

## WHO CAN ATTEND?

If you are a patient at The Adam Practice and you have, or have a history of, Ulceration, Cellulitis, Eczema of the lower limbs, then come along to one of our Leg Club clinics where we will be happy to help you.

## HOW CAN I VOLUNTEER?

Our Volunteers are the backbone of the Leg Club model, and we are continuously seeking new volunteers to support us. If you would like to become a volunteer, or find out more about what is involved, please contact our Hamworthy surgery where a member of staff will take your details to pass onto the team. Alternatively, please email [theadam.practice@dorset.nhs.uk](mailto:theadam.practice@dorset.nhs.uk) with 'Leg Club—Volunteer Info' in the subject line.

## PICTURES & PATIENT TESTIMONIALS

- "I enjoy coming, its more relaxed than the surgery."
- "Friendly service and more than getting my legs looked after as I meet people."
- "Keep Going! I find the Leg Club a warm and friendly environment. Really helped – thank you. This is a fantastic and innovative Club, I enjoy attending and leave with a smile. Everyone is so helpful and cant do enough for you"
- "Brilliant. Helpful. Care & Attention of all staff. Great social feeling & excellent treatment. Tea & Biscuits. Meet others and everyone has similar conditions. You don't feel alone & afraid"



# Patient Information Leaflet

## The Adam Practice

**Hamworthy Surgery**, 306 Blandford Road, Hamworthy, BH15 5JQ. Tel: 01202 679234

**Poole Surgery**, 117 Longfleet Road, Poole, BH15 2HX  
Tel: 01202 676111

**Upton Surgery**, Upton Cross, Poole, BH16 5PW  
Tel: 01202 622339

**Heath Cottage Surgery**, 40 High Street, Lychett Matravers, BH16 6BG. Tel: 01202 632764

**Website:** [www.adampractice.co.uk](http://www.adampractice.co.uk)

**Email (for all sites):** [theadam.practice@dorset.nhs.uk](mailto:theadam.practice@dorset.nhs.uk)



THE ADAM PRACTICE



# Best Foot Forward

# LEG CLUB

For further information visit

[www.legclub.org](http://www.legclub.org)

## **Best Foot Forward—LEG CLUB**

**WHEN:**

EVERY Thursday between 9am—12pm

**WHERE:**

The Royal British Legion, Upton

The Best Foot Forward Leg Club in Poole, Dorset, opened in October 2015. Since then it has become a ‘hub’ of activity for the Local Community, providing evidenced-based, effective clinical care and companionship for many people.

When the Leg Club first opened there were many patients of The Adam Practice with long term, hard to heal lower leg ulcers and related problems. Prior to attending the Leg Club, their only choice was to attend their local surgery for their treatment, or be treated in their own homes by the District Nurse Team if they had mobility problems. This often lead to isolation and loneliness, leaving patients with a feeling of poor self esteem and low mood.

With joint support from both the Leg Club Nursing and Volunteer teams, over time such members have been able to ‘reignite’ their self esteem, take control of their own care within the encouraging environment. With the unique combination of a social environment and the dedicated nursing expertise at the Leg Club, this has lead to significant improvement in the healing of lower limb ulcers/ conditions and enhanced many members quality of life.

Within the Best Foot Forward Leg Club, there is a strong community feel with the Volunteers organising many social

activities for members, which have included visits to the local market, gardens and trips around Poole Harbour. For many of the members none of this would be possible without the support of the Volunteers who arrange the trips, including disabled access transport, subsidise costs and assist members on the trips.

A vital aspect of the success of the Leg Club is the access to disability transport to and from their own home. The Volunteer team continually undertake a wide variety of fundraising events, such as tea parties, raffles, fetes and table-top sales. There has also been a sponsored skydive and a fantastic concert with an international performer, with all the proceeds going towards the Leg Club. This fundraising not only enables the continuation of the Leg Club but also provides the essential funds to support the ongoing costs of the dedicated transport. Without this transport many members would remain isolated as they cannot normally get out of their own homes without such support.

The Best Foot Forward Leg Club has been so successful that both the nursing and volunteer teams have won national awards, with the volunteer team being highly commended for their amazing work by the judges. The clinical team lead has won international awards both in 2016 and 2017 by demonstrating the positive outcomes of the Leg Club, been a finalist for the 2017 RCN ‘Nurse of the Year’ award, and has been granted the title ‘Queen’s Nurse’ for her high level of commitment to patient care and nursing practice.