1) Regular Donation

◯ **Yes, I would like to give a regular donation to The Lindsay Leg Club Foundation.**

Amount (£):

Name:

Address:

Postcode:

Tel:

Email:

2) Standing Order

To the manager

Bank Name:

Address:

Postcode:

Please pay: The Lindsay Leg Club Foundation

The amount of:

◯ Monthly ◯ Annually until further notice

Account Number:

Sort Code:

Starting on:

To make a donation please complete your details above and then send to: The Lindsay Leg Club Foundation, PO Box 689, Ipswich IP1 9BN

Registered with FUNDRAISING REGULATOR

3) Legacy Pledge

In my will, I wish to leave a legacy to The Lindsay Leg Club Foundation.

The legacy will be:

◯ A sum of money
◯ An object or item of property
◯ A residual part of my estate
◯ A conditional bequest

Name:

Address:

Postcode:

Tel:

Email:

◯ **Please send me more information on The Lindsay Leg Club Foundation.**

4) One-off Payment

◯ **I would like to make a one-off payment and enclose a cheque/postal order made payable to The Lindsay Leg Club Foundation.**

Name:

Address:

Postcode:

Tel:

Email:

How you can help The Lindsay Leg Club Foundation

The Lindsay Leg Club Foundation is a not-for-profit organisation. In order to continue its innovative work and to help it maintain the highest standards in leg care, it needs financial support. Your contribution, however small, will make a big difference to people of all ages who suffer with lower leg problems.

Using the forms opposite, you can make a regular donation or one-off payment to The Lindsay Leg Club Foundation, or leave a legacy. Please send to The Lindsay Leg Club Foundation, PO Box 689, Ipswich IP1 9BN

◯ **Please send me more information on The Lindsay Leg Club Foundation.**

Name:

Address:

Postcode:

Tel:

Email:

PATIENTS COMMUNITY
PRACTICE AND DISTRICT NURSES
LEG CLUB®
www.legclub.org

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The Leg Club Foundation is proud to be a member of the Legs Matters coalition **www.legsmatter.org**

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What is the Lindsay Leg Club® Foundation?

PATIENTS COMMUNITY
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What is the Lindsay Leg Club Foundation?

The charity exists to promote, support and help Leg Clubs run effectively while ensuring they meet the high standards set out for all Leg Clubs.

Our Mission

The Foundation was created to help relieve suffering from leg ulcers and associated conditions through the implementation of an award-winning model that motivates and empowers patients to take ownership of their care. It aims to alleviate their suffering and reduce the stigma attached to their condition.

It also seeks to advance education in all aspects of leg health among sufferers, carers, the general public and healthcare professionals. The Foundation's mission is simply: healthy legs for life.

Our Vision

- To make Leg Clubs part of government and NHS strategy for leg ulcer management and associated conditions in the UK
- To continue the expansion of Leg Clubs throughout the UK
- To ensure that Leg Clubs are the leading source of information for the public on the prevention and treatment of leg ulcers and associated conditions
- To continue to implement best practice for the prevention and treatment of leg ulcers and associated conditions in partnership with healthcare professionals, patients and the local community
- To measure and report all key clinical and economic outcomes achieved through implementing best practice in conjunction with Leg Clubs and our partners.

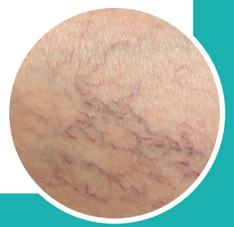
What are Leg Clubs?

Leg Clubs are run by registered nurses who are employed by the NHS. They provide community-based treatment, health promotion, eduction and ongoing care for people of all ages who are experiencing lower leg problems.

They are based on an evidenced-based, award-wining model that encourages individuals to take an active interest in their treatment. No appointment is required and opening times are usually published in local magazines and adverts, available from local GP practices, community nurses' offices, or the Leg Club website.

What are lower leg problems?

Lower leg problems range from spider veins and varicose veins to more serious complaints such as leg ulcers. These are caused by the disruption of normal blood flow in legs through injury, inactivity, pregnancy or hereditary disease.



Why are Leg Clubs so effective?

With the help of volunteers, Leg Clubs provide a friendly, welcoming atmosphere where people with lower leg problems share experiences, encourage one another, have fun and enjoy refreshments together. For many this is their one outing of the week and the Leg Club provides them with emotional support which is of enormous help in the healing process. Many Leg Clubs have strong and reliable volunteer support and arrange outings and Christmas activities.

Leg Clubs and The Lindsay Leg Club Foundation

The first Leg Club was set up in Suffolk in 1995. The Leg Club was held weekly in a community cottage, on an informal basis, and members' (patients') contacts quickly grew.

The Linday Leg Club Foundation was established in December 2004 and achieved charitable status in September 2005. The Foundation exists to facilitate and manage the co-ordinated growth of the network of Leg Clubs and to provide the Clubs with the information and support they require.

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Leg Clubs and The Lindsay Leg Club Foundation Innovation

Latest figures show that the Leg Club model is a proven alternative that challenges the way people with leg-related problems have traditionally been managed.

The model brings care to people in their local community where they are empowered to be involved fully in their treatment. Leg Clubs have also proved to be extremely cost-effective in the use of nursing resources, saving travel costs, reducing need for the duplication of equipment, simplifying planning and administration, and eliminating wasted home visits.

The Leg Club Foundation's key objective has been the management of problems of the lower limb, leg ulcers and promotion of well legs. International research and date analysis clearly demonstrate the benefits of Leg Club members and nursing staff working together in a unique partnership, adhering to best practice guidelines and providing interactive health promotion.

The Lindsay Leg Club Foundation Excellence

The Foundation has set a new standard in leg care. It continues to ensure that every member of staff involved in the Leg Clubs is trained to a safe standard in wound management, external clinical audit in practice, data collection and risk assessment in order to provide quality service delivery.

Leg Club members are encouraged and enabled to get to 'know their own legs' and with knowledge and understanding collaborate in their management. Every member receives an informative Members Handbook, and in working alongside and supporting the individual members and their families, improved knowledge and understanding is guaranteed.