PATIENTS COMMUNITY
PRACTICE AND DISTRICT NURSES
LEG CLUB®
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Six Month Progress Update for August 2019

A Reminder of the Importance of the Lindsay Leg Club Foundation

The Leg Club Foundation charity (CRN 1111259) was entered in the Central Register of Charities with effect from 12th September 2005.

The primary objects of the Charity are to protect and preserve health amongst those experiencing, or at risk of experiencing, leg ulcers and/or associated conditions, in particular by:

1. disseminating and facilitating the implementation of the Lindsay Leg Club Model;
2. advising on, and promoting the provision and use, of modern equipment, services and facilities aimed at diagnosing, preventing and treating leg ulcers and/or associated conditions; and
3. advancing education in, and increasing the understanding and awareness of, leg ulcers and associated conditions and how they can be diagnosed, prevented and treated.

The Foundation's purpose is to provide a better quality of life for individuals with lower limb conditions through its psychosocial Leg Club model. Leg Clubs are a community-based venture that aims to promote leg health and treat lower-limb problems in a non-medical, social setting. Leg Clubs typically meet once a week in a community environment that fosters patient empowerment and self-management. They provide education for all aspects of leg health among health professionals, patients, their families and supporters.

In line with this ethos, people who come to Leg Clubs for treatment are known as members, rather than patients, who are empowered to participate in their care, with the emphasis on interaction, participation, empathy and peer support.

Leg Clubs operate a non-appointment system enabling people to 'drop-in' to their local Club (such as a community centre) to access weekly treatment. Due to the drop in non-appointment system, Leg Clubs also see people with healthy legs requesting an assessment and advice. Members of Leg Clubs can rely on a safe venue where their physical, psychological and social needs will be met within a social model of care. Members have access to treatment, appropriate equipment, and medical education on leg health, as well as general health, nutritional advice, social interaction and refreshments.

The types of medical treatment available in Leg Clubs range from straightforward leg washes and stocking replacement to Doppler assessment and bandaging to complex cases such as extreme circulatory problems, which require further consultation and discussion, equipment, medical education, leg health and nutritional advice, whilst interacting with others in similar positions to them. Some Leg Clubs provide additional services too, such as diet, exercise & balance classes, blood glucose testing, podiatry and flu injections.

There are currently 33 Leg Clubs in operation, with 11,818 active members who are able to access not only lower limb and leg ulcer management but also emotional and practical support from Leg Club teams.

33 clubs
11,818 members

Studies carried out by the Foundation show that Leg Clubs are a cost-effective alternative to traditional models of care, improve wellbeing of members and recurrence of leg ulcers are half as likely to recur in Leg Club members as in the national average in the UK.

LATEST NEWS

EWMA

Attending the European Wound Management Association is always a busy time. Ellie Lindsay OBE actively precipitated at the EWMA Cooperating Organisations Board meeting addressing Person Centred Care etc. As always, she participated as an Associate Member of EWMA at the interactive roundtable debate. It was interesting to gain insight from an eclectic group of professionals on the importance of Person Centred Care.

The Leg Club stand had a steady flow of interested delegates seeking further information on our work. Also, Ellie was privileged to meet the lead nurse who has opened two Leg Clubs in Finland and about to open their third in October. Also, following discussion there is the potential of another Leg Club opening in Germany.

Ellie Lindsay OBE, Life President & Liz Grogan, Trustee and Infection Control Nurse Specialist

All Party Parliamentary Group (Vascular and Venous Disease)

Life President Ellie Lindsay OBE was invited as a speaker to share with MPs, patient group leaders, expert clinicians and senior charity officers a presentation on the current landscape for patient representation and channelling of patient feedback in regards to the lower limb. The presentation combined testimony on the current standard of care, and how people with lower limb vascular conditions are often left undiagnosed and without access to specialised care.

Emergency Lower Limb Wound Care Debate

An Emergency Lower Limb Wound Care Debate was held in the House of Commons on July 23rd, during which the Lindsay Leg Club Foundation was acknowledged for its work in community-based leg ulcer care. Ms Clwyd MP who secured the debate learnt about the work of the Lindsay Leg Club Foundation as she was present at the APPG meeting and listened to the presentation given by Ellie outlining the issues of the patient voice not being heard and some of the challenges she had encountered in this area.

