

COMBS FORD LEG CLUB NEWSLETTER

*Combs Ford Leg Club is currently celebrating its 4th Birthday
Congratulations to its dedicated team and members!*

FORTHCOMING FUNDRAISING EVENT

A sponsored walk has been suggested in which both younger and older supporters and members take part. With your support this will take place end of October. We predict a mile walk around Combs Ford, route to be discussed, any suggestions????? Louise Wendy Cheryl and Linda had planned to take part in the Ladies Driving Challenge, but unfortunately last minute preparations proved non profitable, so a fund raising event will take place next year, hopefully involving other Leg Club Teams.

MONIES SPENT

Two new cases for staff to transport patient notes safely and securely from the surgery office to the community hall: £50

Negotiated by Wendy, a new Doppler machine has been purchased for £295 and the PCT has agreed to pay a % of this.

WELCOME

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

- Louise, District Nurse Sister, Leg Club Vice Chairperson
- Wendy, Senior Community Staff Nurse, Committee Support and Financial Negotiating Chief
- Cheryl, NVQ Level 3 Community Nurse Auxiliary, Leg Club News Editor/Co-ordinator
- Annie and Lana, Medical Observation Technicians
- Linda, Secretary, Treasurer and Catering Facilitation Officer
- Percy, Transport Co-ordinator and Catering Assistant
- Joyce, Patient Educator and Fund Raising Awareness Officer

HISTORY

Louise, Linda and Percy are originators of Combs Ford Leg Club, supported by Ellie Lindsay throughout its 'set up' and continuing and future existence.

Wendy and Cheryl joined the team in 2001 and both soon witnessed the benefits gained from the experience

Joyce became a reluctant member in 2002 but has since been most supportive and willing to share her experience and information gained.

Annie and Lana have recently joined the team. They are alternatively released 'for good behaviour' from their role within the surgery as health care assistants to provide assistance to our growing Leg Club, supporting Doppler's and monthly reassessments.

All Leg Club committee members believe in and have faith in the '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.



STAFF DEVELOPMENT



Front Row left to right Cheryl, Louise, and Wendy.

Back Row left to right Joyce, Percy, and Linda

- Louise has taken on the responsibility of 'Leg Club' Vice Chairperson which involves promotion, presentation, supporting Ellie Lindsay (Chairperson and Founder) also offer the guidance and support to fellow Leg Club teams. In her spare time Louise has recently completed her Diabetes Care Module 3. To you and me this is 'academic stuff' and commendable! Having recently invested in a personal computer system she's also finding her way around the keyboard.
- Wendy has settled into her promotion to 'E' Grade Community Staff Nurse so well she puts most to shame, a true credit. She also supports a busy Louise, gets political with management for funds to support Leg Club, supports and teaches Cheryl ongoing. Wendy also has great computer skills which she continually updates privately.
- Cheryl has recently completed her NVO Level 3 in Care; you may have seen her assessor - lady with the clipboard! She has also agreed to act as Leg Club News Editor/co-ordinator which will involve obtaining and forwarding news from all Leg Clubs to contribute to a National Leg Club Newsletter.



DOPPLER INFORMATION

As many of you current members are aware, whether you love them or loathe them, Doppler assessments are carried out as part of routine monitoring on average every 3/6 months or, let's be honest, 'when we can fit you in'. Due to the increase in members of the Leg Club and demand for these assessments a new appointment system has been constructed whereby they will take place every 4 months for each individual. This is necessary to:

- provide regular reassessments to all
- allow for staff holidays/sickness
- keep the service accessible for new members
- Finally not forgetting your devoted staff's back!

It would be much appreciated by Linda (secretary) and staff that when appointments are made they are kept as this will help us to make the new system a success for all.

'WELL LEGS'

We are pleased to inform you that several members have recently transferred to Well Leg monitoring after successful healing of an active leg ulcer: you know who you are!

Two particular members were encouraged and supported by staff to treat their ulcer independently with Honey. Since this, Honey treatment has now been made available to staff following clinical research, showing good results.

OTHER LEG CLUB NEWS!

New Clubs are due to open following the same 'philosophy' these include, Broadstairs/Chichester Southend/Evesham Ashford/Cirencester
GOOD LUCK TO ALL!



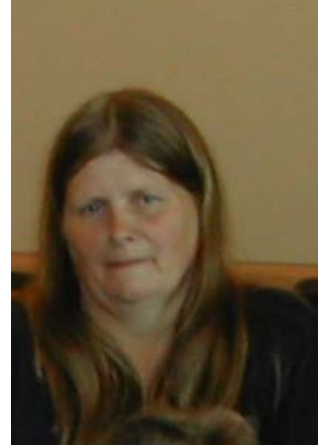
A VISITOR'S VIEW ~ SHANNON'S STORY

The leg club

One day I went to work with Nanny at the leg club. I helped nanny find the records, make the tea and talk to the patients. But they all had bad legs but Louise and Wendy tried to make them better. Cheryl as well but she is on holiday this week. Grandad picked up a few people and then he went home and put Nanny's things out on the washing line and then he came back and took some people home. We done the dress, ~~wool~~ some candle holders and a fruit bowl for mummy. I kept taking teas to Wendy and Louise, I drew a bunny for Louise and called it Louise. I have an great time at the leg club!!

THE END!!

By Shannon Louise and Sappard,



Shannon's Nanny - Linda

JOHN'S COMMENTS

May I introduce John, Combs Ford Community Centre Caretaker. His help, friendliness and sense of humor are highly regarded by the committee and members alike. John said

"THERE ARE NO JOKES ALLOWED HERE, YOU COULD GET IN TROUBLE FOR PULLING PEOPLE'S LEGS".

Thanks John.



WENDY'S JOKE

A trademark due to Wendy's constant humour is jokes within our Leg Club. A light hearted moment can be unique when pain or discomfort is felt;

ONE FOR THE LADIES

Ever wondered why A,B,C,D,DD,E,F,G and H are used to define bra sizes? Ever figured it out? It's about time you became informed ~

- A..... Almost boobs
- B..... Barely there
- C..... Can't complain
- D..... Dang
- DD..... Double Dang
- E..... Enormous
- F..... Fake
- G..... Get a reduction
- H..... Help me, I've fallen over and I can't get up!!



SPECIAL THANKS TO JOYCE



We would like to thank Joyce for her continued support to others in the committee team;

- Always early to support staff 'setting up' the room
- Always willing to speak to new members and share her personal experience
- Always organizes and supports weekly fundraising raffle

Because of her direct honest approach Joyce is our perfect 'Patient Educator'.

Thanks Joyce

NEXT ISSUE



I would like to predict that the next newsletter be December 2004

Contributions would be grateful from all regarding:

- Personal comment/stories
- Useful or useless information
- Jokes
- Gardening tips
- Recipes
- Exercise tips
- Fundraising ideas

USELESS INFORMATION

"Coffee increases your IQ by 3 points as does standing on your head"
I know what I'd rather do!!



TIMES/VENUE

Combs Ford Leg Club
Combs Ford Community Centre
Hillside
Combs Ford
Stowmarket

Tuesdays 1pm until 4pm

No appointment necessary

For information contact District Nurses Office 01449 614856

Further information can be found on the website - www.legclub.org

