



Edition 3  
Christmas 2007

# Worcester Leg Club

*Meets every Wednesday*  
The Tolly Centre

## **Christmas and New Year Message from the Nurses**

We want to say thank you to the sponsors of the Leg Club and to everyone who has helped make it such a success. To them, volunteers and all club members we wish a merry Christmas and a very happy and healthy New Year.

Mary James and Alison Want,  
Jackie, Jean, Julie, Kate, Lindsay, Liz and Liz, Merrill, Michelle, Paula, Rachel,  
Rosemary, Roz, Sarah and Sarah, Ruth P., and Ruth.

## **Arrangements for Christmas and the New Year**

The last Leg Club of the year will be  
Wednesday 19<sup>th</sup> December 2007.  
There will be no club on either 26<sup>th</sup>  
December, 2007 or 2<sup>nd</sup> January, 2008.  
*We will start again on Wednesday, 9<sup>th</sup>  
January, 2008.*

## **Christmas Fun at 'The Bridges'**

Thirty seven members had a great time at the Christmas Lunch. Many thanks to WiNN for making it possible and to Mr and Mrs Brookes (WRFC) for their donation towards the transport.

Thanks also to Andy for driving the bus and his other work and to all of the nurses for their care throughout the year. Sadly their work meant only three were able attend.

Happy Christmas  
Fred James

## **Forthcoming Events**

### **Visit by Ellie Lindsay**

On Wednesday 23<sup>rd</sup> January 2008 Ellie Lindsay, the national founder of the Leg Club, will be paying us a visit. We'll all have to be on our best behaviour!

### **Summer Cruise**

We are planning a trip on the River Severn on the Conway Castle during the late spring. If you have other ideas for events tell Janet, Fred or Andy.



It was great to see Doris Hawkins guests at the Bridges.  
Two days earlier Doris celebrated her 97<sup>th</sup> birthday  
*We will have a special showing of other photos in the New Year*

## Warm Wishes from WINN

It is really important to keep warm this winter so that you stay well and reduce the risks of illness. government advice suggests that you keep your living areas at 21°C, eat regular hot meals and drinks, keep moving at least once an hour and dress well wearing plenty of layers particularly outside. For a free information booklet ring 0870 155 5455 and ask for a Keep Warm Keep Well booklet. For information on local grants to insulate your home call 0800 512 012 and to make sure you're claiming all the benefit help you can contact Valery from Whabac on 01905 612774.



### Leg Club Members get Younger!

New grandmother Merrill makes sure Leo isn't abducted by Roz who is watched over by John and proud mum Hannah.

### Rosemary is an Alley Cat!



When committee member Rosemary is not caring for your pins she is knocking them down for the Alley Cats skittle team. She is also a keen gardener and enjoys reading and walking.

A Worcestershire girl Rosemary was born in Wadborough and went to school in Pershore. She's been a community nurse for over 21 years and has sons Malcolm and Neil as well granddaughter Jessica.

### Old Time Music Hall At The Swan Theatre

In September twenty Leg Club members enjoyed an Old Time Music Hall matinee.

With singers, comedians, girls in tights and a man playing the saw there was something for everyone. We were also impressed by the standard of dancing of the performers from the Harlequins Dance School.

Those of us who used the mini bus are particularly grateful to Phil and all at the Perdiswell Young People's Centre for their help.

### Further Revelations from the Mystery Leg Club Member

I am seeing six gentlemen every day! Will Power helps me get out of bed then I go to see Jimmy Riddle. I have breakfast with Mr. Kellogg and enjoy the refreshing company of Mr. Tetley. Arther Itis knows he is not welcome but insists on being here. What is more he stays for the whole of the day. He doesn't like to hang around in one place, so he takes me from joint to joint. After a hectic day, I am glad to get to bed (and with Johnny Walker too!). What a hectic life. Oh yes and now I'm flirting with Al Zhimer!

*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](http://www.legclub.org)*