

## The Spring Newsletter 2006

-----  
.....from a member .....

*It's our Birthday by Ron Wiles*

*It's Tuesday, and therefore it's Leg Club day, and today of all days it's very special because it's our two years birthday. With their great dedication to the job the nurses have to be congratulated. So have a happy day, raise a laugh, and sing hip hip hooray.*

.....happy birthday to us.....

*The Club is now 2 years old. At the celebrations on 9th May, our Chairman, Keith, presented a digital wound measuring machine donated by the members to Andrea. The machine will enable the wounds to be measured quicker and more accurately.*

.....a double century .....

*Since the opening in May 2004, our nursing staff have treated and assessed over 200 patients, which means the Club has over 200 members*

..... thankyou .....

*Very many thanks to the committee and members of the Westcliff Rotary Club for the donation of 32 personal attack alarms and to the 92 people who supported our quiz night on the 25th March 2006 at the Ferndale Road Church Hall, £306.81p was raised for the benefit of the Club. A very enjoyable evening was had by all.*

*Congratulations to Chris. and Eddie for organising the event, watch this space for the next.*

.....are you aware? .....



*Yes, yes, spring has sprung - hooray !!!*

*Daffodils have opened as if by magic, the birds bring me joy with their songs and yes, even we've emerged from the depths of winter to open our doors and smile at the world. By golly, are my old bones relieved to feel a bit of sunshine at last, how about yours? On that happy, vibrant note let's not delay, but burst forth into action (forgive me, for I nearly said "song" - just getting carried away again - see what Spring does even for the more mature amongst us ).*

*I should like to add a seasonal note to our chat this time and draw your attention to matters of home security now that the lighter nights have come and we wait the onset of summer. It's the time when we go down the garden, open up the shed, oil the tools and begin tending our gardens and start catching up on all our jobs that accumulate over the winter, is it not?*

*Well, have you ever sat down and*

*worked out how much money is tied up in your lawnmower, power tools, etc. stored in that shed or garage?*

*Many hundreds of pounds, let me assure you! So, think about it - have you fitted secure padlocks to these outbuildings have you made sure that any ladders are chained up to an immovable object so that they can not be used to burgle your house. If the answer is "no" please take a minute of your time to do something about it, a shed and garage burglary is on the increase around Southend.*

*Believe me, boot sales and the suchlike are awash with stolen merchandise of this description - stolen power tools are big business, so please make sure that you don't become a victim. Remember also that chisels, trowels, etc. , if left within easy reach, make the house burglars life extremely easy - why should he bother to carry his tools of the trade when you supply them.*

*Made you sit up and think, has it? Well, you know what to do this weekend, don't you?*

*By the way, I trust that those of you who received one of the "free" purse alarms are using them as there has been an increase in bag snatching and the such like in Southend recently. If you haven't already got one and feel that one would have been of benefit to you, please let me know.*

*Also, don't forget the "Message In a Bottle", if you have a friend or relative that may benefit from one, once again, please ask me!*

.....new telephone number.....

*To contact the Club, during opening hours only, you can*

telephone 07708 428271  
or 01702 619113

**. .....nails need cutting.....**

*Our Chiropodist, Beverley, will be*

*at the club on 28th May, £10 per  
person, for full nail treatment,  
please book with Eddie in advance.*