



Pat, Mary, Vera and Jacky take the air on the foredeck as we near home port.

Worcester Leg Club

Meets every Thursday
The Tolly Centre

What shall we do with the Drunken Sailors?

Weren't we lucky! A day later and high water levels would have scuppered our Severn cruise on the Corfe Castle.

Instead we enjoyed September sun, a fine cream tea with scones and music as we wound our way down to Tewksbury before returning to Upton upon Severn.

Special thanks go to Gordon Chamberlain who drove the mini bus for this trip and the 'Bridges' Christmas Lunch.

Fond Farewells

Sadly, towards the end of the year we lost Rita Cartwright (right) and Ron Phillips.

Rita was one of the first two members of the Worcester Leg Club. She was known by all and always attended our outings, joined in activities and enjoyed her coffee and cakes.

Ron, who used to like to arrive early to the club, recently featured in a newspaper article about the nurse's work.

They will both be greatly missed.



If you want to know more about the Leg Club please contact the Chairman Andy Roberts (01905 21799), Treasurer Fred James (01905 455214) or speak to a district Nurse. For the Lindsay Leg Club Foundation visit: www.legclub.org

Leg Club Visitors

The Leg club has had lots of visitors over the last few months. Gareth Jones and Mike Layland, both city councillors and former mayors joined us for tea and biscuits as did Brian Hunt and Ron Chambers of the Worcester Pensioners Action Group. We also played guest to Captain David Morgan of the 214 Worcestershire Battery of the Territorial Army.



Brian Hunt with Ruth Thomas

Happy Birthday Doris Hawkins

Well done to Doris who reached the ripe old age of 98 On December 21st last year. A member almost from the club's beginning she often enjoys a quiet snooze whilst waiting for her tea and biscuits. Suitable congratulations took place at the Bridges where 32 members enjoyed a Christmas lunch and at Leg Club where Ruth produced a birthday cake.

Future Activities

The leg club committee is busy making arrangements to fund our activities for the coming year. We will have a committee meeting in the next month and also prepare for the annual general meeting which will be held in March. Let us know if you have any ideas for events next year.



Mary, Andy, Fran, Mary-Rose and Fred
Don't they scrub up well!

National Leg Club Honours Fred James

Worcester was the venue of this year's national Leg Club Annual general meeting and gala dinner. Our main delegates were Mary-Rose, Mary and Rosemary.

Everyone from Worcester was extremely proud when our own Fred James was recognised as one of the leading volunteers of the year.

Congratulations Fred - it's richly deserved.



Jacque Cook sings happy birthday to Doris at The Bridges

Fred has the Last Word!

We welcomed Ian Armstrong in 2008 who has kindly volunteered his help. We are grateful to him and also the kitchen ladies who provide the wonderful tea and cakes. Thanks to Brenda and Jackie. Financially we are still holding our own, though donations have dried up at present. May I thank those who donate prizes for the raffle that just about pays the rent. Finally we must thank the nurses for all their hard work. Happy New Year to you all, Fred