



ISSUE 4
JUNE 2006

COMBS FORD LEG CLUB NEWSLETTER

By Cheryl Bilham

This newsletter is long overdue and I apologise. I would like to thank all those that have given support and encouragement to its success.

CAN YOU NAME THIS
BEAUTIFUL FLOWER?

FIND THE ANSWER ON PAGE 6



WELCOME

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

- Louise, District Nurse Sister, Leg Club Lead
- Wendy, Senior Community Staff Nurse, Committee support, financial negotiating chief
- Cheryl, NVQ3 Community Nurse Auxiliary, Leg Club news editor/coordinator
- Ann and Janet, Nursing support, Helping hands
- Linda, Secretary, Treasurer and Catering facilitation officer
- Percy, Transport Coordinator and catering assistant
- Joyce, Patient Educator and Fund raising awareness officer

VISITORS

The past year has been an extremely busy one at our leg club with a noticeable increase in visitors. This is due to the success of our club and other professional's interest and intrigue. Each visitor has been warmly welcomed by staff and members alike.....I believe word is out,

- x 3 from Wales
- x 2 Isle of Man
- x 1 Australia
- x 2 Worcester
- x 2 District Nurse Students
- A Managing Director and Representatives from a wide range of medical company suppliers.
- x 5 from Derbyshire
- x 2 Leicester
- x 4 Bedford PCT
- x 2 District Nurses
- Administrator For Leg Club Foundation

In October 2005, Pip Hardy National Audit Officer of Support Groups visited. Pip spent the afternoon observing and talking to members, volunteers and nursing staff. As a result of this she recommended that Combs Ford Leg Club be used as an example of 'BEST PRACTICE' and this was put forward in Parliament as a case study to encourage the concept be used. This is National recognition we should all be very proud of. Without the dedication, passion and commitment by all involved this would not have been possible.

Many Thanks and Well Done to all!!

Pip's full report can be found in our 'interesting reading' folder.



FUNDRAISING

There has been a lot of activity regarding fundraising which has made a remarkable increase to our spending capacity;

- May 2005, a car boot/table top sale was held in the surgery car park. Many thanks to members for all donations, Gerrard for the loan of the tables and also to the G.P's for allowing us to use the car park. Money raised £189
- November 2005, a jumble sale was held at the community centre along side our Leg Club, a great success. Thanks to Atco for donation of a lawn mower for the prize draw. Money raised £138
- Christmas dinner and draw 2005, an astounding achievement by Linda yet again. A wonderful dinner and sing song. The support of all members and their families was the key to its success. Thanks to the Magpie for donating a lunch voucher for the Xmas draw. Money raised £93
- Easter Draw 2006, we all love to win a prize which always makes this event a success. Money raised £90
- The money raised each week by Joyce's raffle along with Linda's lovely lunches continues to pay for the room rental each week.

Members have proposed to repeat the car boot/table top sale again in September 2006 due to its success last year.

A donation was made to Leg Club from a patient who was unable to attend but was healed at home by the District Nursing Team. This money was spent obtaining a wrist blood pressure machine to be used at Leg Club particularly during monthly active reassessments and well leg monitoring. This has proved very useful to staff as they no longer have to fight over the only other existing one. Thank You to the lady concerned.

If any members have any spending ideas to aid the running/activities of our Club then please feel free to discuss with us or add to the proposals sheet in our 'interesting reading' folder. I personally suggested a slap up meal.....my colleagues just told me to stop being a piggy!!!!

WORDS THAT DON'T EXIST BUT SHOULD:

PUPKUS; The moist residue left on a window after a dog presses its nose to it.

PHONESIA; The affliction of dialing a phone number and forgetting whom you were calling just as they answer.

FRUST; The small line of debris that refuses to be swept onto the dust pan and keeps backing a person across the room until he finally gives in and sweeps under the rug!

SPECIAL THANKS

These people deserve our thanks and recognition for their fund raising abilities;

- Joyce for her weekly raffle organizing
- Linda for her weekly catering
- Shirley, June and Jean for their special events fund raising

Without this level of commitment and support we would probably be in the same pickle as the NHS Ooops!!

I would also like to express special thanks to Mr John Emeney for his consistent encouragement and support throughout the years. Whether well leg or active Mr. Emeney's belief and admiration of the Nursing staff is always a great comfort and great for morale.

A SINCERE THANK YOU TO YOU ALL!!

MY EXPERIENCE OF HAVING A DOPPLER

By Gemma Gladwell, 2nd Year Nursing Student



I was previously on placement with the district nursing team and one nursing procedure I learnt about was how to do a 'Doppler assessment'. We sometimes don't fully understand the fear and anxiety patients experience before having a Doppler done and what it actually feels like when it takes place so I decided to be a patient at the Leg Club and put myself in the situation of experiencing a Doppler first hand.

