

Welcome to the Salisbury Leg Club monthly newsletter.

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.



Support Cafes and Drop-ins

Salisbury Medical Practice host **16** Cafes and Drop-ins open to everyone! A chance to meet new people, receive peer support and enjoy a cup of tea in a relaxed, informal environment.

Groups range from a Knit and Natter group to a Tinnitus Café to a gentle Tai Chi class and many more! There are calendars of events on each table as well as booklets with the full list of groups.

For more information, please call Katy on 01722 424457.



TESCO BLUE TOKENS

*Please remember for the rest of March the **Leg Club** is one of the three charities in Tesco's 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 helping us purchase a wound imaging device along with further fundraising events. It will aid wound assessment by identifying wound infections and allow effective wound care treatment and long term may also aid the reduction in oral antibiotics.



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

Annual General Meeting (AGM)

On **Tuesday 17th March**, we will be having our AGM and we will be supporting the clinic from **8.30-11.30**. Please could all patients arrive **before 11am** on this date.



Times

We operate a drop in service from 8.30am – 11.30 every Tuesday and also have pre booked appointments for Dopplers and hosiery measuring/fitting. You may witness someone being supported by the nursing team before you, but please bear in mind that everyone has attended for various reasons.

For Health and safety reason the doors will not be open to patients before 8.30

From the feedback forms you kindly filled out we have made a 'Wordsalad' of the kind descriptive words you used for Leg Club.



Table top Sale

In order to reach our goal of purchasing the Moleculight we will be continuing with the table top sale as a fundraiser on the 1st Tuesday of each month so take the opportunity to purchase presents for loved ones or just to treat yourself.

If you have any homemade produce you would like to donate i.e. jams, pickles etc. for sale it would be greatly appreciated. We would also appreciate any donations of the following: Puzzles, scrabble, card games etc.



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



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.*

*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