Gordano Valley Leg Club

Newsletter No1

December 2016

Wow! Haven't we done well. We've been going for just over 3 months now and have seen 220 members!! We have reached member number 41. The massage team have completed 131 hand massages. No wonder the members (and volunteers!) all look so relaxed. There have been teething problems along the way and no doubt still issues to come but we have all worked together, supporting one another, to make our club such a success.

We've become quite a little family, members, nurses, massage ladies, drivers and volunteers alike. We have tea and coffee, cake and biscuits. The Tesco donations are immense! Claire the accordion player and hand massage, crochet corner, newspapers and magazines and lots of chatting. Is there anything else you'd like to happen at your leg Club? Just let us know and we'll see what we can do. Angela and Kim have been trained in 'Flexercise', a seated exercise programme. We're just thinking how it would fit in to our club so watch this space.

Aren't our nurses amazing! They work non -stop every week. Thank you to Mandy, Natalie, Naomi, Sarah, Juliet, Harriett, Sarah, Deb, Kathy, Sophie

Oh, and thanks to the lovely Nique, James and Ed for supporting us week after week.

We have seen many visitors and they ALL comment on what a great atmosphere there is as soon as they walk through the door. We've had the Press, representatives from CURO, VANS and Alliance Living, and the CEO of NSCP, Judith Brown.

A local doctor has been heard to say

> We get great feedback about the leg club and the social support being given is really important to our patients.

A huge thankyou everyone who puts donations in the box every week. We can't manage without them. We have a few fundraiser donations coming up, St. Nicholas Fair, Clevedon Tree of Light, Salvation Army Christmas Concert, Waitrose green tokens, Debs sponsored hill walk and Portishead Rotary Swimathon. We're always looking for new fundraising ideas so if you hear of anything let Lynn know.

Here are just a few things our lovely members have said:

> "I can't wait for Monday mornings now."
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> "I look forward to seeing the bus pull up to my door."
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> "I am early as I have a GP appointment. I could have my leg done there but I wanted to come here

Coming up

Bring and share lunch after club on Monday 19th December including raffle, music, singing and lots of laughter.

The 19th is our last club until the New Year, and allowing for Boxing Day and New Year's Bank Holiday we start back on Monday 9th January 2017

Here's to a good Christmas one and all