

# \* THETFORD LEG CLUB 'TLC' \*

## Christmas & New Year Newsletter 2006

Merry Christmas & Happy New Year To All 'TLC' Members, Past & Present

### CONGRATULATIONS

To all our members, volunteers, nurses, and all who support the T.L.C. as through your joint efforts we have celebrated our 3<sup>rd</sup> anniversary in Thetford, and currently have over 400 members registered. Many comment on our friendly service and once healed of their leg problems return to T.L.C. for continued friendship and care. We are proud to serve our community in the special care of legs and know 2007 will be even more of a success with the continued support received by all. Many thanks to everyone involved.

### FUND RAISING – AWARENESS OF T.L.C. DAY

On September 2<sup>nd</sup> we held an 'Awareness of T.L.C. in Thetford' day. It was a fun event as Myra volunteered to dress up as a baby, and Matt pushed her around the town in a trolley! T.L.C. leaflets were printed in Portuguese, Polish and English as our aim is to help all those who need it in our community. The press was present, and photographs of the event were published in all the local newspapers. Our gratitude to Myra and Matt.

As we are non NHS funded we have been very busy trying to raise funds through tombola stalls, car boot sales and a 'winner every time' stall held at the club every Wednesday.

### CHARITY BIKE RIDE

Ian Bloomfield was one of the very first members of T.L.C. and very bravely did a sponsored bike ride from Lands End to John O'Groats, donating £500 of the money raised to T.L.C. The incline of the journey was equal to the height of Mount Everest, and took ten days to complete! We are grateful to Ian, and all those who sponsored him.

### ***Cannibals!***

*Two cannibals are eating a clown. One says to the other "Does this taste funny to you?"*

### CHRISTMAS DRAW TICKETS

Every year we sell tickets for our Christmas Draw. This year we have a first prize of £100, and many other prizes. If you would like to purchase tickets please phone 01842 754303, not many left so hurry!

## SHIRLEY WOOLLARD

Shirley, our president, has retired due to ill health. We wish her good health and thank her for the hard work she contributed to T.L.C. If you know of anybody who might be willing to contribute their services to T.L.C. please tell Christine at the reception desk.

## CHRISTMAS BUFFET

Our 'FREE' buffet will be held on 13<sup>th</sup> December at the Methodist Church Hall between 1 PM and 3 PM. All members are welcome. We set this day aside to join our members in celebrating our success, enjoying carols sung by the nurses, and sharing time with all.

### ***Cows!***

*Two cows standing next to each other in a field, Daisy says to Dolly "I was artificially inseminated this morning." "I don't believe you" said Dolly. "It's true, straight up, no bull!"*

## KEEP SAFE THIS WINTER

1. Wear layers of clothing.
2. Eat at least one hot meal per day.
3. Keep stocked up with basic foods (bread, milk, eggs, tins etc.)
4. Stay active, activity gets your circulation going.
5. Wear a hat.
6. Keep a flask of hot drink ready.
7. Help The Aged phone number is 0808 800 6565

## SALE OF BADGES

Did you know we have a lovely metal badge bearing the Lindsay Leg Club Foundation symbol? It costs just £1 and is available at the reception desk. All funds raised from the sale of these badges goes to central funding to help with the cost of printing etc.

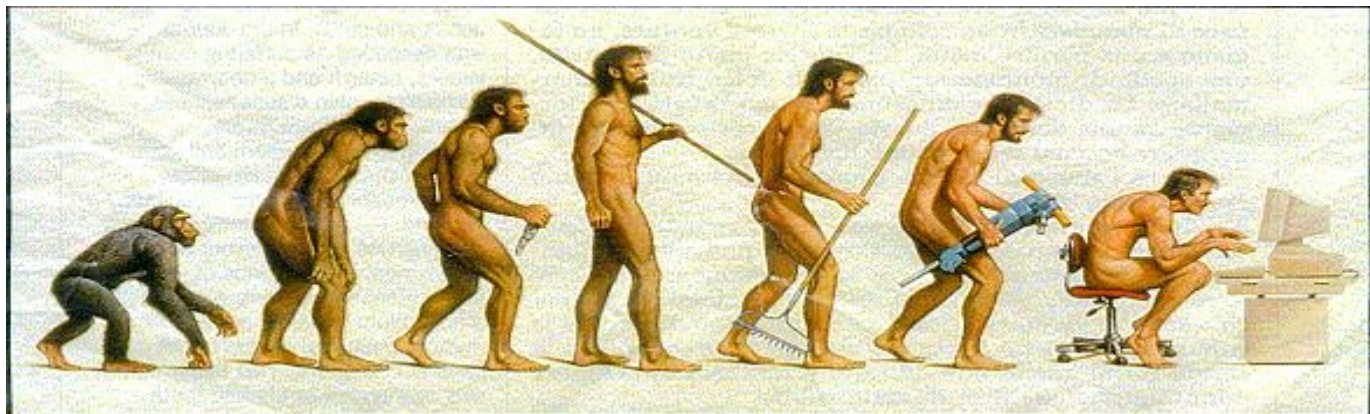
## BEREAVMENTS

Sadly, this year we have had to say a final farewell to some of our members. At this very sensitive time we join in our thoughts for their relatives and friends, and send our best wishes to them.

## FOOD FOR THOUGHT

1. To handle yourself, use your head. To handle others, use your heart.
2. Great minds discuss ideas, average minds discuss events, small minds discuss people.
3. Beautiful young people are accidents of nature, beautiful old people are works of art!

## THE EVOLUTION OF MEN



## MERRY CHRISTMAS

A Merry Christmas to all our members, volunteers, committee members, nurses, and all who help T.L.C. in any way. It is at this special time that we appreciate how we have all joined together as a special T.L.C. family, all working for the same purpose, our Thetford community, with all our special talents, and being part of a very special caring team. This comes under an umbrella of 'great giving, and understanding' by all. May 2007 bring each and every one of you the gifts of health and happiness.

### ***Oranges!***

*Q: Why did the orange fail its exams?*

*A: Because it couldn't concentrate!*

## MERRY CHRISTMAS AND HAPPY NEW YEAR

Christine Leahy  
T.L.C. Secretary