Press Release

For immediate release

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Brecon & District Leg Club win NHS Powys Stars Award

Nursing staff and volunteers from Brecon and District Leg Club received a NHS Powys Stars Award at the 2019 Staff Excellence Awards. The ceremony took place at the Royal Welsh Showground in Builth Wells on July 5th, the 71st birthday of the NHS.

Powys Teaching Health Board holds Staff Excellence Awards each year to recognize the outstanding achievements of its staff and to help share best practice with colleagues. The awards are also a way of showing the Health Board's appreciation for a job well done and publicly recognising the dedication of its staff and volunteers.

The 'Powys Stars Award' allows members of the public to nominate people who have gone the extra mile to deliver the best possible health and health care in Powys. Unbeknown to each other Leg Club members and volunteers nominated the Brecon and District nursing team, and the nursing team put forward the volunteers for this award.

Brecon and District Leg Club is one of over 30 Leg Clubs around the UK which provide community-based treatment, health promotion, education and ongoing care for people of all age groups who are experiencing leg-related problems. The Leg Club clinical staff work in

a unique partnership with members and volunteers from the local community to provide a high standard of lower limb care in a social and friendly setting that promotes understanding, peer support and informed choice.

Ellie Lindsay OBE, founder and lifetime president of the Lindsay Leg Club Foundation said: "This is wonderful news! The fact that the Leg Club clinical staff and volunteers nominated each other shows what a successful and supportive partnership they have established at Brecon and District Leg Club in the provision of holistic lower limb care."

ENDS

Notes to editors:

1) Problems of the lower limb, 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, individuals often find it difficult to adhere to treatment plans, or to maintain the preventive measures needed to avert recurrence of lower limb problems or their leg 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 psychosocial Leg Club model for lower limb care is an innovative model that has been shown to improve the health and wellbeing of people with chronic lower limb 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 lower limb treatment. A Leg Club is a local partnership between practice and community nurses, patients and members of the community. Run by a committee of volunteers, 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.

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

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