

Press Release

4th June 2015

Dorset put's its best foot forward with launch of the county's first Leg Club

The Adam Practice in Poole has been working with the Lindsay Leg Club Foundation to open a Leg Club for its patients with lower limb problems such as varicose veins and leg ulcers. The Leg Club, which has been officially named the "Best Foot Forward Leg Club" by the Practice's patient participation group, will be holding a coffee morning to launch the project on June 11th 2015. The coffee morning is open to all and aims to inform people locally about the ethos of Leg Clubs. It is also an opportunity for anyone interested to volunteer for the Club's committee. The committee is responsible for delivering the social side of the Leg Club through organising fundraisers, arranging transport to meetings for housebound Leg Club members, providing a welcoming reception to the Leg Club and offering refreshments.

Leg Clubs are based on the award-winning healthcare model founded by former district nurse Ellie Lindsay, where nursing staff and volunteers work in conjunction to provide holistic care to patients suffering from lower limb conditions. They operate on a drop-in basis in a non-medical setting, and encourage and empower Leg Club members to become more involved in their care through peer support and collective treatment. Leg Clubs can also help to relieve the social isolation that is frequently experienced by patients with leg ulcers and reintegrate patients back into their communities. Consequently, this model of care has been proven to achieve high success rates in terms of healing and in the prevention and recurrence of lower limb conditions.

Business practice manager Christina Cleworth said: "It's really exciting that this national model of leg care is being introduced for the first time in Dorset. Although the Leg Club is in its infancy the support for and interest in what we are aiming to achieve here at the Adam Practice has been fantastic."

Ellie Lindsay, president, The Lindsay Leg Club Foundation, said: "We are delighted that the Adam Practice is creating the first Leg Club in Dorset. Many healthcare providers are now recognising the value of the model and how it can be utilised to make every contact count by including other services within Leg Clubs such as podiatry, diabetes and healthy-heart programmes."

The coffee morning will be held at St Michael's church hall, Blandford Road, Hamworthy, Poole from 9:30-11:30am. Anyone wishing to volunteer to become a committee member or assist with fundraising should contact the Adam Practice on 01202 673159 or email theadam.practice@dorset.nhs.uk

Notes:

- 1) Leg ulcers (and other chronic leg problems like lymphoedema) can affect people at any age, but are particularly common in people over 60. At present, over 80 per cent of all leg ulcers are treated in patients' own homes by district nurses or by practice nurses in GP surgeries. However, patients often find it difficult to adhere to treatment plans, or to maintain the preventive measures needed to avert recurrence of the ulcer. Many leg ulcers consequently reoccur, or remain unhealed for many months or even years.
- 2) The Lindsay Leg Club Foundation exists to promote the national development of Leg Clubs. The Foundation also provides the necessary support and training for nurses to establish Leg Clubs and follow the Foundation's guidelines, as well as on-going training in new developments in leg care.
- 3) The Leg Club is an innovative model of care that has been shown to improve the health and wellbeing of people with chronic leg conditions. By healing chronic leg wounds and keeping them healed, Leg Clubs also have the potential to save commissioners up to 80 per cent of their wound care budget in comparison with conventional leg ulcer treatment. A Leg Club is a local partnership between community nurses, patients and members of the community. Run by a committee of members and local people, each Leg Club operates according to strict guidelines of care, monitored by the Lindsay Leg Club Foundation. The Leg Club title, the wording and logo are protected by Registered Trade Mark in the UK and Australia.

For further information about the Leg Club Foundation and Leg Clubs visit:
www.legclub.org

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