeney

'MAY'S SALE'

With thanks to Shirley Wright for the bright idea and organization we plan to hold a table/car boot sale, May 21st in aid of our 'Leg Club' in the surgery car park.

Details of the sale will be highlighted on a poster nearer the date.

WELCOME

Combs Ford Leg Club is made up of few core committee members, these include,

- Louise, District Nurse Sister, Leg Club Vice Chairperson
- Wendy, Senior Community Staff Nurse, Committee support and financial negotiating Chief
- Cheryl, Senior Community Nurse Auxiliary, Leg Club News Editor/Coordinator
- Ann and Lana, Medical Observation Technicians
- Linda, Secretary, Treasurer and Catering facilitation officer
- Percy, Transport provider and coordinator, Catering assistant
- Joyce, Patient Educator and Fund raising awareness officer

FORTHCOMING FUNDRAISING EVENTS

Plans for staff/committee to take part in the Ladies Driving Challenge are continuing, unfortunately Louise has to work the weekend the event takes place June 11/12th and Wendy will be on holiday in America. This leaves Linda, Lana and Cheryl. Watch out for those sponsor forms!

CHRISTMAS CELEBRATIONS

What a wonderful success! Great attendance of members, great food, company and atmosphere. Everybody helped and supported one another even with the washing up! A great raffle and prizes.

Linda has proved to have many talents, cooking a Christmas dinner for 30 people is just another we thank and appreciate her for. Roll on next Christmas! Monies raised £121.





WELL LEGS

.Staff and members are working so well together we have seen again many transfers to [Well Leg Monitoring](#). Currently in total we have 40 regular members, 35 of which are for Well Leg Monitoring only, many have transferred after successful healing of a leg ulcer/injury.

Staff would like to thank all those for their patience and cooperation. A successful partnership between staff and member is formed and developed allowing us to be able to say 'You've Healed'

SINGING THE PRAISES OF MANUKA HONEY

By Iona Goodwin

Although the ulcer on my leg was gradually healing, it was making slow progress. I had read about the virtues of [Manuka Honey](#) on the internet so having told the nursing staff at the Leg Club on my intentions I decided to give it a try.

To begin with I used the honey straight from the jar (brought in via the internet) and then covered it with a plain dressing. In a very short period of time the wound had grown a lot smaller and had greatly improved.

After a visit to the Leg Club by a Manuka honey Rep, I started to use impregnated dressing which he had recommended. These had just become available on prescription and less messy. Within a couple of weeks the wound on my leg had completely healed.

Recently my dog was very badly bitten on the leg by another dog and having spent a fortune at the vets, I decided to try Manuka honey on his leg. The following week the vet was amazed at the progress the leg had made. He was so impressed he now uses it on all his animal patients with open wounds.

Manuka Honey may not suit everyone but it worked for me.

By Cheryl

Iona joined Leg Club in Sept 02 on recommendation by her G.P, 6wks after injuries were sustained. A variety of treatments were used. A Doppler was performed and compression advised to promote healing and reduce oedema.

January 04 Iona started independently using Manuka Honey after hearing and reading research from a fellow member and the internet. Support was given by Leg Club staff and practice nurses at the surgery, although this treatment wasn't currently available on prescription until May 04. By the end of May this wound had healed.

For 15months varies treatments were tried, research based. Communication between DN, P/N, G.P and Iona was open and frequent. This independent lady had a vast interest and participated in the care of the wound. An input respected and supported by all.

An example of the LEG CLUB PHILOSOPHY working as it is meant to I believe.

MANUKA HONEY IS PRODUCED FROM THE POLLEN OF THE WHITE FLOWERS OF THE MANUKA BUSH WHICH IS NATIVE TO NEW ZEALAND. IT IS STERILIZED BY GAMMA IRRADIATION ACTIVITY WHICH DOES NOT AFFECT ITS HEALING PROPERTIES





NORMAN'S VIEW (our local wound care rep)

I truly believe in the 'social dimension of leg ulcer care. It is a true holistic approach and of course its really related to all lower limb problems.

It's lovely to see a community spirit shared by all, which you certainly feel at Combs Ford. I am only pleased that we (3M) and myself on a personal level have been able to support the Leg Club and of course will continue to in the future. In fact when I retire (a few years to go yet) you may be ready for another volunteer driver!

I even have small connections with the Mount Barker Leg Club in Adelaide. I met the organizer when she was over here on Leg Club business and I found out that my wife's best friend, Mary comes from there and my retired boss's son also lives there.

If you can go on the web site one of the nurses featured went to school with Claire, sister of Mary. Claire is a nurse in Chertsey and went on the site to show off the Leg Club and saw her friend's picture

What a small world!

I shall continue to call in - the sandwiches are great.

MEGANS STORY

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

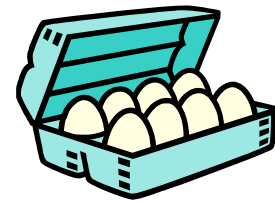
Much of the content you put in your newsletter can also be used for your Web site. Microsoft Word offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions

BRAIN TEASER FROM ROGER!

There are 6 people sitting around a table with an egg box containing 6 eggs, They all have an egg Yet there's one left in the box.....



[See next page for solution](#)





NEVER LIE TO YOUR MOTHER!

Good advice to pass onto your children/grandchildren.

A young man called Peter invited his mother for dinner, during the meal his mother couldn't help but notice how handsome Peter's flat mate was. She had long been suspicious of a relationship between the two and this only made her more curious.

Over the evening while watching the two interact, she started to wonder if there was more between Peter and his flat mate than met the eye.

Reading his mum's thoughts, Peter volunteered "I know what you must be thinking but I assure you Simon and I are just flat mates"

About a week later Simon came to Peter saying "ever since your mother came to dinner I've been unable to find the frying pan, you don't suppose she took it do you?" "well I doubt it but I will e-mail her just to be sure" said Peter

Dear mother, I'm not saying that you 'did' take the frying pan from my house, I'm not saying you 'did not' take the frying pan. The fact remains that it has been missing ever since you were here for dinner. Love Peter

Mother's reply; Dear son, I'm not saying that you 'do' sleep with Simon and I'm not saying that you 'do not' sleep with Simon but the fact remains that if he were sleeping in his own bed he would have found the frying pan by now. Love Mum

Lesson of the day: Don't lie to your mother, she'll always find out!!!

For more
information on 'Leg
Club' visit;
www.legclub.org

For more
information about
your local doctors
surgery visit;
www.combsfordsurgery.org.uk



The last person
takes the box
with his egg inside

Thanks Roger

LEG CLUB PHILOSOPHY

Operating in partnership between District Nurses, General Practitioners, Local Communities and Patients, Leg Club provides research based care on holistic leg ulcer management by addressing both social and medical aspects of patient need. Care is delivered in social, non medical environment that facilitates socialization and peer support and empowers patients to participate in and take ownership of their treatment

TIMES/VENUE

Combs Ford Leg Club, Community Centre

Hillside

Combs Ford

Stowmarket

Tuesday 1pm until 4pm, no appointment necessary

For information contact District Nurses Office 01449 614856

I would like to predict that the next newsletter be June/July 2005

Your contributions and suggestions are needed

Thank you!