Mottingham (Bromley) Leg Club
July 2013

...healthy legs for life

LEG CLUB®
www.legclub.org

Court Farm Evangelical Church Hall
(Next door to the Links Medical Practice)
Wednesday afternoons from 2 – 4:30

Member Update:

We now have more than 55 members, with 12 – 14 attending each week. Several members have been in hospital recently and we wish them a speedy recovery. As a reminder, previously treated members can benefit from on-going well leg visits. So, please come and join us for a chat, cup of tea and a check up by one of our nurses.

Clinical Update:

Additional services can also be provided during the Club session. Would you like to have simple Podiatry care, such as nail cutting? This can possibly be arranged by Bromley Healthcare if the costs can be shared.

Fundraising Update:

Our Club Chairman, Jonathan Lewis (CEO Bromley Healthcare) and District Nurse, Frank Hall are planning to run a half marathon to raise money for the Leg Club. The run will take place on Wednesday, 17th July and will finish at our Church Hall at approximately 2:30. Please come and support their efforts! To make a donation, please use this link http://uk.virginmoneygiving.com/JonathanandFrank

Volunteer Update:

Volunteers are essential to the running of the Leg Club. Would you like to attend several sessions each month to help set up equipment, serve refreshments, maintain member files and reports and generally assist with the operation of the club? You don't need special training, just a desire to help others.

The Lindsay LegClub Foundation

For more information, please contact:
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bromleyhealthcare.org.uk **www.legclub.org**

The Lindsay Leg Club Foundation is a Registered Charity no. 1111259.