Bromley Healthcare
better together

Mottingham (Bromley) Leg Club

13th November 2013

Member Update:

We now have more than 70 members and between 20-24 attend each week. During the harvest season, we've had fun swapping apple and fruitcake recipes.

Clinical Update:

Recently, some local clinicians and nursing students have helped during our Club.

Fundraising Update:

The almost £1,700 raised by the sponsored ½ marathon has been deposited in our Natwest bank account. The Bric-a-brac stall in the church raised £30 and one of our patient-members has very kindly set up a monthly donation. Donations are very much appreciated and essential to the continued running of the Club – Thank you! With the help of Anton, a student, we have submitted an application for funding from Awards for All – England.

Volunteer Update:

I'm pleased to say that we have some new volunteers who now help out regularly. Our list of volunteers includes: Pam, Elvira, Emma, Robin, Flo, David, Bob, Yvonne, Annabelle and, of course, everyone else present when help is needed!

Calendar of Events:

20th November – Sue Banning, London Fire Brigade, coming to talk about fire safety at home

27th November – Felicity Crowe, British Wheel of Yoga (instructor) coming to meet us

4th December – Felicity Crowe, coming to demonstrate chair yoga

18th December – Christmas lunch & entertainment, what shall we have and do?

Christmas holiday Club dates to be confirmed.

22nd January – Catherine Nestor, NHS South London, coming to talk about 'Get the best from your medicine

Gill Harman, Tissue Viability Nurse, 0208 4671631

Annabelle Barton, volunteer, 07855 178382

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