Press Release

For immediate release

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Innovative Leg Club opens in Purbeck

Purbeck Leg Club opened its' doors for the first time on September 2nd and will now run every Monday at Wareham Parish Hall to help people with lower limb conditions such as leg ulcers.

All six GP surgeries in The Purbeck Primary Care Network are involved in running the Leg Club and all care provided will be by NHS nursing staff, adhering to strict infection control guidelines.

Leg Clubs are a unique partnership between the NHS and the local community. They are based on a holistic model of care where they operate a drop-in treatment service in a non-medical social setting and Club members are treated collectively to encourage peer support. The Leg Club model of care has been shown to improve leg ulcer healing rates, reduce recurrence of leg ulcers and empower members to participate in their care. The Leg Club environment also helps to reduce the social isolation often associated with conditions of the lower limb.

In addition to providing benefits to individuals, it is anticipated that the Club will also result in cost savings for the local health economy. Clinicians will be able to treat Leg Club members collectively in a dedicated two-hour session saving on appointment times for practice nurses and travelling time for community nurses.

Purbeck Leg Club is held at Wareham Parish Hall, 3 The Quay, Wareham and open Monday from 9am until 12pm.

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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The Leg Club promotes collaborative working and peer support between organisations and enables good leg care practice to be shared. Visitors from wider services will be invited to attend the Leg Club to meet all the holistic needs of Leg Club members again aiming to achieve better physical and psychological outcomes for health.