Gordano Valley Leg Club

Newsletter No2

March 2017

Summer Barbeque for all members, volunteers, nurses and families

...ls to follow

We've been open for just over 7 months now. Unfortunately, Portishead Medical Centre have left us but our club has evolved and continues to grow. We have seen 472 members and have reached member number 56. A typical morning - the wonderful team of nurses saw 21 members, that was 32 legs meaning just over 10 legs each across the morning. Wow! They work so hard and we all appreciate everything they do.

Monday 10th April – Easter theme. We will have an Easter related raffle and Easter bonnets, music and more

We will be <u>closed</u> Easter Monday, <u>17th April</u> but back the next week. We are also <u>closed on 1st May and 29th May</u> for the bank Holidays. So far, we haven't been able to organise sharing with other leg clubs so if you require treatment the week of any of the bank holidays when we are closed it'll be a trip to the surgery or a visit from the district nurse.

We have many visitors coming to see what we are doing. The last visitors said, "If this is what a leg club looks like we will definitely be setting our own up!"

Finance and Fundraising

We have seen many fundraising efforts over the last 7 months. To date we have raised £7334.60 from a variety of sources. Our bank balance is a healthy £4379.84 which will pay the rent for the rest of the year

A success - one of our members has enjoyed coming to club so much so that now his leg has healed he wants to give something back and start coming as a volunteer. Isn't that great, exactly what our club is about.

We won't get complacent though. Fundraising continues with the Portishead Rotary Swimathon and the Bristol Post tokens, Kenn WI and others. Don't forget to support Deb Gadd in her sponsored walk too.

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A typical morning at the Gordano Valley Leg Club

(approximate timings!)

8am Angela and Mandy arrive to unlock and start setting up

8 - 8.30 Volunteers and nurses arrive to help with the setting up. Wendy, Roni and Anne organise the sale and bread tables and Dora puts the kettle on. Others begin to arrive and continue setting up

8.45 the first members arrive and the nurses start treatments. Kim sets up and registers everyone, volunteers Ann, Marjorie, Wendy, Roni and Michelle support the members and settle everyone in

9.00 the flow of members begins and continues steadily over the next 2 hours. Bowls are filled and emptied by Angela, Carol, Lynn and June. If we're lucky Nique or James will arrive and take over. Tea and cake is served. Chris keeps the craft table going, creating items to raffle or sell

9.30 Fay and Ken bring in members from Portishead. Les collects people from around Clevedon. Fay begins manicures for any who would like. The massage team begin hand massages.

10am Claire arrives with her accordion to entertain us. Members and volunteers join in singing, playing the bongos and tambourine. Our drivers begin returning members to their homes

9 – 12.00 Members come and go, have their legs treated, have a cuppa and a chat, do some shopping, read the paper, do a crossword, play dominoes, collect some bread or cake to take home. Dora, Ann and John keep the kitchen running and the coffee flowing. Whilst all that is going on visitors may arrive to see what we are about. Some come to offer services and support while others are looking for advice from us.

11.00 all members bar one have arrived, some will enjoy an hour chatting, some come and go as soon as they are treated

11.30 our last member arrives, we know we're on the home straight when he gets here

11.45 Volunteers begin clearing the hall. John will organise the table cupboard.

12.30 Members are all gone, room cleared, nurses finished, clinical waste removed.

FINALLY, we have filled the INCREDIBLY small cupboard, lock the door and breathe! Angela and Lynn check everyone's gone, clear the rubbish, lock the gate and go home. *Wow, haven't we been busy!*

Well done everyone!