

Roehampton Limb User Group

We offer a friendly hand with a spring in our step

2015 AUTUMN REMINDER

Wednesday 14th October - Roehampton Limb Users

**Brysson Whyte Unit, Douglas Bader Rehab Centre, QMH,
Roehampton Lane, London, SW15 5PN 6.30pm for 6.45pm to 9.00pm**

Calling all Roehampton Prosthetics and Orthotics service users, families, friends and staff. We welcome newcomers, inpatients and regulars. Following our topic, refreshments will be served and news and group business will conclude the evening.

To book email chair@rlug.org.uk as seat places are limited

The 3 C's – A Holistic Approach to Building Self-Confidence for Amputees



Photo: Queen Mary's Hospital 'Reaches for the Sky'

Confidence, Coping and - Committing to Activity!

We will consider one of the most prominent topics in psychology, self-confidence. RLUG welcomes the return of Mel and Ross with their positive approach to provide us strategies that are targeted to raise our confidence. They will explore how physical activity can enhance our wellbeing and how this may help deal with stress.

Welcome to this and other event news. We also bid Fiona our O.T an active retirement!

2015 6.45pm RLUG meeting topics *Mar 18, Apr 22, June 17, Aug 19, Oct 14.*

2015 Day time social events *May 14, Oct 29 and Dec 9. See postings.*

RLUG is a patients' user group run by elected patient volunteers. It's a relaxed way to meet and learn more about prosthetics and orthotics and deal with life stuff. Join us. Persons under 18 years are reminded to bring a parent or guardian. RLUG does not accept any liability for any losses, damage or third party injury. Queen Mary's Hospital, part of St George's University Hospitals NHS Foundation Trust, Blackshaw Road, LONDON, SW17 0QT File 09/15 v1