

Welcome to the Salisbury Leg Club monthly newsletter. As you're all aware we have increased in patient numbers over the past few months and we would like to say a huge thank you for your patience. We do appreciate that the waiting times can be long and we are hoping to find some activities to entertain you whilst you wait so if anyone has any ideas. Puzzles, scrabble, card games they would like to bring in we would be most grateful.

Christmas Party/Birthday celebrations

The Christmas party was a great success and we hope that you all had an enjoyable time. It was a great honour to share the party with Mr David Pennels Birthday!



TESCO BLUE TOKENS

For the whole of Jan, Feb and March the Leg Club is one of the three charities in all the local Tesco stores blue token scheme. The blue token scheme was set up by Tesco from the money raised from the sale of reusable bags for life. The money raised is used to fund local projects across Britain. Each time a customer shops they are given a blue token to put in their chosen charities box. The three chosen charities receive

£2000 – 1st place

£1000-2nd place

£500 – 3rd place

We intend to use this money towards a wound imaging device in order to better treat all our patients by identifying infection earlier allowing us to treat effectively.

Raffle tickets and Table

Top sale



Thank you all for your support with the table top sale and Raffle ticket sales. We raised £160 in total!

Well done to the 5 lucky winners of the Hampers loving put together by Sarah and Sarah with donations from

Reeves the Baker

Waitrose

Bird and Carter farm shop

Ansty farm shop

And various staff donations from the practices



Times

We operate a drop in service from 9.00am – 11.30am every Tuesday and also have pre booked appointments for Dopplers and hosiery measuring/fitting so if you see someone go before you please bear in mind that everyone has attended for various reasons.

For health and safety reasons the doors will not be open to patients before 8.30am



In order to save the Rugby club some pennies and to lesson our impact of waste please could everyone either use a china mug or bring along their own travel mugs rather than using the disposable ones



*The **Salisbury Walk for Health** group is organised and run by volunteers.*

*There are organised walks **every Thursday** morning in and around the city with occasional walks in Laverstock and Wilton also.*

*Beginners walks take place on the last Thursday of every month and are no more than 30 minutes long, these walks are suitable for all patients recovering from illness and particularly beneficial to anyone with a leg **ulcer**.*

Further walks of 1 hr-1hr 30mins are also planned for more the able.

What a perfect way to see the city, meet new people and get fitter!!!!

Contact Pam Rouquette on 01722 334209



Volunteering

We could not do leg club without the commitment and support of our volunteers, they not only keep you all company and supply you with Tea and cake but they help organise fund raising events, cover for our admin team for holidays and more recently help speed us up by helping us do the buckets.



Eleanor, Jo and Malcolm

If you or anyone you know would like to join our lovely team of volunteers please get in touch with Katy Gillingham on 01722 424457 or email at

Katy.gillingham@nhs.net

Word Search Fun!

R	F	E	B	V	U	L	E	G	I	S	A	E	H	N	J
J	U	T	S	P	P	Y	K	I	N	W	S	L	V	X	T
E	K	Y	K	I	C	Z	S	E	G	A	D	N	A	B	E
G	R	P	B	E	C	R	Y	A	O	P	D	S	M	U	F
I	W	P	U	Y	T	R	U	S	Y	P	A	E	R	L	Q
H	D	Y	K	L	I	O	E	H	T	Y	E	O	W	C	P
R	J	F	D	S	A	W	E	X	S	I	L	I	J	G	U
H	A	P	P	Y	N	E	W	Y	E	A	R	S	L	E	M
G	D	H	J	K	L	X	A	C	L	R	S	E	R	L	N
V	C	N	M	L	E	E	L	I	M	S	R	C	O	K	R
C	S	I	O	P	S	S	K	R	N	E	B	N	A	Z	F
D	L	S	A	R	G	E	I	W	W	I	U	L	F	A	J
Q	E	E	U	T	S	C	N	F	K	K	L	E	X	R	S
A	W	N	D	G	W	B	G	E	B	S	C	G	H	Y	D
Z	Q	X	S	A	L	I	S	B	U	R	Y	S	R	D	R
W	I	S	C	V	B	N	Y	E	U	O	K	O	P	G	W

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|---|--|
| <input type="checkbox"/> Nurse
<input type="checkbox"/> Bandages
<input type="checkbox"/> Legs
<input type="checkbox"/> Exercise | <input type="checkbox"/> Salisbury
<input type="checkbox"/> Happy New Year
<input type="checkbox"/> Leg Club
<input type="checkbox"/> Walking |
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