BRENTWOOD LEG CLUB NEWSLETTER SPRING 2016

NELFT NHS
NHS Foundation Trust

VISIT OUR WEBSITE WWW.FACEBOOK.COM/BRENTWOODLEGCLUB/

BRENTWOOD LEG CLUB GOES FROM STRENGTH TO STRENGTH

New Year sees record number of members being treated

Brentwood Leg Club, which now treats up to 20 patients (known as members) each week, has just celebrated its second birthday. The club has been growing over the last year and now needs more volunteers to keep up with the needs of its members.

At the end of last year our Leg Club was awarded a grant to provide training and education for community health workers who care for patients with lower limb conditions. This grant also covers much of the Club's weekly running costs allowing it to continue doing its good work.

In celebration of the achievements of the club, Former District Nurse Ellie Lindsay, Lifetime President of the Lindsay Leg Club Foundation (www.legclub.org), will be visiting the club on the 19th January to meet members, volunteers and nurses.

Annabelle Barton, chair of the Brentwood Leg Club, said: "I am looking forward to Ellie's annual visit and the welcome inspiration and boost it gives to the nurses, members and volunteers. We hope that the resulting interest and publicity will bring new volunteers to help us run the club and ensure more people can benefit from the club".

EVENTS & ACTIVITIES

- **Tuesday 19th January:** Ellie Lindsay visits the club
- **Tuesday 29th March:** Easter party
- **Saturday 7th May:** Colour me Rad 5k Race

Any other suggestions for activities at the weekly leg club or other events would be welcome. Please call Annabelle on 07855 178382 or email at AnnabelleBarton@aol.com.

HELP SUPPORT YOUR LEG CLUB

We need you as a volunteer to help run the Leg Club

The Leg Club urgently need more volunteers to welcome the members, serve tea and biscuits and assist in setting up the hall ready for the nurses.

With attendance at the club at an all-time high it is vital to ensure the nurses' time is freed up as much as possible for the treatment of the members. Volunteers help make this possible.

Leg Clubs motivate and empower patients to take ownership of their care, alleviate their suffering and reduce the stigma attached to their condition.

If you are interested in volunteering, please call Annabelle on 07855 178382 or email at AnnabelleBarton@aol.com.

The Brentwood Leg Club is a social leg ulcer clinic and meets every Tuesday from 1pm to 3.30pm at Christ Church hall on Warley Hill, Brentwood, CM13 3AA.

We treat leg ulcers and other lower limb conditions in a pleasant social setting. No appointments are required. Brentwood Leg Club is run in partnership with the NELFT Tissue Viability Team.

Follow us on Twitter @Brentwood_LC
Visit our Website www.facebook.com/BrentwoodLegClub/
Email us at brentwoodlegclub@gmail.com

Brentwood Leg Club