The Lindsay LegClub Foundation

PO Box 689
Ipswich IP1 9BN
Telephone: +44 (0)1473 749565
Fax: +44 (0)1473 749565
Email: lynn@legclubfoundation.com
Web: www.legclub.org

Press Release

For immediate release
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Jessica Warren braves Kilimanjaro climb in support of the Lindsay Leg Club Foundation

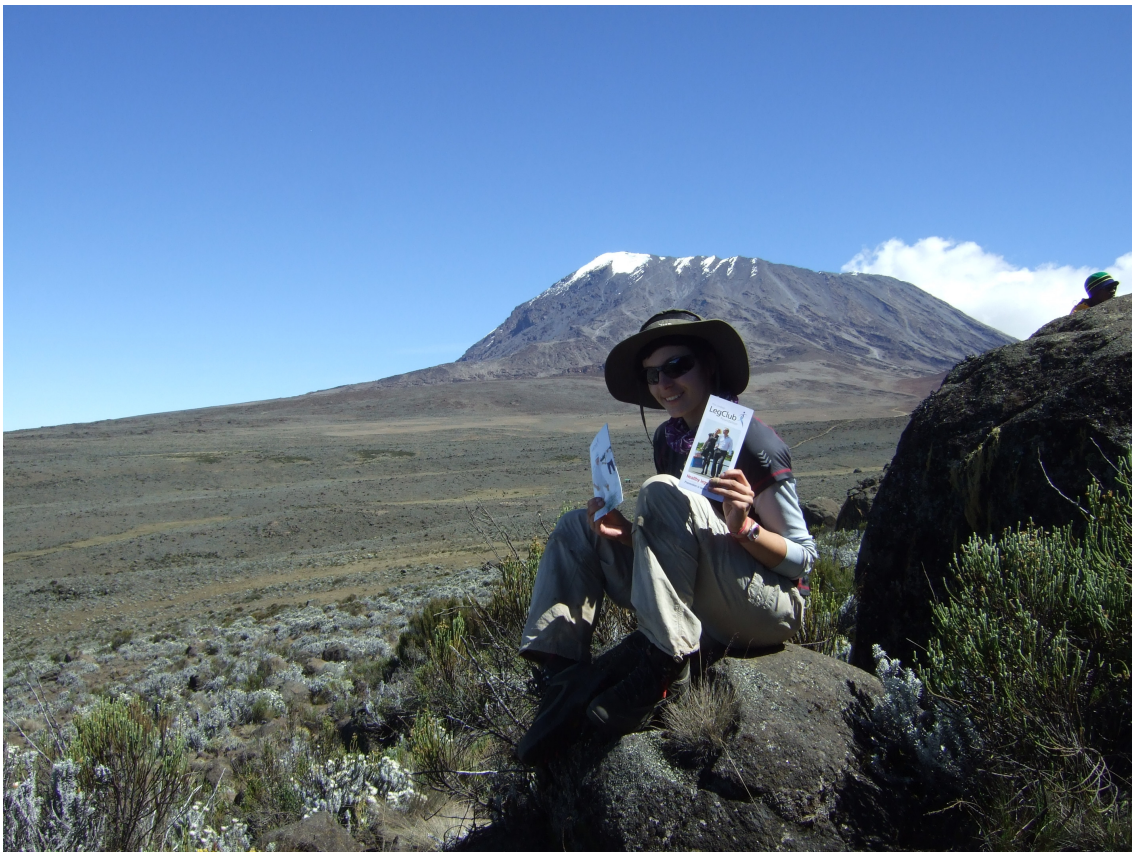
Jessica Warren, a pupil at Thurston Community College, has vowed she will try a second attempt to climb the world's largest free-standing mountain after altitude sickness prevented her reaching the summit of Mount Kilimanjaro which was just half an hour away.

Sixteen year-old Jessica was part of a group of climbers who attempted to reach the summit of Kilimanjaro which stands at 19,340 feet. At 17,000 feet and with temperatures down to -14°C Jessica began to suffer from altitude sickness and was advised to call an end to her climb. Several other climbers made the summit 30 minutes later.

"I would love to attempt it again – Kilimanjaro has not beaten me yet. It was a truly surreal, yet wonderful experience which I would love to relive, and I am very grateful to everyone who helped me to get there," says Jessica.

Jessica showed her support for the Lindsay Leg Club Foundation by taking leaflets with her. During the summer she helped out in the kitchen at the Fullers Mill Trust Garden Open Day with proceeds going to the Foundation.

Patrons Dr Timothy Cutler MA MB BChir FRCP FLS Baroness Masham of Ilton Mr Alistair McInnes BSc(Hons) DpodM HPC Regd Professor Christine Moffatt CBE PhD MA RGN DN Professor Richard White PhD
Charity registration number: 1111259 Registered office: 33 Lionel Street Birmingham West Midlands B3 1AB Company registration number: 05360413



Pictured: Jessica Warren at Zebra Rocks (10,000ft) on her way to Kilimanjaro

Notes to editors:

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 ongoing 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

For media enquiries please contact: Julian Tyndale-Biscoe, InHealth Communications, on 07882 985597 or email julian.tb@inhealthcomms.com

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