

Speyside Leg Club

NEWSLETTER November 2006

Speyside Leg Club is looking back on a **very successful first year**. We have now 75 members from the from the Speyside area in and around Tomintoul, Ballindalloch, Aberlour, Dufftown and Rothes. For readers not familiar with this area, there is a lot of Whisky and Shortbread produced here. The Spey and its tributaries are also famous for Salmon fishing.

We meet at Parklands Residential Home, where we are made very welcome and do not have to pay any rent, as” Parklands like to help the community”.

Our famous Shortbread Factory supplies us regularly with biscuits for our coffee which we serve at our meetings on Tuesday afternoons. They have also pledged to donate their lovely Christmas pies for our next fundraiser, a Coffee Morning / Social Gathering in Rothes Church Hall on 9th of December.

The Aberlour Pharmacy have invited us to a Shopping Evening, they are providing a Raffle prize and we are promised 10% of the evening’s income.

As you see, we are very busy fundraising in order to purchase the necessary equipment for our club. We think that we have been very lucky having received so much support from the community and good will from the Health Service, so that Ally Lister and her District Nursing Team can efficiently work in such pleasant surroundings.

The Leg Club Foundation organised a teaching symposium of experts on “Patient Centred Care – A Question of Balance” at the Craigellachie Hotel.

It coincided with our first anniversary on 1st of November 2006. This gave us a chance to achieve publicity for the Leg Club movement here in Scotland.

We are hoping to see more Clubs in the area, as people from outside our district are enquiring, but our nurses cannot help them.

We were very pleased to have Ellie Lindsay, Mike Hoskins and Alistair McInnes from the Leg Club Foundation as well as Barbara Mac-Fall from Thetford Leg Club visiting us at our Tuesday meeting. The support from the foundation is very much appreciated.

Anke Grant

(Secretary)