

Speyside Leg Club
Newsletter June 2011

Dear Members,

This is to tell you about our **social activities this summer.**

Our **Coffee Morning** will be at Roths Church Hall on 23rd of July from 10 am to 12 noon. There are also a raffle and a sales table.

A Dufftown 2000 **Ceilidh** will be held on 21st July, 7.30for 8pm, at the Commercial Hotel in Dufftown .

The **Raffle is in aid of the Leg Club.** It is a nice place to meet socially and can be fun.

The annual **Tombola** is slightly earlier this time on the 22nd of September at the Royal British Legion Hall in Dufftown 7pm for 7.30. Star Prize £60 in Vouchers and a Raffle.

We would like to organise a **concert**, but that depends on Jimmy Forbes and his group of friends. We will inform you nearer the time.

Liz, our new treasurer, who most of you will have met by now, would like to remind you of the **Speyside Leg Club Hundred Club.** The draw is always on the last Tuesday of the month. 1st Prize £25, 2nd Prize £15 and 3rd Prize £10. The winners are published in the Northern Scott.

If you would like to join or renew your membership for the year please pay your annual membership fee of £12 before the 1st of July. You can bring the money on a Tuesday, send it with a friend or pay by cheque to Speyside Leg Club. You will get a number and a receipt.

We bought some **new equipment** for the club. There are 3 new chairs and a vinyl mat for the treatment area, a storage trolley, waste bins and the most important, an instant water heater, so that the nurses have an adequate water supply for their work.

Some of the money for these expenses will come from Windfarm funds available in this area. We are very thankful for that.

Last but not least please **tell your friends about our marvellous Leg Club.** There are still people who have not heard about the Club and the help available for them.

The district nurses are there **to treat any wounds and skin problems,** but they can also help to **prevent these problems** and keep you healthy.

Tell your friends that it is much easier to cope with ulcers and other problems, when you have fellow members, who are experiencing the same problems to discuss these with or advise you. **You also gain a new set of friends.**

We are a voluntary organisation, membership is free and no appointment is necessary.

We meet every Tuesday 1.30 to 3.30 pm and the Masonic Hall in Aberlour

Please watch out for our posters about our social events.

Regards Anke

