Press Release

For immediate release

2nd October 2020

Bromley nurse runs fundraising marathon in memory of Mottingham Leg Club member

Bromley nurse, Frank Hall has completed a marathon in memory of a member of the Leg Club where he works and to raise funds for the organisation.

Frank, an NHS leg ulcer nurse, ran the 26-mile fundraiser on October 1 to support Mottingham Leg Club and remember much-loved member Iris Yardley, who passed away earlier this year.

Accompanied by his son David, he began the run from Iris's home in Beckenham before running to 10 Downing Street and ending it at the Mottingham Leg Club.

This is the eighth consecutive year Frank has challenged himself to undertake a long distance run to promote the Leg Club. He has been inspired to take on these personal challenges having witnessed the commitment and support that the Leg Club has received from its members, volunteers and nurses.

Mottingham Leg Club is part of the tissue viability service run by NHS registered nurses employed by Bromley Healthcare. It provides community-based treatment, health promotion, education and ongoing care to people of all ages who are experiencing lower leg problems.

Leg Clubs are based on Ellie Lindsay OBE's award-winning Leg Club model of care which encourages patients to take an active interest in their treatment. With the help of volunteers, Leg Clubs provide a friendly, welcoming atmosphere where members with lower limb conditions can share experiences, offer peer support, have fun and enjoy refreshments together.

Frank said: "For many of our members attending the Leg Club it is their one outing of the week. It can really help to reduce the social isolation often associated with leg ulcers and our members provide emotional support to each other which is beneficial to their healing process.

"Unfortunately, due to the Covid-19 pandemic the Leg Club has had to suspend its group meetings, but any funds I raise by running this marathon will be used for facilities and activities for Leg Club members when our Club is able to reopen."

Ellie Lindsay OBE, Lifetime president, The Lindsay Leg Club Foundation, said: "We are in constant awe of Frank's dedication and commitment, both as a nurse and as a fundraiser, to Mottingham Leg Club and the Leg Club model of care. This year's run dedicated to a much-loved Leg Club member is particularly poignant.

She continued: "It has been a difficult year and many of our Leg Club members around the country have been experiencing social isolation with greater intensity, as they have not been able to attend their weekly Leg Club and keep in touch with fellow members and volunteers. So we are grateful to Frank for highlighting the work of Leg Clubs, for showing Leg Club members that they have not been forgotten and that we are working towards the reopening of Leg Clubs in a post-lockdown world."

Frank can be sponsored for this event at:
https://www.justgiving.com/crowdfunding/mottinghambromleylegclub

For more information about Mottingham Leg Club
visit: http://www.bromleyhealthcare.org.uk/find-a-service/the-leg-club

ENDS

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 the individuals' own homes by district nurses or by practice nurses in GP surgeries. However, people 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 and foot conditions. The Leg Club is an innovative model of care that has been shown to improve the health and wellbeing of people with chronic leg and foot conditions. Recent findings from Leg Club data analysis has identified that potential savings could be made by healthcare providers in relation to their wound care budget. A Leg Club is a local partnership between practice and community nurses, patients and 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 Trademark in the UK.

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

For media enquiries please contact:
Juliette Lobley, Communications Consultant,
Lindsay Leg Club Foundation
Email: juliette.lobley@lindsaylegclubfoundation