Gordano Valley Leg Club

Newsletter No3

October 2017

Happy Birthday To Us!! On the 5th September we had been open for one whole year! Hasn't time flown by. For those who like figures as at 23/9/17 we had over 990 member's visits. Our member number is now up to 89 and we regularly have 23+ through the door every Monday morning. Of those 89 at least 9 have healed, over 10% in our first year.

From that first day 4 members still regularly attend and one of those 4 is volunteering with us along with another ex-member! That's the success of a club like ours, people want to stay on and help even when they no longer need to be here. Not to mention those members who just pop along for a coffee because they enjoy the company on a Monday morning.

There have been some fantastic fundraising events plus wonderful donations from other communities and groups which leaves us with a healthy bank balance. It is quite overwhelming that people, strangers who know nothing about us, will go that extra mile. Much of this fundraising is I'm sure because we are new so moving forward we must find ways of sustaining this.

A special thankyou to everyone who has supported us financially in this first year.

NSCP, Portishead Rotary, Clevedon Lions, CURO, Kenn WI, CLEG, St Andrews Church Hall, The Salvation Army, UKELE Strummers, Clevedon Glass, Sunnyside Surgery staff, Clevedon Town Council, League of Friends

Sorry if we have missed anyone out, there have been so many

I joined the Leg club as a volunteer six months after my husband died. From the beginning I felt accepted and really enjoyed the camaraderie of the volunteers and meeting the clients. They are all lovely people who take me out of my own situation and who make me realize how fortunate I am to have mobility.

Our leader has her finger on all the little details that make a club run smoothly. She is aided by her able band of admin volunteers and the district nurses work hard to give the clients a personal service and their expertise. The atmosphere is a happy one, sometimes helped along by the playing of our accordionist. The kitchen staff are all cheerful, helpful people who cater for all needs and an interesting stall is always available to purchase little gifts and jewellery. The craft table is constantly making new and lovely blankets and patch work covers for raffles or for sale.

Whilst I hope I have contributed in a small way, the club has given me a reason to get up on a Monday morning, meet all the lovely people who come either as clients or as volunteers.

As we celebrate our first birthday, I hope that the club will continue to flourish. Many Happy returns!

Well done everyone!

A club such as ours could not run without its volunteers. Everyone who turns out on a Monday morning makes a valuable contribution and supports our members. A little band of unsung heroes are our 3 drivers who week in week out collect and bring members to club. Some go over to Portishead whilst another spends all morning toing and froing, collecting and returning. Friendships have developed and its always a little weird when, for whatever reason, a journey is not made.

What else happens at leg club?

Claire entertains us on her accordion creating a lovely warm and convivial atmosphere. Thank you, Claire.

We share cake with our tea and coffee courtesy of the FareShare scheme.

Hands are massaged by the team from VANS or manicure by Faye

Chit chat happens and friendships are made.

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