Reception to mark the Centenary of National Council for Voluntary Organisations (NCVO) at Windsor Castle.

The reception brought together people within the UK charity sector and volunteers of all ages who are involved in various social, economic and environmental causes. The Princess Royal, The Duke and Duchess of Gloucester and members of the Royal Household joined The Queen for the evening reception, socialising with the guests. It was a humbling experience to represent the Leg Club members, volunteers, clinical team, and all the supporters we are privileged to have. It was an extremely positive and proud moment to reflect on what our Foundation since 2005 has overcome and achieved.

Legs Matter Week

The Lindsay Leg Club Foundation is part of Legs Matter, an organisation of eight health care charities and not-for-profit organisations that have come together to tackle the issue of lower limb and foot care. A Legs Matter Week took place from 3rd-7th June to raise awareness of leg and foot problems, which are one of the biggest health challenges of our time, with over a million people in the UK alone having leg ulcers and other associated conditions. The Legs Matter Week provides a chance to get more people talking about leg and foot health.

Many of our Leg Clubs got involved in raising awareness during the week including;

Salisbury Leg Club set up a stand with promotional material and information for their members, as well as yellow iced cakes and bunting to celebrate the event. 'That's TV Salisbury' who broadcast on a freeview channel were invited and they filmed and interviewed the team and a broadcast was made on 4th June.

Coesau'r Cwm Ystradgynlais Leg Club were at their local Tesco to promote Legs Matter Week on 7th June and also celebrated at their Leg Club with cakes and chit chat on how to maintain good skin care with representatives from both Essity and medi UK.

Clacton on Sea Leg Club shown right celebrating Legs Matter Week.

SNIPPETS OF NEWS FROM THE LEG CLUBS

The Best Foot Forward Leg Club and The Adam Practice in Poole 'stood up for legs' on May 11th by walking the 21 miles from Lulworth Cove to Swanage, raising just over £2,000 for much-needed 'Well Leg' equipment. In March this year, Claire Mechen, Leg Club Clinical Lead was recognised and highly commended at the British Journal of Nursing (BJN) awards ceremony. Clare was nominated in the prestigious Nurse of the Year category for her work as Clinical Lead at the Best Foot Forward Leg Club in Dorset and as Clinical Development Consultant for the Lindsay Leg Club Foundation.

Clare Mechen & Ellie Lindsay at the BJN Awards

LegAbility Leg Club based in West Moors, Dorset opened for the first time during June and now runs every Friday morning.

Devizes Leg Club celebrated its 3rd birthday in April and was visited by the Mayor of Devizes for the occasion. Cake was enjoyed by all!

Trebanog Leg Club welcomed three sixth form students from Ysgol Gyfun Cwm Rhondda to Waun Wen Community Centre as part of their Welsh Baccalaureate Community Challenge. They volunteered at the club by organising activities for the members including bingo, raffles and bake sales and raised £200. Volunteers and students are vital to the running of our Leg Clubs and we appreciate all the work that they do to support leg health.

The District Nursing Team and their Volunteer team at **Brecon & District Leg Club** received an award in the NHS Powys Stars Awards for the whole of Powys. It is a fantastic achievement to be the overall winners.

Left: Brecon & District Leg Club receiving NHS Powys Stars Award

Garforth Leg Club launched in April is the second Leg Club to open in Leeds and follows the success of Otley Leg Club. Lisa Tindall, Garforth Leg Club Lead Nurse said; "As a locality we felt this was a great opportunity to promote and commence collaborative working with the wider services available correlating with a health and social model which reduces isolation and promotes health."

Jalkaklubi (what Leg Clubs are known as in Finland) opened in Espoo in March, following the success of Finland's first Leg Club. The Finnish nurses are passionate about the Leg Club model and it is wonderful to see the success and expansion of the Leg Clubs in Europe, with a third planned in Kirkkonummi, a small town near Helsinki later in the year, showing that the principals of the Leg Club model can be applied universally to improve health outcomes for sufferers of lower limb conditions everywhere.