The environment was very friendly and sociable and I didn't feel like I was having a nursing procedure done at all! To enable Louise and Cheryl to carry out my Doppler I had to be totally relaxed so I was asked to lie on the bed they provided for about half an hour, which was lovely to lie down and relax. Louise thoroughly explained the procedure to me and what she was going to do. It was explained simply to me so I had a good understanding of what was going to happen and why I was having it done. Louise also gave me the chance to ask questions and clarify things I didn't understand which helped relieve any concerns or worries I had before having the Doppler done.

It was then time for the Doppler.....

There was no need for me to remove any clothes apart from my shoes and socks as Louise needed access to my feet and ankles so I felt comfortable that I wasn't exposed in any way. Both Louise and Cheryl chatted to me during the Doppler test which put me at ease. It was not painful at all, only felt slightly uncomfortable when the blood pressure cuff was inflated this only lasted a few seconds when inflated on each arm and ankle. The only other thing I felt was the gel they used to gain the reading but it was just a cold sensation and in some way quite refreshing!! When Louise and Cheryl had finished they made sure I felt ok and then explained the results to me. The test didn't take very long at all.

It was a great insight for me as a nursing student to understand what it feels like to be in the patient's position and to experience the thoughts and feelings that may take place. I can confidently say that my Doppler experience was not painful at all and with the support of the friendly staff it was a comfortable procedure. So anyone who is due to have their first Doppler my advice would be try to relax as there is nothing to worry about.

THANK YOU GEMMA AND CONGRATULATIONS ON QUALIFYING AS A REGISTERED GENERAL NURSE!

TUT TUT.....ONE FOR THE MEN!



CELEBRATING LOUISE'S SUCCESS

Many of you will remember the news of Sister Louise's success at the BJN Clinical Practice Awards in May 2005. Her article was based on her wound care knowledge working within our Leg Club also her personal journey in adapting the concept into her working life, this was published in September 2005, this not only brought recognition to Louise but also to Combs Ford Leg Club. This article can be found in our 'interesting reading' folder.

The award ceremony takes place at the Savoy Hotel in London, the night commences with a champagne reception, dinner, presentation of the awards with a guest speaker finishing with a disco - a truly memorable evening. As quoted by George Castledine, Professor of Nursing 2005 'The evening celebrated the enormous achievements of nurses nationally. In these days of debate and change it is vitally important that we remember the contribution that nurses have always made to health care. The awards encourage the celebration of excellent practice and in promoting enthusiasm for the challenging and exciting work that nurses perform often against the odds'. Louise was 'HIGHLY COMMENDED' in the wound care category. This particular award recognizes the clinical and nursing management of a particular aspect of wound care highlighting the innovative evidence based work practices and the improvement in the care of patients.

Those of you that have read the article can appreciate how much dedication and commitment Louise has put in to make the Leg Club a success both personally and for all the members that attend.

WELL DONE AND THANK YOU LOUISE!

