Leg Club Conference – Worcester 18th/19th September 2013

Journey to Worcester

On Tuesday 17th September in the evening, we arrived safe in Worcester at about 9pm after good driving by Rhona and good navigation by Michelle.

We booked into the hotel and had a few drinks at the bar to get to know the nurses from Llanidloes and Welshpool. We went to bed after this at about Midnight.

Wednesday 18th September

Morning

We went for breakfast at 7am. We left the hotel at 08:30am for the Conference Centre. We faced a big day ahead. The day itself was well organised, all run to time with seven different workshops lasting thirty to forty minutes each. We were split into different groups with colours, ten to fifteen in each group (which gave each person a lot of attention) from toe bandaging to mental health. Each workshop was explained to us in detail with enough time left for questions. All the workshops were good and very educational. My interest was with toe bandaging where we practiced on each other.

The next Workshop covered Mental Health with a ten minute play with a volunteer and the Mental Health Nurse. The volunteer pointed out that Nurses do not get enough time with their patients. This was a good point made.

Evening

We returned to the hotel at 5:30 pm to prepare for the evening out. It was a really great evening with good entertainment. The food was excellent and the drink flowed. It was so nice to see our glamorous nurses out of uniform; I thought I was in Hollywood.

Thursday 19th September

Morning

At 06:30am we got up, had breakfast and left the hotel for the Conference Centre. Today we looked at the different products on the stands, talked to representatives and learnt about new products.

There was a presentation of a volunteers award of which Llanidloes won (well done to Llanidloes). I would really like it to be Newtown next year.

Our Ellie was a wonderful host and made us all feel welcome.

The remainder of the morning was discussing all of the workshops and seeking feedback from everyone.

We had lunch and then left for home. We arrived back in Newtown at about 5:30pm safe and sound.

I would personally like to thank Rhona and Michelle for looking after me and all of the friendly nurses from Llanidloes and Welshpool.

The photographs will follow.