Leg Club Severn Newsletter

January 2014 Issue No. 4

Happy New Year to all our Members, Nurses and Volunteers!

UPCOMING EVENTS

Leg Club Concert – April 2014 (date and location to be advised)

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Church House Coffee Morning, Welshpool, Saturday 5th July

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Heulwen Boat Trip (date to be advised)

Leg Club Members and Volunteers celebrating Christmas lunch at the Smithfield Bell, Welshpool, December 3rd 2013

Members and Volunteers at the Christmas 'Singalong' on 17th December, 2013 New Street Church, Welshpool

NEWSFLASH.....

Monthly Nail Cutting Service at Leg Club available through Age Concern. Small charge. Open to members and non-members. Leaflets available at Reception

A Man walks into a Psychiatrist's office and says, "What's wrong with me Doc? I think I'm a pair of curtains" The Psychiatrist says, "Go home and pull yourself together!"

Dear everyone, apart from the information in this newsletter, Reception will notify you of upcoming events so please look out for notices in due course.

Sign outside a Church:

"We are the soul agents in this area"

Leg Club Members tucking into Christmas lunch at the Smithfield Bell, Welshpool on 3rd December 2013

Sub - Committee Members please note: next meeting is 7pm, 4th February 2014 United Church, Welshpool

More of our Leg Club Members and volunteers at the Christmas lunch on 3rd December, 2013

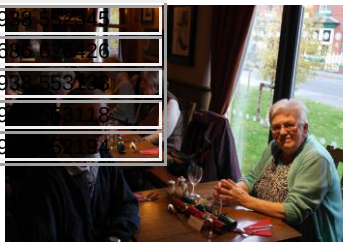
Our lovely Nurses, Jo, Maryann, Alison and Linda at the Leg Club Christmas Lunch, 3rd December 2013

Just remember..... there is someone out there who is more happy with less than what you have xxxxxxxx

The Eternal 'Why'

Why don't we ever see this heading "Psychic Wins Lottery" or Why can't women put mascara on with their mouths closed??

More members at the Christmas Lunch, 3rd December 2013, Smithfield Bell, Welshpool



Useful contacts - Welshpool

Police Station	01938 552345	019[redacted]
Fire Station (Newtown)	01686 626426	016[redacted]
Hospital	01938 553133	019[redacted]
Medical Centre	01938 553118	019[redacted]
Post Office	01938 552194	019[redacted]

County Council	01938 552828
Job Centre	01938 525200
Benefits Agency	01938 552828
Library	01938 553001

Rail Enquiries	08457 484950
Arriva	01970 617951
National Express Coaches	08705 808080
Amber Cabs	01938 556611
Yellow Cabs	01938 555533
Mount Taxis	01938 554976
Stonebridge Taxis	01938 555119

Handy Tips

Roll a few sheets of old newspapers together and stuff into the empty tubes left by toilet rolls or kitchen rolls and then use as an alternative or an addition to logs in your fireplace.

The Least Successful Football Trainer

In the first ever World Cup the trainer of the American Soccer team set an example which no other has yet managed to equal. In the 1930 semi-final, Argentina had just scored a disputed goal against the USA. Shouting abuse at the referee as he travelled, our fellow dashed out to tend an injured player.

The 80,000 crowd roared with approval as he ran onto the pitch, threw down his medical bag, broke a bottle of chloroform and anaesthetised himself. He was carried off by his own team.

Alan Herbet entertains at Leg Club Severn's Christmas 'Singalong' at New Street Church, Welshpool on 17 December 2013.

Did you know.?

A cat can keep purring while inhaling and exhaling.....

Let us take a few moments to remember those who have left us and let's not cry but let's just celebrate what fabulous folk they were and how lucky we are to have had them in our lives.
New Year Resolution:
"Never stop hugging those you love ok?"

In Loving Memory

Gerald Evans
Ann Gott

Nurses Linda and Rose at the Christmas 'Singalong" at New Street Church, Welshpool, 3rd December 2013

Do you have any memories or stories you would like to share with us in our newsletter? Are you a poet? We welcome all enquiries and submissions. To discuss this, you can call Pat on 01938 570220 who will be happy to advise and assist.

Donation Thanks and Congratulations

A truly massive Thank You and Congratulations go to:

Derry & Julie Wygold for their donation from their Golden Wedding Celebrations;

Rose Plume, Congratulations on her 50th Birthday and thank you for donations derived from that Celebration;

Maud & Roy Griffiths and Annie & Clive Jerman for their donations from a joint Golden Wedding Party – Congratulations to them;

Wendy Holder for her regular donations of gifts as raffle prizes and for the table top coffee morning;

Jessie Williams for her donations

And More thanks continued/.....

To a very dear Member Gerald Evans Deceased, who left us too soon, Thank you Gerald for your donation.

"Those we love don't go away.
They walk beside us every day.
Unseen, unheard but always near
Still loved, still missed and forever dear"

LEG CLUB®
www.legclub.org

United Church, New Street, Welshpool.
Open Tuesdays from 9am to 12.00pm.
All Welcome.

Alison Harding (Chair)
Glyn Lewis (Treasurer)
Rose Plume (Lead Nurse)
Pat Checkley (Secretary)

All enquiries:
01938 558829 (Welshpool District Nurses)

Roger's Receipt for Leftover Chicken or Turkey

1 oz flour – 1 diced onion
1oz butter – 1 chicken stock cube
peas and corn to taste
1 diced red or green pepper (optional)
8ozs cold water – salt & pepper
Cup of diced chicken or turkey
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Fry onion in butter until tender, add flour, add water and whisk gently whilst heating. Cook for 5 minutes. Add stock cube, peas, corn, chicken or turkey and add the salt and pepper. Taste and adjust seasoning if required. Add the meat and simmer for 5 minutes. (If you are using peppers cook these with the onion). You will now have a deliciously simple stew which can be served with rice, potatoes or eaten on its own with crusty bread and which takes no time to prepare!
Yum Yum.....

This newsletter was produced and published by Pat Checkley for Leg Club Severn, August 2013.