Press Release

For immediate release

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Bromley nurse completes 33 mile run for Mottingham Leg Club

On 4th September, NHS leg ulcer nurse Frank Hall undertook a personal challenge to run the distance of 33 miles from Windsor Castle, Buckingham Palace to Mottingham Leg Club to fundraise for the Lindsay Leg Club Foundation and Bromley Healthcare.

This is the seventh consecutive year Frank has challenged himself to undertake a long distance run to promote the Leg Club and corresponds with the anniversary of the opening of Mottingham Leg Club. Frank's motivation to complete these challenges comes from having witnessed the commitment and support that the Leg Club has received from its members, volunteers and nurses.

However, the inspiration for this year's run came from the health experiences of the late Queen Mother. Frank said: "I remembered that the Queen Mother had a leg ulcer and on research found out she had knocked her left leg in the 1990s and sustained a wound that got infected, ending up with a non-healing leg ulcer. I thought, if only she could have received the care that we can give today, how things could have been so different for her."

Leg Clubs provide community-based treatment, health promotion, education and ongoing care to people of all ages who are experiencing problems of the lower limb. They are based on Ellie Lindsay OBE's award-winning Leg Club model of care which encourages patients known as members to take an active interest in their treatment. With the help of volunteers, Leg Clubs provide a friendly, welcoming atmosphere where members with problems of the lower limb can share experiences, offer peer support, and have fun and enjoy refreshments together. For many this is their one outing of the week; helping to reduce the social isolation often associated with leg ulcers, and to provide emotional support which is beneficial to the healing process.

Having set off from Windsor Castle, Frank supported by his son David, ran 22 miles to Buckingham Palace. He was met at the palace by supporters from the Leg Club before he continued to run another 11 miles to the Evangelical Church Hall on Court Farm Road, Mottingham. He arrived in time for the Leg Club weekly meeting and to cut the birthday cake.

Frank said: "I hope through undertaking this challenge we can raise awareness that leg ulcers can affect anybody and that the holistic leg ulcer care that Leg Clubs provide can have a significant impact on healing rates. Bromley Healthcare's commitment to the Leg Club social model of care has really transformed our members lives."

Ellie Lindsay OBE, Lifetime president, The Lindsay Leg Club Foundation, said: "This is a fantastic event that Frank undertakes each year! His dedication and commitment, both as a nurse and as a fundraiser, to Mottingham Leg Club and the Leg Club model of care is tremendous."

Frank can still be sponsored for this event at:
https://localgiving.org/fundraising/queens-mothers-33m-run-for-mottingham-leg-club/

Mottingham Leg Club is held at Court Farm Evangelical Church Hall every Wednesday from 1:30pm to 3:30pm.

For more information about Mottingham Leg Club

visit: http://www.bromleyhealthcare.org.uk/find-a-service/the-leg-club

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Notes to editors:

1) Bromley Healthcare was established in 2011 as an employee-owned social enterprise that 'spun-out' of the NHS. The organisation runs community health services in Bromley, Greenwich, Bexley, Croydon, and Lewisham, providing a wide range of services to people of all ages. Services range from health visiting to district nursing, school nurses to specialist nurses, therapy services for adults and children, urgent care centres, services to help prevent hospital admissions and also facilitate early hospital discharge. www.bromleyhealthcare.org.uk/

2) 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.

3) 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.

4) 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 practice and community nurses, members (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 Trademark in the UK.

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

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