

# October Newsletter



Welcome to this your first Newsletter. We hope to bring you news about the club, it's members, and events every quarter.

Any member wishing to submit articles for publication in the newsletter, or on the club's web-site is asked to contact the Editor, Derek Walliker, at the club on a Friday.

For every publication we would like to feature at least one member in the 'Patient Profile' section on page 2.

This quarter the spotlight is on Chrissie Creighton.

If you would like to be the quarterly featured member just tell us a little bit about yourself, and what you think of the club. We will take your photograph, and with your consent publish your details in the newsletter, and on the web-site.

You can tell us what you would like to see in the newsletter, remember, it's your club, and as a member you have a voice in how and what we publish, so come on you journalistic people have your say.



## C W M B R A N L E G C L U B

Legs, Legs, Legs

By Marion Leech

Working as the Lead District Nurse of Cwmbran Leg Club, I am presented with a range of different conditions including leg ulcers, skin lacerations, eczema and varicose veins, all of which cause distress to those suffering with them. The people I see in club suffer with associated problems such as pain, embarrassment, immobility, infection and for the most part they feel isolated, afraid and lonely. At the Leg Club our aim is to alleviate these issues for you.

For me, it is a most satisfying and exciting experience to be able to assist members to lead a full and satisfying life again. However, my role did not come readily to me because upon becoming a newly qualified nurse I knew nothing about leg problems, and in fact I dreaded having to visit patients with leg ulcers. This is very difficult to avoid working in a community setting! I have since learnt that the reason for my fear was my lack of knowledge.

I soon adapted to learning how to care for patients with leg ulcers, and at the same time discovered a passion for it! For me there is no greater joy than healing a wound. I attend as many courses and conferences on wound healing as I possibly can; in fact, I have been known to beg to attend them! I want to learn as much as I can so that I may help as many people as I can who are thwarted by leg problems.

When the Cwmbran Leg Club was in the process of being set up, I never thought I would have the opportunity to be the Lead District Nurse as so many nurses were keen to take the role, so you can imagine my elation at being offered it. Well, here I am working with a great bunch of people doing what I love.

The Leg Club Model is a unique partnership between GP's, District Nurses and the local community, which allows patients to become empowered, through a sense of ownership, to be stakeholders in their own treatment. Basically we want to be able to provide leg ulcer management in a social environment where members are treated together as a group. The emphasis is on interacting socially and participating, but also to give and receive peer support in an environment where positive health beliefs are promoted

We look forward to welcoming you to Cwmbran Leg Club.

In the next newsletter I shall be giving you an insight into leg problems, without the jargon! Until then take care of those legs!

Marion



Chrissie  
Creighton

We asked Chrissie to tell us a little about herself, and what she thought of Cwmbran Leg Club – this is what she said.

I've been fortunate to do a job I've loved all my working life, but during the last 10 years or so I've experienced 3 different cancers. Unfortunately one of the side effects I've suffered is Lymphoedema which is swelling caused by blocked lymph fluid. In my case one arm and both legs are affected. As it became more debilitating in my legs I decided it was time to retire and get it seen to. It's a very difficult problem to treat, and there is no actual cure. There are few (I only know of two) specialist lymphoedema nurses.

My doctor is very supportive and has written to Velindre to get me specialised treatment, and they have replied that they are very 'over subscribed' for this treatment and I am now on a long waiting list. In the mean time my conditioning is worsening. My doctor had arranged for the district nurses to treat me in the interim period.

Then I saw an item in a newsletter, and at the same time the district nurse mentioned the leg club which had recently been set up, and possible benefits it could offer me. So I decided to go along and see what was occurring. It's a drop-in centre held on one day a week, you don't need appointments. You just turn up so it's possible you may have to wait a while if there are other patients being treated for their leg problems. The building is ideal as it's one storey, no stairs (always a worry for the less mobile), and plenty of parking.

I've been 4 times now and I've found the staff to be very professional and really friendly. The atmosphere is warm and welcoming. It's nice to meet other people with leg problems. The staff have been so helpful, and have even given me prescriptions for my dressings which has saved me the hassle of going back and for to my doctors. It's good to know that practical help and advice is being offered and in such a conducive manner.

## Club News & Events

Committee Fundraising

By

Samantha Fagan Committee Chair

Cwmbran Leg Club Committee members and volunteers are continually striving to raise money to assist with the continued running of the club. Monies raised help to fund equipment used by the nurses, and also to pay for administration costs, overheads and transport for the members who attend the club. As you can imagine this is an ongoing constant effort to ensure that the club continues to run efficiently and effectively for all its members.

During the summer we held a fabulous summer hamper raffle, the contents of which included wine, choc's, perfume, books, garden equipment and lovely picnic and BBQ ware. The contents were generously donated by committee members, nursing staff, volunteers, and club members. The hamper was wonderful, and raised almost £200 in raffle ticket sales.

The Committee also had 4 stalls at a local fete in Cwmbran; a white elephant stall, 2 cake stalls and a 'Name the Teddy' stall. Committee members all worked hard baking and selling cakes. We raised nearly £150, and a good day was had by all. We were able to spread the news of the Leg Club to the local community. We also had photographs taken with the Mayor and Mayoress!!

In September committee member Rosemary Royon was instrumental in organising a sponsored walk around Llanyravon Park attended by committee members, which raised almost £150 in sponsorship money - once again well done to everyone on their continued dedication and support for Cwmbran Leg Club.

We look forward to organising some fun future events to raise further funds towards the purchase of a new Doppler Machine to aid the nurses in their delivery of care.

Samantha

## Love your legs