

Speyside News August 2011

Speyside Leg Club raised over £700 at their recent Coffee Morning. A big **Thank You** to the members and companies for the donation of prizes and to the helpers for their work on the day. We were very busy. It must be the good pancakes we serve that make the day so popular.

Please put the following dates on your calendar: **Tombola** Thursday, **22nd of September**, Royal British Legion, Dufftown,
Concert with Jimmy Forbes and Friends, **28th of October** at the Masonic Hall in Aberlour. All Welcome

The money we raise at our social events is used to buy the most up to date equipment for treatment and to make the Hall more suitable for the nurses work.

With 285 members Speyside Leg Club has proved that its work is very necessary. **The nurses**, who help so untiringly, do not only **treat leg ulcers and skin problems**, they also help to **prevent** these. **So please come to us before you break your skin and develop an ulcer.** It can be avoided by using compression hosiery and moisturising creams. The nurses check your blood sugar, circulation and blood pressure and refer you to your doctor if any alarm bells ring. They also advise expectant mothers to prevent leg problems which often develop during pregnancy. **All treatment is free.**

If you have no transport ring Speyside Car Share. And last not least you will make **a new set of friends** with similar problems.

Don't sit at home and mope. All problems are easier solved if you have friends and you do not have to face your problems alone.