

## Speyside Leg Club Newsletter April 2010



The first spring flowers are here, but we won't forget the long hard winter of 2009 –2010. Despite all the difficulties, there were only 3 weeks of Leg Club that were cancelled but the extremely low temperatures proved problematic for the nursing staff as members feet were cold and therefore finding pulses to perform the Dopplers was difficult. We have to praise the nurses who struggled through the snow to attend to our members at home. When we finally resumed our meetings, I heard the same words again and again: "We missed the Leg Club". We missed the company, the chat, the news and the cup of coffee or tea. Of course that is what the Leg Club is about. It takes you out among friends who have the same problems. You get reassurance from the nurses and help and advice from friends.

We had a visit from Sheila McDonald, " the Pension Lady". If you missed your chance to speak to her, the number to phone is: 01592 647528. She offers confidential advice on benefits and pensions.

We also had Louise Maclennan who provided advice for us all on exercises to keep us mobile and how to manage and avoid falls. I found the information not only interesting but also vital for all of us. Keep mobile; walk if you can, even in the house, if the weather is not suitable. Get up from your comfy chair and stretch your legs. This will keep your circulation going. There is a very good exercise class for the Over Sixties at the Dufftown Community Centre every Tuesday morning from 10.30 to 11.30. The danger of falls cannot be emphasized enough. Two of my neighbours fell within the last month and broke their hipbones. One of them lay all night until the paperboy heard him shouting in the morning. Last winter my neighbour fell on ice going to her shed and lay for sometime before she was heard shouting. Sadly she died during the operation to repair the broken hip.

So, please take advice, don't venture out, when it is icy, have your buzzer with you, do not be too proud to wear it, ask if you can get one, if you live on your own. If you have a mobile phone, take it with you in your apron or trouser pocket. It could save your life. Get rid of loose rugs in the house. Give a key to a neighbour, so that help can get to you, but remember not to leave your key in the lock. We had a key for my friend's house, but she had her keys in the front and the back door. They had to break the pane in the door to get in. Look out for your neighbours. I open my door curtain, so that my neighbour knows that I am up and about. He also clears my path and sands it if necessary. I cannot thank him enough. If you are the fit person, remember to visit your elderly neighbour. We are lucky in Dufftown, because Costcutters deliver to the elderly. The Commercial Hotel delivers meals during the week. That has been a godsend this winter.

Our new venue at the Masonic Hall is nice and spacious; there is good parking and a bus stop. The nurses are looking for volunteers to set up the tables and equipment before the meetings as they are always pressed for time and it is heavy work as well. Please contact a committee member if you could help with this in any way.

I have been asked to remind you that the Leg Club starts at 1.30 pm. Of course you can come in out of the cold, if you arrive by bus. Please come to the desk, if you want to be treated. You will get a number and your folder. It is not busy all afternoon, so you don't have to be first, if you do not like to wait. The first Doppler Test starts at 1.15, so that the member can lie down for a while before and the circulation settles. If you cannot keep your appointment, please let the nurses know as soon as possible. We have a backlog which we are working hard to manage if you are unable to attend we can definitely use your appointment for someone else.

The Hundred Club has been paying out since August and its success enables us to use its income to pay for the rent of the hall.. If you would like to join again for next year you maybe want to do it at your next visit, give the money to a friend or just drop in.

There will be a Coffee Morning on 24<sup>th</sup> of July at the Church Hall in Rothes.

That is all my news for now. Keep healthy!

*Kind regards*

*Anke*