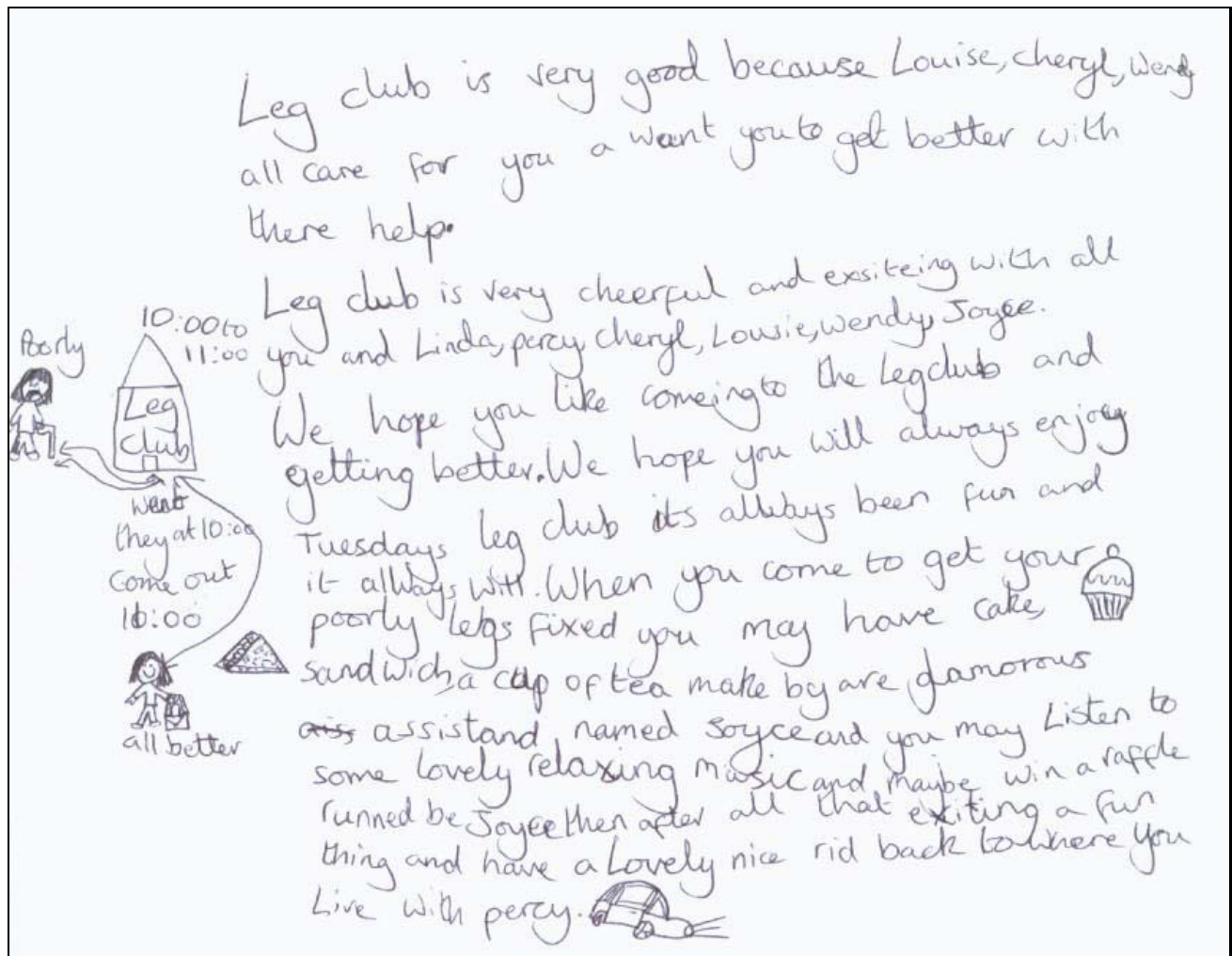
April 2006, If one award wasn't enough Louise independently and quietly submitted an article demonstrating her successful working relationship with patient and product company.

On 12th May 2006 very appropriately International Nurses Day Louise was invited back to the Clinical Practice Awards at the Savoy. Quoted by Tara Foss, Editor of the BJN 'This is a day to highlight all of the good that nurses do on a daily basis. There were many entries this year which support that nurses are constantly working to improve the care and health of their patients'.

I am very proud to tell you that Louise was 'HIGHLY COMMENDED' in the wound care category again. A true credit to our Leg Club, Combs Ford Surgery and dedicated nursing. This article will be published in due course.



A DAY AT LEG CLUB, BY MEGAN AGED 8YRS



ONE FOR THE LADIES

A fairy told a married couple: "for being such an exemplary married couple for 35 years, I will give you each a wish"

"I want to travel around the world with my dearest husband" said the wife.

The fairy moved her magic stick and abracadabra! Two tickets appeared in her hands. Now it was the husbands turn. He thought for a moment and said:

"Well this moment is very romantic but an opportunity like this only occurs once in a lifetime. So... I'm sorry my love but my wish is to have a wife 30 years younger than me". The wife was deeply disappointed but a wish was a wish.

The fairy made a circle with her magic stick and abracadabra!

...Suddenly the husband was 90 years old

Men might be bu**ers.....

But fairies are..... Female!!!

THE FUTURE OF COMBS FORD LEG CLUB

I'm sure the majority of you are already aware of the financial strife the NHS is in, Suffolk PCT is no exception. Your District Nursing Team is employed by this Trust and have recently received information regarding leg ulcer management and a proposal that we (Louise Wendy and Cheryl) could be pulled out of the Leg Club in a quest to save money leaving its future extremely uncertain. We are devastated by this news and would like to reassure you all we will do our up most to prevent this from happening.

Those of you that have leg ulcers/complaints will therefore have to be treated either within your home or by the Practice nurses at the surgery.

Louise has worked against the odds to set up, promote and gain recognition for the Leg Club for 6 years. We have all worked together as a team for its continued success.

Real, unique, successful relationships are formed and have lasted for years in some cases, this is something that can not be measured in pounds and pence and takes dedicated time and effort to achieve. It is what makes our Club work.

Please speak to any member of the committee if you are willing to support the future of our Leg Club as we know it.

For more information
on 'Leg Club' visit

www.legclub.org

For more information
about your local
doctors surgery visit

www.combsfordsurgery.org.uk

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 a 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 bet you didn't get it.....
It's ME, this beautiful flower
Is called..... CHERYL!!!!
Honest, ask Mr. Emeney!