

Visit to the Leg Club from Government Researchers

On the 10th of February 2009 the Leg Club was visited by Tim Crosier, Senior Researcher from the Social Exclusion Taskforce at the Cabinet Office. He was accompanied by Tom Stafford from DEFRA (Department for Environment, Food and Rural Affairs). They were looking into the needs of older people in rural areas and how access to services could be improved to address social exclusion. The two researchers spoke to Claire, Jan and Ann and were very interested in how the Leg Club was working in Mablethorpe & Sutton on Sea.



Members enjoying the Christmas Party 2009



Breakfast at Leg Club

It was suggested that members would like some cooked refreshments to be available throughout the morning. After a trial period of one morning a month, it was so popular with the members that it was decided to provide cooked refreshments every week. Members can now order their bacon or sausage baps from Mavis to be cooked to order.

News in Brief

Eve Roach from Age Concern has been visiting the Leg Club to help members with their concerns about heating, lighting, fire alarms and any benefits which may be due to them.



The first Annual Lindsay Leg Club Foundation Golf Tournament was held in September 2009. Mablethorpe entered a team which came second. It is hoped to enter another team this year.



Hot Legs



Mablethorpe & Sutton On Sea Leg Club Summer Newsletter

Fund Raising

2008 and 2009 have been very successful years for MABLETHORPE & SUTTON on SEA LEG CLUB fundraising. Volunteers have manned a monthly Bric a Brac stall from March to November at the Enterprise Hall, Sutton on Sea. This gave us a chance to meet people and raise money. We also attended two charity Summer Fayres in 2008, one of which was organised by The Old Fossils in the gardens of The Bacchus Hotel. The other was held at Mablethorpe Community Hall where we had a food stall and tombola table. In 2009 Babs organised a Christmas Fayre in Mablethorpe Community Hall which was very successful. Volunteers manned a BBQ at Sutton Springs Firework Display on the Promenade on Bonfire Night. Profits from this were donated to Leg Club funds.

Our monthly raffle continues to be very successful thanks to the gifts of prizes and the buying of tickets by members, relatives and friends. Donations of tea, biscuits,

coffee etc. help to keep the refreshment bar well stocked. The book and video exchange is also well supported. At this time of the year, it helps those who live alone and have to spend more time at home. We always need more books, videos and DVDs – it all helps to raise funds.

Donations of money have been received from members, The Sutton on Sea Slimmers Club, The Coasters Linedancers and the families of two separate members who had collections in lieu of memorial floral tributes. We thank everyone for their continued support and hope for a successful 2010.

Jan Tinkler. Babs Scarlett.



Jenny with members at 2009 Christmas Party

Comings & Goings

Earlier this year both Claire Storry and Carol Brailsford, the nurses who started our club, moved on to other posts. Carol will be keeping in touch with the club and is on the committee. We wish them both every success in their new positions.

We welcome Jenny Kidner and Sara Brooks, the new Lead Nurses who have been working in the Leg Club since February.



Suzanne Ian from Advancis Medical helps with the raffle

Christmas Parties

The second of December 2008, our third Christmas Party, was also our third birthday. This was the second time we had held the event at The Cartwheel Club, Trusthorpe Springs. Over 50 members, relatives and helpers enjoyed a superb lunch provided by Mark the chef and his team. The musical entertainment was provided by the wonderful Half Cut Corners and, back by popular demand, The East



East Coast Linedancers at 2008 Christmas Party

Coast Linedancers. The raffle was sold out again and prizes were donated by the members. A visit from Father Christmas ended the day. The afternoon was very much enjoyed by all.

December 1st 2009 was the date of our fourth Christmas Party, again held at the Cartwheel Club. The lunch was superb and the entertainment was provided by Daniel Craig and the East Coast Linedancers. Everyone had a good

old singalong. The raffle prizes were donated by Suzanne Ian the Advancis Medical company representative. Father Christmas was again in attendance. A big

THANK YOU to Mark and team for all their hard work and to David, our Chairperson, for allowing the use of The Cartwheel Club. Also a special thank you to the East Coast Linedancers for not only entertaining us but also for their generous donations.



Editors Note

Once again it has been a busy time for our Leg Club. Membership has increased by 735 giving a total of 778 since we opened in 2005.

We have had continued success with healing rates and a reduction of recurring problems, mainly due to members wearing their compression hosiery and coming to see us for regular check-ups.

We are delighted to announce that the club has won more awards. This time the CONGRATULATIONS go to our VERY SPECIAL VOLUNTEERS, without whom we would not be able to function!! Well done to JAN, BABS, ANN, CORRINE, PAM, KEN, MAVIS, SHEILA, ANN, BERYL, JANET and DAVID. Their efforts have been HIGHLY COMMENDED in the LINDSAY LEG CLUB AWARD for excellent team

work two years running.

As many of you will have noticed we have regular visitors to the club. They have travelled from as far away as Blackpool and Coventry. Having read or heard of the Leg Club they want to see it in action!!!!

We have had volunteers wanting to set up Leg Clubs in their own areas. Student nurses visit to gather information to write in their assignments. One of our visitors was from the NHS Institute for Innovation & Improvement. The representative came to observe our club as we are the flag ship for the Foundation and the biggest in the country.

The government are looking to set up similar clubs for other health issues such as diabetes, heart conditions etc.

We have also had many company representatives visiting to show us their various products, such as dressings and compression hosiery.

This helps the nurses keep up to date with the current research and product innovations as they strive to achieve optimum wound healing and ultimately comfort for our members' leg problems.

Many of the companies have given sponsorship to enable the nurses to attend study days and seminars to keep



their knowledge and expertise up to date.

Carol and Claire have been invited to and given many talks to W.I. and Rotary groups and G.P. practices. The concept of the Leg Clubs and the value to members has caused a great deal of interest. Carol and Claire's presentation is finely tuned and they have become quite a double act!!

Our volunteers have continued to work tirelessly throughout the year turning up week after week to help run the club. Would you like



to be a volunteer? Do you know of anyone who may be interested in joining? As a result of their fund raising events, we have been able to purchase more equipment. We have added two storage units on wheels. This reduces lifting and makes moving and handling easier and safer. They really look swish (See 3 photos) and make it easy to store each nurse's individual work box within the unit, keeping everything clean and tidy and easy to carry to the work table. We have new filing drawers for the paperwork and two lovely red safe chairs. The store cupboard has had shelving and hooks fitted. This makes it easier to fit everything into the limited space. It really is a 'work of art'

Please pass on any good quality, unwanted, unused bric-a-brac, books, DVDs etc for our fund raising and raffles. Only the nurses' salaries are paid

by the Primary Care Trust (PCT). All other club needs are funded by the volunteers and donations.

We hope you will continue to support the LEG CLUB which is now over four years old.

BEST WISHES TO YOU ALL FOR 2010 from THE VOLUNTEERS AND NURSES

Sally Rennie



Akron Stools purchased in 2008